

Corelation between Eye-Foot Coordination and the Dribbling Ability of the “Talenta Aceh” Football School Player

Arinal Fikri¹, Zulfikar², Razali^{3*}, Ahadin⁴, Miskalena⁵, Nuzuli⁶

Universitas Syiah Kuala, Banda Aceh, Indonesia

**corresponding author*

Abstrak

Dribbling in football is one of the basic techniques that football players must have. To support this technique, football players must be equipped with the ability to be physically fit. Based on a theoretical study, eye-foot coordination is an important aspect in supporting the skills of dribbling the Aceh Talent Football School (SSB) Player. This study aims to determine the relationship between eye-foot coordination and the dribbling ability of the “Talenta Aceh” Football school player. This research uses a quantitative approach with correlational research type. The sample of this study was the player of “Talenta Aceh” Football school, totaling 41 athletes. The data collection instruments used in this study were the eye-foot coordination test and the dribbling ability test. Furthermore, the data were analyzed using simple correlation analysis techniques. Based on the results of the data analysis, it can be concluded that: there is a significant relationship between eye-foot coordination and dribbling skills ($r = 0.49$, so eye-foot coordination contributes 24.01% to dribbling skills..

Keyword: *eye-foot coordination, dribbling skills, football school*

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I. Introduction

In football there are various techniques and movements that players can perform on the field. In the field, various combinations of techniques and movements that each player have have an effect on ball possession and play to achieve victory. However, the lack of training will be a big problem for players to improve their abilities. In fact, the football playing field is dominated by dribbling. When players have mastered the ability to dribble (dribbling) effectively, their contribution to the match is very large (Mielke, 2003: 1).

Joseph (2004: 7) argues that "dribbling in a football game has the same function as basketball, which allows us to defend the ball while running across opponents or advancing to open spaces", thus the movements performed to dribble the ball moving in the direction of the ball or anticipating the speed of the ball requires a good foot reaction speed. Slowless in anticipating the ball and slow foot reaction to the ball to be controlled from foot to foot can cause the dribble to be less than perfect, unfocused, and make it easier for the opponent to grab the ball that is being controlled.

One of the important variables in supporting performance in football, especially in dribbling skills, is eye-foot coordination. The coordination that is needed by every player in playing football is coordination between the eyes and the feet, because the eye is the center where the view is to see the conditions around the field and the role of the feet is to process the ball when passing (passing the ball). Exercises that can be given are, for example, variations in footsteps combined with the direction of the eye so that they can easily synchronize the eye's gaze and foot movements. The game of football which is dominated by the use of the feet makes eye-foot coordination very important in supporting achievement.

Supriadi (2015: 3) states that the coordination component is a component that affects the implementation of the movement of the dribbling skill from receiving the ball until the ball is fed. where to produce a dribbling motion that is both perfect, straightforward, beautiful and smooth from the stages of preparation, execution, and final movement and continuously until the ball is given to a friend or leaves the foot. So that to be able to produce good and fast dribbling skills, coordination and agility components are needed. With these physical components, football players can make the ball dribbling properly and quickly according to the stage of the dribbling movement itself.

Based on the observations of researchers, the failures that are often experienced by Aceh Talent Football School players are usually influenced by several factors, including the lack of players who have individual skills and even these individual skills are indicated by dribbling skills in football games. The ball is played from foot to foot in a straightforward manner while passing the opponent easily, is a sign of a player's high dribbling potential. Mastery of dribbling techniques is one of the factors determining the quality of performance in playing football. Dribbling in a football game is something that needs attention. Dribbling is determined by good ball possession, that is, the ball must be as close to the feet as possible to be carried and processed. To be able to improve dribbling skills in football games, relevant physical skills are needed in dribbling the ball. Besides, it is necessary to have good coordination with the members of the body itself to control the ball. Players who have this and master dribbling techniques will be able to overcome the situation.

However, the most basic thing in leading to the game of football is how someone is able to perform good dribbling techniques quickly and with direction, besides that one must also be able to coordinate between one basic technique and another, so that between one basic technique and another can be carried out harmoniously. This is what happens a lot on the field, where the average football player is only able to dribble the ball in a very short time. easily captured by opposing players so that the percentage is very small to be in the area of attack. This is thought to be influenced by several factors of eye-foot coordination.

Based on these considerations and to test the hypothesis about the relationship between eye-foot coordination and football dribbling skills in "Talenta Aceh" Football school player, the researchers were interested in conducting a study entitled "Relationship between Perceptual Motoric, Eye-Foot Coordination, Confidence and Dribbling Skills. in the "Talenta Aceh" Football school Player.

A. Dribbling Skill

Dribbling is one of the technical elements in the game of football, football players must have dribbling skills so that they can play well and dribbling is very useful in game situations..

To be able to dribble well, you must first be able to kick and control the ball well. a player will not be able to dribble well if he cannot kick and control the ball well. According to Dinata (2007: 26) Dribbling is bringing the ball forward quickly with a short pass and the two feet take the ball alternately.

Dribbling is the act of taking the ball out of one area to another. Dribbling according to Haddade and Tola (1990: 50) is to bring the ball under control while running, meaning the ball remains in control (the ball is always near the feet) and is in control to be played ".

In addition, Muchtar (1992: 42) argues that dribbling can be interpreted as the art of using the foot to touch or roll the ball continuously on the ground while running".

B. Eye and Foot Coordination

Increasing skills in playing football is largely influenced by physical abilities and technical abilities which are the basic abilities that every football player must have. One of the physical abilities that every player must have in dribbling the ball is coordination.

eye-foot coordination is a person's ability to combine the eye with the foot and the eye with the ball in relation to the ball with the foot, therefore, in dribbling the ball in the game of football, it is necessary to have the foot with the ball so that in dribbling the ball it is not too stiff and the ball is being herded not too far from the feet and making it easier to pass the opponent (Kurniawan, 2018: 100).

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The coordination movement in dribbling involves the eye to see the ball to be controlled and controlled, while the movement of the foot when taking a kick is to maintain balance. Therefore, the coordination ability in dribbling is not limited only to the ability to move, but also involves the eye senses to see the direction of the ball..

II. Research Method

This study uses a quantitative approach with correlational methods. Correlational study is related to the relationship between several or more variables. This study, the problem will be examined to see a significant relationship between eye-foot coordination and dribbling skills at the "Talenta Aceh" Football school. The sample of this study was the player of "Talenta Aceh" Football school, totaling 41 athletes. The data collection instruments used in this study were the eye-foot coordination test and the dribbling ability test. Furthermore, the data were analyzed using simple correlation analysis techniques.

III. Result

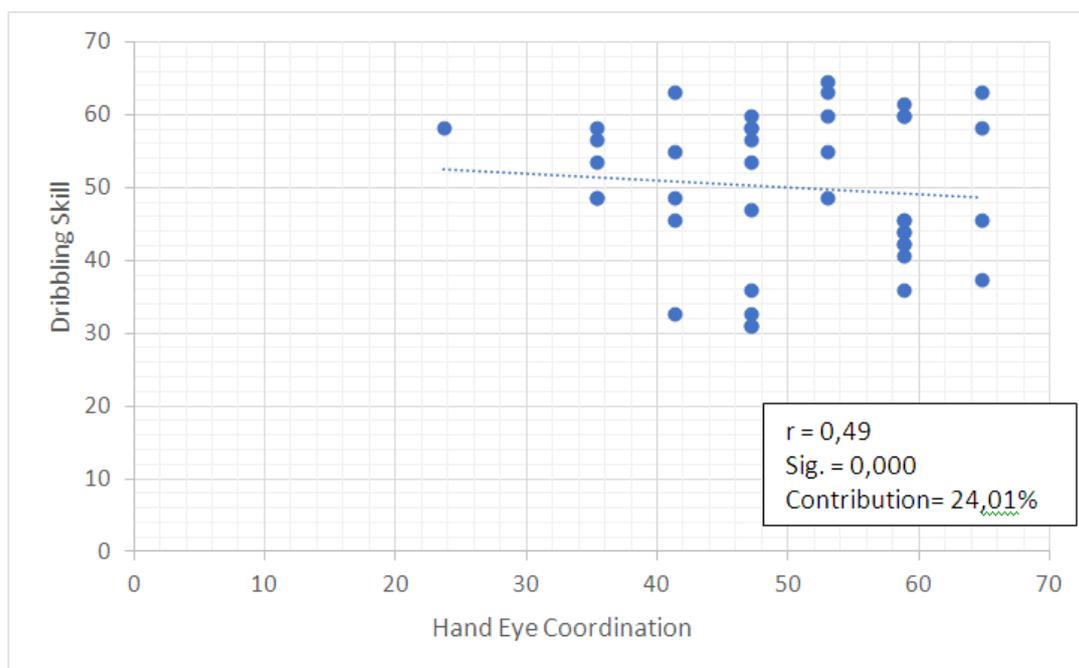
The research data obtained consisted of: eye-foot coordination and ball dribbling skills. To facilitate data processing, the data is then entered into a table to make it easier for the data analysis process. The research data can be seen in the table below:

Reasearch Table

sample	Raw Score X	T Score X	Raw Score Y	T Score
1	15	53.00	11.1	64.66
2	17	64.74	12.8	37.49
3	16	58.87	12.9	35.89
4	16	58.87	12.5	42.28
5	14	47.14	12.9	35.89
6	10	23.67	11.5	58.26
7	12	35.41	12.1	48.67
8	16	58.87	11.4	59.86
9	13	41.27	12.1	48.67
10	15	53.00	11.4	59.86
11	14	47.14	11.5	58.26
12	17	64.74	12.3	45.48
13	16	58.87	12.3	45.48
14	12	35.41	11.6	56.67
15	14	47.14	13.1	32.69
16	13	41.27	11.2	63.06
17	14	47.14	12.2	47.08
18	16	58.87	12.5	42.28
19	15	53.00	11.7	55.07
20	17	64.74	11.2	63.06
21	14	47.14	13.2	31.09
22	12	35.41	11.5	58.26
23	16	58.87	12.4	43.88
24	14	47.14	11.8	53.47
25	16	58.87	12.6	40.68
26	13	41.27	12.3	45.48
27	15	53.00	12.1	48.67
28	13	41.27	13.1	32.69
29	14	47.14	11.6	56.67
30	16	58.87	11.3	61.46
31	13	41.27	11.7	55.07
32	15	53.00	11.2	63.06
33	14	47.14	13.2	31.09
34	17	64.74	11.5	58.26
35	16	58.87	12.4	43.88
36	12	35.41	11.8	53.47
37	14	47.14	11.4	59.86
38	12	35.41	12.1	48.67
39	16	58.87	11.4	59.86
40	14	47.14	11.5	58.26
41	16	58.87	12.3	45.48

After calculating the average, standard deviation, and t score so that you get the data in the table above at the beginning above, then the data is analyzed using the product moment correlation formula to determine the relationship between variables. From the calculation of the correlation using the product moment formula, a significant value was obtained between eye-foot coordination and dribbling skills with a correlation value ($r = 0.49$). Furthermore, hypothesis testing is carried out where $\alpha = 0.05$ and $n = 41$, one-party test; $dk = n - 2 = 41 - 2 = 39$, so that the value of t table = 1.685 is obtained. From the results of these calculations it was found that the t_{count} value was greater than the t_{table} value ($3.533 > 1.685$), so that H_0 was rejected, meaning that there was a significant relationship between eye-foot coordination and dribbling skills.

The next stage, based on the calculation of the correlation, the researcher performs the calculation of determination to determine the percentage of contribution between variables, $KP = r^2 \times 100\% = 0.492 \times 100\% = 24.01\%$. So this shows that eye-foot coordination contributes 24.01% to dribbling skills. The summary of correlation data analysis can be seen in the diagram below:



Related to the relationship between eye-foot coordination and dribbling skills, Harsono Prasetyo (2020: 84) states that "a skill or skill requires coordination". The coordination required for skills includes foot-eye coordination and eye-hand coordination. Eye-foot coordination is needed in movements such as in kicking ball and dribbling skills". This opinion shows that the accuracy of dribbling and passing in football is a skill that has quite complex movements. Coordination is one component of the physical condition that plays an important role in football. Almost all movements in a football game require eye-foot coordination. Dribbling the ball is a football technique that requires good coordination. Eye-foot coordination plays a role in playing the ball well and smoothly by looking at the game situation. To have good dribbling skills, good eye-foot coordination is needed, so the dribbling movement can be done well and smoothly and is able to finish the ball right on the desired target. On the other hand, if someone has poor eye-foot coordination, his dribbling will not be smooth, the ball is easily picked up by the opponent and the finishing is less accurate. Basically, coordination is useful for coordinating several movements into one harmonious and complete movement, more effectively and efficiently the energy expended, can avoid injury, accelerate practicing mastering techniques, enrich tactics in competition and improve mental better. A good level of coordination will support the movement to be more effective and efficient. On the other hand, if the level of coordination is low, the movements shown are ineffective, and can even cause injury. To improve the ability to dribble, a football player must have good coordination. To improve coordination, exercise must be done properly. In a football game, eye-foot coordination is absolutely necessary because it is very supportive to mastering the game. Eye-foot coordination is the basis for achieving high skills in kicking, ball control and dribbling. Dribbling is a fairly complex movement, because dribbling is a combination of various elements such as running, controlling and touching the ball and seeing the situation in the field. Dribbling skill is the ability to carry the ball with your feet while running. So that the ball being dribbled is not separated, the player is required to integrate the movement of pushing and controlling the ball, running movements and paying attention to the surrounding situation. In this case a football player must have good eye-foot coordination. Having good eye-foot coordination will be able to do good dribbling skills too.

IV. Conclusion

Based on the results of research and data analysis, it can be concluded that there is a relationship between ankle coordination and dribbling skills at the “Talenta Aceh” Football school with a correlation coefficient of 0.49 eye-foot coordination contributing 24.01% to dribbling skills..

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