

ABSTRACT

Improving Dribbling Skills on the Inner and Outer Foot of Football Games Through Zig-Zag Practice: 2022 Andi Molyono

Keywords : Skill, Dribbling, Zig Zag Workout.

Lack of players in mastering the basic techniques of dribbling, players being less calm in controlling the ball when dealing with opponents, dribbling too far from the feet, the ball tucked between the legs when dribbling and foot imbalance when dribbling or carrying the ball. problems that occur in this research.

The purpose of this study was to determine whether zig-zag training can improve basic movement skills of dribbling in soccer games at Club Indoras Fc. This type of research was conducted using a quasi-experimental technique using a one-group pretest and posttest research design.

The results of the study, can help the young players of the Indoras team in mastering soccer techniques, especially dribbling using the inner and outer ball techniques. The results of the pretest show that of the 30 sample data has an average value of 6.2 with a standard deviation of 1.63 while the posttest has an average of 8.1 with a standard deviation of 1.06 based on the results of the control pretest has an average value of 6.2 with the standard deviation of 1.95 while the control posttest results obtained an average value of 8.8 with a standard deviation of 1.39

Based on the results of the study, it can be concluded that zig-zag training can improve dribbling skills on the inside and outside of the foot at Club Indoras FC.