

**THE INFLUENCE OF TEACHING METHODS AND AGILITY ON THE BASIC TECHNICAL SKILLS OF DRIBBLE SHOOTING IN FOOTBALL GAMES IN GRADE VII MALE STUDENTS MTs NEGERI 5 WONOGIRI IN 2021 (COMMAND STYLE AND EXERCISE STYLE METHOD EXPERIMENTS)**Cahyo Joko Widodo<sup>1\*</sup>, Nuruddin Priya Budi Santoso<sup>2</sup>, Joko Sulistyono<sup>3</sup><sup>1</sup>Universitas Tunas Pembangunan Surakarta (UTP), Indonesia<sup>2</sup>Universitas Tunas Pembangunan Surakarta (UTP), Indonesia<sup>3</sup>Universitas Tunas Pembangunan Surakarta (UTP), Indonesia\*e-mail: [jokowicahyo95@gmail.com](mailto:jokowicahyo95@gmail.com)

---

**Article History:**

---

Received Januari 2023  
Approved Januari 2023  
Published Januari 2023

---

**Abstract**

*The purpose of this study was to determine (1) The difference in the influence of teaching command style and exercise style on basic technical skills of dribble shooting football game in male students of class VII MTs Negeri 5 Wonogiri Year 2021. (2) The difference in the effect of high and low agility on the basic technical skills of dribble shooting football games in grade VII MTs Negeri 5 Wonogiri male students in 2021. (3) The interaction between teaching style and agility to basic technical skills of dribble shooting football game in male students of class VII MTs Negeri 5 Wonogiri in 2021.*

*The type of research used is experimental research with the method used is a 2 x 2 factorial design. This study involved three variables consisting of two free variables and one bound variable. The free variable is a, The learning approach which is a manipulative free variable. b, The level of agility ability which is an attributive Variable. The sample was 40 people, of which 20 were for groups taught through command style, while another 20 people used exercise style. Data collection techniques in this study by means of Tests by means of ; (1) To measure agility with the Zig-Zag Test (Johson & Nelson, 1986: 232). (2) Test of basic technical skills of dribble shooting football game from Soekatamsi (2000: 124 – 125).*

*The results of the study concluded: (1) There is an influence of teaching style between command style and exercise style on the learning outcomes of basic dribble shooting skills in football game dribble shooting in male students of class VII MTs Negeri 5 Wonogiri in 2021. The effect of the increase in dribbling shooting ability brought about by the command style training the average increase is 7.00, and the average training style increase is 4.50. (2) There is a convincing influence between high and low agility on the basic technical skills of dribble shooting football games in male students of class VII MTs Negeri 5 Wonogiri Year 2021. The effect of the increase in dribbling shooting ability caused by students who have high agility the average increase is 5.50 and the average low agility increase is 3.00. (3). There is an interaction between teaching methods and agility to the basic technical skills of dribble shooting football game in male students of class VII MTs Negeri 5 Wonogiri Year 2021. There is a reciprocal relationship.*

**Keywords:** *Teaching Methods, Agility, Dribble Shooting Football*

## **INTRODUCTION**

In the learning process of physical education, sports, and health, teachers play a role in the implementation of the learning process. Teachers must pay attention to many things with regard to students in physical education, sports, and health learning, such as aspects of growth and development and psychological characteristics of students.

Football is one of the materials taught in physical education that is taught in every junior high school. Football activities are also widely carried out in extracurricular activities. From the information above, the basic techniques in the game of football are the material that was first taught to novice football players, as a consideration that these basic techniques are often used in real football games, besides psychically, by being able to do basic techniques, students have already gained pleasure and satisfaction.

According to Soekatamsi (2000: 14) "the basic technique of playing football is all the ways in which the movements are carried out that are necessary to play football, regardless of the game at all". The basic techniques of playing football according to Muhajir (2007: 25) are grouped into two types, namely: techniques without balls and techniques with balls. The technique without the ball is all movements without the ball which consists of: 1) sprinting and changing direction, 2) jumping and jumping, 3) trickery movements without the ball, and 4) special movements of the goalkeeper. The technique with the ball is all movements with the ball, consisting of: 1) knowing the ball, 2) kicking the ball, 3) receiving the ball. Receiving the ball consists of two types, namely stopping the ball and controlling the ball. 4) dribbling, 5) heading the ball, 6) throwing the ball, 7) trickery motion with the ball, 8) snatching or grabbing the ball, and 9) special techniques of the goalkeeper.

Modern football is carried out with the skill of running and passing the ball with simple movements accompanied by speed and precision. The activity in the game of football is known as dribbling (dribbling). Dribble is defined as a running motion using the foot pushing the ball so that it rolls continuously above the ground. Dribbling is carried out only at favorable moments, that is, free from opponents.

Basically, dribbling is kicking intermittently or slowly, therefore the part of the foot used in dribbling is the same as the part of the foot used to kick the ball. The dribble technique is a basic technique in the game of football. According to Danny Mielke (2007 : 1) that "Dribbling or dribbling is a basic skill in football because all players must have control of the ball when they are moving, standing or preparing make passes or shots". The types of dribbling in a football game consist of: 1) dribbling with an inner foot turtle, 2) dribbling with a full-footed turtle, and 3) dribbling with an outer foot turtle.

In the basic technique of the football game, of course, the basic technique of kicking the ball is included in it and is the basic thing to also be mastered by every player. If you want to become a professional player, the techniques in kicking the ball need to be known so that they can be used when dealing with opponents. According to Danny Mielke (2007: 18), the technique of kicking the ball consists of : "1) kicking the ball with the inner foot, 2) kicking the ball with the turtle of the outer foot, 3) kicking the ball with a full-footed turtle, 4) kicking the ball with the fingertips, 5) kicking the ball with the turtle of the inner foot, and 6) kicking the ball with the heel".

The drible shooting technique is a technique of dribbling the ball to the front of the opponent's goal area and continued by taking a shot towards the opponent's goal. This technique is mostly performed by football players who try to open or dismantle the opponent's defense. This technique is also widely practiced and successful in trying to score goals against opponents. To be able to do this, football players must master the basic techniques of dribbling and kicking the ball properly and correctly.

Learning needs to be distinguished from related concepts such as thinking, behaving, development or change. According to Sugiyanto and Agus Kristiyanto (2000: 70) that the principles of the preparation of subject matter are: "1) Starting from easy learning and gradually improving to increasingly difficult meters, and 2) starting from simple learning and gradually improving to increasingly complex materials".

The choice of teaching methods by a teacher for the teaching and learning process is not easy to do forever. This happens because there are times when an alternative that has been considered the most appropriate, at some point will cause problems that were previously not unexpected at all. It is this boredom and saturation that arises as a result of the mistake of the teacher who incorrectly chose the teaching method. The programs given to students must be arranged systematically, sequentially, repeatedly and increasingly increasingly burdened, from easy to difficult so that in conveying messages can be captured by students and obtain optimal learning outcomes in the form of knowledge-knowledge of permanent abilities towards improving the quality of movement, because each individual has different basic motion abilities.

According to Rusli Lutan et al (2002: 81), that "The teaching method is a way or path taken to present teaching tasks that are basically physical labor and skills". Sudjana (2001: 25), said that "The essence of teaching and learning is a learning event that occurs in students actively interacting with the learning environment regulated by the teacher". The assumptions that underlie the nature of teaching and learning are: 1) an effective teaching and learning process requires appropriate educational strategies and technology, 2) teaching and learning programs are designed and implemented as a system, 3) learning processes and products need to receive balanced

attention in the implementation of learning activities, 4) the formation of professional competencies requires functional integration between theory and technology and delivery materials, 5) the formation of professional competence requires field experience, limited skill training up to the complete and actual implementation and passion of educational tasks, 6) the main success criteria in education are the demonstration of mastery of competencies, and 7) the teaching meter, the delivery system is always evolving.

Agility ability can be improved through the process of practice and learning. In this case, it is the command style teaching method and the practice style teaching method, in addition to the two teaching styles, also in students who have high agility ability and low agility ability. This is intended to determine the degree of difference in the influence of learning basic football learning techniques between the two teaching styles on the condition of students who have different agility abilities.

Based on the background of the problems that have been stated, namely, teaching methods, teacher approaches, and students' agility ability in improving students' movement abilities, especially in dribble shooting skills in playing football in students of class VII MTs Negeri 5 Wonogiri, it is necessary to have research on "The Influence of Teaching Methods and Agility on Basic Technical Skills." Dribble Shooting in Football Games in Men's Students Class VII MTs Negeri 5 Wonogiri in 2021".

## **METHODS**

The research was conducted at the MTs Negeri 5 Wonogiri football field, which is located at Tawangrejo, Pagutan, Manyaran Wonogiri. The study time was carried out for 6 weeks and started on Saturday, 14 Juni until July 29, 2021. The method used in this study was a 2 x 2 factorial design. This study involved three variables consisting of two free variables and one bound variable. The free variable is a, The learning approach which is a manipulative free variable. b, The level of agility ability which is an attributive Variable.

The learning approaches used in this study are the command style approach and the exercise style approach. Meanwhile, the level of agility used as a control variable is distinguished by a high level of agility and a low level of agility. The bound variable in this study is the result of learning basic football techniques. The learning outcomes seen are psychomotor abilities in performing basic football techniques as measured through football dribble shooting skills tests.

The population of this study was male students of MTs Negeri 5 Wonogiri with a total of 76 people. Then a sample of 40 people was taken, of which 20 people were for the group taught through the command style, while the other 20 people used the training style.

In the division of high and low levels of agility first used preliminary tests. It is used to find out the group with high agility ability and the low agility group. Then each of these levels of agility is also divided into two groups where this grouping is carried out randomly. One group was treated with a command-style approach and another group was treated with a training style. Thus, each treatment group has students who have high and low levels of agility. Then the sampling technique used is Purposive Random Sampling.

To test the hypothesis of data analysis research is completed with the Statistical Analysis of Variance (ANAVA) technique. The factorial design of 2 x 2 at the signification level  $\alpha : 0.05$  and if  $F_o$  is significant the analysis is continued with the Newman Keuls range test ( Sudjana 1994 : 306 ). To meet the assumptions in ANAVA, the Normality test (Lilliefors test) and homogeneity test (Barlett test) (Sudjana 1996, 466 – 467; 261) were carried out.

**FINDINGS AND DISCUSSION**

**Description of Research Data**

Description of the results of data analysis of dribbling shooting ability in MTs Negeri 5 Wonogiri students in 2021 which was carried out according to the compared groups, presented in the form of a table as follows:

Table 1. Summary of Descriptive Statistical Figures Data Results of Dribbling Shooting Ability of Each Group Based on Treatment.

<b>Treatment</b>	<b>Agility</b>	<b>Statistics</b>	<b>Initial Tests</b>	<b>Final Test</b>	<b>Increased</b>
Command Style (A1)	Tall (B1)	Sum	185.00	240.00	55.00
		Mean	18.50	24.00	5.50
		SD	4.12	3.94	2.84
	Low (B2)	Sum	200.00	230.00	30.00
		Mean	20.00	23.00	3.00
		SD	3.33	2.58	2.58
Exercise Style (A2)	Tall (B1)	Sum	200.00	270.00	70.00
		Mean	20.00	27.00	7.00
		SD	4.08	2.58	2.58
	Low (B2)	Sum	195.00	240.00	45.00
		Mean	19.50	24.00	4.50
		SD	3.69	3.16	1.58

**Hypothesis Testing**

With regard to the results of the analysis and the Newman Keuls range test, there are several hypotheses that must be tested. The results of the data analysis can be seen as listed in the following table.

Table 2. Overall Summary of Two-Factor Variance Analysis Results

Sources of Variation	df	Min	JK	RJK	Fo	Ft
Average Treatment:	1		1000	1000	-	
A	1		1022.5	1022.5	6.438129 ***	4.11
B	1		1062.5	1062.5	6.689987 ***	
OFF Mistake	1		3070	3070	19.33013 ***	
Total	36		5717.5	158.82	-	
	40		688.932			

Information:

A : Student Group Based on Practice Approach

B : Group of students by Agility

AB : Interaction Between Student Groups Based on Practice Approach and Agility

: Signs of Significance

Table 3. Summary of Newman Keuls Range Test Results

KP	Mean	A <sub>2</sub> B <sub>2</sub>	A <sub>2</sub> B <sub>1</sub>	A <sub>1</sub> B <sub>2</sub>	A <sub>1</sub> B <sub>1</sub>	RST	
		4.5	7.0	2.6	5.5	a=0.05	a=0.01
A <sub>2</sub> B <sub>2</sub>	4.5	-	2.5	1.9	1.0	0.38	0.49
A <sub>2</sub> B <sub>1</sub>	7.0	-	-	4.4	1.5	0.46	0.56
A <sub>1</sub> B <sub>2</sub>	2.6	-	-	-	2.9	0.5	0.6
A <sub>1</sub> B <sub>1</sub>	5.5	-	-	-	-	-	-

Information:

: Signification at  $p < 0.05$ .

A<sub>1</sub>B<sub>1</sub> : A dribbling training group with commando style exercises that have high agility

A<sub>1</sub>B<sub>2</sub> : Group dribbling shooting exercises with commando style exercises that have low agility

A<sub>2</sub>B<sub>1</sub> : Group dribbling exercises with high agility exercise styles

A<sub>2</sub>B<sub>2</sub> : Group dribbling shooting exercises with low agility exercise styles

**1. First Hypothesis Testing**

For treatment with the form of command style and exercise style exercises, the results showed a significant difference in the increase in dribbling shooting results of MTs Negeri 5 Wonogiri extracurricular students in 2021. This difference in increase is because  $F_0 = 6.438$  is greater than  $F_t = 4.110$  at a significant level of 5%. This means that the null hypothesis ( $H_0$ ) is rejected so that there is a significant difference between the two treatment groups.

**2. Second Hypothesis Testing**

From the results of the study, it shows that there is a significant difference between students who have high agility and students who have low agility towards improving learning outcomes in dribbling shooting in MTs Negeri 5 Wonogiri extracurricular students in 2021. From the calculation results obtained  $F_0 = 6,690$  greater than  $F_t = 4,110$  at a signification level of 5%. This means the null hypothesis ( $H_0$ ) is rejected so that there is a signification difference between the two groups of agility categories.

**3. Third Hypothesis Testing**

From the results of the data analysis that has been carried out shows that there is an interaction between, which is indicated by  $F_0 = 19.330$  is greater than  $F_t = 4,110$  at a signification level of 5% so that  $H_0$  is rejected, so it can be concluded that between the forms of command style exercises, exercise styles and agility there is an interaction in improving dribbling shooting results in the extracurricular students of MTs Negeri 5 Wonogiri Year 2021.

**DISCUSSION**

**1. The Influence Between Command Style Teaching Style and Training Style on Learning Outcomes Basic Technical Skills Dribble Shooting Football Game in Male Students Class VII MTs Negeri 5 Wonogiri Year 2021**

Based on the first hypothesis testing, it shows that, there is an influence between the teaching style of command style and the style of training on the learning results of basic technical skills of dribble shooting football games in male students of class VII MTs Negeri 5 Wonogiri in 2021. The group that received the treatment of the learning approach with the form of command style approach had a smaller increase compared to the treatment group withn forms of exercise style approach. Judging from the results of the resulting dribbling shooting ability, it turns out that the training approach treatment group with the exercise style approach form is better than the treatment group with the command style approach form. From the figures produced in the data analysis, it shows that the average comparison of the increase in dribbling

shooting results with the command style approach form which is only 5.5 0 above the average increase in the exercise style approach group is 7. 00.

**2. The Effect of Agility on Basic Technical Skills of Dribble Shooting Football Game in Class VII MTs Negeri 5 Wonogiri Boys Students in 2021**

Based on testing the second hypothesis, it turns out that there is a difference between high and low agility to the basic technical skills of dribble shooting football games in male students of class VII MTs Negeri 5 Wonogiri in 2021. In the high agility group, it will produce greater agility in performing basic dribbling shooting techniques than the group of students who have low agility. The figures produced in the data analysis showed that the average comparison of improvements in the results of basic dribbling shooting techniques in students who had high agility was better by 0.55 than the group with low agility.

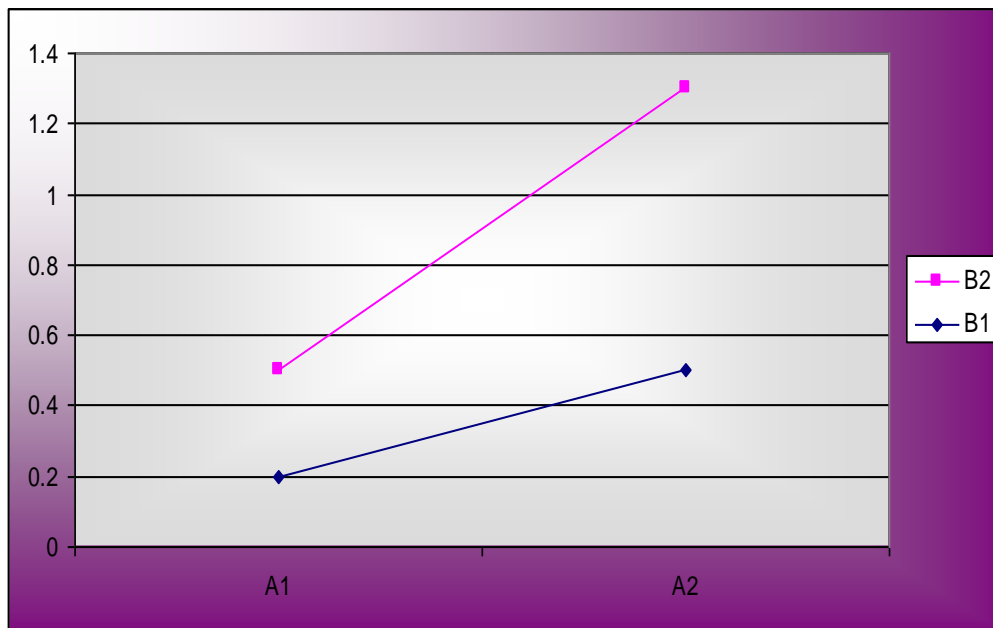
**3. The Interaction Between Teaching Methods and Agility to The Basic Technical Skills of Dribble Shooting Football Games in Male Students Of Class VII MTs Negeri 5 Wonogiri in 2021**

The use of an exercise approach in dribbling shooting skills can be used as a means to increase agility. For the formation of adequate strength, a person must have the main elements of strength, namely power and speed. If a person has a good element of power, it will support the formation of adequate strength and vice versa. Thus, the use of training and agility approaches has positive interactions, where good agility can support the achievement of more optimal dribbling shooting results. To know the interaction between the practice approach and agility, it is presented as follows:

Table 4. Simple Influences, Key Influences, and Agility Major Factors in the Improvement of Dribbling Shooting Ability Results

	<b>A1</b>	<b>A2</b>	<b>Average</b>	<b>A1-A2</b>
<b>B1</b>	5. 50	7. 00	6. 25	-1. 50
<b>B2</b>	3. 00	4. 50	3. 75	-1. 50
<b>Average</b>	4. 25	5. 75	5.00	-1. 50
<b>B1-B2</b>	2,50	3.50	3. 00	-3. 00





Images 1. Interaction Forms Value Increased Results of dribbling shooting ability

The figure above shows that, The shape of the line changes in the magnitude of the value of the learning outcome of the dribbling shooting ability is not aligned, so that if the line is continued it will get a meeting point (intersection) between the learning approach and agility. This means that there is a tendency for there to be interaction between the two. This is in accordance with the theoretical study proposed that the increase in results is not influenced by the learning approach alone, but also internal factors, where the two factors affect it in a related way. The high and low agility possessed will affect the formation of adequate agility, so that it can affect the ability to dribbling shooting. In other words, students who have agility will be more optimal in dribbling so that the results of dribbling shooting ability are better when compared to students with low agility.

## CONCLUSION

Based on the data analysis and discussion that has been carried out, a conclusion can be drawn as follows:

1. There is an influence of teaching style between command style and training style on the learning outcomes of basic technical skills *dribble shooting* football game in male students of class VII MTs Negeri 5 Wonogiri in 2021. The effect of the increase in dribbling shooting ability brought about by the command style exercise the average increase is 5.50, and the average practice style of the increase is 7.00.
2. There is a convincing influence between high and low agility on the basic technical skills of *dribble shooting* football games in male students of class VII MTs Negeri 5 Wonogiri

in 2021. The effect of the increase in dribbling shooting ability caused by students who have high agility the average increase is 5.50 and the average low agility increase is 3.00.

3. There is an interaction between teaching methods and agility to the basic technical skills of *dribble shooting* football games in male students of class VII MTs Negeri 5 Wonogiri in 2021. There is a reciprocal relationship.

## **REFERENCES**

- Mielke. D 2007. *Dasar-Dasar Sepakbola*. Alih Bahasa Eko Wahyu Setiawan. Bandung : Pakar Raya.
- Muhajir. 2007. *Pendidikan Jasmani Olahraga dan Kesehatan*. Bandung: Erlangga.
- Rusli Lutan, Adang Suherman & Yudha Mahendra. S. 2002. *Supervisi Pendidikan Jasmani. Konsep dan Praktik*. Jakarta: Depdiknas. Direktorat Jenderal Pendidikan Dasar dan Menengah.
- Soekatamsi. 2004. *Permainan Bola Besar I*. Surakarta : Pusat Penerbitan Universitas Terbuka.
- Sudjana. 1996. *Metode Statistika*. Bandung: Tarsito.
- \_\_\_\_\_. 2001. *Metode dan Teknik Pembelajaran Partisipasif*. Bandung: Falah Production.
- Sugiyanto & Agus Kristiyanto. 2000. *Belajar Gerak II*. Surakarta: UNS Press.