



The Effect of Ball Feeling Training on Dribbling Skills of Futsal Extracurricular Students at SD Swasta Yayasan Wanita Kereta Api Medan in 2025

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Abstract.

Background

The problem in this study was that in the futsal class held at the Yayasan Wanita Kereta Api Private Elementary School in Medan in 2025, many students experienced difficulty controlling the ball, continued to play around (not focused), and did not listen to the coach's commands, resulting in the activity not achieving optimal results when dribbling.

Objectives

This study aimed to determine the effect of ball feel training on dribbling skills among extracurricular futsal students at the Yayasan Wanita Kereta Api Private Elementary School in Medan in 2025.

Methods

This research uses a quantitative experimental method with primary data. The data source of this study consisted of 15 students from grades IV, V, and VI of SD Swasta Yayasan Wanita Kereta Api Medan who participated in the futsal extracurricular program. Data were collected through observation using pre-test and post-test procedures. The data were then analyzed using quantitative statistical analysis

Results

The results of this study indicate the effect of ball-feeling training on futsal skills in extracurricular students at the Medan Railway Women's Foundation Private Elementary School in 2025. These results were demonstrated in a sample of 15 students, with an average pretest score of 17.18 and a posttest score of 13.98. One student received a good score on the pretest, nine received a fair score, three received a poor score, and two received a very poor score. Meanwhile, three students received a fair score on the posttest, eleven received a good score, and one received a very good score.

Conclusion

Therefore, it can be concluded that the ball feel training program significantly influenced the dribbling skills of students participating in extracurricular futsal at a private elementary school at the Medan Railway Women's Foundation in 2025.

Keywords: Ball Feeling Training, Dribbling Skills, Futsal Extracurricular

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INTRODUCTION

Futsal is a sport that uses a ball as a playing tool. This sport generally uses the feet and other body parts except the hands. Especially for goalkeepers, hands are allowed to use in the 12-yard kick area. Futsal is played by two teams, each consisting of 5 (five) players. A futsal player must master the basic techniques of futsal. Basic techniques of playing futsal include: Passing the ball (passing), bouncing the ball (chipping), holding the ball (controlling), dribbling the ball (heading), and shooting the ball (shooting). Futsal in the world first appeared in 1930 in Montevideo, Uruguay, introduced by a teacher named Juan Carlos Ceriani. According to the Big Indonesian Dictionary (KBBI), futsal is a soccer game, with a smaller field and goal, usually played indoors, each team consists of five players. The goal of the game of futsal is almost the same as soccer: to get the ball into the opponent's goal by scoring as many goals as possible to win. Ceriani initially introduced futsal during a youth competition (YMCA) similar to soccer with fewer players. At the Medan Railway Women's Foundation Private Elementary School, located on Jl. Lampu, Pulo Brayan, Bengkel Baru, Medan Timur District has an extracurricular activity that supports the physical fitness of its students, namely futsal. This activity is held three times a week, namely on Tuesday, Thursday and Saturday afternoons from 3:00 PM to 6:00 PM. However, after I conducted observations starting on December 10, 2024, during extracurricular activities at the elementary school, I found many students having difficulty controlling the ball, still playing around (not focused), not listening to the coach's instructions so that this

activity does not get maximum results when dribbling the ball. During my observations, several students made mistakes in playing futsal, including pulling the opponent's shirt, pushing the opponent, kicking the ball carelessly, and holding the ball intentionally. So it can be said that the students' dribbling skills are still not fully optimal and this is all due to the lack of varied training that focuses on developing the dribbling skills of these extracurricular students.

Judging from the condition of the students participating in extracurricular activities, no physical disabilities or deficiencies were found, which actually greatly supports the students' dribbling skills. At the Medan Railway Women's Foundation Private Elementary School, students are taught by their physical education teachers to dribble the ball properly. Dribbling is the skill of controlling the ball by moving it from one point to another on the playing area, using the inside of the foot, the outside of the foot, and the instep.

Dribbling in futsal is not easy, as this technique requires special training to hone dribbling skills. The lessons taught here are ball feel, which means exercises that can help futsal players master basic futsal techniques. To dribble in futsal, a player must be able to control the field situation, both against teammates and opponents. The training methods implemented in extracurricular activities at the Medan Railway Women's Foundation Elementary School are still limited to repetitive methods, such as dribbling in pairs and dribbling with changing positions. To improve playing skills, the practice sessions used must be more varied. Generally, dribbling in futsal is not as easy as it seems, as it requires specialized training, such as developing feeling, timing, and speed. Coaches often use games as a strategy to foster interest and improve players' technical skills. When teaching basic futsal dribbling techniques for beginners, ball feel drills can be used to develop optimal ball control. Drills that involve extensive interaction with the ball not only improve skills but also prevent boredom and maintain student motivation throughout the training process. Through these activities, students are expected to improve their dribbling skills through extracurricular activities aimed at developing their interest and talent in futsal, thereby achieving success and bringing honor to the school.

Among the various types of drills, one of the most commonly used is ball feel. This drill focuses on recognizing and controlling the ball using all parts of the body, except the hands and chest. A good ball feel is the main foundation for mastering effective playing techniques, particularly in developing coordination between footwork and the ball. This training is generally given to young players or school students, because at this stage they tend not to have optimal control and perception of movement with the ball, which can hinder mastery of basic game techniques. Therefore, it is important for players to understand the characteristics of the ball to better interact and integrate into the game. Based on observations of extracurricular futsal activities, it was found that a number of students still have limited dribbling skills. This is also supported by statements from futsal coaches, who stated that a number of students often lose the ball during practice due to weak ball control skills, especially when dribbling. During the training process, the coach's role is crucial in designing and delivering various forms of training aimed at improving dribbling skills. This is crucial considering that the majority of students participating in extracurricular futsal activities at the Medan Railway Women's Foundation Private Elementary School come from backgrounds that lack experience or in-depth knowledge of futsal. Therefore, coaches need to routinely provide ball feel training to achieve the main goal, which is improving Dribbling skills can be achieved. Furthermore, the implementation of this training is expected to increase the effectiveness of the futsal extracurricular activities at the school.

Ball feel training is expected to have a significant positive impact on improving the quality of the futsal players' dribbling skills. Furthermore, this method can also be used to evaluate the level of dribbling mastery of students at the Medan Railway Women's Foundation Private Elementary School in 2025.

METHOD

Research Design

Quantitative data is a research method based on positivity (concrete data). Research data consists of numbers that will be measured using statistics as a calculation tool, related to the problem being studied to draw conclusions. The type of quantitative research used is a quantitative method with an experimental research method. Experimental research is defined as a research method that includes a treatment used to determine the effect of a particular treatment on another under controlled conditions. The design used in this study is a one-group pretest-posttest design, meaning an experiment conducted on only one group without a comparison group.

Participant

According to Handayani (2020), "a population is the totality of all elements being studied that share common characteristics, which can be individuals from a group, events, or objects being studied." Based on this research, the population in this study is all fourth-grade students participating in the futsal extracurricular activity (4), fifth-grade students (6), and sixth-grade students (10). Therefore, the total number of students participating in the futsal extracurricular activity at the Medan Women's Railway Foundation Private Elementary School in 2025 is 20. The sample is a portion or representative of the population being studied (Arikunto, 2019). This study used a purposive sampling technique.

According to Sugiyono (2011), "Purposive sampling is a technique for determining samples based on certain considerations. Therefore, the researcher determined these considerations: male students who are physically and mentally healthy and actively participate in extracurricular futsal activities at school. Therefore, 15 students were selected as samples for this study.

Data Analysis

Data analysis is a series of activities involving reviewing, grouping, systematizing, interpreting, and verifying data to ensure that a phenomenon has social, academic, and scientific value (Sangadji and Sopiah, 2010). In this study, the researchers used quantitative data analysis techniques, which the authors analyzed using statistics. The formula used was the T-test. There are many variations of the T-formula, and its use depends on the characteristics of the data being analyzed.

RESULTS AND DISCUSSION

Results

This study used a sample of 15 students. The sample was selected based on specific considerations determined by the researcher. The population of this study was all 20 extracurricular students. However, only 15 met certain criteria. These criteria were students aged 9-12, physically and mentally healthy, and participating in futsal extracurricular activities at school. The location of this study was the Medan Railway Foundation Women's Private Elementary School, which participates in futsal extracurricular activities. This school is located at Jl. Lampu No. 2, Pulo Brayan Bengkel Baru, East Medan District, Medan City. This study will be conducted from June 4 to July 15, 2025. This study will be conducted in 12 sessions, with training sessions three times a week on Tuesdays, Thursdays, and Saturdays, for a total of four weeks.

1) Data Description

Based on the previously collected data, this chapter will analyze the discussion obtained in this study. The results of this study can be explained in accordance with the objectives and hypotheses proposed previously. The results obtained by the researcher regarding the effect of ball feel training on dribbling skills tests among extracurricular futsal students at the Medan Kereta Api Women's Foundation Private Elementary School in 2025 can be seen in the table below:

Table 1. Research Results

Description	Average	Standard Deviation	Variance	Sum of Values Minimum	Sum of Maximum Values
<i>Pretest</i>	17.18	18,41	15	15	20
<i>Posttest</i>	13,98	14,98	15	11	15

Discussion

This study aims to determine whether there is an effect of ball felling training on dribbling skills carried out by extracurricular futsal students at the Medan Railway Women's Foundation Private Elementary School in 2025. Based on the results of the analysis, it shows that the dribbling ability test scores before and after treatment have changed significantly. Before the treatment, the dribbling ability test of extracurricular students at the Medan Railway Women's Foundation Private Elementary School in 2025 got an average score of 17.18; the standard deviation was 18.41; with a minimum score category of 15. However, after 12 meetings of treatment, the average score was 13.98; the standard deviation was 14.98; with a minimum score category of 11 and obtained by 1 person and a good score of 11 people, and a good frequency of 3 samples.

Based on the results of the assessment that has been studied, it can be seen that there is an influence of the ball feeling training on dribbling skills for students of the Medan Railway Women's Foundation Private Elementary School in 2025. The research conducted during 12 meetings resulted in a calculated T value of 1.118 compared to the T table value of 0.239 (Hadi, 1991: 123) in general.

CONCLUSION

Based on the results of data analysis, research instruments, testing of research results, and discussion, researchers can conclude that there is an effect of ball feel training on dribbling skills in extracurricular futsal students at the Medan Railway Women's Foundation Private Elementary School in 2025. These results have been proven on a sample of 15 people who were conducted with initial tests (pretest) and final tests (posttest) and the results were significantly different, the test results after the treatment were higher than the test results before the treatment. The effect of ball feel training on dribbling skills in extracurricular futsal students is very influential, therefore it is necessary to develop training methods to support the learning process about futsal in schools, especially for prospective students who will become futsal athletes in the future.

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AUTHOR CONTRIBUTION STATEMENT

This study was conceptualized and designed by Briliance Putra Waruwu, who developed the research objectives and methodology, managed data collection, coordinated with participants, and supervised fieldwork at STOK Bina Guna Medan. Andi Nur Abady performed data analysis, interpreted the findings, and contributed significantly to the preparation of the manuscript. All authors participated in the revision of the manuscript, approved the final version for submission, and take full responsibility for the integrity and accuracy of the work.

CONFLICT OF INTEREST AND FUNDING

The authors declare no conflict of interest related to the conduct, authorship, or publication of this study.

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