



THE EFFECT OF BALL FEELING TRAINING ON FOOTBALL DRIBBLING ABILITY IN ATHLETES AGED 13-15 YEARS AT PS POLLUNG FC HUMBANGAN HASUDUTAN

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Abstract

Background

This study aims to determine the influence of ball feel training on the dribbling ability of soccer athletes aged 13-15 years at PS Pollung FC Humbangan Hasudutan. The problem in this study, based on observations, is that PS Pollung FC Humbangan Hasudutan still makes many fundamental errors during training and matches, and training has not been tailored to the overall needs of the players.

This research is an experimental study. The research design used is a one-group pretest-posttest design. The population in this study was 12 individuals. Of these 15 individuals, all 15 were sampled. This study aims to examine the influence of ball feel on the dribbling ability of soccer athletes aged 13-15 years at PS Pollung FC Humbangan Hasudutan.

Before the ball feel training approach, the dribbling ability of soccer players aged 13-15 at PS Pollung FC Humbangan Hasudutan was significantly affected. Before the ball feel training approach, the pretest mean was 24.31, the posttest mean was 20.48, with a pretest standard deviation of 7.26 and a posttest standard deviation of 4.07.

The average difference between the two was 3.82, the standard deviation was 24.99, and the calculated T-value was 2.38. The T-table value for a sample size of 15 players with a 5% significance level was 1.753. Therefore, $2.38 > 1.753$ means the calculated T-value is greater than the table T-value. Therefore, it can be concluded that ball feel training significantly influences the dribbling ability of soccer players aged 13-15 at PS Pollung FC Humbangan Hasudutan.

Keywords: *Ball Feeling Training, Soccer Dribbling Skills*

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INTRODUCTION

Sports are activities undertaken with the goal of improving the body's health, strength, and energy, making it healthier and stronger. Sports involve physical activity both indoors and outdoors. A variety of sports are available, from individual sports to group sports; any type of exercise contributes to a healthy body.

Group sports are more energetic, energizing, and engaging than individual sports. One such sport is soccer. Soccer is played in teams of 11 players. The goal of the game is to score as many goals as possible, scoring the ball into the opponent's goal. Soccer is enjoyed by all levels of society, from elite to casual. Because it involves teamwork, all players work together to produce effective shots against the opposing team, overcoming challenging obstacles. Therefore, cooperation and sportsmanship are essential.

In soccer, basic technical skills and physical abilities are crucial components for improving a player's physical condition. Maintaining physical fitness is not easy; it requires continuous and long-term training to improve performance during matches. A person's physical condition is influenced by their energy fitness, muscle strength, and ability to perform activities effectively.

To achieve good physical abilities and skills in soccer, a person must train consistently. The ideal age for training to achieve good physical fitness is 8-10 years old, with peak performance reaching

18-20 years old. Physical abilities should be developed as early as possible to enhance and diversify performance. A soccer player should possess basic skills such as passing, dribbling, and other movements. One of the basic techniques a soccer player must master is dribbling. Dribbling involves passing the ball from one point to another, moving the ball by swinging the foot with the instep, inside, and outside of the foot. When dribbling a soccer ball, one must practice the proper kicking technique. Controlling the ball and carrying it effectively during runs requires extra practice. A variety of dribbling drills are essential to ensure effective dribbling and avoid boredom. One form of dribbling drill is ball feel, which introduces the ball to various parts of the body to begin learning and practicing soccer. It begins with learning and practicing the ball correctly with all parts of the body.

PS POLLUNG FC HUMBANG HASUNDUTAN is a soccer school specifically designed for students to develop their potential and personality, leading to improved self-development. The development of potential in children aged 13-15 in the Humbang Hasundutan area aims to produce a generation full of the best potential, leading to the development of their talents.

Based on observations by researchers in Human Hasudutan, there are more than 15 Football Schools (SSB) that train early childhood, meaning the potential in the Human Hasudutan area is increasingly diverse for developing individual potential for future improvement. The facilities and infrastructure at PS Pollung FC Humbang Hasudutan consist of 10 size 4 balls. Furthermore, many SSB participants bring their own equipment, such as balls, to meet their needs. In addition to balls, there are also 40 cones, 25 cones, 24 stakes, 10 small standard-sized goals, and two 2 x 3 meter goals.

Based on the situational analysis, the declining performance of FC Human Hasudutan is due to the coach's lack of firmness and monotonous coaching style. FC Humbang Hasudutan. FC Humban Hasudutan has a training schedule three times a week, every Monday and Thursday from 4:00 PM to 5:30 PM WIB and Sunday morning from 7:00 AM to 8:30 AM WIB. Training is held on the FC Humban Hasudutan field. FC Humban Hasudutan strongly supports student development because

METHOD

This study aims to obtain data from the research subjects, namely the Effect of Ball Feeling Training on the Dribbling Ability Level of Athletes Aged 13-15 Years of PS Pollung FC Humbanhasudutan. This research is a quasi-experimental study, meaning research that aims to find a cause-and-effect relationship. According to Setyo (2017: 36), experimental research is generally recognized as the most scientific of all types of research because researchers can manipulate the treatments that cause something to happen. According to Consuelo (2013: 93), experimental research is the only research method that can test hypotheses regarding cause-and-effect relationships.

Research Design

This study uses an experimental method, according to (Sugiyono, 2010: 107) experimental research is a research method used to determine the effect of certain treatments on others under controlled conditions. The research design used in this study was a "One-Group Pretest-Posttest Design," which uses a pretest to determine the initial situation before treatment and a posttest to determine the situation after treatment. This allows for more accurate data collection because it allows for comparison with the pre-treatment situation (Sugiyono, 2009: 110).

The pretest-posttest design for this study is as follows:



Figure 1. Research Design Description:

S: Research sample

Pretest: Initial dribbling ability test

Treatment: Ball feel training

Posttest: Final dribbling ability test

Participant

3.4. Research Population

According to Sugiyono (2010: 61), a population is a generalized area consisting of objects or subjects with a certain quantity and characteristics determined by the researcher to be studied. The population used in this study was all 15 students at the PS Pollung FC Humbanhasudutan Athletes' Football School aged 13-15 years.

3.5. Research Sample

According to Sugiyono (2010: 62), a sample is derived from the number and characteristics of the population. Data collection for this study used purposive sampling, which is the determination of a sample with a specific purpose or consideration (Sugiyono, 2010: 68). The criteria for selecting the sample for this study were: (1) The sample was in the 13-15 age group, (2) Willing to participate in the treatment 16 times, (3) Registered as a student at SSB Melati Muda. Following the requirements outlined above, after using purposive sampling, a sample of 15 students met the criteria for the study. The sample consisted of athletes aged 13-15 years from Pollung FC Humbanha Sudutan. Before receiving ball feel training, the students underwent a pretest on their dribbling skills. The sample used in this study consisted of 15 athletes aged 13-15 years from Pollung FC Humbanha Sudutan.

Data Analysis

The researcher requested permission from the management and coaches of 13-15 year old athletes of PS Pollung FC Humbanhasudutan to conduct research on students of SSB Melati Muda. The researcher coordinated with the coaches of 13-15 year old athletes of PS Pollung FC Humbanhasudutan and students for the research schedule. Data collection was carried out by taking a pretest, the pretest was carried out at the Pasutan field, then providing treatment (treatment) 16 times. According to Tjalliek Sugiarto (1991: 25) actually the training process for 16 times can be said to be trained, because there have been permanent changes. The treatment was carried out at the Pasutan field, then took the posttest, the posttest was also carried out at the Pasutan field. During the pretest, the researcher prepared the facilities and infrastructure needed for the test, then lined up the students for prayer, attendance, and provided explanations and directions regarding the test implementation. Next, the students did a 15-minute warm-up and took the test. After conducting the pretest, the researcher provided treatment in 16 meetings with a schedule of 3 times a week, then the researcher conducted a posttest.

The t-test formula uses a before-after model.

According to Sugiyono (2007: 96), the t-test formula is as follows:

Where:

s = standard deviation of sample differences, d = difference in mean values.

Source: According to Sugiyono (2007: 96)

To determine the significance of the improvement in dribbling ability after the pretest and before the posttest, the calculated t-value is compared with the t-table at a significance level of 5%. If the calculated t-value is greater than the t-value, there is a significant difference. Therefore, the null hypothesis (H_0) is rejected and the working hypothesis (H_a) is accepted.

RESULTS AND DISCUSSION

Results

Pretest data for soccer dribbling ability was collected on February 3, 2025. Targeted training was then conducted for 16 sessions, three times per week (Monday, Thursday, and Sunday). Posttest data was collected on May 15, 2025.

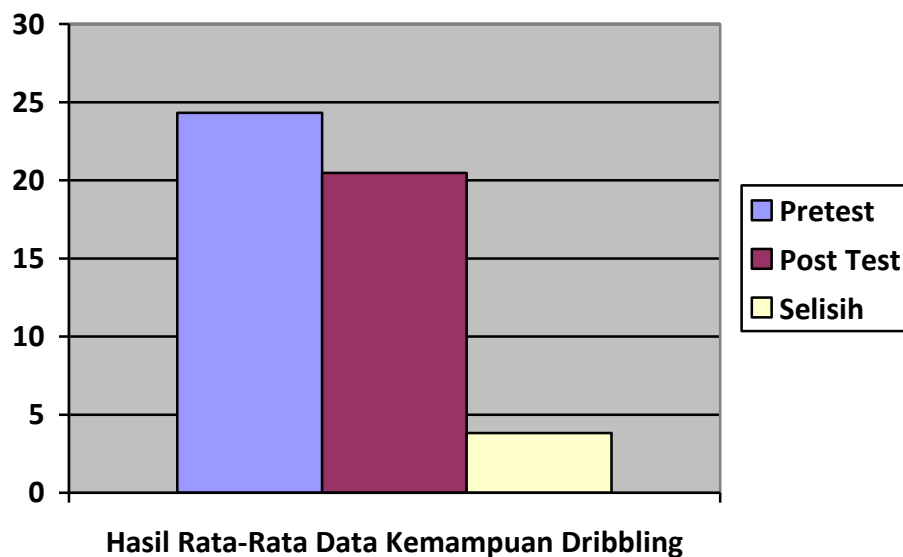
1. Description of Research Data

The pretest and posttest results for soccer dribbling ability in athletes aged 13-15 years at PS Pollung FC Humbangan Hasudutan are presented in Table 2 as follows:

Table 2. Pretest and Posttest Data for Dribbling Ability

No	Nama	Pretest	Post test	Selisih (d)
1	alfin matondang	20.27	19.49	0.78
2	Boston Pasaribu	43.16	22.72	20.44
3	David	37.12	32.24	4.88
4	eko Darmawan	18.15	17.54	0.61
5	Heri Pratama	19.25	15.1	4.15
6	Imam Latif	21.24	19.95	1.29
7	Jonathan	18.44	18.39	0.05
8	Kelvin	19.37	17.78	1.59
9	Kiki	18.36	16.74	1.62
10	Lukman Sinurat	20.34	19.47	0.87
11	M. Budianto	23.74	18.62	5.12
12	M. Safrizal	24.81	23.29	1.52
13	Yogi nugraha	26.57	20.15	6.42
14	Zainal Arifin	27.5	23.48	4.02
15	Zakaria	26.4	22.35	4.05
Jumlah		364.72	307.31	9607.01
Rata –Rata		24.31	20,48	3,82

The bar chart of pretest, posttest and the difference in soccer dribbling ability of athletes aged 13-15 years old at PS Pollung FC Humbangan Hasudutan is presented in Figure 10 as follows:



Based on Figure 10 above, it shows that the pretest, posttest and Difference in Football Dribbling Ability in Athletes Aged 13-15 Years PS Pollung FC Humbangan Hasudutan average Pretest 24.31, Post test 20.48 and average difference 3.82.

The first step taken by the researcher was to identify the problem to be studied by observing the soccer dribbling skills of athletes aged 13-15 years at PS Pollung FC Humbangan Hasudutan, both in terms of their level of mastery and enthusiasm for training. This was done to observe the changes that occurred after the training in terms of dribbling skills.

Before conducting the research, the researcher interviewed the coach to obtain information about the soccer dribbling skills of athletes aged 13-15 years at PS Pollung FC Humbangan Hasudutan. Afterward, the researcher provided training and administered a post-test.

The steps taken before implementing the method were to plan the implementation of the training program. After that, the researcher carried out the research stages.

The stages were:

- The researcher introduced herself and explained the purpose and objectives of the research.
- The researcher explained dribbling techniques in soccer.
- The researcher explained four soccer dribbling skill training programs.
- After implementing the training program for 16 sessions, participants took a post-test using the shooting test instrument.

After carrying out the research, the test results were obtained from the pretest and posttest results.

Discussion

Football is a team game with 11 players on each team. Players may play the ball with any part of their body except their arms or hands. Almost all play is based on footwork, with the exception of the goalkeeper, who can play the ball freely with any part of their body. Football lasts 2 x 45 minutes, divided into two halves of 45 minutes each. The goal is to score goals by getting the ball into the opponent's goal and trying to prevent goals from being scored on.

The various basic techniques in football cannot be fully mastered by all players. Effective and efficient training is needed to improve basic football skills. One training model for improving basic football techniques is developing a good ball feel. There are many variations of ball feel training that can be applied to football players. Researchers will try to apply various ball feel training to athletes aged 13-15 years old at PS Pollung FC Humbanhajo. Researchers observed that during the match, students were not yet proficient because they easily lost the ball. During the match, only a few players dared to control the ball.

This research is expected to improve the basic techniques of soccer players and improve their ball-feeling skills. With appropriate training portions and proper execution, the program's objectives can be achieved.

Based on the T-test analysis, the average difference was 3.82, the standard deviation was 24.99, and the calculated T was 2.38. The T-table value for a sample size of 15 with a 5% significance level was 1.753. Therefore, since $2.38 > 1.753$, the calculated T value is greater than the calculated T value. It can be concluded that ball-feeling training significantly impacts the dribbling skills of 13-15-year-old athletes at PS Pollung FC Humbangan Hasudutan.

CONCLUSION

Based on the results of data analysis, description, testing of research results, and discussion, it can be concluded that there is a significant influence on the Football Dribbling Ability of Athletes Aged 13-15 Years PS Pollung FC Humbangan Hasudutan, the average result of the difference is 3.82 and the standard deviation is 24.99 and T Calculation is 2.38, for TTable with a sample size of 15 with a significance level of 5% is 1.753. So $2.38 > 1.753$ the Tcalculation price is greater than Ttable. Furthermore, the categories obtained in the pretest of Football Dribbling Ability in Athletes Aged 13-15 Years PS Pollung FC Humbangan Hasudutan were 0.0% (0 students) who got the very good category, 33.3% (5 students) who got the good category, 46.7% (7 students) with the moderate category, 6.7% (1 student) with the less category and 13.3% (2 students) with the very less category. Meanwhile, in the post test, the categories obtained in the posttest of Football Dribbling Ability in Athletes Aged 13-15 Years PS Pollung FC Humbangan Hasudutan were 0.0% (0 students) who got the very good category, 60% (9 students) who got the good category, 33.3% (5 students) with the moderate category, 6.7% (1 student) with the less category and 0% (0 students) with the very less category.

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AUTHOR CONTRIBUTION STATEMENT

This research was conceptualized and designed by R. ERWIN GABRIEL LUMBANBATU, who developed the research objectives and methodology, managed data collection, coordinated with participants, and supervised fieldwork at STOK Bina Guna Medan. Devi catur winata 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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