



The Effect of Cone Drill Training on Agility Futsal Players University of Lambung Mangkurat

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Abstract

This study aims to determine whether there is an effect of 10 Cone Snake Drill exercise on the agility of Futsal Players at Lambung Managkurat University. The method used in this study is a pre-experimental design method with the Zig-zag Run Test instrument. The research design used pretest and posttest in one group. The population in this study were all futsal players who took part in the training, totaling 12 people and the sample being 12 people. Sampling was done by total sampling technique. The results of the initial test data conducted by futsal players at Lambung Mangkurat university with the fastest time of 9.10 seconds, the longest time of 10.36 seconds and the average initial test time of 9.66 seconds. Whereas in the final test of agility abilities carried out by futsal players, the fastest time is 8.12 seconds, the longest time is 9.45 seconds with an average final test time of 8.52 seconds. The results of data analysis show that there is an effect of Cone Drill training on the agility of futsal players at Lambung Mangkurat University.



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INTRODUCTION

Futsal is one of the most popular sports today. So the basic technique of playing futsal is almost the same as the technique of playing football. In futsal sport requires a cohesiveness in playing to achieve the goal of a victory, as in playing football, the need for variations in playing, good technique is very supportive to win a match. In addition to these factors, which are no less important are the physical conditions of players such as endurance, muscle explosive power, speed, flexibility, coordination, accuracy, speed, agility, leg power and others. (Rosyidi and Wiriawan, 2019). In futsal sport, of course, there is a dominant physical condition, meaning that physical conditions play a very important role in playing futsal, these physical conditions are agility, speed, leg power, endurance and flexibility. (Barasakti, B. A., & Faruk, 2019). (Waskito, 2021) Futsal demands excellent physical condition for its players. Excellent physical condition is very supportive of the appearance of a player. Poor physical appearance will certainly have a bad impact on his technical and tactical appearance. Physical preparation is an important thing in the preparation period of a team to achieve optimal performance.

The futsal team of Lambung Mangkurat University has players who have good technique when competing, the varied patterns of play make this team always perform brilliantly in every match. It is hoped that the ULM Futsal players will continue to use their best abilities and also have good physical conditions, especially in terms of agility, but the reality on the ground is based on observations during the match that there are still many players who do not have good agility, there are some players who still move a bit stiff, look less agile. This shows that players' agility is low, while

playing futsal must have good agility. (Yusuf, P. M., & Zainuddin, 2020). This becomes a problem that must be solved by providing agility exercises.

The study in this study was directed at one of the physical conditions in the futsal game, namely the agility of the component that contributed to how much the physical condition of the Undikma futsal players and examined in practice through the practice of tests and appropriate measurements so as to get the right results as well. One of the problems in this team is agility. Therefore, the purpose of this study is to measure one of the physical conditions of agility in ULM futsal players. So that it can determine how big the level of agility of the players in the training program. The hypothesis that can be proposed in this study is to increase the agility of ULM futsal players by providing cone drill training. The selection of cone drill exercises is supported by research from (Astuti, P. Y., Pudjianto, M., & Laksono, 2018).

METHODS

This study uses a quantitative type with a pre-experimental method. (Effendi, 2013). The research design used a pretest and posttest in one group, (Rahman, 2018).

Participants

The population of this research is the futsal players of Lambung Mangkurat University, totaling 12 people. While the sample amounted to 12 people. Sampling technique with total sampling, (Sepriadi, S., Arsil, A., & Mulia, 2019).

Sampling Procedures

The sample selection in this study were players who were actively practicing as futsal players at the University of Gastric Mangkurat, where the initial tests, treatment, and final tests were carried out

on the campus of the Department of Sports and Health Education, Lambung Mangkurat University, Banjarbaru.

Materials and Apparatus

In carrying out the research, the initial test and the final test used tools, namely a meter, cone, stopwatch, whistle. while giving treatment for 16 meetings with cones and stopwatches

Procedures

The sample used in this study was a futsal player at the University of Lambung Mangkurat. The research was carried out by giving an initial test and then being treated with cone drill exercises with 16 meetings, then given another final test to see the improvement of the futsal players.

Design or Data Analysis

The data analysis used in this research are 1) Normality Test, 2) Homogeneity Test 3) Hypothesis Testing using t-test, (Zein, S. Z., Yasyifa, L. Y., Ghozi, R. G., Harahap, E., Badruzzaman, F. H., & Darmawan, 2019).

RESULT

Based on the experimental results that have been analyzed by statistical testing, there is an increase in agility in futsal players after the Cone Drill exercise. This hall can be seen in the increase in average agility with the zig-zag run test. Before being given Cone Drill training the average was 9.66 and after being given training the average was 8.52.

Thus the researcher assumes that the implementation of the Cone Drill exercise for 6 weeks starting on January 2, 2022 - March 29, 2022 with a final agility test on March 30, 2022 has an influence on the agility of Futsal players at Lambung Mangkurat University.

After getting the results of the initial test and the final test of the ULM futsal players who were then given treatments with Cone Drill exercises, it can be seen the comparison of the results of the initial test and the results of the final test of measuring the agility of the futsal players at Lambung Mangkurat University in table 1 below.

Table 1. Data of Pretest and Post test

No	Name	Pretest	Posttest
1	Seiba Keniko Omar	10,23	9,45
2	M. Rasyad	9,49	8,12
3	M.Nur Fagandi	9,29	8,15
4	M.Rizky Maulana	9,10	8,72
5	Akmal Fajzilul AF	9,88	8,33
6	Angger B.P	9,25	8,24
7	M.Alwi	9,34	8,41
8	Raihan.K	9,27	8,25
9	Frizum Yardu P	10,02	8,94
10	Irlendi Sevawanda	10,36	8,85
11	Muhammad Restu	10,35	8,53
12	Alvain Fahmi Aziz AF	9,30	8,28

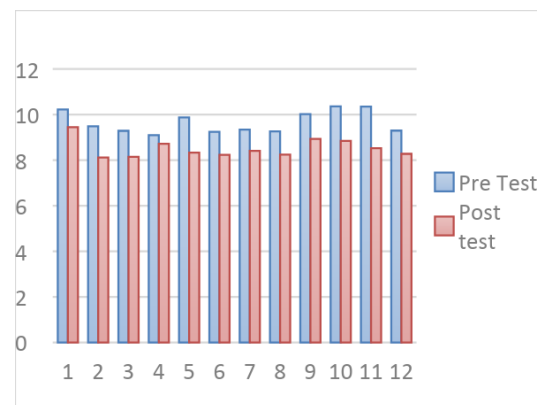


Fig 1. Graphic Pre test and Post test

DISCUSSION

The results of data analysis and hypothesis testing are that there is an effect of cone drill training on increasing agility in futsal players at Lambung Mangkurat University. Physical conditions, especially agility, have an

important role in playing futsal, agile players find it easier to pass opponents when dribbling the ball, grabbing the ball quickly. The opinion of (Bompa, T. O., & Carrera, 2005) that agility is agility can simply be interpreted as the ability to change the direction of movement. (Irianto, 2020) argues that agility with quickness is mentioned as speed in changing directions. Cone drill exercises are suitable for increasing agility, as in (Irianto, 2020) that cone drills use cones as a benchmark to set the direction of movement. The goal is to improve the movement by changing the direction that has been set. The results of the cone drill research are able to increase the agility of futsal players, as supporting some of the results of this study, agree with (Diputra, 2015), (Neviantoko, G. Y., Mintarto, E., & Wiriawan, 2020). (Erliana, 2017).

CONCLUSION

Based on data analysis and research results, it can be concluded as follows: there is an effect of cone drill training on futsal players at Lambung Mangkurat University.

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