

## Abstrak

# HUBUNGAN ANTARA KELINCAHAN, KELENTUKAN PERGELANGAN KAKI, DAN KOORDINASI MATA-KAKI TERHADAP KETERAMPILAN MENGGIRING BOLA PESERTA EKSTRAKURIKULER FUTSAL SMK NEGERI 1 PURWOKERTO

Ani Shofiatul Muniroh

**Latar Belakang:** Keterampilan menggiring bola dipengaruhi oleh kondisi fisik diantaranya kelincahan, kelentukan pergelangan kaki, dan koordinasi mata-kaki. Penelitian ini bertujuan untuk mengetahui hubungan antara kelincahan, kelentukan pergelangan kaki, dan koordinasi mata-kaki terhadap keterampilan menggiring bola pada peserta ekstrakurikuler futsal SMK Negeri 1 Purwokerto.

**Metodologi:** Penelitian ini adalah penelitian korelasional. Penelitian korelasional adalah tipe penelitian dengan karakteristik masalah berupa hubungan korelasional antara dua variabel atau lebih. Instrumen penelitian korelasi ini adalah *dogging run* untuk mengukur kelincahan, tes statis fleksibilitas pergelangan kaki untuk mengukur kelentukan pergelangan kaki, *soccer wall volley* untuk mengukur koordinasi mata-kaki, dan *soccer dribble test* untuk mengukur keterampilan menggiring bola. Penelitian ini menggunakan subjek siswa ekstrakurikuler futsal putra SMK Negeri 1 Purwokerto yang berjumlah 20 orang. Teknik analisis data menggunakan uji normalitas, linearitas, dan pengujian hipotesis menggunakan rumus korelasi *pearson product moment*.

**Hasil Penelitian:** Terdapat hubungan kelincahan (X1) dengan keterampilan menggiring bola (Y) sebesar 0,947, terdapat hubungan kelentukan pergelangan kaki (X2) dengan keterampilan menggiring bola (Y) sebesar 0,925, terdapat hubungan koordinasi mata-kaki (X3) dengan keterampilan menggiring bola (Y) sebesar 0,932, dan terdapat hubungan kelincahan, kelentukan pergelangan kaki, dan koordinasi mata kaki secara bersama-sama (X1X2X3) dengan keterampilan menggiring bola (Y) sebesar 0,959.

**Kesimpulan:** Terdapat hubungan kelincahan dengan keterampilan menggiring bola artinya semakin baik kelincahan maka semakin baik keterampilan menggiring bola. Terdapat hubungan kelentukan pergelangan kaki dengan keterampilan menggiring bola artinya semakin baik kelentukan pergelangan kaki maka semakin baik keterampilan menggiring bola. Terdapat hubungan koordinasi mata kaki dengan keterampilan menggiring bola artinya semakin baik koordinasi mata kaki maka semakin baik keterampilan menggiring bola. Terdapat hubungan kelincahan, kelentukan pergelangan kaki, dan koordinasi mata-kaki secara bersama-sama artinya semakin baik kondisi fisik seperti kelincahan, kelentukan pergelangan kaki, dan koordinasi mata-kaki maka semakin baik keterampilan menggiring bola.

**Kata Kunci:** kelincahan, kelentukan pergelangan kaki, koordinasi mata-kaki, keterampilan menggiring bola.

## Abstract

### **CORRELATION BETWEEN THE AGILITY, ANKLE FLEXIBILITY AND EYE-FOOT COORDINATION WITH DRIBBLING SKILLS IN THE MALE FUTSAL EXTRACURRICULAR PARTICIPANTS PURWOKERTO STATE 1 VOCATIONAL SCHOOL**

Ani Shofiatul Muniroh

**Background:** Dribbling skills are influenced by physical conditions including agility, ankle flexibility, and eye-foot coordination. This study aims to determine the correlation between the agility, ankle flexibility, and eye-foot coordination on dribbling skills in futsal extracurricular participants Purwokerto State 1 Vocational School.

**Methodology:** This research is correlation research. Correlation research is a type of research with the characteristics of the problem of correlational relationships between two or more variables. This correlation research instrument is a dogging run to measure agility, a static ankle flexibility test to measure ankle flexibility, soccer wall volley to measure eye-foot coordination, and a soccer dribble test to measure dribbling skills. This research uses the subject of futsal extracurricular male students of Purwokerto State 1 Vocational School, amounting to 20 people. Data analysis techniques using the test for normality, linearity, and hypothesis testing using the Pearson Product Moment correlation formula.

**Results:** There is a correlation of agility (X1) with dribbling skills (Y) of 0,947, there is correlation of ankle flexibility (X2) with dribbling skills (Y) of 0,925, there is a correlation of eye-foot coordination (X3) with dribbling skills (Y) amounted to 0,932, and there was a correlation agility, ankle flexibility, and eye-foot coordination (X1X2X3) with dribbling skills (Y) of 0,959.

**Conclusion:** There is a correlation between agility with dribbling skills, which means that the better agility, the better dribbling skills. There is correlation between ankle flexibility with dribbling skills, which means that the better ankle flexibility, the better dribbling skills. There is a correlation between eye-foot coordination with dribbling skills, which means that the better eye-foot coordination, the better dribbling skills. There is a correlation between agility, ankle flexibility, and eye-foot coordination with dribbling skills, which means that the better physical conditions such as agility, ankle flexibility, and eye-foot coordination, the better dribbling skills.

**Keyword:** agility, ankle flexibility, eye-foot coordination, dribbling skills