

# The relationship between tradition, flexibility, agility, and football playing skills

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## ABSTRACT

Psychological and physiological factors influence the ability to play Football. Physiological factors are physical conditions, flexibility, and agility, while psychology has aspects of tradition. This study aims to determine the contribution of tradition, flexibility, and agility to the ability to play Football at Putra Banna Football School, Kutablang, Bireuen Regency, Aceh, Indonesia. The population in this study was all 33 students. Based on the sampling reference with the total sample method, all students were sampled. From the data analysis, it can be obtained that there is a correlation between tradition, flexibility, and agility with the ability to play football.

## KEYWORDS

Tradition; flexibility; agility; football playing skills

## 1. Introduction

Humans have a complete physical, mental, and social state that is truly complete with amazing functions, especially when compared to other creatures created by God. Humans have many advantages, both in terms of the composition of their organs and their very amazing work system. Success will be achieved if the training is carried out according to and based on planned, programmed training principles with a specific purpose.

The physical condition of football players is a source of material to be fostered by football experts in addition to technique, tactics, and mental and competitive maturity. Changes in the basic techniques of playing football are one of the changes resulting from the training process. According to (Rothig in Imanudin, 2008), the definition of training is all efforts that result in increased ability in sports competitions. Meanwhile, according to (Herre in Imanudin, 2008), training is the

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whole process of systematic preparation for students to achieve high achievement. More broadly, the definition of training is a systematic process of practicing or working repeatedly by increasing the amount of training load, according to (Bompa in Imanudin, 2008).

A person can be said to have done training activities if there has been a change in the person's behavior, and this behavior change must be comprehensive in both cognitive, affective, and psychomotor aspects. Several factors support the quality training process, which can be classified into two major groups: endogenous and exogenous. Endogenous factors are factors within the student, including talent, tradition (habits), student abilities (physical, technical, agility, and mental), and the level of motivation. Actors outside the student body include the ability and skills of the coach, facilities and equipment, research results, matches, management, and the environment. The existence of habits in practicing will make the skills in sports easier to apply. Flexibility and agility are also needed when applying skills in sports, and being ready to face opponents when competing is an important element in football. In the training process, the elements of physical condition and tradition or habit occupy a leading position to be trained, which continues with technical training, tactics, mental health, and maturity to compete in achieving achievements.

Furthermore, Febriarus & Hardianto (2022) states that physical development, technique, tactics, and mental and competitive maturity are overall training targets, where one aspect cannot be left out in a continuous training program throughout the year. Hocke & Nasution (1956) state that humans can achieve achievements at various ages, but achievements in sports are mainly achieved by those who are young. This is added by Sardjono (1981), that the role of training to develop elements of the physical condition of the game of football to improve playing skills is very decisive for tradition, flexibility, and agility are needed by a football player in facing certain situations and match conditions.

Football players deal with certain situations and match conditions. Football achievements in Bireuen Regency are developed through football schools, one of which is Putra Banna Football School. Putra Banna Football School is one of the football associations whose players are newly grown children, involving local government and the private sector. The players are recruited from elementary and junior high schools, which are considered to have potential or talent in the sport of football, to be fostered, developed, and improved basic playing skills to the maximum.

The development of football achievements in Bireuen is very appropriate through football schools, as evidenced by the achievements of young players in competitions at regional and national levels. Putra Banna Football School was founded in 2000 and accepts players or students by making a strict selection to obtain talented prospective players.

In the training process at Putra Banna Football School, personnel with a master's degree and a traditional football coaching license, flexibility, agility, and talent have a very important role in improving their skills in playing football. Based on the results of observations at Putra Banna Football School, it can be described that the achievements obtained are very good. The achievements obtained are inseparable from the training program at Putra Banna Football School, starting from a strict selection stage in finding talented players. The basic skills of playing football are the main menu supported by a physical training program to improve physical and psychological components, which is considered to have potential or talent in the sport of football, to be fostered, developed, and improved basic playing skills to the maximum.

The development of football achievements in Bireuen was very appropriate through football schools, as evidenced by the achievements of young players in competitions at regional and national levels. Putra Banna Football School was founded in 2000 and accepts players or students by making a strict selection to obtain talented prospective players.

The results of coaching from Putra Banna Football School have been felt so that most of the players have provided maximum results, the LPI team SMP Negeri 1 Peusangan 2011 and 2012, the LPI team SMA Negeri 2 Bireuen in 2012, the regional sports games (POPDA) Bireuen team 2012, all of these competitions, Putra Banna Football School fostered players become key players in these teams. Another noticeable coaching result is Nazarul Fahmi, who passed the selection of thousands of Indonesian children to study at the Arsenal Academy in London, England. These are all positive results of Putra Banna Football School coaching in the last three years.

The training process at Putra Banna Football School involves personnel with a master's degree and a traditional football coaching license, flexibility and agility, and talent, which have a very important role in improving football skills. Based on the results of observations at Putra Banna Football School, it can be described that the achievements obtained are very good. The achievements obtained are inseparable from the training program at Putra Banna Football School, starting from a strict selection stage in finding talented players and basic skills of playing football is the

main menu supported by a physical training program to improve physical and psychological components; this is by Harsono (1988) which says that psychological and physical factors are very decisive for the good or bad of a person's sports skills. Therefore, the author wants to test this theory in this research.

## 2. Method

### 2.1. Population and sample

The population is the whole subject to be studied, and the population is limited to some subjects or individuals with at least the same characteristics (Hadi, 2021). The population in this study were all Putra Banna Football Schools, totaling 33 people.

While the sample is a part or representative of the population under study, Arikunto (2002) regarding the size of the sample from the population. Arikunto (2006) states that if the subject is less than 100, it is better to take all that the research is population research. Furthermore, 10-15% can be taken if the number of subjects is large. Given the relatively small population, all 33 members were used as research samples.

### 2.2. Research framework

The design of this research framework can be seen in Figure 1.

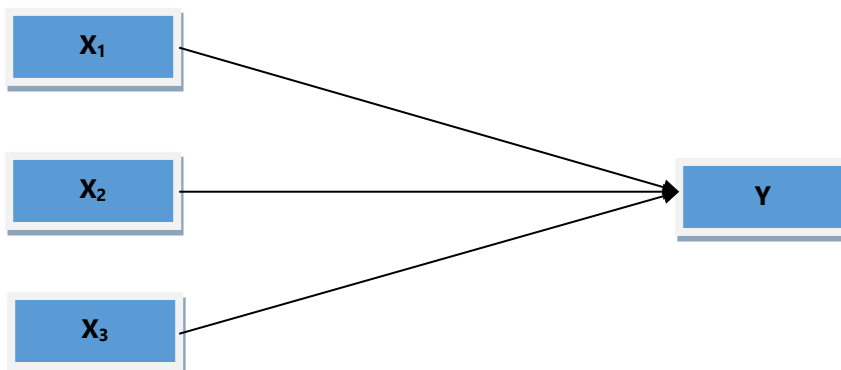


Figure 1. Research framework

Where  $Y$  is football playing skills,  $X_1$  is tradition,  $X_2$  is flexibility, and  $X_3$  is agility.

### ***2.3. Research instruments***

Measuring tools in a study is an absolute requirement needed to collect data. Measuring instruments used in a study are commonly called research instruments. Research instruments are tools or facilities used by researchers in collecting data so that their work is easier and the results are better in the sense of being fast, complete, and systematic so that they are easier to process (Arikunto, 2006).

Collecting data from research samples requires a tool called an instrument. Research instruments are tools used in research, especially for data collection. Nurhasan (2000) explains that tests and measurements are tools used to obtain data from an object to be measured, while measurement is a process for obtaining data.

## **3. Results and discussion**

### ***3.1. Results***

Based on data analysis, the correlation coefficient of tradition with football playing skills of Students is 0.62, so it can be concluded that there is a correlation of tradition with football playing skills of Students with a sufficient correlation level. Based on data analysis, the correlation coefficient of determination with football playing skills of Students is 0.54, so it can be concluded that there is a correlation of determination with football playing skills of Students with a moderate correlation level. Based on data analysis, the correlation coefficient of agility with football playing skills of Students is 0.33, so it can be concluded that agility correlates with football playing skills of Students with a moderate correlation level. Based on data analysis, the correlation coefficient together tradition, determination, and agility with football playing skills of Students is 0.93, so it can be concluded that there is a correlation between tradition, determination, and agility with football playing skills of Students with a high level of correlation.

Simultaneously or together, research shows that tradition, determination, and agility significantly correlate to the skills of students playing football at the Putra Banna Football School. The degree of relationship of Tradition to the skills of playing Football can be seen from the magnitude of the correlation coefficient obtained, which is equal to 0.62, with  $t_{\text{count}} = 4.40 > t_{\text{table}} = 1.68$ , then  $H_a$  is accepted and  $H_o$  is rejected. The degree of correlation of determination to skills in playing Football can be seen from the magnitude of the correlation coefficient obtained, which is equal to 0.54, with  $t_{\text{count}} = 23.57 > t_{\text{table}} = 1.68$ , then  $H_a$  is accepted, and  $H_o$  is rejected. The degree of correlation of agility to skills in playing Football can be seen from the

magnitude of the correlation coefficient obtained, which is 0.46, with  $t_{\text{count}}=2.88 > t_{\text{table}}=1.68$ , then  $H_a$  is accepted, and  $H_o$  is rejected. The degree of Tradition, determination, and agility in skills in playing Football can be seen from the magnitude of the correlation coefficient obtained, which is 0.93, with  $f_{\text{count}}=62.61 > f_{\text{table}}=32.94$ , then  $H_a$  is accepted, and  $H_o$  is rejected.

### 3.2. Discussion

From this study, it is also known that tradition, determination, and agility correlate to the skills of playing football. Related to the findings obtained from this study, it can be used as a guideline for a coach in providing training programs, namely still paying attention to training programs on improving Tradition and Determination routinely in addition to technical training programs. Besides, it cannot be separated from the agility of athletes to be further developed in playing football.

This is supported by the opinion of Sajoto (1995), which states that the elements of physical condition must be improved as optimally as possible for each athlete, and strength is an element that is more dominant than others. It needs to be given top priority in the implementation of training programs. Based on the results of the data analysis that the authors have done, it can be described that the good and bad skills of playing Football correlate with tradition, determination, and agility. This is in accordance with Husdarta (2011), suggesting that sport is not only a physical problem related to the movements of limbs, muscles, bones, and so on.

According to Brittenham (2002), agility requires body balance to skill the speed and accuracy of changing positions in movement. Referring to this fact, to increase the level of skill in playing football, physical condition components in the form of flexibility and agility are needed because with the flexibility and agility of a football player can make difficult movements in football, then the movement when dribbling, passing and even when shooting will be smoother leading to the angle of the shot, the required pass which in the end the direction of the ball will become more accurate into the goal.

## 4. Conclusion

Football playing skills are determined by various physical, technical, tactical, and mental factors regarding physical components, flexibility, and agility, which support basic football skills. Both physical components must be considered in selecting football players to achieve skills and achievements in playing football. These physical

components will improve the skills of playing football. Based on the study's results, the implication of this study is for football coaches to pay more attention to the physical components of football athletes, such as flexibility. With the flexibility of football, players can kick the ball well and accurately, run quickly in dribbling, and jump in and head the ball so that it can get maximum results in a football match.

Not only flexibility football coaches see, but agility is also very important in playing football, with good agility, football players can change direction with balance and consistent speed, with agility also football players can also dribble well without being captured by opponents, makes it easier for football players to score team wins. In the end, the coach can know that the high and low achievement of football playing skills is closely correlated with physiological factors, including physical components, namely flexibility and agility. Training flexibility and agility can help football players get maximum results. It is hoped that coaches and coaches improve the achievements of football players, so they need to prioritize the physical component, which, in this case, is determination.

The concrete form can be done by training methods that support Determination. Dynamic stretching exercises are carried out by moving the limbs rhythmically with circular movements or bouncing the limbs so that the body's muscles feel stretched to football players. Later, football players get used to matches that aim for achievement. This research can provide input for the researchers themselves and enrich the repertoire of knowledge about research and subsequent research for the better, especially regarding the importance of physical and psychological conditions in supporting sports skills.

### Conflict of interest

The authors declare that they have no conflict of interest.

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