

The Effect of Small Sided Games and Zig-Zag Run Training on Improving the Dribbling Ability of Samba JR Soccer Players

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Abstract: There is needed training that can improve dribbling skills in soccer games. Small sided games and zig-zag run exercises are training models that can help players hone their dribbling skills on the field that is small from the real field and plus zig-zag run training through obstacles so that players can practice well. This study uses true-experimental methods also needs to have two types of groups, namely the treated group and the untreated group (control group). In this experimental study there were two groups that had different treatments. The result showed that participants who underwent small sided games showed a greater improvement in dribbling ability compared to those who underwent zig-zag run training. This study contributes that both small sided games and zig-zag run training can have a positive impact on improving dribbling ability in soccer players.

Keywords: Dribbling, Small Sided Games, Soccer, Zig Zag Run

A. Introduction

Football is a very popular sport throughout the world. This sport is played by various groups, from children to adults. Football is also one of the sports competed in the Olympics. Football is also one of the most watched sports in the world. According to Nurfalalah et al., (2016), a soccer player must master the basic techniques that are correct must also have good physical conditions, physical conditions in football that are indispensable include strength, speed, flexibility, balance, coordination, agility, endurance, explosive power, accuracy and reaction. Soccer is described as a team sport characterized by periods of a high intensity activity such as sprinting, kicking and jumping, interspersed with low-intensity activity such as jogging and walking and active or passive recovery. Football requires two teams of 11 players to play it, one of the players is the goalkeeper, and each team tries to defend its goal so as not to concede the ball and score against the opponent (Luxbacher 2011). Football also requires intelligence (short term memory) in this case speed in decision making as once stated by Sanjaya, & Suherman (2024) that short-term memory plays an important role in all cognitive processes and affects not only

football, but also intelligence and academic performance of children.

Training is all the power and effort to improve the overall physical condition with a systematic and repetitive process with the amount of training load increasing day by day, with the aim of improving athlete performance (Agustina, 2020). Meanwhile, according to (Tristiyanto et al., 2023; Sari et al., 2021) Training is a systematic process that is carried out repeatedly with increasing day by day the amount of training load given. Many training models have been used for the improvement of physical performance in soccer. Moreover, the fact that these training models are compatible with the technical or technical-tactical skills of sport may contribute significantly to the efficiency of the training. Well-designed, small-sided conditioning games or skill-based, high-intensity training models have recently been favored by most soccer coaches, as they simultaneously affect technical skills, tactical awareness and conditioning development.

Zig-zag run is a type of exercise that is done with winding movements past signs that have been prepared with a purpose to train the ability to change direction quickly (Pratama et al., 2022). Zig-zag is a method of running using obstacles or obstacles that must be passed by running around avoiding obstacles or running in turns. The aim of zig-zag run training is to master running skills, avoiding various obstacles, both people and objects around you. Zig zag dribbling and shuttle dribbling exercise improved the player speed in futsal game. Concluded that dribbling requires dexterity and good ankle coordination. It is the basic technique of a sport, especially in soccer, because the Ankle affects the outcome of the kick. Showed the zig-zag method is more effective in dribbling exercise. It can be trained using Dogging Run and Shuttle Run exercises. While in soccer, there is ergonomics model for exercise, drill method, playing a game like as conventional or modern, or Speed Agility and Quickness (SAQ) training program dribbling need this physical condition. According to Al-Hadiqie (2013) that dribbling is one of the most important skills that must always be done well, that way when we know how the enemy dribbles, we will also know how to play soccer. Mylsidayu (2014) the purpose of the exercise is to help coaches, coaches, teachers, sports so that they can apply and have conceptual abilities and skills to help reveal the potential of athletes to reach peak performance.

Dribbling ability is a crucial skill in soccer that allows players to maintain possession of the ball while maneuvering past opponents (Huijgen et al., 2009; Aquino et al., 2017). This skill is essential for creating scoring opportunities, breaking through defensive lines, and controlling the pace of the game. A player's dribbling ability can often be the difference between a successful attack and a turnover, making it a fundamental aspect of the sport. In this paragraph, we will explore the various techniques and strategies that players use to improve their dribbling ability and

become more effective on the field. Some of the key techniques that players use to enhance their dribbling skills include close ball control, quick changes of direction, and the ability to shield the ball from defenders. Close ball control involves keeping the ball close to the body while moving quickly and accurately, allowing the player to maneuver through tight spaces and evade opponents. Quick changes of direction are essential for confusing defenders and creating space to advance the ball towards the goal. Additionally, the ability to shield the ball from defenders with the body can help players maintain possession and protect the ball from being stolen. By mastering these techniques and incorporating them into their gameplay, players can become more confident and effective dribblers on the field.

This can lead to more scoring opportunities and ultimately contribute to the overall success of the team. Developing close ball control requires practice, focus, and determination. Players must be willing to put in the time and effort to improve their skills and become more comfortable with the ball at their feet. By consistently working on their dribbling abilities, players can elevate their game and make a significant impact on the field. Improving dribbling skills also involves understanding when to use different dribbling techniques based on the situation during a game. For example, players may need to use quick, short dribbles to maneuver through tight spaces or use longer, more controlled dribbles to maintain possession while advancing up the field. It's important for players to be able to adapt their dribbling style to the specific demands of each game and make split-second decisions on the best approach to take. Additionally, players can benefit from studying and learning from skilled dribblers in professional soccer leagues, analyzing their techniques and incorporating them into their own repertoire. This continuous learning and improvement process is essential for players to reach their full potential as dribblers and contribute positively to their team's success. For example, a player may need to use quick, close dribbling in a crowded midfield to evade defenders and maintain control of the ball. In contrast, they may opt for longer, more explosive dribbles when they have open space to exploit and can push towards the opposing goal with speed and precision.

Based on observations of the basic football technical abilities of students who took part in training at Samba Jr, the training carried out was quite good. During the training session, Samba Jr students showed their individual abilities, including passing, dribbling, controlling, heading and shooting skills. Passing What every individual Samba Jr player does looks quite good, minimizing passing mistakes, as evidenced during drill practice, out of 7 passes, the average player only makes 2-3 mistakes. For basic shooting techniques, players who take part in soccer training are said to be lacking because the players still shooting a lot. Far from the target, namely the goal, out of 5 attempts at shooting, the players only hit the target 1-2 times, namely the goal. Samba Jr players who take part in soccer training have good ball

control skills, the ball they receive is easy to control and is not caught or not far from the player's feet so they do not direct the ball at the opponent. Carrying out dribbling techniques looks very easy, but in reality many players cannot control the speed of the ball when dribbling. There are some who still make mistakes, such as the ball being too far out of reach, some dribbling it slowly, others directing it towards the opponent so that the ball is easily taken by the opponent and also the player's lack of composure when dribbling so it is easily taken by the opponent. When dribbling the ball, the contact with the ball is good, there are students who use the inner leg, outer leg, and the instep.

Most students' views when dribbling the ball are still looking at the ball, and do not see the situation around them so that when an enemy approaches they are not aware that the enemy is in front of the player and the ball can be taken by the opponent. Looking at the reality on the field, the dribbling techniques possessed by players who take part in soccer training at Samba Jr, are still not paid enough attention by coaches. In a game, if the ball is difficult to pass through, to get into the opponent's defense, you can dribble and shoot. So one of the efforts that researchers can offer in this problem is to provide a method that can improve the dribbling of Samba Jr soccer players by practicing small sided games and zig-zag run training that can increase ability dribbling players in a soccer game. Based on the background behind, the above problems really require training that can improve dribbling skills in the game of soccer. Small-sided games and zig-zag run exercises are training models that can help players hone their dribbling skills on a field that is smaller than the actual field and add zig-zag run training through obstacles so that players can practice well. With this the author will research "The effect of small sided games training and zig-zag run training on improving the dribbling abilities of Samba Jr soccer players".

Small sided games and zig-zag run training are two effective methods that can help players improve their dribbling ability. Small sided games, such as 3v3 or 4v4, create a fast-paced and competitive environment that forces players to make quick decisions and execute dribbling skills under pressure. These games also provide ample opportunities for players to practice different types of dribbles, such as feints, cuts, and changes of direction, in a game-like setting. On the other hand, zig-zag run training involves setting up a series of cones or markers in a zig-zag pattern for players to dribble through at varying speeds and angles. This drill helps players improve their close control, agility, and ability to change direction quickly, all of which are essential for effective dribbling in a match. By incorporating these training methods into their practice routines, players can enhance their dribbling skills and become more versatile and dynamic on the field. Additionally, practicing dribbling under pressure from defenders can help players improve their decision-making and composure in tight spaces. This type of training simulates game-like situations and

helps players develop the confidence to take on defenders and create scoring opportunities. By combining technical drills with tactical exercises, players can become more well-rounded and effective dribblers on the field. Ultimately, mastering the art of dribbling can make a significant impact on a player's overall performance and contribute to the success of their team. Whether it's weaving through defenders or creating space to make a crucial pass, dribbling is a fundamental skill that can make a difference in a game.

Players who are able to control the ball with precision and speed are often able to create scoring chances and break down the opposition's defense. In addition to technical ability, dribbling also requires mental strength and quick decision-making. Players must be able to read the game, anticipate defenders' movements, and react quickly to changing situations on the field. This ability to think quickly and stay calm under pressure is what sets great dribblers apart from the rest. It allows them to not only create opportunities for themselves, but also for their teammates, making them a valuable asset to any team. Dribbling is not just about flashy moves or individual skill, but about using those skills to benefit the team as a whole. It requires a combination of physical prowess, technical ability, and tactical awareness to be truly effective in a game situation. As such, coaches often place a high emphasis on dribbling drills and exercises in training sessions, knowing that a player's ability to dribble can be a game-changer in crucial moments. This emphasis on dribbling is evident in the way that players like Lionel Messi and Neymar Jr. are able to consistently break down defenses and create scoring opportunities for their teams. Their ability to dribble past multiple defenders and maintain possession under pressure is what sets them apart as some of the best in the world. In fact, many young players aspire to emulate their dribbling skills and work tirelessly to improve their own abilities on the ball. It is clear that dribbling is a fundamental aspect of the game that can make a significant impact on the outcome of a match.

Players who possess exceptional dribbling skills have the ability to change the course of a game in an instant. Their agility, quick footwork, and creativity allow them to navigate through tight spaces and evade defenders with ease. This not only puts pressure on the opposing team's defense, but also opens up opportunities for their teammates to make runs and create scoring chances. Additionally, skilled dribblers have the confidence to take on defenders one-on-one, forcing them to make split-second decisions and potentially commit fouls in dangerous areas. As such, mastering the art of dribbling is essential for any player looking to make a significant impact on the pitch. It requires hours of practice, dedication, and a deep understanding of the game. Players must constantly work on their ball control, speed, and decision-making to become effective dribblers. They must also be able to read the game and anticipate the movements of their opponents in order to create space and opportunities for themselves and their teammates. Dribbling is not just

about flashy moves and tricks, but about using skill and intelligence to outsmart the opposition and create scoring opportunities.

Ultimately, mastering the art of dribbling can be the difference between a good player and a great player on the field. It requires hours of practice and repetition to develop the muscle memory and instinct needed to excel in dribbling. Players must be willing to put in the work both on and off the field to hone their skills and improve their technique. This dedication and commitment to improvement are what set elite dribblers apart from the rest. Additionally, a deep understanding of the game is crucial in order to make quick and effective decisions while dribbling. Players must be able to read the field, anticipate their opponents' movements, and react accordingly in order to maintain possession and create scoring opportunities. The ability to think quickly and strategically is essential in becoming a successful dribbler. It is also important for players to have strong physical attributes such as speed, agility, and balance in order to maneuver past defenders with ease. Developing these skills takes time and effort, but with consistent practice and proper coaching, players can improve their dribbling abilities and become a valuable asset to their team. In addition to individual skills, teamwork and communication are also key components of successful dribbling. Players must be able to work cohesively with their teammates, utilizing give-and-go passes and creating space for each other to exploit the opposition's defense. By combining individual talent with teamwork, players can elevate their dribbling game to the next level and make a significant impact on the field.

Furthermore, understanding the importance of timing and decision-making is crucial in effective dribbling. Knowing when to take on defenders, when to pass, and when to hold onto the ball can make all the difference in a player's success on the field. Developing a sense of spatial awareness and reading the movements of both teammates and opponents can help players anticipate the flow of the game and make strategic decisions in real-time. By honing these skills and constantly seeking ways to improve, players can continuously elevate their dribbling abilities and contribute positively to their team's overall performance. One key aspect of effective dribbling is being able to recognize and exploit gaps in the opposing team's defense. This requires quick thinking and the ability to react swiftly to changing situations on the field. Players who are able to read the game and make split-second decisions are often the ones who can create scoring opportunities for themselves and their teammates. Additionally, having the confidence to take risks and try new moves can also help players stand out and keep defenders on their toes. Ultimately, mastering the art of dribbling is a continuous process that requires dedication, practice, and a willingness to learn from both successes and failures.

Developing strong dribbling skills not only allows players to maintain possession of

the ball but also enables them to exploit gaps in the opposing team's defense. This requires quick thinking and the ability to react swiftly to changing situations on the field. Players who are able to read the game and make split-second decisions are often the ones who can create scoring opportunities for themselves and their teammates. Additionally, having the confidence to take risks and try new moves can also help players stand out and keep defenders on their toes. Ultimately, mastering the art of dribbling is a continuous process that requires dedication, practice, and a willingness to learn from both successes and failures. As players continue to hone their dribbling skills, they will become more effective and versatile on the field, making them valuable assets to their teams.

Players who are able to read the game and make split-second decisions are often the ones who can create scoring opportunities for themselves and their teammates (Zaichkowsky, & Peterson, 2018). Additionally, having the confidence to take risks and try new moves can also help players stand out and keep defenders on their toes. Ultimately, mastering the art of dribbling is a continuous process that requires dedication, practice, and a willingness to learn from both successes and failures. As players continue to hone their dribbling skills, they will become more effective and versatile on the field, making them valuable assets to their teams. In addition to individual skill development, effective dribbling can also contribute to team success by creating space, drawing defenders, and opening up passing lanes for teammates. This ability to control the ball and move with purpose can be a game-changer in tight matches where every possession counts.

Based on the background described above, the problem is this research is the lack of variation in training programs on dribbling techniques. This research aims to find out how much influence small-sided games and zig-zag run training have on improving dribbling abilities in Samba Jr players. As a result of the players' lack of speed and balance, one of the efforts that researchers can offer in this problem is to provide small sided games and zig-zag run exercises which can improve the dribbling abilities of soccer players in Samba Jr.

B. Methods

Research methods are a way to obtain scientific truth or find solutions to problems basically using scientific methods (Pakpahan, et al., 2021). Research methods are a scientific way to obtain data with specific purposes and uses. Research methods are a way of obtaining scientific truth or finding solutions (Sugiyono, 2022).

Description: R =Sample

01 = Pretest

02 = Posttest

03 = Pretest

O4 = Posttest

X = Treatment problems basically use the scientific method.

This research is research that uses true-experimental methods which also need to have two (Treatment) type of group, namely the group that was given treatment and the group that was not given treatment (control group). In this experimental research there were two groups that had different treatments.

R □1 x □2

R □

Figure 1. Two-group Pretest-Posttest design

Two-group Pretest-Posttest design. This research design uses a two-group pretest-posttest design, the experimental group is divided into two groups with ordinal pairing, namely experimental group A (small sided games practice and zig-zag run practice) and group B (ordinary practice) which given 16 exercises in two months and two initial tests and a final test (pre-test and post-test). The experimental research method is one method.

Quantitative, used especially if researchers want to conduct experiments to find out influence variable independent/treatment/certain treatment of the dependent variable/result/output under controlled conditions. According to (Sugiyono, 2022) data collection techniques are the most important thing for researchers, because the main goal of researchers is to obtain data. The data collection or data retrieval technique is by using tests and measurements.

- 1) Initial test by taking dribbling ability scores
- 2) Final test with retrieval dribbling ability scores.

The following is an explanation of the test implementation dribbling:

- 1) Test name: Variable test instrument (Y) dribbling results test.
- 2) Test objectives: This test aims to measure abilities

Facilities/tools:

- 1) Flat field, stopwatch, ball
- 2) Cone, meter, whistle
- 3) Test forms and stationery
- 4) Test result recording office dribbling ability value.

Test implementation:

- 1) Students (testees) stand behind The ball faces the direction it is played.
- 2) After on cue "start" student herding ballpass to the left of the 1st obstacle

placed on the starting line.

- 3) Then turn right pass adjacent right obstacle 2nd, turned to the left to pass to the left of the 3rd obstacle, but the ball passed next to the obstacle.
- 4) Then student turn right to pick up the ball and dribble it past the side right obstacle to 4, turn left again past the left of the 5th obstacle.
- 5) Next, the student turns right over the right side of the 6th obstacle, but the ball is passed to the left these obstacles.
- 6) Then student turn left to pick up the ball and dribble it past the left of the 7th obstacle, turn right pass next to obstacle 8.
- 7) Turn left past the 9th obstacle, and turn right past the 10th obstacle (the final obstacle) which is located at the finish line.

Assessment:

The results recorded are the time use a stopwatch, in accordance with applicable regulations.

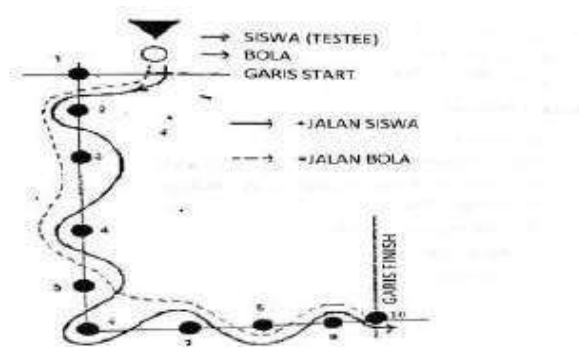


Figure 2. Dribbling Test Field Source (Widiastuti, 2019)

Table 1. Normal Dribbling Test

Category	Time(Datic)
Perfect	<10.0
Very well	10.0-11.0
Good	11.0-12.0
Currently	12.0-13.0
Not enough	13.0-14.0
Very less	>14.0

(Bahtri, 2022)

C. Results and Discussion

In improving dribbling ability among soccer players. The data analysis revealed that participants who underwent small sided games showed a greater improvement in dribbling ability compared to those who underwent zig-zag run training (Yusuf et al., 2022; Alimuddin et al., 2023). This suggests that the dynamic and unpredictable

nature of small sided games may better simulate real game scenarios and help players develop their dribbling skills more effectively. Additionally, the limitations of the study, such as the small sample size and lack of long-term follow-up, highlight the need for further research in this area to confirm the findings and explore other potential training methods. Overall, the implications of these findings for coaches and trainers are significant, as they provide valuable insights into the most effective ways to enhance players' dribbling skills on the field (Plainos et al., 2011; Raharjo, & Keliat, 2020).

One significant finding in the study was that incorporating game scenarios into dribbling training sessions led to a noticeable improvement in players' performance (Pizarro, et al., 2017; Plainos et al., 2011; Brink et al., 2023). Players who trained using game-like situations showed greater confidence and adaptability on the field, suggesting that this type of training may better simulate real game conditions and challenges. Additionally, there was a clear trend of increased dribbling success rates among those who participated in the game scenario training compared to those who did not. This suggests that integrating game elements into dribbling drills can have a positive impact on skill development and overall performance. Further research is needed to fully understand the long-term effects of this type of training and its potential benefits for players of all skill levels.

D. Conclusions

Based on the results of research that has been carried out by researchers in the field as well as analysis of the research results and discussions that have been carried out above, regarding. The influence of small sided games training and zig-zag run training on improving dribbling abilities in soccer games at the Samba Jr club, it can be concluded that there is a significant influence of small sided games training and zig-zag run training on soccer dribbling abilities at the Samba Jr club. This is proven by the posttest results enhancement on soccer dribbling ability, this can be seen from the posttest achievement time of 13.4 seconds. The average ability of students in dribbling soccer in the initial test ability was 31.064. The average ability of students in dribbling soccer in the final test ability was 15.443.

Based on the results of the study, it is evident that both small sided games and zig-zag run training can have a positive impact on improving dribbling ability in soccer players. However, it is important to consider various factors that may influence the outcomes of these training interventions. For instance, the skill level and experience of the players, the duration and intensity of the training sessions, and the coaching techniques used can all play a role in determining the effectiveness of the training methods. Additionally, individual differences in learning styles and preferences may also impact the success of the interventions. In order to maximize the benefits of

these training methods, coaches and trainers should carefully consider these factors and tailor their approach to meet the specific needs of their players. This may involve conducting assessments to determine the skill level and learning style of each individual player, as well as regularly monitoring progress and adjusting the training program as needed. By taking a personalized approach to training, coaches can help their players reach their full potential and achieve success on the field. Ultimately, the effectiveness of training interventions relies on the ability of coaches and trainers to adapt and evolve their methods to meet the unique needs of their athletes. This requires a deep understanding of not only the physical abilities of the players, but also their mental and emotional well-being. Coaches must be able to build strong relationships with their players, earning their trust and respect in order to effectively motivate and support them. Communication is key in this process, as coaches must be able to provide constructive feedback and guidance in a way that resonates with each individual.

Additionally, coaches must stay current with the latest research and advancements in sports science to ensure they are using the most effective training techniques available. This knowledge allows coaches to tailor their training programs to the specific needs and goals of each player, maximizing their potential for success. By staying informed and adaptable, coaches can help their players reach peak performance and prevent injuries. Furthermore, coaches must also possess strong leadership skills in order to effectively manage and inspire their team. This includes setting clear expectations, maintaining discipline, and fostering a positive team culture. Ultimately, a successful coach is not only a teacher and mentor, but also a role model and motivator for their players. They must lead by example and demonstrate the values and work ethic they expect from their team. A successful coach understands the importance of building trust and communication with their players, creating a supportive and cohesive team environment. In addition, they must be able to make quick decisions under pressure and adapt their strategies as needed during games. A coach's ability to inspire and motivate their players, even in the face of adversity, is what sets them apart and drives their team to achieve greatness.

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