

Correlation Study between Speed, Agility, Leg Power, and Eye-Foot Coordination on the Dribbling Ability of Bali United Football Players in 2021



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ABSTRACT: This study aims to determine: (1) The relationship between speed and dribbling ability. (2) The relationship between agility and dribbling ability. (3) The relationship between limb power and dribbling ability. (4) The relationship between eye-foot coordination with dribbling ability. (5) The relationship between speed, agility, leg power, and eye-foot coordination on the dribbling ability of Bali United football players in 2021. This type of research is correlational. The population in this study were 32 Bali United 2021 football players. The sampling technique used was total sampling. The speed instrument is measured by the 50 meter running test with units of seconds, agility is measured using the Illinois Agility Test with units of seconds, leg power is measured using the vertical jump test with units of centimeters, and dribbling ability is measured by the Short Dribbling Test test in units of seconds. The data analysis technique uses multiple regression. The results showed that: (1) There is a significant relationship between speed and dribbling ability. (2) There is a significant relationship between agility and dribbling ability. (3) There is a significant relationship between limb power and dribbling ability. (4) There is a significant relationship between eye-foot coordination and dribbling ability. (5) There is a significant relationship between speed, agility, leg power, and eye-foot coordination on the dribbling ability of Bali United football players in 2021.

KEYWORDS: speed, agility, leg power, eye-foot coordination, dribbling ability

INTRODUCTION

Football is a big ball game played by 11 people in a team that aims to score goals against the opponent's goal to win. In general, the appeal of football lies in the many skills that must be mastered compared to other sports (Marcelino, et al., 2020). The many variations that must be mastered, players can play individually and be able to deal with the pressure exerted by opposing players. There are several skills that must be mastered by every football player including kicking the ball (shooting), stopping the ball (controlling), dribbling techniques, feinting techniques, heading techniques and throwing the ball in (throw in) (Folgar & Crisfield, 2021; Cox, 2019; Sharma & Rawat, 2018). In particular, dribbling skills have an important role in the game of football.

One of the basic football techniques that must be mastered is the basic technique of dribbling (Badiru, 2018). Dribbling is one of the basic techniques that must be mastered by every football player in addition to other basic techniques. Dribbling is a powerful weapon that can be used to strategize the game and set the tempo of the game (Sørensen, et al., 2021). Dribbling ability cannot be done without being supported by several other supporting elements. Physical condition is the most dominant element in developing these abilities. This is because without good physical abilities, a player cannot develop technical abilities in playing football.

Physical condition is the ability to deal with the physical demands of a sport to perform optimally (Doncaster, et al., 2020). Physical condition is a whole unit of interrelated components. Physical condition improvement cannot be done just like that, if you want to improve the physical condition of an athlete, then all components contained in physical conditions must also be developed and cannot be separated (Jäger et al., 2017). In football there are several physical components that must be owned by every football player, such as strength, endurance, explosive power, speed, flexibility, agility, coordination, balance, accuracy, and reaction (Syaifulah, et al., 2019; Farley, et al., 2021; Aminudin, et al., 2020). Football dribbling ability is inseparable from the support of good physical condition abilities, one of the factors that can affect football dribbling ability is speed, agility, leg power, and eye-foot coordination.

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Research results Dwi Kuswoyo & Betaubun (2019) shows that there is a significant relationship between speed and dribbling ability. Good dribbling is supported by good agility. In playing football agility has a relationship with dribbling skills. This is also evidenced by the results of previous research, Tiryaki & Akcan (2021); Daulay & Azmi (2021) shows that agility has a contribution to dribbling skills. Another factor that influences dribbling is leg power. Leg power is a combination of speed and strength or the direction of maximum muscle force with maximum speed. Research results Putra & Juniardi (2020); shows that there is a relationship between limb power and dribbling ability.

Coordination in playing football is the ability to harmonize various kinds of football playing skills by utilizing several components of physical condition in order to display maximum play. Generally, coordination related to the game of football is eye-foot coordination. The relationship between eye and foot coordination with elements of speed and agility with dribbling skills is the creation of a series of movements that are in harmony with dribbling skills. In playing football eye and foot coordination has a relationship with dribbling skills. This is also evidenced by the results of previous research, Maidarman (2020) which shows that the elements of eye and foot coordination contribute to dribbling skills.

Based on the facts in the field, as happened to Bali United football players, according to the observations of researchers, they have different dribbling abilities. This can be seen during training and competing, generally players cannot dribble well and precisely, the factors of lack of speed, lack of coordination, weak leg muscle power and improper dribbling ability are things that need to be improved. Recorded in the 50 Meter running speed test, the average speed is 9.70 seconds in the sufficient category, the average leg power test is 36.10 cm in the sufficient category, the average agility test is 12.14 seconds in the sufficient category.

Other problems experienced during dribbling are: (1) the pedestal foot is not parallel to the direction of the target or the tip of the foot towards the target, (2) the part of the foot that hits the ball is not the inside but the sole of the foot, and the contact on the ball is not in the middle of the back of the ball but on the top of the ball, (3) the body position is not balanced when dribbling, (4) the player has not made a movement to bend the body forward and does not see the ball when dribbling. Based on the explanation of the results of these observations, this study intends to prove more deeply about "Correlation Study between Speed, Agility, Leg Power, and Eye-Foot Coordination on Dribbling Ability of Bali United Football Players in 2021".

METHOD

This type of research is descriptive quantitative with a correlational approach. Correlational research is research conducted to determine whether there is a relationship and the amount of contribution between the two or several variables, if there is a relationship, how much is the strength of the relationship (regression) between these variables. The population in this study were 32 Bali United football players in 2021. The sampling technique used was total sampling. The speed instrument is measured by the 50 meter running test with units of seconds, agility is measured using the Illinois Agility Test with units of seconds, leg power is measured using the vertical jump test with units of centimeters, and dribbling ability is measured by the Short Dribbling Test test in units of seconds. The data analysis technique used is a prerequisite test consisting of normality test, linearity test, while hypothesis testing uses multiple regression analysis, partial and simultaneous tests. The analysis was carried out using SPSS 23.0 for windows.

RESULTS

The results of descriptive analysis are intended to determine speed, agility, leg power, eye-foot coordination and dribbling ability. Descriptive statistical results based on mean and standard deviation are in Table 1.

Table 1. Descriptive Statistics

No.	Variables	Statistics
1	Speed	8.36 ± 0.79
2	Agility	16.48 ± 0.61
3	Leg Power	47.72 ± 2.69
4	Eye-Foot Coordination	27.97 ± 2.52
5	Dribbling Ability	14.29 ± 0.77

The data normality test in this study used the Kolmogorov-Smirnov method. The results of the data normality test carried out on each analysis group were carried out with the SPSS version 23.0 for windows software program with a significance level of 5% or 0.05. The data summary is presented in Table 2.

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Table 2. Normality Test Results

Variables	<i>p</i>	<i>Sig.</i>	Description
Speed (X_1)	0,552	0,05	Normal
Agility (X_2)	0,077		Normal
Leg Power (X_3)	0,657		Normal
Eye-Foot Coordination (X_4)	0,237		Normal
Dribbling Ability (Y)	0,423		Normal

Based on the statistical analysis of the normality test that has been carried out using the Kolmogorov-Smirnov test in Table 2, the variables of speed, agility, leg power, eye-foot coordination and dribbling ability obtained normality test results with p -value > 0.05 , which means that the data is normally distributed.

Testing the linearity of the relationship is done through the F test. The relationship between the independent variable (X) and the dependent variable (Y) is declared linear if the p -value > 0.05 . The results of the linearity test can be seen in Table 3.

Table 3. Linearity Test Results

Relationship	<i>p</i>	<i>Sig.</i>	Description
Speed (X_1) \rightarrow Dribbling Ability (Y)	0,456	0,05	Linear
Agility (X_2) \rightarrow Dribbling Ability (Y)	0,089	0,05	Linear
Leg Power (X_3) \rightarrow Dribbling Ability (Y)	0,061	0,05	Linear
Eye-Foot Coordination (X_4) \rightarrow Dribbling Ability (Y)	0,093	0,05	Linear

Based on the results of the analysis in Table 3 above, it can be seen that the relationship between speed to dribbling ability obtained a p -value of $0.456 > 0.05$, the relationship between agility to dribbling ability obtained a p -value of $0.089 > 0.05$, the relationship between limb power to dribbling ability obtained a p -value of $0.061 > 0.05$, the relationship between coordination to dribbling ability obtained $0.093 > 0.05$. It can be seen that all significance values (p) > 0.05 , so the relationship between the independent variable and the dependent variable is declared linear.

Regression analysis is a statistical technique useful for examining and modeling the relationship between variables. The results of multiple linear analysis of the relationship between speed, agility, leg power, and eye-foot coordination on dribbling ability are presented in table 4 as follows:

Table 4. Multiple Linear Regression Analysis Results

Model		Unstandardized Coefficients		Standardized Coefficients
		<i>B</i>	<i>Std. Error</i>	<i>Beta</i>
1	(Constant)	11,033	2,672	
	Speed (X_1)	0,256	0,111	0,264
	Agility (X_2)	0,431	0,107	0,343
	Leg Power (X_3)	-0,069	0,026	-0,244
	Eye-Foot Coordination (X_4)	-0,096	0,033	-0,316

Based on table 4 above, the multiple linear regression equation resulting from this study can be determined as follows:

$$\text{Dribbling Ability (Y)} = 11,033 + 0,256 \text{ Speed (X}_1\text{)} + 0,431 \text{ Agility (X}_2\text{)} - 0,069 \text{ Leg Power (X}_3\text{)} - 0,096 \text{ Eye-Foot Coordination (X}_4\text{)}$$

Based on the results of the multiple linear equation above, it can be interpreted as follows:

The constant is **11.033** which means that if the variables of speed, agility, leg power, and eye-foot coordination are considered zero, then the dribbling ability variable is only **11.033**. The regression coefficient of the speed variable obtained a value of 0.256, which means that if the speed variable increases, while the agility, leg power, and eye-foot coordination variables are assumed to be fixed, the dribbling ability will increase by **0.256**. The regression coefficient of the agility variable obtained a value of **0.431**, which means that if the agility variable increases, while the speed, leg power, and eye-foot coordination variables are assumed to be fixed, the dribbling ability will increase by **0.431**. The regression coefficient of the limb power variable obtained a value of **-0.069** which means that if the limb power variable increases, while the speed, agility, and eye-foot coordination variables are assumed to be fixed, the dribbling ability will increase by **-0.069**. The regression coefficient of the leg-eye coordination variable

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obtained a value of **-0.096**, which means that if the leg-eye coordination variable increases, while the speed, agility, and leg power variables are assumed to remain, the dribbling ability will increase by **-0.096**.

Furthermore, hypothesis analysis is carried out, namely partial tests and simultaneous tests. The t test (partial) was conducted to determine the effect of each independent variable, namely speed, agility, leg power, and coordination on dribbling ability. The results of the t test (partial) analysis are presented in Table 5 as follows.

Table 5. Partial Test Analysis Results (t test)

Coefficients ^a						
Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	11.033	2.672		4.129	.000
	Speed (X ₁)	.256	.111	.264	2.309	.000
	Agility (X ₂)	.431	.107	.343	4.042	.000
	Leg Power (X ₃)	-.069	.026	-.244	-2.708	.000
	Eye-Foot Coordination (X ₄)	-.096	.033	-.316	-2.914	.000

a. Dependent Variable: Dribbling Ability (Y)

The speed variable obtained a p-value of 0.000. Because the p-value of $0.000 < 0.05$, H₀ is rejected, meaning that Ha₁ which reads "There is a significant relationship between speed and the dribbling ability of Bali United football players in 2021" is accepted. Positive value, meaning that if the speed is getting better, the dribbling ability will be better.

The agility variable obtained a p-value of 0.000. Because the p-value of $0.000 < 0.05$, H₀ is rejected, meaning that Ha₂ which reads "There is a significant relationship between agility and the dribbling ability of Bali United 2021 football players" is accepted. Positive value, meaning that if agility is getting better, then dribbling ability will also get better.

The limb power variable obtained a p-value of 0.000. Because the p-value is $0.000 < 0.05$, H₀ is rejected, meaning that Ha₃ which reads "There is a significant relationship between limb power and the dribbling ability of Bali United football players in 2021" is accepted. Positive value, meaning that the better the leg power, the better the dribbling ability.

The eye-foot coordination variable obtained a p-value of 0.000. Because the p-value of $0.000 < 0.05$, H₀ is rejected, meaning that Ha₄ which reads "There is a significant relationship between eye-foot coordination and the dribbling ability of Bali United football players in 2021" is accepted. Positive value, meaning that if eye-foot coordination is getting better, then dribbling ability will be better.

The F test is used to test the hypothesis whether the independent variables together (simultaneously) affect the dependent variable. Ha₅ reads "There is a significant influence between speed, agility, leg power, and eye-foot coordination on dribbling ability". The results of the analysis in Table 6.

Table 6. F Test Analysis Results (Simultaneous)

ANOVA ^b						
Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	15,545	4	3,886	40,031	.000 ^a
	Residual	2,621	27	0,097		
	Total	18,166	31			

a. Predictors: (Constant). Speed, Agility, Leg Power, Eye-Foot Coordination

b. Dependent Variable: Dribbling Ability

Based on Table 6 above, the F coefficient is 40.031 and the p-value is $0.000 < 0.05$, then H₀ is rejected, meaning. The alternative hypothesis which reads "There is a significant relationship between speed, agility, leg power, and eye-foot coordination on the dribbling ability of Bali United football players in 2021", is accepted. It can be concluded that the regression model chosen is

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suitable for testing data and the regression model can be used to predict that speed, agility, leg power, and eye-foot coordination as predictors of football players' dribbling ability.

The Coefficient of Determination is essentially used to measure how far the ability of the regression model to explain the variation in the dependent variable. The analysis results in Table 7 are as follows.

Table 7. Coefficient of Determination Analysis Results

Model Summary				
Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	0.925 ^a	0.856	0.834	0.31158
Predictors: (Constant), kecepatan, kelincahan, power tungkai, koordinasi mata-kaki				

The coefficient of determination or speed, agility, leg power, and eye-foot coordination in explaining or predicting the dribbling ability variable is 0.856 or 85.60%. This means that the variables of speed, agility, leg power, and eye-foot coordination have an influence on dribbling ability of 85.60%, while the rest is influenced by other factors of 14.40% outside this study.

DISCUSSION

Based on the results of the study, it shows that there is a significant relationship between speed and the dribbling ability of Bali United football players in 2021. The contribution of speed to dribbling ability is 20.96%. These results are supported in research conducted Scharfen & Memmert (2019) shows that there is a significant relationship between speed and dribbling ability. Wilson et al., (2019) in his research states that there are differences in dribbling accompanied by maximum speed with dribbling with moderate speed during one vs one with opponents. The results of this study state that dribbling carried out at moderate speed is more accurately used in dribbling accompanied by maximum speed with dribbling at moderate speed.

In football games, especially in the basic skills of playing football, the speed of movement greatly affects the course of the game. One of them is in dribbling ability, the element of speed is needed so that players are able to dribble the ball well without the ball being released or the ball cannot be controlled by opponents and according to goals effectively and efficiently. Speed is a person's ability to move places in the shortest possible time. When dribbling in a football game, a player must do this dribbling movement as quickly as possible, this aims to keep away from opponents who will block. Dribbling is a technique in an effort to move the ball from one area to another during a football game. This means that to move the ball from one area to another, a player must have speed in order to avoid the opponent's obstacles.

The speed aspect is very necessary in a football game, because with a high running speed, a player who dribbles can break through and weaken the opponent's defense area, so the aspect of running speed in a football game is very important to be trained and improved through appropriate methods and regular training. Running speed in a football game will appear if a player can dribble quickly and as one of the physical elements that supports mastery of playing techniques and has a role in achieving optimal performance. Maximum speed is often an essential thing for all wing players in game sports. The physical condition element of running speed is very necessary in football games, especially for players with wing positions when counterattacking while dribbling. When players have mastered dribbling skills effectively, their contribution in the match will be very large.

Based on the results of the study, it shows that there is a significant relationship between agility and the dribbling ability of Bali United football players in 2021. The contribution of agility to dribbling ability is 23.69%. These results are supported in research conducted Sulistiyono, et al., (2022) shows that there is a significant relationship between agility and dribbling ability. Agility is the ability possessed by an athlete to make changes in movement quickly as a result of a stimulus without having to lose balance (Nygaard Falch, et al., 2019; Borkar, 2022). Agility is a form of movement that requires a person or player to move quickly and change direction and agility (Gelmis, et al., 2022). Therefore, someone who has good agility can easily change their body position while maintaining balance.

In the sport of football agility is needed to avoid the opponent's obstacles in a state of control of the ball or without the ball. In a state of control of the ball a player must have agility in order to avoid the opponent's obstacles. Agility in dribbling is not only carrying the ball along the ground straight ahead but the player is able to face opponents who are quite close and close by making quick movements to change the direction and position of his body, avoid collisions with opponents and bend his body to pass opponents. Agile players are players who move without losing balance and awareness of their body position. Agility is the ability to change direction quickly when moving at high speed.

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Agility is the most difficult element in its formation, because agility is the result of a combination of the formation of elements of speed, strength, and balance. Agility is very helpful for foot work in the game. Without agile and regular footwork players cannot change direction quickly when passing opponents. A player's agility will appear when the player can make quick movements to change the direction and position of his body, avoid collisions with opponents and be able to pass opposing players. Agility is used to coordinate various movements, facilitate mastery of techniques and facilitate orientation to opponents and surrounding circumstances. To improve dribbling skills, agility is one component that can contribute to improving these skills.

Based on the results of the study, it shows that there is a significant relationship between leg power and the dribbling ability of Bali United football players in 2021. The contribution of leg power to dribbling ability is 16.46%. These results are supported in research conducted Burhaein et al., (2020); Alfaroby, et al., (2022) shows that there is a significant relationship between limb power and dribbling ability. Limbs are lower limbs consisting of thighs, calves and feet. Limbs are also defined as limbs that support parts of the body and which will be used to walk from the base of the leg down which has a special ability to contract. Leg muscle power is the power to use maximum strength used in the shortest possible time (Alcazar, et al., 2020). Leg muscle explosive power is the ability of leg muscles to overcome or fight loads with maximum effort in carrying out certain activities (Hiskya & Wasa, 2019). The meaning of leg power in this study is the power of the physical condition components contained in the lower limbs, which consist of thighs, calves, to the tip of the foot. In addition to leg muscle power to get good dribbling ability, you must have agility to make it easier to outwit opponents.

Power is used when the ball comes off the foot, the greater the muscle power that supports the movement, the greater the speed produced. The right training method to increase leg muscle power is the pliometric method. Leg muscle power is not only used for kicking long distances, but also for acceleration in dribbling, especially when passing opponents. The motion components used in playing football (jumping, jumping, stomping) where the movement requires maximum power, so pliometric training is very suitable for football players.

Based on the results of the study, it shows that there is a significant relationship between eye-foot coordination and the dribbling ability of Bali United football players in 2021. The contribution of eye-foot coordination to dribbling ability is 24.49%. These results are supported in research conducted; Daulay & Azmi (2021) shows that there is a significant relationship between eye-foot coordination and dribbling ability. Coordination is a person's ability to combine various kinds of movements into a single movement. Coordination in playing football is the ability to harmonize various kinds of football playing skills by utilizing several components of physical condition in order to display maximum play (Ryngier, 2021). Generally, coordination related to football games is eye-foot coordination. The relationship between eye and foot coordination with the elements of speed and agility with dribbling skills is the creation of a series of movements that are in harmony with dribbling skills, meaning that the player is able to take advantage of his speed in dribbling by breaking into the opponent's third defense area and being able to pass several opposing players without losing control of the ball at his feet, so that the player can see the movement of the player in front of him. In addition, coordination also affects when players provide passes and receive passes from teammates when running in the opponent's defense area.

Coordination is a complex biomotor ability and is closely related to other physical abilities. It is used to control and combine other parts of the body involved in a complex movement model, in the correct sequence and combine these parts in a fluid movement model. A skill usually involves coordination between two limbs. In the game of football eye and foot coordination is an absolute thing in playing football. Eye and foot coordination is an integration between the eyes as the main function holder in seeing the game situation that will send visualization information to the brain and the feet as the function holder to perform a desired movement in accordance with the brain's command to respond to the situation that is happening in accordance with the information conveyed by the eye through its visual image (Szabo, et al., 2020). The movement between the eyes and feet must be combined into a harmonious and efficient movement pattern. Eye and foot coordination has a relationship with dribbling skills. In dribbling the coordination between the eyes and the ball must be appropriate. If dribbling looks in the direction of rolling the ball continuously, then what happens is a collision with an opposing player which results in player injury. Dribbling without seeing the ball, the ball will be left behind. Given the importance of coordination, coordination movements must be trained according to the needs of the player.

Based on the results of the study, it shows that there is a significant relationship between speed, agility, leg power, and eye-foot coordination on the dribbling ability of Bali United football players in 2021. The contribution of speed, agility, leg power, and eye-foot coordination to dribbling ability is 85.60%. Research results Fernandes, dkk., (2021) shows that agility, speed, and eye-foot coordination simultaneously affect the dribbling of football games. In the game of football, dribbling is a basic technique that must be owned by an accomplished football player. Dribbling is a technique in an effort to carry the ball from one area to another while the game is in progress. The basic techniques used in football games include basic dribbling techniques. Dribbling

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ability is the ability of players to move the ball using the turtle of the foot as quickly as possible to achieve goals without losing balance. Dribbling is a unique movement and action in the game of football which contains elements of art, because of the use of feet that touch the ball and are able to change direction and dribbling flexibility suddenly by rolling the ball to the ground while running (Fahmi & Nurrochmah, 2019).

Dribbling in football can be defined as a way of controlling the ball with your feet when you move or play on the field. Dribbling a football is not only running while carrying the ball but dribbling a football is also used to facilitate possession of the ball, so that the ball is easy when it will be passed or kicked into the goal. In the game of football, the basic techniques of dribbling must be truly owned and well mastered by a football athlete. The main mission when dribbling the ball is to get the opponent's area and make them lose their balance. Therefore, a player must be able to position the foot used to dribble the football when dribbling at a fast pace or defending the ball from an opponent.

The combined elements of speed, agility, leg power, and coordination when dribbling can make it difficult for opponents to grab the ball because the ball is always in control and close to the parts of the foot. These three elements of physical condition can provide peace of mind when the player dribbles in defending the ball from the opponent's attack. Players can take advantage of their speed to break into the opponent's defense area and players can change the direction of the run to get past the opposing players. This makes eye-foot coordination an element that plays a role along with the elements of speed and agility towards dribbling ability. Dribbling in addition to setting the tempo, organizing attacks and transitions, is also useful for scoring goals against the opponent's goal by passing the goalkeeper if it is directly opposite the goalkeeper. In line with the previous opinion, seen in football for novice players, dribbling is a basic technique that is most dominantly used in attacking defense and transition. The function of dribbling is to maintain the ball when running across opponents or advancing into open space. Dribbling can use various parts of the foot (inside, outside, instep, sole).

Dribbling is a running motion using part of the foot by pushing the ball so that it rolls continuously on the ground. Dribbling is only done at a favorable time, which is free from opponents. Dribbling has principles which include; 1) the ball is in the player's control, not easily captured by the opponent, and the ball is always controlled, 2) in front of the player there is an empty area which means free from opponents, 3) the ball is dribbled using the right foot and left foot, each step of the right or left foot pushes the ball forward, so the ball is pushed not kicked. The rhythm of touch on the ball changes the rhythm of the footsteps, 4) at the time of dribbling the eyes should not always be focused on the ball alone, but must also pay attention or observe the surrounding situation and the field or the position of opponents and friends, 5) the body is slightly leaning forward, free hand movements as in ordinary running time.

CONCLUSIONS

Based on the results of data analysis, description, testing of research results, and discussion, it can be concluded that: (1) There is a significant relationship between speed and the dribbling ability of Bali United football players in 2021. The contribution of speed to dribbling ability is 20.96%. (2) There is a significant relationship between agility and the dribbling ability of Bali United football players in 2021. The contribution of agility to dribbling ability is 23.69%. (3) There is a significant relationship between limb power and the dribbling ability of Bali United football players in 2021. The contribution of leg power to dribbling ability is 16.46%. (4) There is a significant relationship between eye-foot coordination and the dribbling ability of Bali United football players in 2021. The contribution of eye-foot coordination to dribbling ability is 24.49%. (5) There is a significant relationship between speed, agility, leg power, and eye-foot coordination on the dribbling ability of Bali United football players in 2021. The contribution of speed, agility, leg power, and eye-foot coordination to dribbling ability is 85.60%. For players who have speed, agility, leg power, and eye-foot coordination on dribbling ability in the deficient category are expected to improve by increasing the portion of training. For other researchers to add other independent variables and a large population, so that the variables that affect dribbling ability can be identified more and the results can be generalized. For coaches in general and especially football coaches, it is advisable to train the elements of speed, agility, leg power, and coordination.

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