

ABSTRACT

Muhamad Ramlan. 2026. ***The Comparison of Ballfeeling Rollovers and Sole Drag Training on Dribbling Skills of Futsal Extracurricular Participants at SMK IT Rabbany.*** Department of Physical Education. Faculty of Teacher Training and Education. Siliwangi University.

This study aims to compare the effect of ballfeeling rollovers (X1) and sole drag (X2) training on the dribbling skills of futsal extracurricular participants at SMK IT Rabbany. The research method uses a quantitative experimental approach with a two-group pretest-posttest design. A population of 20 students was taken as a sample through total sampling. Data were collected through dribbling tests (time in seconds passing through obstacles) pretest and posttest, analyzed by an independent t-test after normality and homogeneity were met. The results showed a significant increase in both groups. Group A ballfeeling rollovers experienced an increase of 3.21 seconds, from an average of 17.76 seconds in the initial test to 14.45 seconds in the final test. Group B ballfeeling sole drag experienced an increase of 2.35 seconds, from an average of 17.48 seconds in the initial test to 15.08 seconds in the final test. However, there was no significant difference between the two groups ($t_{\text{count}} 1.08 < t_{\text{table}} 2.10$). Conclusion Based on the research findings and discussion, it can be concluded that both "ball-feeling rollovers" and "ball-feeling sole drag" exercises contribute to improving the dribbling skills of futsal extracurricular participants at SMK IT Rabbany. However, hypothesis testing results indicate no significant difference in the impact of these two exercises on dribbling skills.

Keywords: ball-feeling, dribbling, futsal, rollovers, sole-drag