

***A CORRELATION BETWEEN BODY BALANCE AND FUTSAL  
DRIBBLING SKILLS AT SMP NEGERI 3 OF SOUTH BENGKULU***

***By:***

***Jaka Putra, Mesterjon, Feby Elra Perdima***

***ABSTRACT***

*Body balance as one of the components of basic motor skills that are very much needed in mastering basic futsal technical skills, especially dribbling. This study aims to determine the correlation between body balance and futsal dribbling skills in students who are members of the futsal extracurricular at SMP Negeri 3 of South Bengkulu. This study uses a quantitative approach with a correlational method. The subjects of the study were 26 students who were members of the futsal extracurricular. Data collection techniques were carried out through body balance tests (holding time in a certain position) and dribbling skills tests (measuring the time to complete dribbling obstacles). The data obtained were analyzed using descriptive statistics and the Pearson Product Moment correlation test. Meanwhile, dribbling skills showed an average travel time of 16.36 seconds, with a dominant category distribution of "sufficient" and "good". The results of the correlation test showed that there was a very strong and significant relationship between body balance and dribbling skills, with a correlation coefficient value of 0.952 and a significance of 0.000 ( $p < 0.01$ ). This finding indicates that body balance plays an important role in supporting dribbling skills in futsal.*

***Keywords: Body Balance, Dribbling, Futsal, Junior High School Students***

