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THE DIFFERENCE IN THE EFFECT OF FIGURE EIGHT WRAPS AROUND AND FIGURE EIGHT DRIBBLE EXERCISES ON THE DRIBBLE SKILLS OF DM BASKETBALL CLUB BASKETBALL PLAYERS IN 2025

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Abstract

Dribbling is one of the fundamental skills in basketball and is especially important for beginner players, as it plays a major role in overall game control. Observations of athletes at DM Basket Club revealed several problems, including low dribbling ability, stiff movements, excessive focus on the ball, poor ball control and direction, as well as suboptimal coordination and agility. These conditions cause athletes to have difficulty avoiding opponents and to easily lose ball possession during games. This study aimed to determine the differences in the effects of figure eight wraps around training and figure eight dribble training on the dribbling skills of DM Basket Club basketball players in 2025. The study employed a quantitative experimental method with a pre-test and post-test two-group design using matching pairing. The population and sample consisted of 12 athletes selected through total sampling. Data analysis was conducted using normality tests, homogeneity tests, and t-tests. The results showed that both figure eight wraps around training and figure eight dribble training had a significant effect on improving athletes' dribbling skills. However, there was no significant difference in the effect between the two types of training, indicating that both training methods are equally effective in enhancing the dribbling skills of DM Basket Club basketball players.

Keywords: Figure Wraps Around, Figure Eight Dribble, Basketball

INTRODUCTION

Exercise is a human movement activity that is carried out in a planned and regular manner to maintain health, improve the quality of life, and achieve optimal physical abilities. In the context of achievement sports, coaching is carried out systematically, in stages, and continuously as stipulated in Law Number 3 of 2005 concerning the National Sports System.

One of the fastest-growing achievement sports is basketball, which is a team game that requires mastery of basic techniques such as passing, dribbling, shooting, pivot, and rebounding. Among these basic techniques, dribbling plays an important role because it is directly related to ball possession, game tempo regulation, and the player's ability to create chances and avoid opponents' pressure.

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Darul Mursyid (DM) Basket Club is one of the basketball clubs in South Tapanuli Regency and routinely carries out training three times a week and actively participates in various championships. However, this club has not managed to achieve championship achievements in various tournaments that it participates in.

Based on the results of observations and interviews conducted by researchers on February 14, 2025 with DM Basket Club male coaches and athletes, a number of problems related to dribbling skills were found. Athletes still look less confident when dribbling, dribble movements tend to be stiff and inflexible, and players' views are often focused on the ball, reducing the ability to read game situations. In addition, the direction and control of the ball are not stable, the dribble tempo is relatively slow, and the game pattern looks monotonous so it is easy for opponents to anticipate.

The observation results also show that the coordination of athletes' hand and foot movements when dribbling is not optimal, so that athletes have difficulty changing direction quickly. Athletes' agility when dribbling is also still low, causing players to be easily chased and the ball often grabbed by opponents. In some game situations, the ball often slips out of the athlete's possession due to a lack of control and balance of the body. The findings were strengthened by the results of a preliminary dribble test conducted on February 27, 2025 on 12 athletes, where all athletes were in the category of low dribbling ability.

Based on these problems, appropriate and directed forms of training are needed to improve athletes' dribbling skills, one of which is through figure eight wraps around exercises and figure eight dribble exercises. Therefore, the researcher is interested in conducting research on the difference in the influence of the two training methods on the dribble skills of DM Basket Club basketball players in 2025.

IMPLEMENTATION METHOD

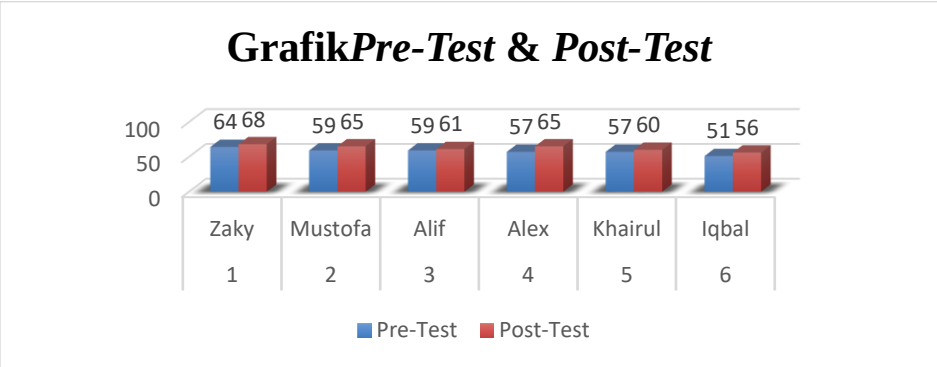
This research is an experimental research carried out at the Darul Mursyid Basketball Court, Simanosor Julu Village, Saipar Dolok Hole District, South Tapanuli Regency, North Sumatra. The research lasted for 6 weeks, from July 28 to September 14, 2025, with a frequency of training 3 times a week (Monday, Wednesday, and Friday at 16.00–18.00 WIB). The population in this study is all Darul Mursyid Basket Club athletes totaling 12 people, as well as being used as a sample using the total sampling technique. The study involved two independent variables, namely the figure eight wraps around exercise and the figure eight dribble exercise, and one bound variable, namely basketball dribbling ability.

The research design used a randomized pre-test and post-test two group design. Before treatment, all samples were given a pre-test of dribble ability, then grouped using the matching pairing technique based on the ranking results. Group A was given figure eight wraps around exercise and group B figure eight dribble exercise. After treatment, both groups were given a post-test. The research instrument used was a zig-zag basketball dribbling test with a cone obstacle. Data is collected through sports skills tests and measurements. Data analysis was carried out by statistical tests which included normality tests (Liliefors), homogeneity tests (F tests), and hypothesis tests using t-tests to determine the differences in pre-test and post-test results, as well as differences between treatment groups.

RESULTS AND DISCUSSION

Description of Research Data

This study aims to determine the difference in the effect of figure eight wraps around and figure eight dribble exercises on DM Basketball Club's basketball dribble skills in 2025. The interventions provided were the figure eight wraps around exercise for group A and the figure eight dribble exercise for group B, where both exercises were given after conducting a pre-test of basketball dribbling skills, and post-test was carried out after the intervention or training program was completed. The test results and data obtained from the measurement test were carried out for 6 weeks in obtaining the correct point of submission on the hypothesis. The researcher used a basketball dribble skill measurement test to obtain pre-test and post-test results. After giving a pre-test, the researcher will divide the athletes into 2 groups according to ranking using matching pairing.



Graph 1. Pre-Test and Post-Test Group A Figure Eight Wraps Around

Based on the graph above, the dribble skills of the figure eight wraps around group can be defined. Data was obtained from 6 samples of pre-test scores of Zaky 64, Mustofa 59, Alif 59, Alex 57, Khairul 57, Iqbal 51 and scores for post-test with scores of Zaky 68, Mustofa 65, Alif 61, Alex 65, Khairul 60, Iqbal 56.

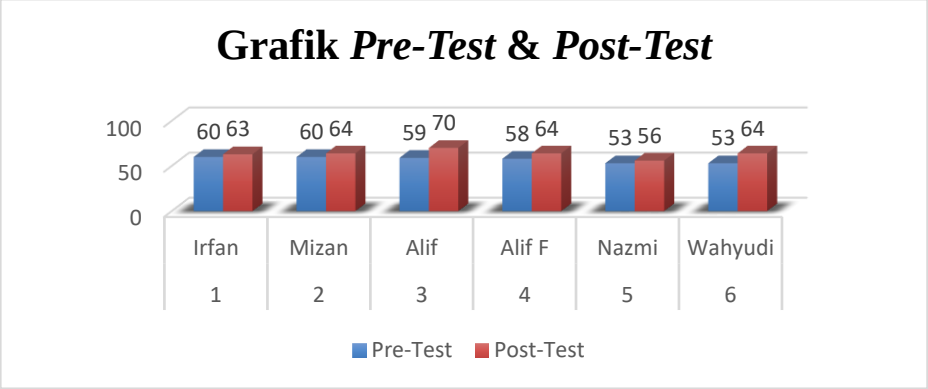
Group Descriptive Analysis A Figure Eight Wraps Around

Table 1. Description of Group Results Data A *Figure Eight Wraps Around*

No	Athlete's Name	*Pre-Test*	*Post-Test*	Difference	Difference2
1.	Zaky	64	68	4	16
2.	Mustofa	59	65	6	36
3.	Alif	59	61	2	4
4.	Alex	57	65	8	64
5.	Khairul	57	60	3	9
6.	Iqbal	51	56	5	25
Quantity		**347**	**375**	**28**	**154**
Average		**57,83**	**62,5**	**4,66**	
S. Baku		**4,21**	**4,31**	**2,15**	

From the table above, the results of the pre-test were obtained with a sample of 6 athletes with the lowest score of 51 and the highest score of 64 and an average of 57.83 and a standard

deviation of 4.21. Post-test with a sample of 6 athletes with the lowest score of 56 and the highest score of 68 and an average of 62.5 and a standard deviation of 4.31. The average is different with a score of 4.66 and the standard deviation is different with a score of 2.15.



Graph 2. *Pre-Test* and *Post-Test* Group B *Figure Eight Dribble*

Based on the graph above, the dribble skills of the figure eight dribble group can be described. Data were obtained from 6 samples of pre-test scores of Irfan 60, Mizan 60, Alif 59, Alif F 58, Nazmi 53, Wahyudi 53 and scores for post-test with scores of Irfan 63, Mizan 64, Alif 70, Alif F 64, Nazmi 56, Wahyudi 64.

Analysis of Group B Figure Eight Dribble Description

Table 2. Description of *Pre-Test* and *Post-Test* Results Group B *Figure Eight Dribble Data*

No	Name	*Pre-Test*	*Post-Test*	Difference	Difference2
1.	Irfan	60	63	3	9
2.	Mizan	60	64	4	16
3.	Fayyat	59	70	11	121
4.	Alif Fadilah	58	64	6	36
5.	Nazmi	53	56	3	9
6.	Wahyudi	53	64	11	121
Quantity		**343**	**381**	**38**	**312**
Average		**57,16**	**63,5**	**6,33**	
S. Baku		**3,31**	**4,40**	**3,77**	

From the table above, the results of the pre-test were obtained with a sample of 6 athletes with the lowest score of 53 and the highest score of 60 and an average of 57.16 and a standard deviation of 3.31. Post-test with a sample of 6 athletes with a minimum score of 56 and the highest score of 70 and an average of 63.5 and a standard deviation of 4.40. The average is different with a score of 6.33 and the standard deviation is different with a score of 3.77.

Normalization Test

Table 3. Results of the Normality Test of *Dribble Skills*

Data	Count	Tables	Remarks
***Pre-Test* A**	0,223	0,319	Normal
***Post-Test* A**	0,135	0,319	Normal
***Pre-Test* B**	0,228	0,319	Normal
***Post-Test* B**	0,288	0,319	Normal

From the table above, it can be seen that the research data comes from the distribution of data that is normally distributed as seen from all the data Ltable > Lcal The normality testing of the data is carried out by *the Liliefors test.*

Homogeneity Test

Table 4. Homogeneity Test

Data	Calculation	Table	Remarks
***Pre-Test* A & *Post-Test* A**	1,05	5,05	Homogeneous
***Pre-Test* B & *Post-Test* B**	1,81	5,05	Homogeneous

From the table above, it can be seen that the research data is homogeneous as seen from all Ftable data > Fcalculus, homogeneous testing of the data is carried out with the F test.

Uji Hypothesis

Table 5. Results of the First Hypothesis Test *Pre-Test* and *Post-Test of* the Figure Eight Wraps Around *Training Group*

Variabel	*Pre-Test Dribble*	*Post-Test Dribble*	Difference	dk (n-1)	Stuttgart	Table
				5	5,29	,01
Quantity	347	375	28			
Average	57,83	62,5	4,66			
SB	4,21	4,32	2,15			

Based on the results of the calculation carried out, the first hypothesis was obtained tcal = 5.29 then the value was compared with dk = (6-1 = 5) at a significant level of α= 0.05 is 2.01 thus the tcount > t_{table} (5.29 > 2.01). Thus, Ha was accepted and Ho was rejected, so it was concluded that there was a significant influence of *the figure eight wraps around* exercise on the dribbling *skills* of DM Basket Club *basketball players* in 2025.

Table 6. Results of the Second *Pre-Test* and *Post-Test of* the Figure Eight Dribble *Training Group*

Variabel	*Pre-Test Dribble*	*Post-Test Dribble*	Difference	dk (n-1)	Stuttgart	Table
N				5	4,11	01
Quantity	343	381	38			
Average	57,16	63,5	6,33			
SB	3,31	4,46	3,77			

Based on the results of the calculation carried out, the second hypothesis is obtained tcal = 4.11 then the value is compared to dk = (6-1 = 5) at a significant level of α= 0.05 is 2.01 thus calculating > t_{table} (4.11 > 2.01). Thus, Ha was accepted and Ho was rejected, so it was concluded that there was a significant influence of *figure eight dribble practice on the* dribbling *skills* of DM Basketball *Club* basketball players in 2025.

Table 7. Results of the Third Hypothesis Test *Post-Test* A and *Post-Test* B Figure *Eight Wraps Around* Exercise and *Figure Eight Dribble Exercise* on DM Basketball *Dribble* Skills in 2025

Variabel	*Post-Test* A	*Post-Test* B	Difference	Difference2	dk (n1+ n2-2)	Stuttgart	Table
N	12				10	0,4	22
Quantity	375	381	28	38			
Average	62,5	63,5	4,66	,33			
SB	4,32	4,46	3,38	3,61			

Based on the results of the calculation carried out, the third hypothesis was obtained tcal = 0.4 then the value was compared to dk = (n1 + n2-2 = 10) at a significant level α = 0.05 is 2.101 thus the tcount < t_{table} (0.4 < 2.22). Thus, accepted and rejected, it is concluded that there is no significant difference in influence between $H_o H_a$ *the figure eight wraps around* exercise and *the figure eight dribble* exercise on the dribbling *skills* of DM Basket *Club* basketball players in 2025.

DISCUSSION OF RESEARCH RESULTS

The process of carrying out this research, tests were carried out 2 times, namely the initial test and the final test. The initial test or (*pre-test)* is carried out with the aim of seeing the initial ability or looking for preliminary data *on dribbling skills* in experimental samples and the final test (*post-test)* carried out aims to see the extent of the *results of the treatment* or treatment applied. From the results of the experiment, whether there is a significant improvement or not from this *treatment* process, it appears that *the shooting* ability is categorized as less than once during the initial test until the final test results are better or increased than when conducting the initial test before the sample is given treatment. Which in the early stages of sample training is still relatively lacking, with *the figure eight wraps around* exercise and *figure eight dribble training* presented to DM basketball club male athletes can more or less help in improving *dribble* skills. This is because the *figure eight wraps around* exercise and *figure eight dribble*

training *that are programmed systematically and gradually guided by the principles of exercise as contained in the theoretical study have a positive impact on the results* of DM basketball basketball *dribble* skills.

The results of the first hypothesis test based on the calculation results were obtained tcal = 5.29 then the value was compared with dk = (6-1 = 5) at a significant level of α= 0.05 is 2.01 thus the calculation of > t_{table} (5.29 > 2.01). Thus, Ha was accepted and Ho was rejected, so it was concluded that there was a significant influence of *the figure eight wraps around* exercise on the dribbling *skills* of DM Basket Club *basketball players* in 2025.

The results of the second hypothesis test based on the results of the calculation were obtained tcal = 4.11 then the value was compared with dk = (6-1 = 5) at a significant level of α= 0.05 is 2.01 thus the tcount > t_{table} (4.11 > 2.01). Thus, Ha was accepted and Ho was rejected, so it was concluded that there was a significant influence of *figure eight dribble practice on the* dribbling *skills* of DM Basketball *Club* basketball players in 2025.

The results of the third hypothesis test based on the calculation results were obtained tcal = 0.4 then the value was compared to dk = (n1 + n2-2 = 10) at a significant level α = 0.05 is 2.22 thus the tcount < t_{table} (0.4 < 2.22). Thus, accepted and rejected, it is concluded that there is no significant difference in influence between H_oH_a*the figure eight wraps around* exercise and *the figure eight dribble* practice on the dribbling *skills* of DM Basket *Club* basketball players in 2025.

Figure *eight wraps around* and *figure eight dribble* exercises have been proven to have a positive influence on improving the *dribbling* skills of DM Basket Club basketball players in 2025. The *figure eight wraps around* exercise focuses on improving hand coordination, ball control, and body balance through the movement of turning the ball between the legs without bouncing it off the floor, while *the figure eight dribble* exercise emphasizes the ability to control ball bounce, hand speed, and movement rhythm with the number eight trajectory pattern. These two exercises have the same goal, which is to improve players' *ball handling* skills to be better at controlling the ball during matches.

Based on the results of the study, both exercises were equally effective in improving *dribble* skills, although they did not show a significant difference in influence. The *figure eight wraps around exercise* helps players strengthen the basics of ball coordination and control, while *the figure eight dribble* develops agility and adaptability to ball bounces in game situations. In addition, both forms of exercise have great practical benefits for the development of basic basketball skills. The *figure eight wraps around* exercise helps players build a sense of control over the ball and improve hand coordination before moving on to more complex exercises, while *the figure eight dribble* exercise trains players to dribble at high speed and stability without losing control, so they are better prepared for the pressure in the actual game. Both exercises are simple, easy to do, and do not require special equipment, so they can be applied by both coaches and players independently. The combination of the two not only improves *dribbling* skills, but also shapes the player's confidence, concentration, and readiness to keep the ball during the game.

Thus, the results of this study show that *figure eight wraps around* and *figure eight dribble* exercises can be used as an important part of the basic basketball technique training program, especially to improve players' *dribbling* skills. These two forms of exercise can be applied alternately or simultaneously to obtain maximum results. Regular and systematic practice will

help players adapt to various game situations, whether in terms of keeping the ball away from opponents, penetrating, and creating attack opportunities. In addition to providing physical benefits in the form of increased agility and strength of hand muscles, this exercise also hones mental aspects such as focus, consistency, and confidence in playing. Therefore, coaches are advised to integrate *figure eight wraps around* and *figure eight dribble* exercises into regular coaching programs so that players have *better, effective, and stable* dribbling skills on the court.

The results of this study are in line with the findings of Park (2023) who stated that coordination and tempo exercises can improve accuracy and ball control in basketball players. This research is also strengthened by the results of a study from Nugroho (2024) which found that *dribbling variation exercises* such as *crossover* and *between the legs* can significantly improve *ball-handling* skills in young players. However, the study expands on those findings by comparing two different variations of *figure eight* techniques and showing that each type of exercise has a specific focus on skill improvement. This proves the importance of choosing a type of exercise that suits the individual technical needs of the player.

In addition, two subsequent studies – the study by IJOK (2025) and the Skill Mimic (2024) study – also support these results by confirming that variations in *dribbling* practice can improve *overall ball-handling* skills. These studies show that the combination of different types of *dribble* exercises provides a wider range of motor adaptations, including control, speed, and flexibility in game situations. Based on these results, it can be concluded that combining *figure eight wraps around* and *figure eight dribble* exercises in a planned manner can be an effective strategy for

CONCLUSION

Based on the results of the hypothesis testing that has been carried out, it can be concluded that the figure eight wraps around and the figure eight dribble exercise both have a significant influence on improving the dribbling skills of DM Basket Club basketball players in 2025. Both forms of training have proven effective in improving athletes' ability to dribble the ball. However, the results of the analysis also showed that there was no significant difference in influence between the figure eight wraps around exercise and the figure eight dribble exercise, so it can be concluded that the two exercise methods have a relatively similar level of effectiveness in improving the dribbling skills of DM Basket Club basketball players.

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