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Relationship of Dribbling Performance with McDonald Soccer Skill Test Among University Soccer Players

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Abstract

The present study was conducted to investigate the relationship of dribbling performance with McDonald Soccer Skill Test scores among university-level male soccer players. A total of forty (40) male soccer players aged between 18 to 25 years were selected as subjects for the study. Dribbling performance was considered the predictor variable, while McDonald Soccer Skill Test scores served as the criterion variable. Data was collected using standardized testing procedures and analyzed through the Pearson Product Moment Correlation technique. The analysis revealed a strong positive and statistically significant relationship between dribbling performance and McDonald Soccer Skill Test scores ($r = 0.912$, $p < 0.05$). The findings indicate that players with superior dribbling ability tend to achieve higher scores in overall soccer skill performance. The study highlights the importance of dribbling as a fundamental technical component contributing to soccer proficiency. It is concluded that the development of dribbling skills can play a vital role in enhancing overall soccer performance among university players. The results may assist coaches, trainers, and sports scientists in designing effective training programs aimed at improving technical soccer skills and competitive performance.

Keywords: Dribbling Performance, McDonald Soccer Skill Test, Soccer Skills, University Soccer Players, Technical Performance, Correlation Analysis.

Introduction

Soccer is one of the most widely played and popular sports across the world. The game demands a combination of physical fitness, technical proficiency, tactical understanding, and psychological preparedness. Among these components, technical skills play a decisive role in determining a player's effectiveness during competition. The successful execution of technical skills enables players to maintain possession, create scoring opportunities, and contribute positively to team performance. Therefore, the development and assessment of soccer-specific skills have become important areas of interest for coaches, trainers, and sports scientists.

Dribbling is considered one of the most fundamental and essential technical skills in soccer. It refers to the ability of a player to move with the ball under control while changing direction, speed, and position according to game situations. Effective dribbling allows players to evade opponents, retain ball possession, penetrate defensive structures, and create attacking opportunities. Modern soccer places great emphasis on individual ball control and the ability to perform under pressure, making dribbling a critical determinant of successful performance. Players possessing superior dribbling ability often demonstrate greater confidence and effectiveness in competitive situations.

To evaluate soccer-specific skills objectively, various standardized skill tests have been developed. Among these, the McDonald Soccer Skill Test is widely recognized as a reliable measure of overall soccer skill performance. The test assesses a player's proficiency in executing essential soccer techniques and provides valuable information regarding technical competence. Coaches and researchers frequently use such tests to monitor player development, identify strengths and weaknesses, and evaluate the effectiveness of training programs.

At the university level, soccer players are expected to demonstrate a high degree of technical efficiency because the competitive environment demands advanced skill execution. Understanding the relationship between specific technical abilities and overall soccer skill performance can assist coaches in designing more effective training interventions. Since dribbling is a key component of soccer performance, it is important to examine its association with standardized measures of soccer skill.

The investigation of this relationship is expected to contribute to the scientific understanding of soccer skill development and to highlight the significance of dribbling ability as a predictor of overall soccer skill performance among university soccer players.

Objective

To determine the relationship between dribbling performance and McDonald Soccer Skill Test scores among university soccer players.

Hypothesis

Null Hypothesis (H_0)

There is no significant relationship between dribbling performance and McDonald Soccer Skill Test scores among university soccer players.

Alternative Hypothesis (H_1)

There is a significant relationship between dribbling performance and McDonald Soccer Skill Test scores among university soccer players.

Methodology

Subjects

The present study was conducted on forty (40) male university soccer players aged between 18 and 25 years. The subjects were selected from university soccer teams and were actively engaged in regular training and competitive matches. All participants possessed adequate playing experience and were physically fit to perform the required tests. The subjects voluntarily participated in the study and represented the population of university-level soccer players.

Selection of Variables

- **Independent Variable:** Dribbling Performance
- **Dependent Variable:** McDonald Soccer Skill Test Score

Test of Administration

Dribbling Test

Dribbling performance was evaluated by administering a standardized soccer dribbling task. During the assessment, participants were instructed to move the ball through a designated course marked with cones while maintaining continuous control. The time required to complete the course was measured in seconds and recorded as the performance score. A lower completion time reflected a higher level of dribbling proficiency, indicating efficient ball control and movement coordination. The test was selected because it provides a valid measure of the dribbling skills that are fundamental to successful soccer performance.

McDonald Soccer Skill Test

The McDonald Soccer Skill Test was designed to assess the overall soccer skill performance of a player. The test involves continuously kicking a soccer ball against a wall for a period of 30 seconds. It primarily measures kicking accuracy, ball control, receiving ability, judgment of the moving ball, coordination, and overall technical proficiency. The test requires the player to accurately direct the ball towards the wall, control the rebounding ball, and maintain a continuous sequence of kicks within the specified time. Due to its comprehensive nature, the test is considered an effective measure of general soccer skill and is suitable for players of various competitive levels.

Equipment Required

- A smooth wall measuring approximately 30 feet in width and 11.5 feet in height.
- Three standard soccer balls.
- A stopwatch.
- Measuring tape for marking the test area.

Procedure

A soccer ball was positioned at the starting mark, located 9 feet from the wall. Two additional balls were kept behind the starting mark at the center of the testing area to ensure continuity during the assessment. At the signal to begin, participants repeatedly kicked the ball against the wall for 30 seconds. If the ball was misdirected or control was lost, the participant could either recover the original ball or continue using one of the reserve balls. All kicks were executed from behind the designated starting line and along the ground. Each participant completed four attempts, and identical testing conditions were maintained throughout the assessment to ensure consistency.

Scoring

The score was determined by counting the total number of successful passes completed against the wall within 30 seconds. The total number of passes performed during the test period was recorded as the final score. A higher score indicated better soccer skill performance.

Statistical Procedure

To analyze the data collected for the study, appropriate statistical techniques were employed. The relationship of Dribbling Performance with McDonald Soccer Skill Test among university soccer players was examined through Pearson's Product Moment Correlation. This statistical method was selected because it is suitable for determining the extent and nature of association between two quantitative variables.

The correlation coefficient (r) was obtained to assess the relationship of Dribbling Performance with McDonald Soccer Skill Test among university soccer players. The obtained value of correlation indicates both the direction and magnitude of the relationship existing between the selected variables.

Further, descriptive statistics such as Mean and Standard Deviation were computed to summarize the performance characteristics of the subjects. All analyses were performed using standard statistical procedures, and the significance of the results was tested at the 0.05 level.

Table 1. Descriptive Statistics of Dribbling Performance with McDonald Soccer Skill Test Scores among University Soccer Players

Variables	N	Mean	SD	Minimum	Minimum
Dribbling Performance	40	7.03	0.68	4.99	9.07
McDonald Soccer Skill Test	40	47.48	5.91	29.75	65.21

Table 1 displays the descriptive statistics for Dribbling Performance and McDonald Soccer Skill Test scores of the university soccer players. The average score recorded for Dribbling Performance was 7.03, with a standard deviation of 0.68, while the McDonald Soccer Skill Test showed a mean score of 47.48 and a standard deviation of 5.91. These

statistics provide an overview of the central tendency and dispersion of the participants' performances in both measured variables.

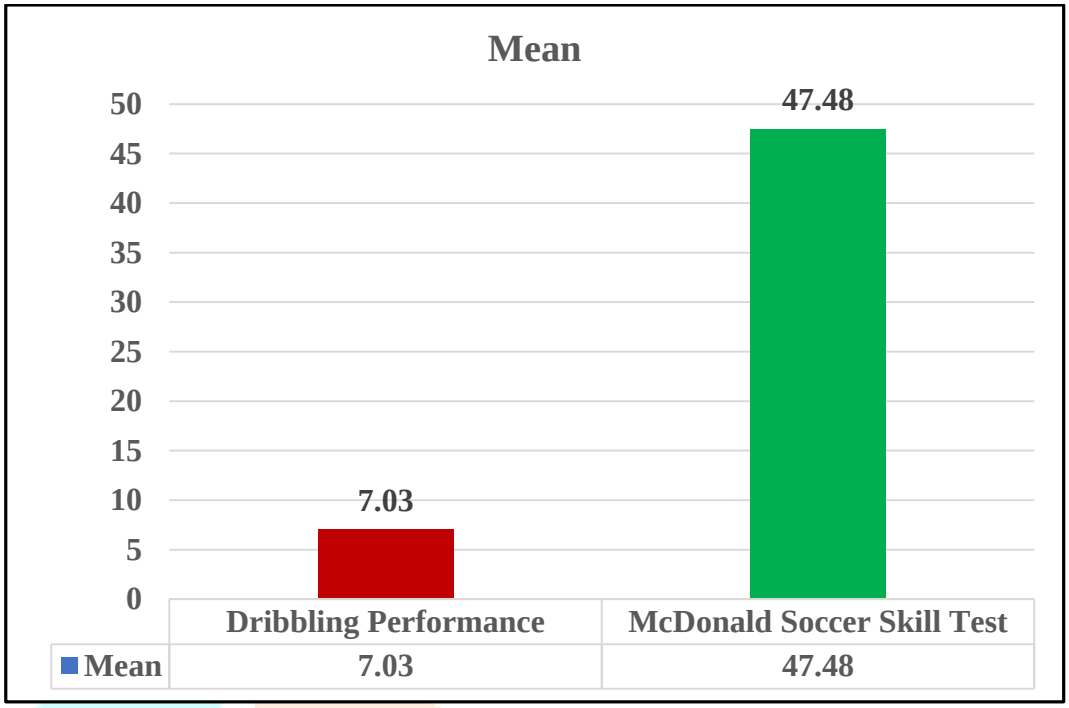

Figure 1: Mean of Dribbling Performance with McDonald Soccer Skill Test

Figure 1 presents the mean scores of the selected variables among university soccer players. The average Dribbling Performance score was 7.03, whereas the mean score for the McDonald Soccer Skill Test was 47.48. These values reflect the general performance characteristics of the participants and offer a comparative overview of the measured variables.

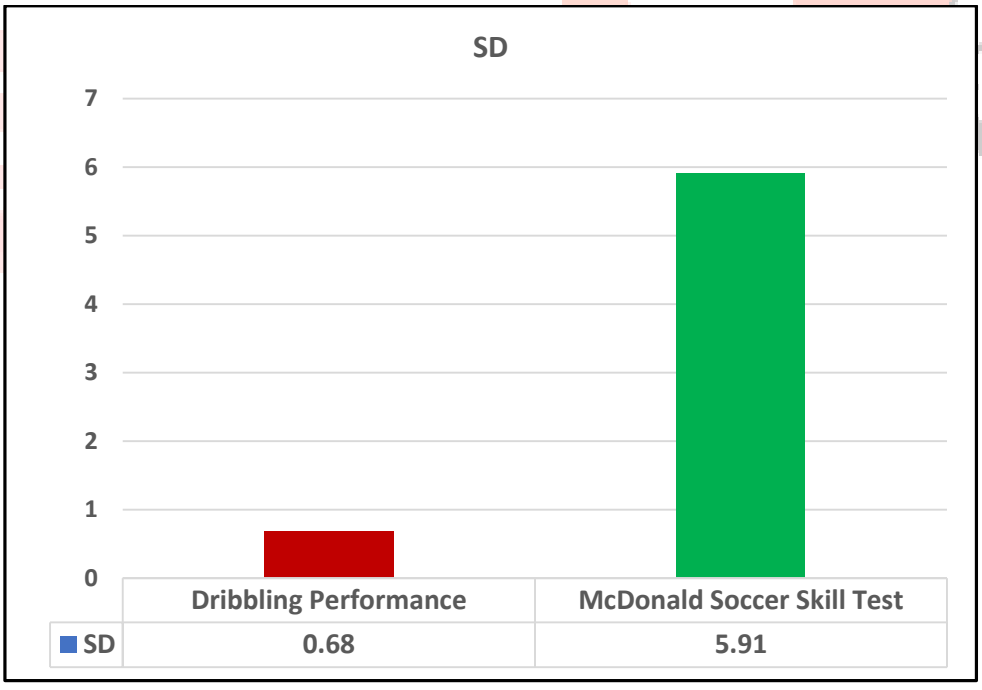

Figure 2: SD Scores of Dribbling Performance with McDonald Soccer Skill Test

Figure 2 illustrates the SD scores of Dribbling Performance with McDonald Soccer Skill Test among university soccer players. The standard deviation value of Dribbling Performance was 0.68, indicating relatively less variation in the scores of the subjects. In contrast, the SD value of McDonald Soccer Skill Test was 5.91, reflecting comparatively greater variation in performance. The figure highlights the degree of dispersion of scores around their respective mean values in the selected variables.

Table 2: Correlation Relationship of Dribbling Performance with McDonald Soccer Skill Test among University Soccer Players

Variables	N	r- value
Dribbling Performance with McDonald Soccer Skill Test	40	0.912*

*Significant at 0.05

Table 2 presents the correlation relationship of Dribbling Performance with McDonald Soccer Skill Test among university soccer players. The obtained correlation coefficient (r = 0.912) indicates a very high positive relationship between the selected variables. The result was found to be significant at the 0.05 level of confidence. This finding suggests that players who demonstrate better Dribbling Performance tend to achieve higher scores in the McDonald Soccer Skill Test. Therefore, it may be concluded that Dribbling Performance has a strong association with McDonald Soccer Skill Test performance among university soccer players.

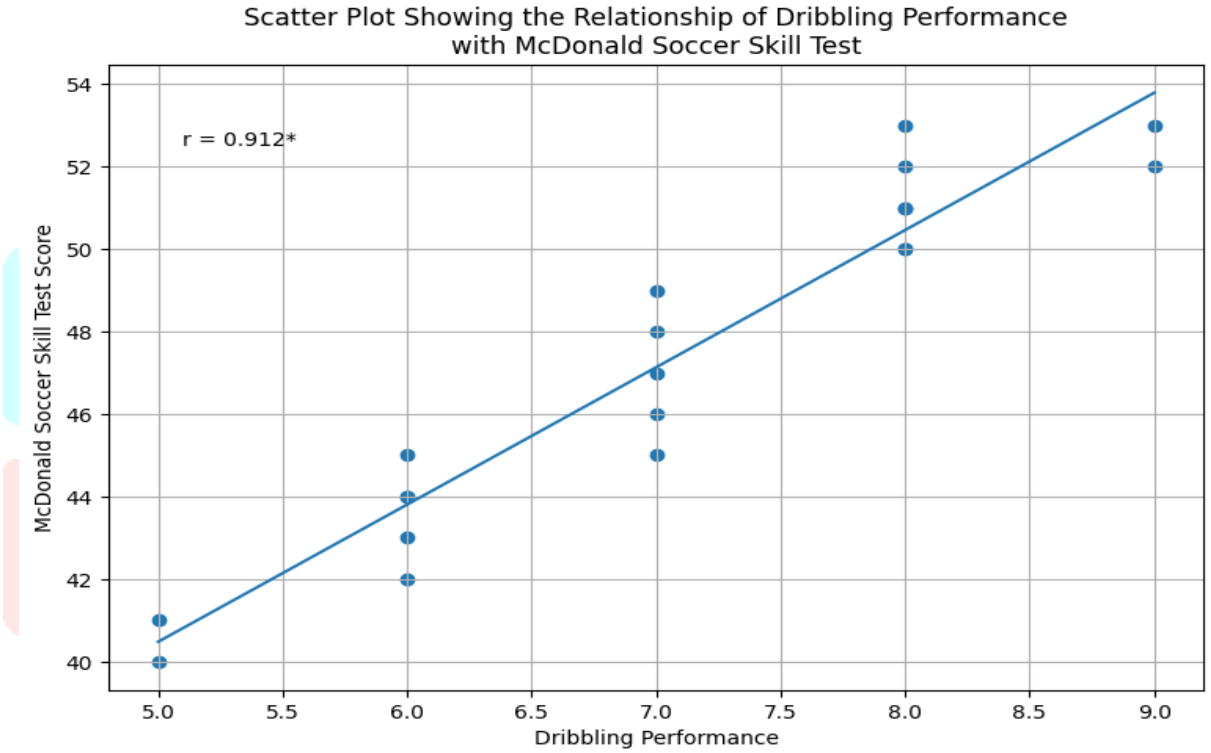

Figure 3: Scatter Plot Showing the Relationship of Dribbling Performance with McDonald Soccer Skill Test among University Soccer Players

Figure 3 illustrates the relationship of Dribbling Performance with McDonald Soccer Skill Test among university soccer players. The scatter plot shows that the data points are closely distributed around the regression line, indicating a very high positive relationship between the selected variables. The obtained correlation coefficient (r = 0.912) reveals that an increase in Dribbling Performance is associated with an increase in McDonald Soccer Skill Test scores. The upward trend of the regression line further confirms the strong association of Dribbling Performance with McDonald Soccer Skill Test among university soccer players. The result was found to be significant at the 0.05 level of confidence.

Discussion

The purpose of the present study was to examine the relationship of Dribbling Performance with McDonald Soccer Skill Test among university soccer players. The findings revealed a very high positive relationship between the selected variables (r = 0.912), which was significant at the 0.05 level of confidence. The result indicates that players with better Dribbling Performance tend to achieve higher scores in the McDonald Soccer Skill Test. Dribbling is an essential soccer skill that requires ball control, coordination, agility, and decision-making ability. Similarly, the McDonald Soccer Skill Test evaluates important soccer abilities such as kicking accuracy, ball control, receiving ability, and judgment of the moving ball. Therefore, players possessing superior dribbling skills are likely to perform better in the McDonald Soccer Skill Test.

The findings are further supported by **Reilly and Williams (2003)**, who emphasized that technical proficiency is a crucial factor in soccer performance and talent identification. Similarly, **Bangsbo (1994)** highlighted the importance of ball control and technical execution in successful soccer performance. The high correlation obtained in the present study suggests that dribbling performance is a significant indicator of overall soccer skill proficiency. Therefore, coaches should emphasize dribbling-based training to enhance technical competence and competitive performance among university soccer players.

Conclusion

On the basis of the findings of the study, the following conclusions were drawn:

- A very high positive relationship of Dribbling Performance with McDonald Soccer Skill Test was found among university soccer players.
- The obtained correlation coefficient (r = 0.912) was significant at the 0.05 level of confidence.
- Players with better Dribbling Performance tended to achieve higher scores in the McDonald Soccer Skill Test.
- Dribbling Performance was found to be an important factor associated with soccer skill performance among university soccer players.
- Improvement in Dribbling Performance may contribute positively to enhancing overall soccer skill performance.

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