



Survey of Basic Soccer Techniques at SSB Jalak Sutra in Sidodadi Village Batang Kuis District

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Abstract: This study aims to find out the results of the Survey of Athletes' Interests in Playing Soccer at SSB Jalak Sutra in Sidodadi Village, Batang Kuis Subdistrict in 2021. This research will focus on efforts to find an analysis of soccer athletes which can then be used as a reference for athletes' interest in playing soccer. by using analytical studies according to training in the COVID-19 pandemic situation. This study uses a qualitative method which is carried out with the researcher's analytical ability in connecting between research variables. This study focuses on data acquisition through survey activities, interviews, and documentation. The data obtained is in the form of monitoring and reviewing the activities of Athletes' Interest in Playing Soccer at SSB Starling Sutra in Sidodadi Village, Batang Kuis Subdistrict in 2021. Based on the results of data analysis and discussion, it can be seen that: 0 athletes fall into the category less once or 0%, 14 athletes are in the less category or 42.4%, 19 athletes are in the moderate category or 57.6%, 0 athletes are in the good category or 0% and 0 athletes are in the very good category or 0%. Based on these results, it can be concluded that the basic skills of playing soccer for male athletes aged 10-12 years at SSB Jalak Sutra are mostly in the Medium category.

Keywords: Interests; Football

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INTRODUCTION

Football is a sport that is very popular and loved by all levels of Indonesian society (Lubis et al., 2020). The game of football is a team sport or team game. So a good, strong, tough team is a team consisting of players who are able to influence a unified game, meaning they have good teamwork and are also supported by good technique. That "to be able to achieve good teamwork requires players who can master all the parts and various basic techniques and skills of playing football" (Wijaya, 2021).

The game of football is a group game that involves physical, technical, tactical and mental elements (Zarone et al., 2022). A game that requires attention to improve through a long practice process. The physical component is the basis for training in the game of football along with technique, which can be seen from the movements in the game on the field which are very complex. To play football well and correctly, athletes must be equipped with good basic techniques. Athletes who have good basic techniques tend to be able to play football well too. There are several basic techniques in playing soccer, such

as passing down, passing up, shooting, throwing in, heading, dribbling and holding the ball (Karim & Jahrir, 2022).

A football athlete in defense needs basic techniques including heading techniques, long passing, sliding, reading the game, man to man (Lubis & Syahputra, 2017). To attack an athlete requires basic techniques including shooting, heading, crossing, dribbling. Shooting is a hard kick which is directed towards the opponent's goal, then heading is heading the ball which is directed towards the opponent's goal, crossing is a kick or pass which is directed towards the opponent's area, dribbling is a technique for dribbling the ball. This technique aims to create goals (Wicaksana et al., 2021).

Basic football techniques are a person's initial knowledge of getting to know football more deeply, when preparing for football the main skill that will first be stimulated and feel satisfied is the ability to perform basic techniques (Pamungkas, 2021). Apart from being important for developing basic football techniques, it is also very useful for; 1) build and strengthen muscles, especially leg, thigh, stomach and chest muscles. And building and toning muscle is a great way to improve overall health and also help improve athletic performance; 2) make them agile and flexible, when playing football athletes are required to move quickly and change the direction of their goals and movements. This makes them agile and flexible, especially in the chest, arms and legs; 3) control body weight, because soccer takes a long time, this can help eliminate a certain amount of fat in the body through the process of burning calories and fat (Rahmat & Isnawati, 2022).

Implementation of basic football technical skills can be given from an early age because coaching becomes the focus of training for players, which places more emphasis on basic technical training (Lubis & Nugroho, 2020). Seeing how important it is to master basic techniques in football, especially for young athletes, a test and measurement is needed to find out how much progress the athletes have made in mastering basic football techniques and their ability to apply these techniques to the game (playing skills) that have been mastered over the years. training or development stage (Saputra et al., 2021). The decline in the national football team's achievements on the international stage in recent years is partly due to the weak mastery of basic football playing techniques possessed by most Indonesian players, while the many trials with foreign teams have not yielded many results (Supiati et al., 2021). This means that the development of players' technical skills in Indonesia cannot be said to be good. As for the basic techniques of playing football, "what players must master in general are: kicking the ball, dribbling the ball, heading the ball, throwing the ball, holding the ball, snatching or grabbing the ball" (Setiawan et al., 2022).

Therefore, all football athletes must master good football playing techniques related to the implementation of athletes' skills in kicking the ball, passing the ball, heading the ball, shooting the ball into the opponent's goal to score goals. Without mastering the basic techniques and skills of playing football well, athletes will not be able to follow the principles of play, will not be able to use various game systems or develop modern tactics and will not be able to read the game.

The lack of interest tests on the level of basic football technical skills, especially for young players, is one of the factors that does not yet know the exact level of learning progress. It is proven that there is no data regarding the development of athletes' basic technical skills so that coaches cannot evaluate whether there is improvement during training or not. Based on the description above, researchers are interested in conducting research on "Survey of Basic Football Techniques at SSB Jalak Sutra in Sidodadi Village, Batang Kuis District in 2021".

METHOD

Method is knowledge about various ways of working that are adapted to the object of study of the sciences concerned. The use of research methodology in a study must be appropriate and directed towards the research objectives and can be scientifically justified. The use of research methodology is very useful in supporting the completion of research. The research population is all research subjects. The population in this study were all SSB Jalak Sutra athletes. The sample is a part or representative of the population studied.

The source of data in this research is every athlete from SSB Jalak Sutra Sidodadi, Batang Kuis District. The source of data obtained is from the results of a questionnaire given to the physical education trainers who were the sample. The documents here are used as supporting material for the results of the research carried out. Research instruments are tools that researchers use to collect data to make their work easier and the results better. The research instrument used was a questionnaire.

The analysis used is statistical data analysis, at this stage activities and quantitative analysis are carried out which include: Editing, which is a process carried out after all questionnaires have been returned and all collected. Then see whether all the answers to the questionnaire have been filled in or not. Scoring: The instruments in this research need to be scored. This is done to simplify calculations in data analysis.

Considering that the data to be obtained is in the form of frequencies, the statistical analysis used to reveal trends in the process of implementing training for SSB Jalak Sutra Sidodadi athletes in Batang Kuis District is by using "Chi Square" analysis. Chi Square is a statistical technique that allows educators to assess the probability of obtaining the difference between the expected frequency (f_h) and the observed frequency (f_0). Processing data using the chi square formula is a statistical analysis of data, and the hypothesis that will be tested for truth in statistical calculations must first be changed to a null hypothesis.

RESULT AND DISCUSSION

Result

The data obtained from the test is used to categorize it into five categories, namely, very poor, poor, moderate, good and very good. To determine this category, data is first collected and calculated using a T-score, then categorized according to the norms for soccer playing skills aged 10-12 years. Based on the test results data, it shows that: 0 athletes are in the very poor category or 0%, 14 athletes are in the poor category or 42.4%, 19 athletes are in the moderate category or 57.6%, 0 athletes are in the good or of 0% and 0 athletes were in the very good category or 0%. Based on the data from all the tests above, it is then accumulated into the norms for the 10-12 Year Old Football Skills Test. The data tabulation can be seen in the table below:

Table 1. Results of the Basic Football Skills Test for Male Athletes Ages 10-12Tahun

No.	Assessment	Frequency	Classification	Percentage
1	≤ 245	0	Very little	0%
2.	246 - 322	14	Not enough	42,4%
3.	323 - 400	19	Currently	57,6%
4.	401 - 478	0	Good	0%
5.	≥ 479	0	Very well	0%
	Amount	33		100%

Throw In Test, Based on test results data, it shows that the throw-in ability of top class male athletes at SSB Jalak Sutra in Sidodadi Village, Batang Kuis District aged 10-12 years is as follows: 6 athletes are in the very poor category or 18.2%, 17 athletes are in the poor category or 51.5, 10 athletes were in the medium category or 30.3%, 0 athletes were in the good category or 0% and 0 athletes were in the very good category or 0%. The data tabulation can be seen in the table below:

Tabel 2. Throw In Test Results

No.	T-skore	Frequency	Classification	Percentage
1.	≤35	6	Very little	18,2%
2.	36-46	17	Not enough	51,5%
3.	47-58	10	Currently	30,3%
4.	59-69	0	Good	0%
5.	≥70	0	Very well	0%
Amount		33		100%

Running With the Ball Test, Based on the test results data, it shows that the ability to run with the ball of top class male athletes aged 10-12 years is as follows: 0 athletes are in the category of less or 0%, 0 athletes are in the category of very less or 0%, 4 athletes are in the category moderate or 12.1%, 25 athletes were in the good category or 75.8%, and 4 athletes were in the very good category or 12.1%. The data tabulation can be seen in the table below::

Table 3. Running With the Ball Test Results

No.	T-skore	Frequency	Classification	Percentage
1.	≤29	0	Very little	0%
2.	30-38	0	Not enough	0%
3.	39-47	4	Currently	12,1%
4.	48-56	25	Good	75,8%
5.	≥57	4	Very well	12,1%
Amount		33		100%

Heading Test, Based on the test results data, it shows that the heading ability of SSB Jalak Sutra top class male athletes aged 10-12 years is as follows: 13 athletes are in the very poor category or 39.4%, 18 athletes are in the poor category or 54.5%, 2 athletes were in the moderate category or 6.1%, 0 athletes were in the good category or 0%, and 0 athletes were in the very good category or 0%. The data tabulation can be seen in the table below:

Table 4. Heading Test Results

No.	T-skore	Frequency	Classification	Percentage
1.	≤ 36	13	Very little	39,4%
2.	37-51	18	Not enough	54,5%
3.	52-66	2	Currently	6,1%
4.	67-81	0	Good	0%
5.	≥ 82	0	Very well	0%
Amount		33		100%

Shooting at the Ball Test, Based on the test results data, it shows that the shooting ability of top class male athletes at SSB Jalak Sutra aged 10-12 years is as follows: 4 athletes are in the very poor category or 12.1%, 14 athletes are in the poor category or

42.4%, 6 athletes were in the moderate category at 18.2%, 7 athletes were in the good category or 21.2%, and 2 athletes were in the very good category or 6.1%. The data tabulation can be seen in the table below:

Table 5. Shooting at the Ball Test Results

No.	T-skore	Frequency	Classification	Percentage
1.	≤31	4	Very little	12,1%
2.	32-43	14	Not enough	42,4%
3.	44-54	6	Currently	18,2%
4.	55-66	7	Good	21,2%
5.	≥67	2	Very well	6,1%
Amount		33		100%

Discussion

The game of football is a team game that requires skill, tactics and cooperation. Basic skills are the main asset for playing football, without ignoring physical and mental needs. With the basic skills that each individual has, it will make playing football easier, whether for scoring goals or teamwork. The soccer skills test aged 10-12 years contains basic soccer skills, namely: dribbling, short pass, running with ball, heading, throwing in and shooting which predicts the basic soccer playing skills of male athletes aged 10-12 years at SSB Jalak Sutra. This research aims to determine the basic soccer playing skills of male athletes aged 10-12 years at SSB Jalak Sutra. The level of basic soccer skills in male athletes aged 10-12 years was measured using a test. The test used in this research was the Basic Football Skills Test for Ages 10-12 years by the Physical Quality Development Center of the Secretariat General of the Department of National Education in 2009.

This is likely caused by several influencing factors, namely: Internal factors, namely factors from the athlete himself. Athletes' motivation and interest in participating in training at school influences their basic football playing skills. Seriousness in taking lessons is a factor that greatly influences an athlete's performance when taking lessons. External factors, namely: Trainer, the main task of the trainer is to deliver material that is appropriate to the training program you want to achieve. In conveying techniques and materials, trainers should use varied training methods so as not to bore athletes so that athletes' interest in participating in training will increase and the objectives of the training can be achieved optimally. Facilities and Infrastructure: Limited facilities and infrastructure owned by SSB Jalak Sutra, such as balls, fields and supporting facilities, is one of the factors inhibiting the Physical Education training process. Infrastructure is an important part of the success of an exercise. The more complete the supporting facilities, the more effective the lesson. Environment: Support from the surrounding environment also encourages successful training. An SSB will create a conducive atmosphere if the surrounding environment makes an effort and maintains the atmosphere and comfort so that teaching practice activities can be carried out well.

CONCLUSION

Based on the results of data analysis and discussion, it can be seen that: 0 athletes are in the very poor category or 0%, 14 athletes are in the poor category or 42.4%, 19 athletes are in the moderate category or 57.6%, 0 athletes are in the good category or 0% and 0 athletes fall into the very good category or 0%. Based on these results, it can

be concluded that the basic football playing skills of male athletes aged 10-12 years at SSB Jalak Sutra are mostly in the Medium category.

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CONFLICT OF INTEREST

Clearly explain whether there are any conflicts of interest related to the reported research.

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