



## Survey Of Katabima Tembung School Training Model During The Covid-19 Pandemi Period Of Bandar Khalifah Village

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**Abstract:** This study aims to determine the increase in learning outcomes of ball passing techniques using the inner foot in soccer games in the offline learning process during the Covid-19 pandemic period for X grade students of SMK Tunas Pelita Binjai for the 2020/2021 academic year. The subjects of this study were students of class X with a population of 1 class with a total of 30 students, in the form of teaching through learning media in pairs and groups. The media of this research is Classroom Action Research. After the data is collected and analyzed, the results of the analysis are obtained: (1) from the first test results in the first cycle, 26 students (65%) have reached the learning mastery level, while 4 students (35%) have not reached the learning mastery level. With an average value of 74.05. (2). From the learning outcomes test I. In Cycle II, 36 students (90%) have reached the learning mastery level, while 4 students (10%) have not reached the learning mastery level. With the average value of the second cycle of learning outcomes is 81.50. In this result, it can be seen that there is an increase in the average value of student learning outcomes from cycle I to cycle II, which is 12 students, an increase in classical completeness by 30%. Based on the results of data analysis, it can be said that through learning using the media in pairs and groups it increases. With the results of learning the technique of passing the ball using the inner foot of the soccer game in Class X Students of SMK Tunas Pelita Binjai for the 2020/2021 Academic Year.

Keywords: Playing Approach, Inner Foot Passing

**Keywords:** Survey; Exercise; School Training

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### INTRODUCTION

Football is a branch of a large ball sport that is played with dominant techniques on the feet. The techniques in the sport of football are passing, dribbling, shooting, heading, controlling, and throw-in. Football techniques are developed into skills that can be applied to all age groups, both children, adolescents, and adults according to growth and development (Fathir, I. D. A., Rusdiana, A., Ugelta, S., & Imanudin, I., 2024; Jackson Sijabat, & Dicky Hendrawan, 2024).

Basic football techniques can be applied at elementary school age or early age, namely 7-11 years as a channel for children's interests and talents. Football is developed. The development of football is based on the results of the analysis of football game movements, there are dominant movements (Yulda Nikodemus Manurung, & Dewi Maya Sari, 2024; Mico Tri Hardadi, & Zein Fadli, 2024). The basic passing technique is one of the dominant movements that is a characteristic of the game of football besides dribbling,

controlling, shooting, and heading. For passing techniques, it can be applied with an interesting and child-like teaching program in the form of games so that children's basic football passing technique skills develop.

Training a football team must begin by teaching each player various basic techniques or skills needed to deal with conditions that arise in a real match. From an early age, players must master football game techniques. Each technique taught is followed by a consistent and ongoing training program so that the technique can be mastered and become a skill. According to (Soedjono, 1980: 30), basic techniques in football include: passing, throw-in, shooting, dribbling, heading, ball control, sliding tackle-shielding, goal keeping. The definition of basic techniques itself is all the underlying activities so that with such capital you can play football.

Football in Indonesia is the most popular sport in society as evidenced by the existence of football clubs and football schools (SSB) that have sports management to create quality players. The sport of football is also applied in every educational unit, namely as a physical education lesson in schools. In addition, football also stimulates children's motor skills faster and improves physical fitness and can instill social souls (Karo, A. A. P. K., Sari, I. E. P., Sihombing, H., & Sari, L. P., 2020).

Football playing skills in everyone can be improved by trying to master various basic football playing techniques. A person's ability to master various basic football playing techniques can support their performance in playing football, both individually and in groups. Some very basic skills in the game of football include passing control, heading, and dribbling. Ability and mastery of techniques have an impact on performance in playing football, both individually and as a team. Football is a team game in which there are 11 players in one team and they have different positions, namely the position of goalkeeper, defender (center back), wing back, defensive midfielder, central midfielder, winger, and striker. Each player in different positions performs pass control to connect between players and build attacks. Therefore, the first thing that each player must master is the basic technique of kicking and controlling the ball.

Based on the results of the researcher's observations from June 6, 2021 - July 7, 2021 at the Katabima Tembung Football School (SSB), it was found that in the Covid-19 pandemic situation since March 2020, the training process was not carried out according to the provisions and regulations set by the Deli Serdang Regency government. Until now, the Implementation of Community Activity Restrictions (PPKM) has been implemented.

Katabima SSB training which has become a routine as a school that produces many achievements, namely many students who enter the division 1 league. Since the establishment of SSB Katabima Tembung in 2010 until now, it has produced 32 players who have entered the division 1 league competition. So SSB needs to make efforts to implement training with a special model during the Covid-19 pandemic. As one of the efforts to provide a training model, especially for SSB Katabima students, the implementation of a special training model with the implementation of health protocols during the Covid-19 pandemic. The implementation of the training model is the main factor that can be applied to maintain the stability of the achievements achieved by SSB Katabima

## **METHOD**

The research design was applied using a qualitative method of descriptive case study approach. The descriptive case study approach is a research strategy in which researchers carefully investigate an event, activity, process, program or group of individuals. Cases are limited by time and activity, researchers collect complete

information using various data collection procedures based on a predetermined time (Creswell, 2014).

Qualitative descriptive design aims to describe, summarize various conditions, situations, or various phenomena of social reality that exist in the community that is the object of research, and attempts to draw conclusions to the surface as a characteristic, character, model, sign, or description of a particular condition, situation, or phenomenon.

This study focuses on obtaining the concept of determining the results of the analysis in the form of a training model applied by the Katabima Bandar Khalifah Football School (SSB). The analysis was obtained based on in-depth observation activities according to the assessment instruments or indicators that reflect the online learning process.

(Moleong, 2007) explains that "the main form of data in qualitative research is words and actions, the rest is additional data such as documents and others". Primary data in this study were obtained in the form of words or oral statements from subjects (informants) related to the Katabima SSB training process during the Covid-19 pandemic, then the data was described to answer the problem formulation, namely "How is the Katabima Tembung Football School (SSB) Training Model During the Covid-19 Pandemic in Bandar Khalifah Village?".

## **RESULT AND DISCUSSION**

### **Result**

The results of data acquisition through observation, interviews, and documentation that are reduced based on data analysis, then the validity of the data in this study was carried out using the observation persistence technique, this technique is used to obtain accurate and valid data. In line with that, researchers are disciplined, diligent and careful in recording and collecting data. Observation persistence is intended to find characteristics and elements of situations that are very relevant to the problems or issues being sought and then focus on these things in detail. The results of the SSB Katabima training model survey were obtained through the routine activities of coaches and SSB students as a school that has produced many achievements, namely many students who have entered the division 1 league. Since the establishment of SSB Katabima Tembung in 2010 until now, it has produced 32 players who have entered the division 1 league competition. So that SSB needs to make efforts to implement training with a special model during the Covid-19 pandemic. As one of the efforts to provide a training model, especially for those experienced by SSB Katabima students, the application of a special training model with the implementation of health protocols during the Covid-19 pandemic. The implementation of the training model is the main factor that can be applied to maintain the stability of the achievements achieved by SSB Katabima.

In the implementation of football training at SSB Katabima Tembung, players must master the basic techniques in order to be able to play football skillfully. By mastering basic techniques, it will support performance in playing and competing, having good self-confidence, optimism and high spirits when playing or competing.

The concept of SSB Katabima Tembung training, the coach must present a form of training that is based on the Covid-19 pandemic situation and in accordance with the physical development of children. The coach is the main actor to be able to bridge the training model in the Covid-19 pandemic situation with the achievements to be achieved. Without an effective and efficient training model, SSB will find it difficult to achieve the achievements that have been achieved before.

The SSB Katabima Banda Khalifah training model obtained based on the results of the survey and analysis is as follows:

1. Implementation of a 1 week 3 times training program by implementing health protocols with a time of 2-3 hours for each training
2. Implementing high discipline, namely must arrive on time, if late then must go home.
3. Equipment and training are completely prepared on the field before the training session begins.
4. Training is carried out in an orderly manner, namely starting with warm-up, stretching, deepening techniques, core programs, games, cooling down, and reflection (The coach always conveys the weaknesses and strengths of each student, so that students can continuously improve their abilities).
5. Training time is adjusted to the child's school schedule, namely in the afternoon outside of routine school activities.
6. The coach always provides motivation and reinforcement for students

The training model above is a program concept applied to the Covid-19 pandemic situation and needs to be implemented as an effort to revive achievements that have been halted due to the implementation of community activities which have an impact on limiting training at SSB Katabima.

### **Discussion**

Katabima Tembung Football School has developed a training model that effectively adapts to the challenges posed by the Covid-19 pandemic. This model emphasizes structured training sessions while adhering to health protocols, ensuring that athletes remain engaged and motivated. The following section outlines the key components of this training model. Training takes place three times a week, each session lasting 2-3 hours, which is in line with recommendations to maintain athlete engagement during disruptions (Greenberg et al., 2022). Strict adherence to health guidelines is enforced, including physical distancing and equipment sanitation (Michael et al., 2022).

Coaches provide ongoing motivation and feedback, which is critical to maintaining athlete morale and performance during challenging times (Greenberg et al., 2022). Each training session includes a warm-up, technique drills, core program, and cooldown, ensuring a holistic approach to athlete development (Maratis et al., 2024). Training times are adjusted to accommodate school commitments, promoting a balanced routine for young athletes (Galy et al., 2024). While the training model is robust, it is important to consider the potential for increased injury rates as athletes return to full training intensity after a prolonged interruption (Greenberg et al., 2022). This highlights the need for ongoing assessment and adaptation of training practices to ensure athlete safety and performance.

### **CONCLUSION**

Survey research on the Katabima Tembung Football School (SSB) training model during the Covid-19 pandemic in Bandar Khalifah Village shows that out of 10 activities observed to obtain a training model, it has a score of 9 or a percentage of 90% Katabima Tembung Football School (SSB) tends to actively train even in the Covid-19 pandemic situation. Based on these activities, a training model was obtained with the concept of (1) Implementing a 1 week training program 3 times by implementing health protocols with a time of 2-3 hours for each training; (2) Implementing high discipline, namely being required to arrive on time, if late then you must go home; (3) Equipment and training are complete and prepared on the field before the training session begins; (4) Training is

carried out in an orderly manner, namely starting with warm-up, stretching, deepening techniques, core programs, games, cooling down, and reflection (The coach always conveys the strengths and weaknesses of each student, so that students can continuously improve their abilities); (5) Training time is adjusted to the child's school schedule, namely in the afternoon outside of routine school activities; and (6) The coach always provides motivation and reinforcement for students. The resulting training model is a program concept that serves as a guideline for implementing training for students at SSB Katabima and needs to be implemented as an effort to revive achievements that have stalled due to the Covid-19 pandemic.

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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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