



The Level Of Basic Football Skills In The Youth Category Of The Football School (SSB) Adolina Perbaungan In 2024

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Abstract: This study aims to determine the Level of Basic Football Skills in the Youth Category of the Adolina Perbaungan Football School (SSB) in 2024. This study is a descriptive study using a survey method. Data collection techniques in this study used tests and measurements. The population is 20 people and the sample size is 20 people. Based on the results of the study, it can be seen that the Level of Basic Football Skills in the Youth Category of the Adolina Perbaungan Football School (SSB) in 2024 is in the "less" category with a percentage of 10%, the "moderate" category with a percentage of 55%, the "good" category with a percentage of 35%. Based on these results, it is concluded that the Level of Basic Football Skills in the Youth Category of the Adolina Perbaungan Football School (SSB) in 2024 is in the "moderate" category with a percentage of 55%.

Keywords: Skills; Football; Youth

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INTRODUCTION

Football is a sport that uses a ball made of leather and is played by two teams, each consisting of 11 (eleven) core players and some reserve players. Football is a ball game played by two teams, each consisting of eleven people. The field used in the game of football is a large rectangular field with a length of 100 m - 110 m and a width of 64 m - 75 m. The duration of the game of football is 2X45 minutes. To become a football player, regular and programmed training is needed and under the guidance of a coach who masters the game of football. Through regular and programmed training, it is possible that great football players will be born, seen from a tactical point of view, the quality of the game of a football team is determined by the mastery of basic techniques and skills when playing football. Regarding the technique/method of performing a movement, according to. football techniques consist of various basic skills such as running, dribbling, passing and shooting/kicking towards the goal.

Football is a branch of team sports or team games, so a good team that is strong and tough is a team that consists of players who are able to organize a compact game, meaning having good teamwork, for that it requires players who can master all parts and various basic techniques and skills of the game of football. One of the tasks of a football club coach is to be able to develop the abilities of the players and be able to motivate the players to always train well and enthusiastically. A conducive training atmosphere will

have a positive impact on the development of the players which in the end is able to create maximum achievement (Handoko Sejahtera Sigalingging, & Dicky Hendrawan., 2024; Putra, Y. R., & Hendrawan, D., 2024; Karo, A. A. P. K., Sari, I. E. P., Sihombing, H., & Sari, L. P., 2020).

In Indonesia, football is very popular from Sabang to Merauke, from children, teenagers to adults. Football is one of the most popular sports games for many people. In its development, football can be played anywhere, such as outdoors or in closed fields. This is shown by the emergence of many Football Education Institutions (LPSB) or Football Schools (SSB) in various regions which are a form of the development of the game of football. Many people realize that now football can be used as a vehicle for a career, as a professional football player. The existence of LPSB or SSB is the right means to foster and train beginner football players to become skilled and accomplished football players.

In fact, the enthusiasm of the Indonesian people for football is very great. However, it is not only interest and enthusiasm that can influence achievement, but there are many factors that must be considered and need improvement in various sectors, including facilities and infrastructure, regular and continuous competitions, quality of coaches, and supported by scientific research and knowledge.

Mastery of basic technical skills determines a person's proficiency in performing all movements in a sport. Thus, regular and planned training is needed according to who states that training is a training process that is carried out systematically and repeatedly with progressive loading. To improve sports skills (proficiency) using various equipment according to the goals and needs of the sport. To achieve and achieve optimal achievement starting from age development. Along with the increasing number of football fans in Indonesia, the development of young athletes has made much progress, this is evidenced by the increasing number of Football School (SSB) clubs or academies established in Indonesia. Everyone can find it from urban to rural areas.

(SSB) Adolina Perbaungan is one of the soccer schools located in Perbaungan District, Serdang Bedagai Regency. This non-formal education is formed under the name of Adolina Soccer School or abbreviated as SSB Adolina which is routinely held on Monday, Wednesday at 15.00 WIB, and Sunday at 07.00 WIB at the Adolina Palm Oil Company field, Perbaungan District, Serdang Bedagai Regency. Based on the results of the author's observations, the implementation of the SSB activities, starting from the facilities including the number of balls, there are 8 balls with the original Mikasa brand with the status of the ball belonging to the Adolina SSB Club, the vests used for soccer school activities are 22 vests, and have 18 cones in new condition and their status belongs to the Adolina SSB club.

Based on information received from the Adolina football school (SSB), there are various training programs for young ages. The type of training emphasized for early ages is training basic techniques, especially basic football skills. Providing basic technique training is very good to do or give in the early stages of growth in order to form good basic techniques from an early age and prepare children to face more complex training. Then several problems were found, especially in the basic ability to play football at SSB Adolina, not all individual abilities have good basic football skills, this is due to the lack of coaches in paying attention to the development of each individual athlete and there is no variation in basic technique training such as variations in passing, dribbling, shooting and heading

In the category of Teenage Age is the golden age in improving player skills, the development of motor skills of a teenager at 14-17 years is the best of all ages. Students

of SSB Adolina age group 14-17 years, during training the coach emphasizes basic football techniques, but the characteristics of students who are still at an early age tend to want to play football directly without knowing the basic techniques of football. This makes training less effective and there is still a lack of awareness of students to learn about the basic techniques of playing football, marked by students who are less serious and careless in following training. SSB Adolina age group 14-17 years in doing training has also never measured the height of basic football skills, so the height of basic football skills for the age group 14-17 years at SSB Adolina is not yet known.

From the description above, it can be concluded that the basic technical components in playing football are important for every football athlete to know in order to help the quality of the individual in playing football and are a very important factor in improving football playing skills, therefore the basic techniques of playing football must be mastered by every football player.

It is expected that with the research on basic soccer playing skills in the 14-17 year old youth category, a program can be created to improve the soccer skills of SSB students so that they can improve their soccer skills and quality. Based on the above, the researcher wishes to research the "Level of Basic Soccer Skills in the Youth Category of the Adolina Perbaungan Soccer School (SSB) in 2024".

METHOD

This research is a descriptive research is a research method that attempts to describe the object or subject being studied what it is, with the aim of systematically describing the facts and characteristics of the object being studied precisely (Sugiyono, 2015). The method used in this study is the survey method, while the technique and data collection use tests and measurements. The population used in this study is the SSB Adolina Club, Teen Category, Perbaungan District, totaling 20 people. Technique taking sample in study This is total sampling. Total sampling is technique taking sample Where amount sample The same with population. Reasons take total sampling because according to number underpopulated out of 100 in total population made into sample study everything. So study This use sample SSB Adolina Club Category Teenager Subdistrict A group of 20 people. Instruments used in study This is test skills football the ball that consists of from 5 grains test. In study This type of data used is quantitative data. Quantitative data is data that can be measured or counted in a way direct, in the form of information or the explanation stated with number or number. On study This is the data needed is amount team SSB Adolina teenagers. In study This use two data sources, namely primary data and secondary data. Primary data in study This is coach team SSB Adolina teenagers and secondary data in study This use test. Analysis of the data used in study This use statistics descriptive quantitative use method survey with technique test And measurement with the formula used For look for percentage is as following:

$$P = \frac{F}{N} \times 100\%$$

P = Percentage sought (Frequency Relative)

F = Frequency

N = Number Respondents

RESULT AND DISCUSSION

Result

Results analysis descriptive percentage skills base game football in general overall with calculate the total items that have been tested start from passing, dreaming, throwing, shooting and heading tests can be done seen from table under This.

Table 1. Descriptive Survey Data Statistics Skills Base Game Football

	<i>N</i>	<i>Minimum</i>	<i>Maximum</i>	<i>Sum</i>	<i>Mean</i>	<i>Std. Deviation</i>
head the ball	20	4.00	8.00	130.00	6.5000	1.27733
passing the ball	20	4.00	8.00	130.00	6.5000	1.27733
shooting ball	20	4.00	8.00	130.00	6.5000	1.27733
throw in	20	4.00	8.00	130.00	6.5000	1.27733
herding ball	20	4.00	8.00	128.00	6.4000	1.53554
<i>Valid N (listwise)</i>	20					

Table 2. Heading Skills

Criteria	Frequency	Percentage
Not enough	1	5.0
Currently	12	60.0
Good	7	35.0
Total	20	100.0

Based on in the table above, there are 7 people in it'good'category that is capable put the ball in targets that have been determined or percentage 35%, 12 people in'medium'category that is capable put the ball in targets that have been determined or percentage 60%, and 1 person in the'less'category who are capable put the ball in targets that have been determined or percentage 5%.

Table 3. Passing skills

Criteria	Frequency	Percentage
Not enough	1	5.0
Currently	12	60.0
Good	7	35.0
Total	20	100.0

Based on table above, there are 7 people in it'good'category that is capable put the ball in targets that have been determined or percentage 35%, 12 people in'medium'category that is capable put the ball in targets that have been determined or percentage 60%, and 1 person in the'less'category who are capable put the ball in targets that have been determined or percentage 5%.

Table 4. Shooting skills

Criteria	Frequency	Percentage
Not enough	2	10.0
Currently	11	55.0
Good	7	35.0
Total	20	100.0

Based on table above, there are 7 people in it'good'category that is capable put the ball into the target that has been determined or percentage 35%, 11 people in'medium'category that is capable put the ball into the target that has been determined or percentage 55%, and 2 people in the'less'category who are capable put the ball into the designated target or percentage 10%.

Table 5. Skills Trow in

Criteria	Frequency	Percentage
Not enough	2	10.0
Currently	11	55.0
Good	7	35.0
Total	20	100.0

Based on table on there are 7 people in'good'category that is capable throw the ball a specified distance or percentage 35%, 11 people in'medium'category that is capable throw the ball a specified distance or percentage 55%, and 2 people in the'less'category who are capable throw the ball a specified distance or percentage 10%.

Table 6. Skills dribble

Criteria	Frequency	Percentage
Not enough	4	20.0
Currently	8	40.0
Good	8	40.0
Total	20	100.0

Based on table above, there are 8 people in it'good'category that is capable dribbling the ball or percentage 40%, 8 people in'medium'category that is capable dribbling the ball or percentage 40%, and 4 people in the'less'category who are capable dribbling the ball or percentage 20%.

Table 7. Skill Levels Base Game Football

Criteria	Frequency	Percentage
Not enough	2	10%
Currently	11	55%
Good	7	35%
Amount	20	100%

Based on table above, shows that level skills base game SSB Adolina Youth Football Subdistrict Fragrance is at on category 'less' with percentage 10%, category 'medium' with percentage 55%, category 'good' with percentage 35%.

Discussion

Results study show that level skills base football on category SSB Adolina teenagers Subdistrict Fragrance on movement There are 7 people heading the ball 'good' category that is capable put the ball in targets that have been determined or percentage 35%, 12 people in 'medium' category that is capable put the ball in targets that have been determined or percentage 60%, and 1 person in the 'less' category who are capable put the ball in targets that have been determined or percentage 5%. There are 7 people in the ball passing movement 'good' category that is capable put the ball in targets that have been determined or percentage 35%, 12 people in 'medium' category that is capable put the ball in targets that have been determined or percentage 60%, and 1 person in the 'less' category who are capable put the ball in targets that have been determined or percentage 5%. There are 7 people in the ball shooting movement 'good' category that is capable put the ball in targets that have been determined or percentage 35%, 11 in 'medium' category that is capable put the ball in targets that have been determined or percentage 55%, and 2 people in the 'less' category who are capable put the ball in targets that have been determined or percentage 10%.

Movement There are 7 people in the row in 'good' category that is capable throw the ball as far as specified distance or percentage 35%, 11 people in 'medium' category that is capable mele throw the ball with specified distance or percentage 55%, and 2 people in the 'less' category who are capable throw the ball as far as specified distance or percentage 10%. Dribbling movements there are 8 people in "good" category that is capable dribbling the ball or percentage 40%, 8 people in 'medium' category that is capable dribbling the ball or percentage 40%, and 4 people in the 'less' category who are capable dribbling the ball or percentage 20%. Can concluded that part big category SSB Adolina teenagers Subdistrict Fragrance enter in "medium" category with percentage by 55% on test skills base football.

Football is one of the most popular sports among all groups, both young and old, without even distinguishing between men and women, they really like this sport. It is almost certain that the world community is very familiar with football. Even if some do not like or can play it, at least they know about the existence of this sport. Likewise, what is developing in Indonesia, football is a popular game and is very popular with all levels of Indonesian society, both young and old, men and women. Football games are played in big cities and in remote villages. Along with the great public interest in football, football has gradually developed rapidly (Lisenchuk, G., et al, 2025; Fathir, I. D. A., Rusdiana, A., Ugelta, S., & Imanudin, I., 2024; Jackson Sijabat, & Dicky Hendrawan., 2024). However, the great public interest in football is not balanced with the achievements obtained by the Indonesian nation in the international football arena. The achievements of football in Indonesia are considered less advanced compared to the achievements of other sports (Mico Tri Hardadi, & Zein Fadli, 2024; Aritonang Oppu Sunggu, G., & Sari, L. P., 2024; Rinaldi Aditya, Filli Azandi, & M, B. A, 2020; M Rangga Ade Kurnia, dkk, 2023).

CONCLUSION

Based on results analysis can known that level skills base game football on Adolina SSB Youth Subdistrict Fragrance is at on category "less" with percentage 10%, category "medium" with percentage 55%, "good" category with 35%. Based on results the

concluded that skills base game football on Adolina SSB Youth Subdistrict Fragrance. enter in the “moderate” category with percentage by 55%.

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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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