



RESEARCH ARTICLE

The Influence of Playing Methods on Football Passing Skills at SD Negeri 2 Lokop – East Aceh

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Abstract

Learning methods are very important in supporting the success of achieving learning objectives, so this research aims to improve the soccer passing abilities of students at SDN 2 Lokop, East Aceh Regency, because there are still students who have not mastered soccer passing techniques or are not optimal. This research adopts a series of experimental methods, designed before and after testing. Data collection was carried out in this research using a football passing test. The subjects of this research were 20 students at SDN 2 Lokop, East Aceh Regency. This can be seen from the implementation of the research that the final test is better than the initial test in changing the pretest and posttest. It can be concluded that the playing method is useful for learning soccer passing skills and techniques. This level influences students' basic soccer passing abilities as a whole, including them in the good category, so that playing methods can be applied in soccer learning.

Keywords

Fotball, Playing Methods, Passing.

INTRODUCTION

Physical education is one of the lessons in schools, and is a medium to encourage motoric development, physical knowledge and reasoning, appreciation of values (attitude, mental, spiritual, emotional, social), as well as the habit of healthy lifestyles to help stimulate growth and development. balance, thus physical education must be improved in every school.

Physical education is "an educational process that utilizes systematically planned physical activities aimed at developing and developing individuals organically, neuromuscularly, perceptually, cognitively and emotionally, within the framework of national education" (Ega Trisna Rahayu, 2016).

In the game of football, so that the game runs well and perfectly, a very important thing that all players must have is basic football techniques, because if you master the basic techniques well, usually players will play the game well too. There are several types of basic football technical abilities, namely: passing, shooting, dribbling and heading.

All the basic techniques and movements mastered by players to control the ball are very useful in the game of football, especially passing techniques to win. This is because passing techniques play a very important role in whether or not a team's cooperation is good when attacking or defending. The large contribution of passing in the game of football needs to be taught to school students.

Passing is moving the ball from one player to another player. When practicing passing, we have to concentrate so that the ball we pass remains straight and in the direction we want (Rekha Yogatama and Hendri Irawadi, 2019).

From the quote above, one of the goals of learning football can be described, one of which is that students can perform basic football passing techniques. In order to improve football passing technique skills, effective and efficient learning methods are needed. With effective and efficient learning methods,

teachers can convey training material information effectively and efficiently. In this case, to be able to perform passing skills well, you can use learning methods, one of which is the playing method. Playing is a fun activity, to avoid boredom in the teaching and learning process, therefore use the learning by playing method.

The play method is a suitable method for teachers to apply in the learning process at school in terms of cognitive, affective and psychomotor development. So the playing method is expected to increase students' knowledge, creativity and skills even in a simple form. Using a learning method that only involves watching makes students feel bored and bored in following the learning process. For this reason, researchers are interested in research work with the title "The Influence of Playing Methods on Football Passing Skills at SD Negeri 2 Lokop - East Aceh".

METHODS

This research uses a classroom action research (PTK) approach. The research method used is action research. Kemmis & Mc Taggart's action research (in Arikunto, 2006: 132) includes four stages, namely (1) planning, (2) action, (3) observation (observation), (4) reflection (reflection).

This research is conducted in two steps. In other words, it is an initial test to assess students' initial abilities. then the next stage is given treatment as an effort to improve football passing techniques in the initial test. The treatment given uses the play method, because the play method is suitable for teachers to apply in the learning process at school in terms of cognitive, affective and psychomotor development.

The instrument in this research is using a football passing test, the data collection tool in this research uses a test instrument. The test instrument in this research is to carry out a soccer passing test to measure passing ability in the soccer game which is used as the sample for this research. The procedure for carrying out the test is as follows: (1) Students perform football passing technique skills, (2) Students perform football passing techniques with the same opportunities, (3) In carrying out passing techniques, students strive to comply with what has been determined. There is a numerical assessment which provides a score according to certain criteria to see the abilities or movements that are in accordance with those that have been determined. "meaning of numbers: 4 means (very high), 3 (high), 2 (low), 1 (very low)" (Sugiyono, 2017)

After being given treatment or learning about passing techniques, students are given a final test (posttest) with the aim of finding out the final results of their soccer passing technique abilities. The research subject was the 2 Lokop State Elementary School, East Aceh Regency, which involved 20 students. The data collection technique uses random sampling. then proceed with analysis by means of quantitative description and difference tests.

RESULTS

1. Preliminary Results of Football Passing Ability (Pre-Test)

Providing action on the pre-test regarding soccer passing ability for students at SD Negeri 2 Lokop, East Aceh Regency, researchers and collaborators carried out an initial assessment of students' passing abilities, with the following results:

Table 1. Initial Results of Football Passing Ability (Pre-Test)

No	Kategori	F	%
1	Sangat Tinggi	1	5
2	Tinggi	4	20
3	Rendah	10	50
4	Sangat Rendah	5	25
Jumlah		20	100

Based on the table above, it can be seen that the initial results of soccer passing ability among students at SD Negeri 2 Lokop, East Aceh Regency in detail are 1 (5%) in the "Very High" category, 4 (20%) in the "High" category, 10 (50%) in the "Low" category, and 5 (25%) in the "Very Low" category. The highest frequency of categories is in the "Low" category and the lowest frequency is in the "Very High" category. When depicted in bar diagram form, it is obtained as follows:

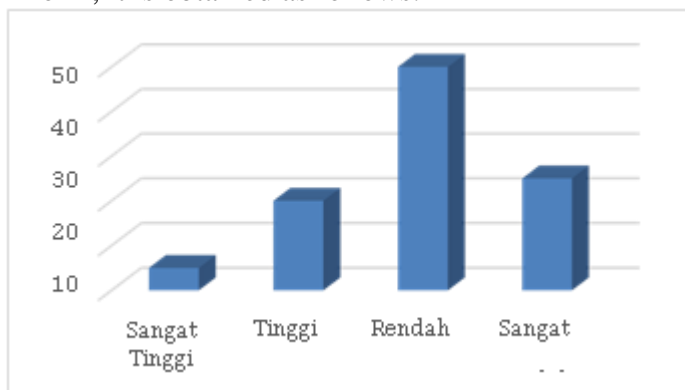


Figure 1. Initial Results of Football Passing Ability (Pre-Test)

2. Second Results of Football Passing Ability (Post-Test)

The posttest testing in this research was carried out after being given treatment or learning about passing techniques to students at SD Negeri 2 Lokop, East Aceh Regency, with the following results:

Table 2. Second Results of Football Passing Ability (Post-Test)

No	Kategori	F	%
1	Sangat Tinggi	5	25
2	Tinggi	11	50
3	Rendah	4	20
4	Sangat Rendah	0	0
Jumlah		20	100

Based on the table above, it can be seen that the results of the football passing ability of students at SD Negeri 2 Lokop, East Aceh Regency after treatment or learning about passing, there was a specific increase, in detail there were 5 (25%) in the "Very High" category, 11 (50%) in the "High" category, 4 (20%) in the "Low" category, and 0 (0%) in the "Very Low" category. The highest category frequency is in the "High" category and the lowest frequency is in the "Very Low" category. When depicted in bar diagram form, it is obtained as follows:

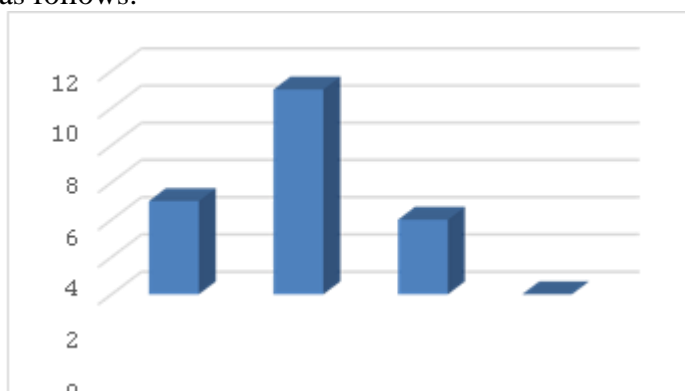


Figure 2. Second Results of Football Passing Ability (Post-Test)

The increase in the total number of students shows that students have progressed in passing football after treatment or learning about passing. Researchers and collaborators have found answers that have

become research material, namely learning about passing can improve football passing results for students at SD Negeri 2 Lokop Regency. East Aceh.

CONCLUSION

Based on the results of data analysis and research discussion, it can be concluded that there is an influence between the pre-test results and the post-test results. So the overall hypothesis of the results of the student's soccer passing ability is accepted. The students' overall level of basic soccer skills regarding passing is in the good category, so the playing method can be applied to soccer learning.

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