

Basic Skills of Playing Football for Students of Inpres Mangga Dua Elementary School

By Dilli Dwi Kuswoyo



Basic Skills of Playing Football for Students of Inpres Mangga Dua Elementary School

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Abstract

Study Purpose. This study discusses the problem of the level of football skills of male students aged 10-12 years at SD Inpres Mangga Dua, Merauke Regency. The purpose of this study is to determine the level of soccer skills of male students aged 10-12 years at SD Inpres Mangga Dua, Merauke Regency. The population in this study were all male students aged 10-12 years from SD Inpres Mangga Dua Merauke Regency, a total of 35 students.

Materials and methods. The instrument used was the 10-12 year old football skills test from Daral Fauzi R. To determine the level of football skills using six test items, namely: 1) dribbling, 2) short pass, 3) throw in, 4) running with the ball, 5) heading, and 6) shooting at the goal. The data analysis technique used in this study was descriptive statistics.

Results. The results showed that the level of soccer skills of male students aged 10-12 years at SD Inpres Mangga Dua, Merauke Regency, with the number of students with a classification of excellent = 7 people (20%), good = 9 people (25.71%), moderate = 11 people (31.42%), less 3 people (8.57%), and very less 5 people (14.28%).

Conclusion. The results of this study can be concluded that the development of children aged 10-12 is very good.

Keywords: Skills, Football, Students

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Introduction

Physical Education Offers students to broaden their horizons, develop abilities related to physical activity, maintain fitness, and improve the self-quality of each individual (Kavita, V., Sharma, J. P., & Tiwari 2013; Zhao et al. 2019). Physical education does not only offer a good and healthy physique but changes behavior, and provides a refresher on one's life principles that will change the psychology of someone who takes part in physical education activities but what is meant here is not only the body but the whole (as a whole), because the physical and spiritual cannot be separated (Pérez-Bey et al. 2018; Seyhan 2019). Physical and spiritual are a unified whole that are always connected and mutually influence one another. Physical education is essentially an educational process that utilizes physical

activity to produce holistic changes in individual qualities, both physically, mentally and emotionally. Physical education treats the child as a unified whole, a total being, rather than just considering him as someone whose physical and mental qualities are separate.

In fact, physical education is a very broad field of study. The point of concern is the increase in human movement. More specifically, PE is related to the relationship between human movement and other areas of education: the relationship between the development of the physical body with the mind and spirit (Kavita, V., Sharma, J. P., & Tiwari 2013; Kobel et al. 2020). It is his focus on the influence of physical development on areas of growth and development of other aspects of the human being that makes him unique. No other single field like physical education is concerned with total human development.

Physical education is a process of educating a person as an individual or a member of society which is carried out consciously and systematically through various physical activities to obtain physical growth, health and physical fitness, abilities and skills, intelligence and development of harmonious character and personality in the framework of forming quality Indonesian human beings. based on Pancasila. Explicitly the term physical education is distinguished from sports. In a narrow sense, sport is identified as body exercise. Sports judging from the origin of the word from the Javanese language sport which means self-training and rogo (body) means body. Broadly, sports can be interpreted as all activities or efforts to encourage, arouse, develop and foster physical and spiritual strength in every human being (Güngör and Çelik 2020).

Physical education can also be interpreted as an educational process through physical activity designed to improve physical fitness, develop motor skills, knowledge and behavior of healthy and active living, sportsmanship, and emotional intelligence. The learning environment is carefully regulated to enhance the growth and development of all domains, physical, psychomotor, cognitive and affective for each student. Football is one of the most popular sports in the (Güngör and Çelik 2020). Football is a branch of team play or team play. To achieve good teamwork, players are needed who can master all parts, various basic techniques, and skills in playing soccer, so they can play the ball in all positions and situations quickly, precisely, and careful means not wasting energy and time. Various groups really like it, starting from boys and girls, old, young, men, women, students, even in formal learning, this sport is one of the learning materials in physical education subjects. Physical education is a branch of science that studies movement activities through sports media (Kavita, V., Sharma, J. P., & Tiwari 2013; Martínez-López et al. 2019).

Talking about the sport of football, we will immediately focus on the continent of Europe, which is the mecca of the world of football. In addition to the achievements of national teams and country leagues in the European region which are very advanced, the use of technology, training systems and player development has also been very well planned, programmed and sustainable (Andrew and Causer 2022; Safiuddin, Margono, and Mardapi 2017). The sport of football introduced as early as possible in schools is the basic capital for developing achievements in the future (Dwi, Dilli 2017). Playing soccer requires good basic techniques to form teamwork so as to achieve goals in the game, namely to produce victory (Kuswoyo 2019).

Football is a team game, each team consisting of eleven players, one of whom plays as a goalkeeper. Football is almost entirely played using the feet except for the goalkeeper who is allowed to use his hands in the penalty area (Andrew and Causer 2022). A soccer player who does not have basic techniques and basic skills in playing soccer will not be able to become a good player (Suganda 2021).

Kicking or kicking can be interpreted as kicking (using the foot) while "ball" is a round game tool made of rubber, leather or the like. In a soccer game, a ball is kicked/kicked by the players. So in short the meaning of football is a game that is carried out by kicking the ball to

and fro by players, with the aim of the goal and aiming to put the ball into the opponent's goal. Almost everyone knows and likes sports that combine physical and technical elements, and Indonesia is no exception (Alficandra, Suganda, and Yani 2019; Scheunemann 2012). Even though until now the sporting achievements of Indonesian football have not met expectations, it is as if all this has not affected the interest and sympathy of the people of this country. It is not uncommon for hundreds or even thousands of people to crowd the stadium where a football match is being held to watch their favorite player or team. In fact, in every direction, from villages to cities, everyone, both children and adults, are competing to play this increasingly popular sport (Ihsan et al. 2022).

Based on the results of initial observations and documentation studies in the KTSP curriculum of SD Inpres Mangga Dua Merauke Regency, the Physical Education subject matter being taught includes volleyball, football, athletics, games, gymnastics and physical fitness, but of the many sports the most popular is football. In the 2022/2023 Physical Learning Implementation Plan (RPP) at SD Inpres Mangga Dua, Merauke Regency, the material for playing football in 1 semester is 2 times. SD Inpres Mangga Dua Merauke Regency is one of the public schools located in Merauke District, Merauke Regency.

Other results from initial observations in football learning at SD Inpres Mangga Dua Merauke Regency are still very limited. This is marked by the lack of supporting infrastructure in the field of football. During the learning process, the teacher emphasizes learning basic skills, but because of the characteristics of elementary school students who like to play, it causes the sports teacher to experience difficulties in providing material on basic skills in playing soccer. This makes the lesson less effective and the material cannot be well received by students, so that the teacher is unable to know how much the basic ability level of playing football is for students. The game of football is very suitable for students to play at school, because the movements made in this game can stimulate growth children (Dragijsky et al. 2016). It is hoped that with research on soccer skills, a program can be created to improve students' soccer skills so they can improve their soccer skills and understand the game of soccer itself. On the basis of the above, the researcher wishes to research "Basic Soccer Playing Skills for Male Students at SD Inpres Mangga Dua Merauke Regency".

Materials and Methods

Study participants

States that the population is the whole object of research (Arikunto 2013). The population is limited as the number of residents or individuals who have at least the same characteristics. The population of this study were all male students aged 10-12 years at SD Inpres Mangga Dua, Merauke Regency, totaling 35, so this study was a population study.

Study organization

This research is a descriptive study using survey methods and data collection techniques using skills test techniques. Descriptive research methods are designed to collect information about the real situation now. According to (Arikunto 2013). states that descriptive research is non-hypothetical research so that the research steps do not formulate hypotheses.

Operational Definition of Research Variables

Research variables are research objects or what is of concern to research (Arikunto 2013). The variable in this study was the football skill level of male students aged 10-12 years at SD Inpres Mangga Dua, Merauke Regency. The operational definition of the variable in this study is the level of proficiency possessed by students in playing soccer as measured through a soccer skill test aged 10-12 years. The most important basic technique is the technique with the ball.

The basic techniques are:

1. *Dribbling* (dribbling), the results taken are the long travel time from start to finish in tenths of a second.
2. *Short Passed* (kicking the target ball), the results taken are the long travel time from start to finish in tenths of a second and the number of balls entering the target.
3. *Throw In* (throw in), the result taken from the farthest distance of 3 throws
4. *Running with the ball* (running with a touch of the ball) is the result taken from start to finish in tenths of a second.
5. *Heading The ball* (heading the ball), the result taken is the farthest distance of the 3 throws.
6. *Shooting at the ball* (kicking the ball from a place with a certain foot) the result taken is the sum of 6 kicks with the number of targets.

Statistical analysis

This research instrument is a tool used to collect data. (Suharsimi Arikunto, 2006: 219). A good instrument is one that can be accounted for for its measurement results, and has or has met the validity and reliability requirements of the test as shown in Table 1. The instrument used in this study was the test and measurement of soccer skills aged 10-12 years by the Ministry of National Education in 2009 (Muhammad Muhyi Faruq 2014).

- a. *Dribbling* (dribbling), the results taken are the long travel time from *start* to finish in tenths of a second.
- b. *Short Passed* (kicking the target ball), the results taken are the length of time it takes from start to finish in tenths of a second and the number of balls entering the target.
- c. *Throw In* (throw in), the result taken from the farthest distance of 3 throws
- d. *Running with the ball* (running with a touch of the ball) is the result taken from start to finish in tenths of a second.
- e. *Heading The ball* (heading the ball), the result taken is the farthest distance of the 3 throws.
- f. *Shooting at the ball* (kicking the ball from a place with a certain foot), the result taken is the total of 6 kicks with the number of targets.

The validity and reliability tests of the 10-12 year old soccer skill test are in the table below:

Table 1. Validity and Reliability

No	Test Items	validity	Reliability
1	Dribbling	0.72	0.61
2	Short Passed	0.66	0.69
3	Throw In	0.78	-
4	Running with the ball	0.75	0.79
5	Heading the ball	0.80	0.74
6	Shooting at the ball	0.82	0.76
7	Suite	0.98	-

Source (Sepdanius, Endang. Sazeli Rifki, Muhamad. Komaini 2019)

The data collection technique to be used is a survey method with test and measurement techniques. Collecting data using the survey method has the aim of establishing or sharpening a plan. Data collection for this research was carried out at the Maro Mini Soccer Lap, district. Merauke, due to the geographical location between SD Inpres manga Dua Merauke and the adjacent football field. so it is suitable for research. The implementation

of the soccer skills test begins with a *dribbling test*, in which all students take the *dribbling test* first. Students who have carried out the *dribbling test* immediately move to the *short pass test*, *throw in*, *run with the ball*, *heading the ball*, and the last is the *shooting test at the ball*.

This data analysis technique uses *descriptive analysis techniques with survey methods with test and measurement techniques*. The data analysis technique with T scores, namely the first stage is entering the test results into the form provided, the second stage is compiling the standard values because each test item does not have the same magnitude, by transforming into T scores, the third stage the results of the raw values are matched with item norms test. The results of this data analysis are categorized into 5 categories, namely very good, good, moderate, less and very less. The football skills test assessment norms are classified in the table below:

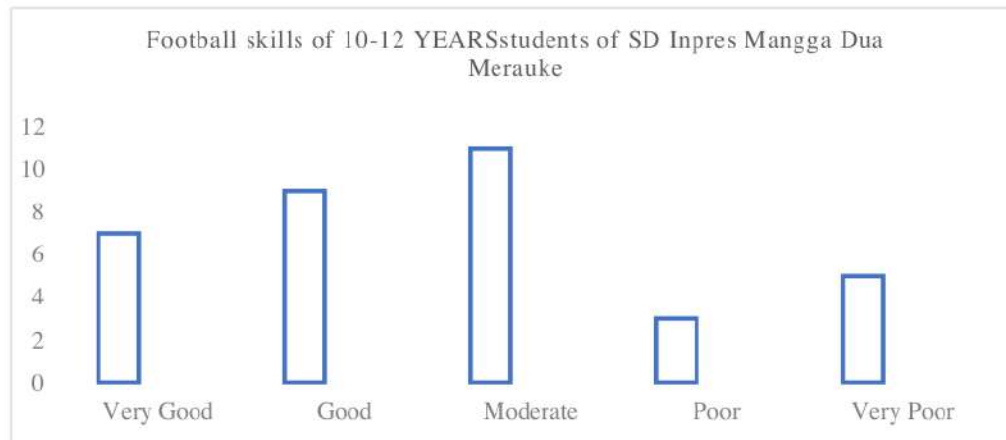
The data as a whole that is accumulated in one football ability test data for the male students of SD Inpres Mangga Dua Merauke Regency is as follows:

Table 2. Soccer Skills of Students 10-12 YEARSSD Inpres Mangga Dua Merauke

No	Achievement Category	Amount
1	Very well	7
2	Good	9
3	Currently	11
4	Not enough	3
5	Very less	5

Results

The variable in this study is the basic ability to play soccer in male students aged 10-12 years at SD Inpres Mangga dua Merauke. The standard level of basic soccer skills is made based on the soccer ability test conducted by male students aged 10-12 years at SD Inpres manga Dua Merauke district. The data obtained through the tests that have been carried out are then processed and analyzed to be grouped in five parts, namely; Excellent, good, medium, less, and less. To ensure the section, more data is collected and calculated with t-scores then grouped according to the norms of basic football skills. Through this research, it can be known that the description of the level of soccer skills of male students aged 10-12 years of SD Inpres Mangga Dua Merauke Regency which consists of dribbling tests, short passes, throwing in, heading, running, shooting tests. The overall data accumulated in one test data on the soccer skills of male students of SD Inpres Mangga Dua Merauke Regency are as follows:



Graph 1. Football skills of 10-12 Years

Discussion

A player's achievements in the game of football are determined by many factors, one of which is mastering the basic techniques of dribbling, shooting, passing, throw-in, and heading (Irfan and Umansyah 2019). Therefore it is expected that male students from SD Inpres Mangga Dua, Merauke Regency U 10 -12 are expected to always be active in training to improve basic technical skills in playing soccer. The results of data analysis show that the basic football abilities of boys 10-12 YEARS at SD Manga Dua Merauke show that 20% of students have very good abilities in doing basic football techniques, 25.71% Good, 31.42% Moderate, 8.57% Less and 14.28% Very Less.

Conclusions

The results of this study can be concluded that the cognitive development of children at the age of 10-12 years has been able to realize conservation, namely the child's ability to relate to different aspects simultaneously. So that students are able to understand the function of each test item that has been implemented. Physical development is characterized by an increase in muscle strength, this is due to heredity and training (exercise). Students who practice hard tend to have better skill levels than students who rarely practice. Children's motor development looks faster in running and getting better at jumping, besides that children are also increasingly able to maintain their body balance and Psychological Development. Students aged 10-12 years have a sense of pride in highly mastered football skills, enjoy the satisfaction of success and hate failure. This can be seen clearly in the expressions of students when carrying out the soccer skills test.

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Conflict of interest

All authors declare that there is no conflict of interest whatsoever in this research

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