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FUTSAL SHOOTING TRAINING MODEL FOR EXTRACURRICULAR HIGH SCHOOL STUDENTS

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Abstract The purpose of this study was to provide an overview of a variety of models of training in futsal shooting techniques that are effective for high school extracurricular students. To find out that the design product of a new training model or perfecting previous research is complete with product specifications as well as testing the effectiveness of the training model created, so that it can improve accuracy and quality and can be used as a guide for playing futsal games in the form of shooting. Based on the data obtained from the expert / expert test results and implementation to the futsal extracurricular trainer, it can be concluded that this training model is feasible to be applied in practicing futsal shooting skills. The subjects in this study were students who were members of the extracurricular activities at KORPRI high school and Al-Muslim high school. The research method used is (Research and Development) from ADDIE which consists of 5 steps, namely analysis, design, development, implementation, evaluation. There are 23 models of futsal shooting practice.

Keywords: Shooting, futsal, extracurricular

INTRODUCTION

The game of futsal is a sport that is very popular and popular today, it is proven that almost all parts of the world people play this sport. Iqbal zulfikar said "Futsal is now a game that is of interest to various groups" (R & Bulqini, 2019:2). Futsal in Indonesia has won the hearts of sports lovers. Therefore, it is not surprising that this dominant game using feet is often played by children to adults. Not only men but women have also played futsal and are gaining popularity in Indonesia. This sport is very useful both as a means of education, a means of recreation and as a goal of building achievement. The high interest of the community, especially teenagers, to the game of futsal, many futsal sports clubs were established as well as futsal fields in every city. This triggered the holding of a futsal sports competition in order to find outstanding sports students. Achievement of achievements requires adequate playing technique skills, Harsono in Antoni (2017) said that: "... there are four aspects of training that students need to pay attention to and train carefully, namely (a) physical training, (b) technical training, (c) tactical training, and (d) mental training. (Antoni & Fitri, 2017).

Achieving mastery of the basic techniques of playing futsal, players must carry out the principles of correct, careful, systematic technique movements that are

carried out repeatedly and continuously, so as to produce good cooperation between a group of muscle nerves to form harmonious movements, resulting in automation of movements. The attainment of automatic movement must begin at a young age. The futsal game requires each player to have excellent physical condition and physical aspects of the foundation. Joseph A. Luxbacher, stated that "The player's smooth and controlled movements express their individuality in team play. Speed, strength, stamina, skill and knowledge of tactics are all important aspects of performance." (Luxbacher, 2011:12).

One of the basic techniques in futsal is shooting. According to Timo Scheunemann "Shooting is kicking the ball hard at the goal, because players on any side must be able to shoot to create a goal" (Ashadi, 2018: 108). Shooting or shooting is a very important skill and to have this skill requires a continuous learning stage. According to Muharnanto (2006: 22). Shooting in a futsal game is a ball kick to score or make a goal against the opponent's goal in order to win the match. All players should be encouraged to shoot a lot from different distances during the game. Shooting skills must always be trained by each player so that they can score goals from various positions, both easy and difficult.

The futsal training process that takes place from observations made by researchers

that students have not been maximal in implementing their exercises, especially when presenting material on futsal shooting techniques, where students are still less capable when given shooting practice material 2 meters in front of the goal by giving students the opportunity to shoot or shoot 3 times, but in 3 times the opportunity to shoot some even did not reach the shooting goal to get the ball into the goal. The factors in the failure of students to shoot are very diverse, some are hesitant to shoot and mostly because they do not know too much in the step-by-step shooting, There are those who are reluctant and lazy to find out more about the correct technique in shooting because while still in elementary school students only play by prioritizing basic movements in every game in Physical Education learning and at high school age is a transitional period towards early adolescence, and there are also those who feel bored with just like that without any variations and in high school, students should be steady in absorbing techniques and practicing focus and seriously. The way out of this problem requires a good and correct shooting practice model to avoid students' inaccuracy in shooting futsal.

According to the trainer, the development of training materials in the form of training models during the Futsal shooting practice process can improve the students' Futsal shooting skills through developing

training material patterns, training program planning, implementation and evaluation have been prepared beforehand, then students do the exercise material in accordance with the direction of the trainer. The Futsal shooting training model which is the main attraction in this research is to be used as the research material to be carried out, namely the current training model in the form of conventional training models and the lack of variation into varied and challenging training models which are the development material in this study. In this study discusses the futsal shooting training model with the concept of repetition or repetition. According to Sugiyanto, students did the movements as instructed by the teacher and did them repeatedly. The countermeasures for this movement are intended to allow movement automation. Therefore, in the drill approach it is necessary to arrange a good learning sequence so that students are actively involved, so that optimal learning outcomes will be obtained, Sugiyanto in (Aprinal, 2017: 8). After the researcher made field observations, the researcher saw the problem in carrying out shooting exercises, where the students lacked good mastery of shooting skills, the attitude in carrying out shooting skills was not in accordance with the predetermined technical standards and the students tended to shoot based on bad habits that were not suitable. with the standard shooting itself, as a result the ball often does

not reach the goal. Therefore, researchers are interested in making a training model with a repetition system, in order to improve Futsal shooting skills for high school extracurricular activities, so that students have a good shooting success rate.

METHODS

This research to develop the futsal shooting training model uses the ADDIE development model which consists of 5 steps, namely analysis, design, development, implementation, evaluation. This research was conducted on the futsal field at KORPRI High School and Al-Muslim High School

Research Stages The analysis was developed by conducting interviews with futsal extracurricular trainers at SMA KORPRI and SMA Al-Muslim. Based on the results of the field findings, they are then described and analyzed so that a formulation of the results that has been collected is obtained. The formulation of the results that have been collected will be used as a reference in carrying out the next stage. The next stage is to make an initial product in the form of a variety of futsal shooting training models with the aim of producing a good product.

This design is the next step for making an initial product in the form of a series of model development which later can be used as a guide or guide to improve quality, skills, and accuracy. The initial

product is embodied in the design of a futsal shooting training model.

The development of the training model is expected to be a product that can be developed systematically and realistically, so that this product has an effective and efficient value. In making products developed by researchers, researchers must consult products with futsal sports experts to be able to produce products that are suitable for high school extracurricular athletes.

a. The futsal shooting training model is made according to the objectives, branch characteristics, and the method used. After planning or designing the research, the next step is to make a product in the form of a series that will later be used as a guide or reference in facilitating futsal shooting practice in order to get satisfactory results. The product will be described in the form of a futsal shooting training model. In the process of making a product, researchers must consult their products with experts or futsal sports experts and sports lecturers in order to produce the best products. This validation is done with trials that are reviewed by experts to assess the feasibility of the draft model and the feasibility of the basic conceptual basis.

Validation, evaluation, and revision of this training model are important parts of a study, which are adjusted after the design of the learning model is completed. Model validation aims to determine whether the

training model being designed is feasible or not. The validity of the model also looks at the extent to which the products made can achieve the goals and objectives. In this study, expert judgment was carried out to examine the models that had been produced, then asked to provide input on the design of the futsal shooting training model that had been made.

RESULT AND DISCUSSION

Designing a variation model for high school futsal shooting starts from a needs analysis conducted by researchers to several KORPRI high school and AL-Muslim high school. Waldopo, (2011) said need is a gap from the present state to the state it should be. This initial analysis has experienced several obstacles, including:

1. The process of designing a futsal shooting variation model that will be developed takes a long time, taking into account various things, so that the training model is completed in a long time.
2. It took time to consult with experts about the initial grand design, until the researcher compiled the entire initial draft of the futsal shooting model.

Based on the initial product that has been made, an expert test of futsal shooting material is carried out, then a revision is made based on the assessment and comments of the experts, at this stage two

repairs or expert tests are carried out in order to arrive at product perfection. Products that have been completely revised in second stage are continued at the implementation stage, but in this implementation stage during the COVID-19 pandemic, they are replaced by user responses, namely futsal extracurricular trainers. This response is made into three indicators, namely the principles of benefit, usability and safety.

In this study, efforts have been made to the maximum in accordance with the ability of the author, but in this study there are still several limitations that must be recognized and put forward as a consideration in generalizing the results of the research achieved. The limitations include the following:

1. This product is only tested by experts / experts and responses from users, namely the trainer as a trainer in extracurricular activities for KORPRI High School in Bekasi and Al- Muslim High School.
2. The product does not have the ability to analyze the results of the futsal shooting test. Due to time constraints and during the Covid-19 pandemic, there is no direct treatment of students as research subjects, so it will affect the level of effectiveness of the model in its application.

CONCLUSION

Based on the data that the researcher has obtained from the results of expert /

expert testing and implementation to the trainer, it can be concluded that:

1. The futsal shooting training model (ADI) for high school extracurricular athletes can be developed and applied in practicing futsal shooting skills.

2. This futsal shooting training model is suitable for high school age athletes.

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