

## A GAME-BASED SOCCER TRAINING MODELS FOR CHILDREN AGED 6 – 8 YEARS

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### Abstract

The purpose of this study was to produce and develop a game-based soccer training model for children aged 6 - 8 years and to test its effect on improving children's basic abilities. This study uses the Research and Development (R&D) method from Borg and Gall with 10 stages; 1) research and information; 2) planning; 3) developing superior product forms; 4) preliminary field testing; 5) major product revisions; 6) main field testing; 7) operational product revisions; 8) operational field testing; 9) final product revision, and 10) dissemination and implementation. The subjects in the small group trial were 12 students of SSB Ina Football Soccer School Ciganjur, South Jakarta, and the subjects in the large group trial were 30 students, each consisting of 15 students of SSB Garuda Muda Batipuah, Tanah Datar, and 15 students of SSB Padang Laweh, Agam. . Whereas in the effective test using the subject as many as 30 students of SSB PS Marapi Batu Palano. The strength test of the game-based football training model for children aged 6 - 8 years using a basic motion test instrument, namely TGMD-2, consists of locomotor and manipulative basic motion tests. Data analysis obtained the mean value of the initial test 19.8 for basic locomotor motion and 7.4 for manipulative, and the final test mean value 34.9 for locomotor basic motion and 10.93 for manipulative. The significance test gets a t-count value of 26.87 for locomotor and 12.89 for manipulative, where each is greater than the t-table value of 1.699 at the 0.05 level so it can be denied that the game-based soccer training model has a positive impact and significant to the improvement of the locomotor and manipulative basic development of children aged 6 - 8 years. So that the conclusion that there are 33 game-based football training models is effective and significant for improving the basic motion of children aged 6 - 8 years and the training model is feasible to use and disseminate.

**Keywords:** Children, football training, fun games, fundamental movement

### INTRODUCTION

This research was conducted based on field observations that had been carried out previously on children in the Football School, it was found that at the age of 10 to 12 years there were still many children who had not mastered the basic movements that should have been mastered by their age. This is also reinforced by findings in previous research,

namely research conducted by Rama Kurniawan (2018) which found that only 65.5% of students had good non-locomotor basic motion, 43% of students for locomotor basic motion, and 41.7 % on manipulative movements (Kurniawan, 2018). From the results of this study, we can see that almost 50% more children have poor basic movements at least of the three basic

movements analyzed. Another study by Eka Fitri Novita Sari (2019) research locomotor basic motion in first-grade elementary school children with the results of the research as many as 78 students (65%) in the poor category, 31 students (29.83%) in the sufficient category, and 11 students (9.17%) in good category (Eka Fitri Novita Sari, 2019). So from the results of this study, more than 60% of students with basic motion categories are not good, so an effort is needed to improve basic movements in these children. This poor mastery of basic movements in children may occur due to a lack of sufficient and appropriate movement activity to improve their basic movements or there is an error from an exercise program at previous age.

There are many factors that influence success in achieving training objectives or a coaching program, including the trainer's knowledge, training facilities and infrastructure, training models, training methods used, and others. A coach must prepare training in accordance with the age and growth characteristics of the athlete, the training program that is compiled must be based on training principles, such as the principle of overloading, multilateral development, specialization, individualization, and training variations (Harsono, 2018). Based on these training principles, coaches should be able to develop appropriate and appropriate training for their athletes to achieve developmental age-

appropriate training goals. Game-based football training can be a solution to ensure the improvement of basic motion in children aged 6 - 8 years. Through the game of football, which has a variety of basic motion activities, it will be able to accommodate the increase in basic motion in children. To improve basic movement in children, a continuous exercise is needed and in accordance with the characteristics of the child's age, this is in accordance with Bambang Triaji Asnoto (2020) that to have and master a maximum basic movement skill requires exercises with a planned program. well and supported by planned matches (Asnoto, Dlis, & Nuraini, 2020).

FIFA through the grassroots development program with the main concept of gathering as many people as possible through football, the grassroots program encourages an exchange of values and promotes fun through playing and practicing a beautiful game of football (AFC Grassroots Fun Football Course, 2013). Fifa grassroots has also created a road map for the athlete coaching program where there are several stages or phases of training in the coaching program, including the stages between the ages of 6 and 10, which are fun phases, meaning that at this age the training being developed should aim for joy and aim for children. loves the sport of football, while the training content provided is basic movement training with a playing approach and also

training in basic football techniques (Fifa Grassroots, 2016). Of course, not all young players will become star players in the future and they do not all have the qualities necessary to become professional players. So, intensive training sessions and complex tactics are not suitable in this age group, the development of talented players and specific training activities should be presented in the elderly category (AFC Grassroots Fun Football Course, 2013). It can be understood that football training at the age of 6 - 8 years must have a special arrangement that cannot be equated with training in adulthood, the training given is training that develops the athlete as a whole, meaning that basic movement training gets a large portion, but that does not mean specialized exercises are not provided, but have smaller portions. It can be said that training at the age of 6 to 8 years should aim to improve the fundamental basic movements of children through soccer training that is adapted to the age characteristics of children.

In its development, early childhood football coaching has the aim not only to prepare every child to become a reliable football player in the future but also to become a forum for fulfilling the needs of every child's physical activity. This is very reasonable with the assumption that not all children will become professional football players in the future, but every child must be a human being who is physically fit and has a lot of mastery

of movement for his life. AFC Grassroots Course (2013) explains that coaches at a grassroots age must always remember why children participate in football, the aim of grassroots football is to develop love and joy for the game of football by children, not to prepare children to become world stars. next (AFC Grassroots Fun Football Course, 2013).

In the modern era like today, many parents do not pay attention to the needs of physical activities for their children. Whereas sufficient activity greatly impacts the development of children at each stage of their developmental age, each phase of human development has different characteristics and needs for physical activity. Children need enough physical activity to grow and develop, according to the American Academy of Pediatrics (AAP), Children need at least 60 minutes of exercise every day, a total of 60 minutes can be accumulated from several activities, but the amount a day should be 60 minutes. . This is imperative for children to get enough physical activity during their growth and development. With the sport of football which is very easy to access by all elements of society, both upper and lower classes, football is very suitable to be used as a forum to facilitate children in fulfilling their physical activity needs for their development. In the 6-10 year age phase of growth in children and is the Fun Phase in grassroots football, football activities with a fun activity approach are very suitable to be given at this

age. Through playful activities, children do not realize that they have been practicing to improve their fundamental basic movements and their physical development. If this can be done well it will achieve two mutually beneficial goals for both parties, where football coaching with grassroots football will succeed in making children love football, and on the other hand, parents will see massive development in their children with the fulfillment of physical activity needs for their children in their developmental phase.

Given the problems and reasons that have been previously stated, it is very necessary to research the development of a game-based football training model for children aged 6 - 8 years which will have a positive impact on the development of basic movements in children. The game-based football training model also makes it easy for young football coaches to improve basic movements in their soccer school children through very varied and interesting games that will make children happy in practicing football to improve their basic movements.

## **METHODS**

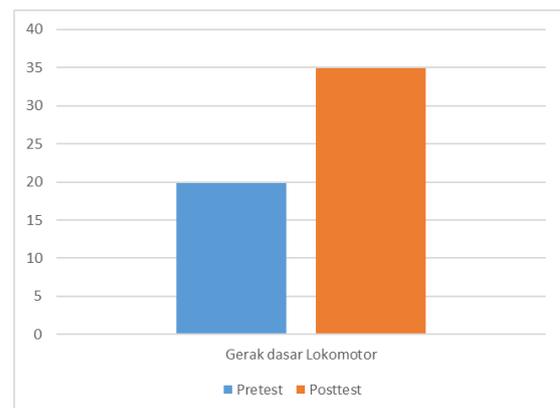
The purpose of this study was to develop a game-based soccer training model for children aged 6 - 8 years and to test the effectiveness of the model on improving basic motion for children aged 6 - 8 years. This research uses the research and development method with the Borg and Gall approach

which consists of ten stages 1) research and information; 2) planning; 3) develop a primary form of product; 4) primary field testing; 5) main product revision; 6) main field testing; 7) operational product revision; 8) operational field testing; 9) final product revision; and 10) dissemination and implementation. The types of data in this study are qualitative data and quantitative data. Qualitative data comes from; a) Expert Test Results on soccer training models based on soccer games for children aged 6 - 8 years; b) Field observation data in the form of material tests on the advantages and disadvantages of a game-based soccer training model for children aged 6 - 8 years during small field tests and large field tests. Meanwhile, the quantitative data were obtained from the effectiveness test with the initial test and the final test which was carried out by means of experimental research with one group pretest-posttest design. To obtain data in this study, a test instrument was used, namely the TGMD-2 test to measure the basic locomotor motion consisting of run, gallop, hop, horizontal jump, and slide test items. and manipulative basic motion test items, namely; kick and catch. Research This effectiveness test was conducted at SSB PS Marapi Batu Palano, using 30 subjects of research aged 6-8 years. As for the models that were tested, 33 models of game-based soccer training for children aged 6 - 8 years.

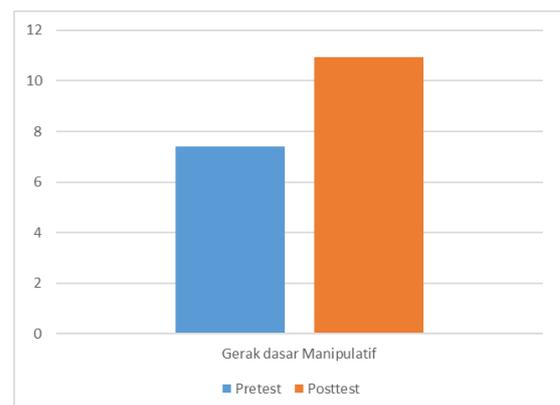
## HASIL DAN PEMBAHASAN

**Results** Based on expert tests conducted on three experts, it was found that 33 models were feasible to be tested at a later stage. The next step is an evaluation based on suggestions and input from expert tests to improve the model so that it is better and can be tested at the small group test stage. The next step was a small group test on 12 research subjects at SSB INA Football soccer school and a large group test in two different SSBs, namely SSB Garuda Muda Batipu and SSB Padang Laweh with 30 children. Then each evaluation is carried out after the small group and large group test to see to what extent the model can be used and in accordance with the characteristics of children aged 6 - 8 years, where 32 models will be obtained which will then be tested for the effectiveness of the model. To find out whether the game-based soccer training model is effective in increasing the basic motion of children aged 6 - 8 years, quasi-experimental research was carried out with one group pretest-posttest design, which was an observation in the form of tests before being given treatment and after being given treatment, then comparing whether there were differences between the two results. The effectiveness test was carried out with as many as 30 children of SSB PSM Batu Palano, Sungai Pua district, Agam Regency, West Sumatra. From the results of the research, it was obtained that the pretest results of each locomotor base motion average

value were 19.8 and the manipulative baseline movement average value was 7.4 and then treated, namely 32 game-based soccer training models for 16 meetings and then carried out posttest. , where the average value of locomotor base motion is 34.9 and the mean manipulative basic motion value is 10.93. For more details, it can be seen in Figures 1 and 2 below;



**Figure 1.** Locomotor Motion Value Diagram



**Figure 2.** Manipulative Motion Value Diagram

Based on the comparison of the mean value of the initial test and the final test of both locomotor basic motion and manipulative basic motion, it can be seen that there is an increase in the average value of each locomotor base motion and manipulative basic motion.

To see the significance, the T-test was carried out by comparing the t-count value with the t-table, from the calculation results obtained each of the results in table 1 and table 2 below;

**Table 1.** Locomotor T-Test

Variabel	Nilai
Mean Different	15,1
Standar Deviasi Different	3,03
Standar Error Mean Different	0,56
Nilai t <sub>hitung</sub>	26,87
Nilai t <sub>tabel</sub>	1,699

From table 1 it can be seen that there is a significant difference and the t-count value is greater than the t-table value (t-count > t-table) so that the game-based soccer training model can significantly improve the basic locomotor movements of children aged 6 - 8 years.

**Table 2.** Manipulative T-Test

Variabel	Nilai
Mean Different	3,53
Standar Deviasi Different	1,48
Standar Error Mean Different	0,27
Nilai t <sub>hitung</sub>	12,89
Nilai t <sub>tabel</sub>	1,699

From table 2 it can be seen that there are significant differences and the t-count value is greater than the t-table value (t-count > t-table) so that the game-based soccer training model can significantly improve manipulative basic motion.

From the explanation of the two data analyzes that have been previously described, the final conclusions are as follows;

**a)** Game-based football training model for children aged 6 - 8 years is effective for improving basic locomotor motion for children aged 6 - 8 years

**b)** The game-based football training model for children aged 6 - 8 years is effective for improving basic manipulative movements for children aged 6 - 8 years.

**c)** Thus, the game-based soccer training model for children aged 6 - 8 years is effective for improving the basic movements of children aged 6 - 8 years.

Discussions on the preparation of training programs by the trainer must prioritize training principles as expressed by Emral (2017) that there are several training principles that must be carried out for guidance so that the objectives of the training can be achieved in each training session, including; the principles of readiness, multilateral, individual, adaptation, overload, progressive, specific, variation, heating, cooling, long-term, recovery and systematic origin (Emral, 2017: 20). Likewise in soccer training for ages 6 - 8 years, training must be programmed and arranged in such a way as to suit their age characteristics. Training for adults cannot be given to them, of course, this is very basic as mentioned in the grassroots football guide book (2013) that teaching football to children must consider aspects of children's characteristics because every child goes through the stages of development by means, needs, behavior. different, they do not develop in the same way, so it is important to realize that the specific characteristics and priorities of each stage from childhood, adolescence, to physical, psychological, and

physiological aspects are very important (Avry et al., 2013). Therefore we need an exercise model with settings that are tailored to the characteristics of children aged 6 - 8 years, with the characteristics described in the AFC grassroots book (2013) such as; a) enjoys movement; b) loves to compete; c) not fully developed muscles; d) short concentration span; e) strong uncritical attitude towards adult idols; and f) individuals differences in growth and physical development (Asian Football Confederation, 2006: 13). Taking into account these age characteristics, training at the age of 6 - 8 years old should promote fun playing activities, further AFC (2013) explains that players aged 9 years and below acquire their fundamental movements and coordination skills mainly through playing and exploring physical challenges, during this phase, children attending sports training and / or physical education classes should be exposed to broad range of basic movement activities. Rules of games during training and games are designed to provide a basic structure to the game (Asian Football Confederation, 2006: 12). Therefore, soccer training for children aged 6 - 8 years must have an element of fun play, develop basic movements and coordination, and be explained in simple language.

The sports coaching program arrangement that has been widely used and adopted by many countries in the world and in

almost all sports is LTAD, a long term athlete development program that was first developed in Canada, based on this sports guide makes it clear that the training arrangement at the age of 6 - 8 years is a stage where the goal of training is to improve their basic motion for a more advanced stage of the sport. As stated by Balyi, Way, & Higgs (2013) that in the seven stages of human development, starting from the active start (the first six years of life), in which the human movement begins to be mastered, then goes through the fundamental stages (ages 6 to 9 years) This stage is developing basic movement skills, and then through the learn to train stage (around the age of 9-12 years), where it is very important that children master a variety of basic sports skills. These three stages combined to cover a period of physical skill development, after which people can pursue high-performance sports (Balyi, Way, & Higgs, 2013). Basic motion is a component that must be taught and improved at the age of children, where these basic movements are the foundation or basis for children to be involved and even have future achievements in more specific sports, this was stated by Bayli. , Way & Higgs (2013) stated that the fundamental movement skills performed by children will be the basis for learning skills in specific sports, because without a solid foundation of basic movement skills that are well executed, learning sports skills will become increasingly important. difficult (Balyi et al., 2013). In line with this

Bakhtiar (2015) adds that basic motion is the basis for learning and developing technical skills in sports and other physical activities so that if these basic movement competencies are not developed, the child will not be successful in using various sports and game skills at childhood. and their motivation, this is the reason many children and adolescents do not choose and intend to participate in various types of activities that require physical skills in games and sports (Bakhtiar, 2015). From this theory, we can understand how fundamental basic movements are very important and must be the foundation to be developed and taught for the first time in an early age athlete development program, which will be very decisive for children's involvement in sports activities and even their sports achievements. in the future.

The approach to playing activities in teaching sports, especially in early childhood training, which aims to improve basic motion, has been widely used and applied, even there have been many previous research results including Sari, Sujarwo & Sukiri (2020) with the conclusion that effective playing activities can improve locomotor basic motion in children (Sari, Sujarwo, & Sukiri, 2020). In addition, similar results by Rosinar and Saladin (2018) with the conclusion that the traditional game-based basic motion learning model is effective in learning basic motion for elementary school physical education (Rosinar & Saladin, 2018). Playing is an

activity which is an instinct in children, as stated by Nuraini and Nugraha (2018) that the instinct to move in themselves which is their nature encourages them to have the desire to play, this instinct or urge must be fulfilled and directed through things. positive things that are fun and interesting and this is the responsibility of adults around them to make it happen (Nuraini & Nugraha, 2018: 4).

Playing activities that are fun and in accordance with the characteristics of ages 6 - 8 years old as a vehicle to improve basic movements that are useful for their future are also in line with the arrangement of stages of football coaching raised by the Asian Football Cefederation in its book (2006) that the AFC has divided football training stages in the form of the road map in football development as a player development phases, namely; the first phase is the fun phase (U6 - U10 years), the foundation phase (U11 - U13 years), the formative phase (U14 - U16 years), and the final youth phase (U17 - U20 years) (Asian Football Confederation, 2006: 12). Based on this Road Map, it can be seen that soccer training at the age of 6 - 10 years is a fun phase, which means that the training provided is a fun exercise with a form of play that is very suitable for the characteristics of children aged 6 - 8 years.

## **CONCLUSION**

Based on the results of the research and discussion that has been carried out, the game-

based soccer training model is very suitable to be applied to children aged 6 - 8 years and is very suitable for their characteristics with games that are very fun, interesting, and effective, so that they can make a good contribution to the world of football. coaching and proved to be very effective at improving their basic movements through fun football drills. That way children playing football through fun game activities without realizing it have practiced to improve their basic movements which are needed for their growth and development and for the foundation at the next stage of training. Therefore, the game-based soccer training model for children aged 6 - 8 years is feasible and can be implemented and disseminated with 32 training models of game-based football for children aged 6 - 8 years.

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