

Available online at : <http://journal.unj.ac.id/unj/index.php/gjik>
Gladi : Jurnal Ilmu Keolahragaan, 14 (01) 2023, 43-52
Permalink/DOI: <https://doi.org/10.21009/GJIK.141.04>

GAME-BASED FUTSAL TECHNICAL TRAINING MODEL AT ACADEMIC FUTSAL AGES 15 (U-15)

Fadly Idris¹, Achmad Sofyan Hanif¹, Aan Wasan¹

¹Physical Education, Postgraduate State University of Jakarta,
Komplek Universitas Negeri Jakarta Gedung M. Hatta Jl. Rawamangun Muka,
Jakarta Timur, Indonesia 13220

Corresponding author. Email : fadlyidris24@gmail.com

(Submission Track: Received: 09-02-2022, Final Revision: 08-09-2022, Available Online: 31-03-2023)

Abstract The goal of this development research is to produce a book product model of basic futsal game-based technique skills training that can provide benefits to trainers to facilitate trainers in implementing training materials. This research uses research and development model of Research and Development from Borg and Gall which consists of ten steps in research. The experimental research design is the two-group pretest-posttest design. Subjects in this study were 15 years old futsal player students consisting of 40 students with 28 items of exercise model and 40 students were not treated. Stages in this study are: preliminary research, expert evaluation, product trial consisting of small group try-out and field try group, and test product effectiveness. The model effectiveness test uses basic engineering skill tests by comparing control and experiment groups. The experimental group was performed by pre-test before the treatments and post-test after treatment. While the control group was given pre-test and post-test but not given treatment. The comparison test of control and experiment group with spss-16 then the control group is passing = 0.218, controlling = 0.684, dribbling = 0.456, shooting = 0.271 or p-value > 0.05 then there is no significant difference in the control group. While in the experimental group is passing = 0.000, controlling = 0.000, dribbling = 0.000, shooting = 0.000 or p-value < 0.05 then there is a significant difference in the experimental group before and after treatment. Thus, the application of the basic technique-based futsal skill training model for the age of futsal academy needs to be done to improve the players basic engineering skills.

Keywords: Model, Exercise, Futsal, Basic Technique, Game



Copyright © 2023 Fadly Idris, Achmad Sofyan Hanif, Aan Wasan

This work is licensed under a Creative Commons Attribution-ShareAlike 4.0 International License

INTRODUCTION

Sports is an activity favored by most of the youth. One of them is futsal. According to Lakhsana, futsal (futbol sala in Spanish means indoor football) is a soccer game that is played indoors. This game is played by five players per team. In contrast to conventional football, where there are eleven players per team. The size of the field and the size of the ball is also smaller than the size used in grass field football. The rules of the game are not the same as in football. The rules of the game in futsal are made so strict by FIFA so that this game runs fair play and at the same time to avoid injuries that can occur. This is because the underground or field used for international matches is not made of grass, but of wood or rubber/plastic. With a smaller field size and fewer number of players, futsal games tend to be more dynamic due to fast movements. In futsal players also learn to play more accurately in terms of basic playing techniques, such as passing, control, dribbling, and shooting techniques.

Futsal is a sport that is popular and favored by the people of Indonesia, including the people of DKI Jakarta. This can be seen from the many futsal tournaments that have been held.

Through inter-academic tournaments, these students have emerged as many talented futsal players. One of the quality tournaments that has ever existed in DKI Jakarta, such as the Futsal branch of the Community Sports Festival (between students/schools) throughout DKI Jakarta. There are several school representatives who often experience defeat, one of which is a school representative from South Jakarta. The representative team from this region was only able to qualify in the round of 16 phase. After observing, many players from this team have not been able to master basic techniques, it can be seen from these players that they are not accurate in passing, dribbling, shooting and controlling. Therefore, after observing the team coach. The results show that trainers still need references to more varied training models. Thus, the players feel bored and do not develop so that it affects the appearance when performing basic techniques.

METHOD

The research on the development of the game-based futsal basic technique training model uses the Research and Development model (Research and Development) from Borg and Gall which consists of ten steps, including:

(1) Conduct research and collect information (library review, observation of subjects, preparation of main problem reports) (2) Conduct planning (definition of skills, formulation of objectives, determination of teaching sequences, and small-scale trials) (3) Develop initial product forms (preparation of teaching materials, preparation of handbooks, and evaluation equipment) (4) Conduct initial field tests (using 6-12 subjects) (5) Revise the main product (according to the suggestions from the initial field test results) (6) Conduct main field trial (with 30-100 subjects). (7) Revise the product (based on suggestions and results of the main field trials). (8) Field test with 40-200 subjects (9) Final product revision (10) Make reports on products in journals, work with publishers who can do commercial distribution.

The approach used in this study is a qualitative and quantitative approach, which is an approach to finding answers to problems through the problem formulation that has been formulated in chapter I, namely a game-based futsal basic technique training model for futsal academy aged U-15.

The final result of this development research is a game-based basic futsal technique training model.

This will produce a product in the form of a new training model design or complete an existing one with product specifications as well as test the effectiveness of the training model created, so that it can improve skills and quality so that it can also be used as a guide in training activities for basic futsal techniques.

RESULT AND DISCUSSION

Result

The development of basic technical skill training models in futsal games for the 15-year-old futsal academy is aimed at producing effective and more varied models of basic technical training. The data from the needs analysis is presented in several ways, namely interviews with futsal teachers or coaches and distributing questionnaires to U-15 players who attend futsal schools. The data from the validation results will be presented by three futsal experts obtained through a questionnaire. Data from the results of group trials originating from futsal players by filling out a questionnaire instrument for small group trials with 20 subjects, field trials as many as 60 subjects and effectiveness testing as many as 40 subjects.

After the large group test, 60 participants were divided into two groups, namely the experimental group and the control group. 40 players were categorized as the experimental group and 40 players as the control group. The experimental group was conducted by giving pre-test before treatment and post-test after treatment. While the control group was given pre-test and post-test but no treatment was given. The control group was used as baseline data to be compared with the experimental group.

In the significant difference test with SPSS 16, the mean = passing = 5.0000, controlling = 4.7000, dribbling = 2.67900, shooting = 4.72500 shows the average difference between the results of the pre-test and post-test results, the results of the Independent T test = passing = 0.030, controlling = 0.002, dribbling = 0.000, shooting = 0.024 and p-value = 0.00 < 0.05, which means that there is a significant difference between before and after being given the treatment of the basic futsal technique training model.

Based on these results, it can be concluded that the game-based futsal basic technique training model for futsal schools aged 15 years is effective and

can improve the basic technical abilities of players aged 15 years. The futsal basic technique training model for 15-year-olds that has been developed has a significant effectiveness.

The comparison of the results of the average notes before and after being given the treatment of the basic technique training model can be illustrated by a bar chart as follows:

The pre-test was carried out after the small group revision and product trial (large group). The pre-test was carried out before the implementation of 28 models of basic futsal technique training for the 15-year-old Futsal School. The test was carried out to determine the results before being given treatment. The average test results of 40 players are Passing = 10,925, Controlling = 6,975, Dribbling = 13,56275, Shooting = 10,925. After being given treatment with 28 models of basic futsal technique training models that have been evaluated and validated, then a post-test is carried out on 40 players to find out whether there is an increase in basic technical ability. After the test, it was found that the basic technical ability of the players increased, indicated by the increase in the post-test average value, namely passing = 16, controlling = 8.55,

dribbling = 10.98225, shooting = 15.225. Based on the description above, there is a significant difference in the average results between the pre-test and post-test that the game-based futsal basic technique skills training model for futsal schools aged 15 years developed is effective and can improve players' basic technical abilities.

This proves that the game-based futsal basic technique training model for futsal schools aged 15 years that was developed affects the ability of players' basic technical skills

Discussion

The test results obtained before and after being given treatment can be concluded that the basic futsal technique training model for the 15-year-old Futsal School is feasible and effective to be able to improve players' basic technical abilities. In the significant test conducted using SPSS 16, the mean = passing = -5.0000, controlling = -1.70000, dribbling = 2.67900, shooting = -4.72500 shows the average difference between the results of the pre-test and the results of the post-test, the results of t-count = passing = 0.030, controlling = 0.002, dribbling = 0.000, shooting = 0.024 and p-value = 0.00 < 0.05 which shows that

there is a significant difference between before and after being given the treatment of the game-based basic futsal technique training model.

Based on the results of the research, it can be concluded that the game-based basic futsal technique skill training model for the 15-year-old Futsal School developed has a significant level of effectiveness.

Based on the advantages and disadvantages of the resulting product, there are several suggestions that researchers will describe to achieve the improvement of the resulting product. The suggestions that will be submitted are as follows:

- a. Instructions for implementation and pictures on the model must be arranged and made clearly so that it is easy for players to understand.
- b. The distance between cones must be considered and adjusted to the objectives to be achieved.
- c. The basic futsal technique skill training model must be in accordance with the training objectives, namely for players aged 15 years so that it starts from the easiest to the hardest.
- d. Facilities and tools used should be in accordance with the purpose of the

exercise. The quality of the ball should also be considered to support the training process.

This model of basic futsal technique skills training for 15-year-old Futsal Schools was created by researchers so that it can be a reference that can help coaches in providing variations of basic technical training in futsal games. This model is based on the needs of players in futsal extracurricular. After this product has been evaluated regarding some of the existing weaknesses and made improvements to the product for better results, it can be conveyed some of the advantages of this product, including:

- a. Can improve the ability of players' basic technical skills.
- b. The resulting model has several variations from the easiest to the most difficult.
- c. This model will increase the player's interest in practicing because there are several variations of the exercise, so that the training process does not run monotonously and boringly.
- d. This training model can be used as a reference for coaches to support the process of practicing basic futsal techniques in extracurricular activities at school.

- e. Donations for education, especially in the field of futsal.

This research was carried out by the researcher as perfectly as possible in accordance with the abilities of the researcher, but if in this research there are still many things that the researcher must admit and put forward. These limitations are as follows:

- a. When researchers conduct field trials, they should be carried out on a larger scope.
- b. The facilities and infrastructure used are inadequate and still limited.
- c. The products made are still far from perfect.
- d. The explanation given in the basic technical training drawings is still not perfect.

CONCLUSION

Based on the data that researchers obtained from the results of field trials and discussion of research results, it can be concluded that:

1. Produce the final product in the form of a game-based model of basic futsal technical skills training for a 15-year-old futsal academy consisting of 28 items of basic technique training models
2. The game-based futsal basic technique skill training model for the

15-year-old futsal academy can improve basic technical skills and prevent player saturation in training due to the varied training models so that the training process does not run monotonous and boring.

There are several suggestions that will be put forward by researchers related to the product being developed. The suggestions include suggestions for utilization, dissemination and suggestions for further development.

1. Utilization Suggestions

The product of developing a game-based futsal basic technical skill training model for the 15-year-old futsal academy which can be used as a reference or reference by coaches, teachers, athletes and students in practicing by considering the situation, conditions and infrastructure owned.

2. Dissemination Suggestions

For the dissemination and development of this product to a wider target, the researcher provides suggestions, including:

- a. Before disseminating the product, it is better if the game-based basic futsal technique skill training model is redesigned to be better and more interesting,

starting from the cover or content of the variations of the training model that has been developed by researchers.

- b. More books should be produced and printed so that they can be distributed more widely to sports coaches and teachers so that they can understand and apply this model effectively and efficiently.

3. Suggestions for Further Development

Further development is useful for the renewal of knowledge. In developing this research further, the researcher has several suggestions, namely as follows:

- a. For research subjects should use a wider range.
- b. The resulting model should be more varied and more numerous so that the training objectives can be achieved maximally.
- c. The resulting training model should be disseminated to a wider level to make it easier for coaches to get references to variations in the basic futsal technique training model.

This is the suggestion that the researcher conveys regarding the utilization, dissemination, of the product

of the developed futsal basic technique training model

REFERENCES

- Ali Maksum. *Metode Penelitian Dalam Olahraga*. Surabaya : Unesa University Press, 2012.
- Borg, W, R & Gall, M, D. *Educational Research An Introduction*. New York: Longman, 1983.
- Budiwanto, Setyo. *Metodologi Latihan Olahraga*. Malang: UM Press, 2012.
- Deborah A, Wuest and Charles A, Bucher. *Physical Education, Exercise Science, and Sport*, 16th Edition, New York: McGraw-Hill Co, Inc, 2009.
- Depdiknas. *Pedoman dan Modul Pelatihan Kesehatan Olahraga bagi Pelatih Olahraga Pelajar*. Jakarta: Depdiknas PPJK, 2000.
- Danny Mielke, *Dasar-Dasar Sepakbola*. Eastern Oregon University : Pakar Raya, 2003
- Diana Mutiah. *Psikologi Bermain Anak Usia Dini*, Jakarta : Kencana Perdana Media Group 2012.
- Dani Wardhani, *Bermain Sambil Belajar*, Edukasia, 2009
- Duarte, R. Batalha, N. Folgado, H. & Sampaio, J. Effects of Exercise Duration and Number of Players in Heart Rate Responses and Technical Skills During Futsal Small-sided Games. *The Open Sports Sciences Journal*, vol. 2, 2009.
- Elizabeth B. Hurlock, *Perkembangan Anak*. Erlangga :2000
- Harsono. *Teori dan Metodologi Pelatihan*. UPI; Bandung. 2006.
- Irawan, Andri. *Teknik Dasar Modern Futsal*. Jakarta: Pena Pundi Aksara. 2009
- Judith E, Rink. *Teaching Physical Education for Learning* 6th Edition, New York: McGraw-Hill Co, Inc, 2010
- Kacem, Nejah, Ayman, Guemri, Chokri Naffeti, dan Ali, Elloum, “Mechanism of Social Reproduction of the Culture Futsal: Modelling of the Universals of Futsal and Sense of the Rules of the Game: Analysis of Shooting at the European Cup Matches”, *Journal of Advances in Physical Education*, Vol. 6, 2016.
- Kulkami, P.P. “A literature review of training & development and quality of work life. *Journal of arts, science & commerce*, vol IV, Issue 2, 2013.
- Kusmaedi, Husdarta & Nurlan. *Pertumbuhan dan Perkembangan Olahraga dan Kesehatan*. Bandung: Alfabeta. 2010
- Lhaksana, Justinus. *Teknik dan Strategi Futsal Moder*. Jakarta: Be Champion, 2011.
- Lhaksana, Justinus. *Futsal Coaching Clinic Kelme Futsalismo*. Jakarta: Difamata Sprot, 2006.
- Lozovina, M, Lozovina , V & Bonacin, D. *Paradigm Of Methodological Theory And Mathematical Modulation Of Sports Training*, Faculty of Maritime Studies, University of Split, Croatia. *Sport Science*. 4(1), 2011.
- Luft AR & Buitrago MM. *Stage Of Motor Skill Learning*. December 2005. *Mol Neurobiol*. Volume 32

- Lukman Yudianto, *Teknik Bermain Sepakbola & Futsal*. Visi 7, 2009
- Malina, R, M. Early Sport Specialization: Roots, Effectiveness, Risks. *American College of Sports Medicine*, Vol 9, Issue 6, 2010.
- Murhananto. *Dasar-dasar Permainan Futsal*. Jakarta: Suga Production, 2008.
- M. Atwi Suparman, *Desain Instruksional Modern*. Jakarta: Universitas Terbuka, 2012
- Moura, Felipe, A. Santana, J. E. Marche, A. L. Aguiar, T. H. Rodrigues, A. C. M. A. De Barros, R. M. & Cunha, A.S. Quantitative Analysis Of Futsal Players' Organization On The Court. *Portuguese Journal Of Sport Sciences*. Vol. 11 (2), 2011.
- Nurihsan. *Manajemen Bimbingan dan Konseling di SMP (kurikulum 2004)*, Jakarta: Grasindo, 2005.
- Naser, Ajmol Ali & Paul Macadam. *Physical and Physiological Demands of Futsal*. Auckland, New Zealand, 2017
- Robert. Brach Maribe, *Instructional Design: The ADDIE Approach*, New York: Springer, 2009.
- Schmidt, Richard A. & Craig A. Wrisberg. *Motor Learning and Performance: from Principles to Practice* Champaign. IL: Human Kinetics Books, 2008.
- Schmidt, Richard A. & Timothy D. Lee. *Motor Control And Learning 5th* Champaign. IL: Human Kinetics Books, 2011.
- Sugiyanto *et al*. *Perkembangan Dan Belajar Motorik*. Jakarta: Mendikbud, 1997.
- Sugiyono. *Motode Penelitian Pendidikan, pendekatan kuantitatif, kualitatif dan R&D*. Bandung: Alfabeta, 2008.
- Sukmadinata. *Metode Penelitian Pendidikan Jakarta: PPs UPI dan PT Remaja Rosdakarya*, 2005.
- Sukmadinata, Nana Syaodih. *Metodologi Penelitian Pendidikan*. Bandung: Rosda. 2012
- Sudari, Sri Rumini & Siti. *Perkembangan Anak dan Remaja*. Jakarta: Rineka Cipta. 2004
- Scheunemann, Timo. *Futsal For Winners*. Malang: Dioma, 2009
- Sucipto dkk, *Sepakbola*. Jakarta : Depdikbud, 2000
- Suryo Adji Purnomo & Ranny Novianti. *Games For Fun Learning and Teaching*, Bandung : YRAMA WYDYA, 2013.
- Shariman Ismadi Ismail, Norasrudin Sulaiman, Rahmat Adnan, *The Most Utilized Rotation and Translation Movement While In Ball Possession Among Futsal Players*. Selangor, Malaysia : 2016
- Tangkudung, James. *Kepelatihan Olahraga "Pembinaan Prestasi Olahraga"*, Jakarta; Cerdas Jaya, 2006.
- The American Heritage Dictionary: <https://ahdictionary.com/> (diakses 22 November 2014).
- Tudor, Bomp. *Theory and Methodology Of Training*. Iowa: Kendal Publishing Company, 2009
- Wasis D. Dwiyooga. *Konsep penelitian & Pengembangan, Disajikan pada Lokakarya Metodologi*

*Penelitian Jurusan Kelatihan
Fakultas Ilmu Keolahragaan
Universitas Negeri Semarang,
Malang: Universitas Negeri
Malang, 2004.*

Winarno, M. E. *Metodologi Penelitian
Dalam Pendidikan Jasmani.*
Malang: Media Cakrawala
Utama Press. 2011

Walter Dick, Lou Carey dan James O.
Carey, *The Systematic Design of
Instruction* (New York: Allyn &
Bacon. Published by Allyn and
Bacon. Boston, MA, 2009.

William H. Edward. *Motor Learning and
control*, Wadsworth: USA, 2010.

Widiastuti, *Belajar Keterampilan Gerak*,
Jakarta: FIK Universitas Negeri
Jakarta, 2014.