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LOPMENT OF DEEP FUN GAME TRAINING METHODS FOOTBALL TO IMPROVE QUALITY EARLY CHILDREN PASSING

Zafar Jaelani[1], Dicky Reva Apriana Sanga Dwi[2], Firman Adityatama[3]

[1] STKIP Muhammadiyah Kuningan
Jl. Raya Cigugur, Kuningan, Kec. Kuningan, Kabupaten Kuningan, Jawa Barat 45511

Correspondiing author. Email: zafarjaelani20@gmail.com

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Abstract with the title "Development of Fun Game Training Methods in Football to Improve the Quality of Passing for Early Childhood". This study used the Research & Development (R&D) development research method from Borg and Gall. The samples used in this study were 10 participants from the SSB KKM Cidulang. This research and development resulted in a fungame training model to improve the quality of football passing which has been validated, tried out and made improvements. The end product of fungame training consist s of various fungame training models to improve the quality of passing. The results of this research and development are data on pretest posttest scores and questionnaires using SPSS IBM 25 for windows with a significant level of 0.05. The results of this study indicate that the increase in football passing is 5%. From the results of the research that has been done, it can be concluded that the passing training model can be developed and applied in the training process. Apart from that, with the fungame training model to improve the quality of passing that has been developed, evidence is obtained that there is a significant increase shown in the test results of the pretest, posttest and also questionnaire data, there is a difference between before and after the treatment of the fungame training model to improve the quality of passing football. Based on these results, it can be used as a football fungame training model as well as an output product of a fungame training model to improve the quality of football passing.

Keywords: development, fun game training methods, passing, football

INTRODUCTION

Football is a very popular sport that has changed and developed over time. Football is very popular and many people like it. Playing soccer can help children develop a spirit of competition, cooperation, social interaction, and moral education (Taufiqurriza 2012).

Football is a game that people have enjoyed for centuries. It is very popular all over the world, and has many different sources of inspiration. Soccer has spread since the second World War, and as a result, it has become a popular sport in various communities. Some of the most famous people in the world are football heroes, and they often earn a lot of money (Harianto et al. 2016)

The basic rules of soccer are quite easy: score goals, prevent your opponent from scoring into your own net, and the team with the most goals will win. This simple principle has helped football in Indonesia develop to a higher level (Irfan et al. 2020).

SSB is a place where children are guided and trained so they can have motivation, mentality, basic techniques and skills in playing football. The sport of football was introduced as early as possible in SSB in order to get capital and the basis for developing achievements in the future, because maximum performance comes from motivation that is obtained from oneself. Seeing this fact, it is seen that there are fundamental factors that hinder these achievements, one of the factors that is suspected to be very dominant as an obstacle, namely the child's lack of motivation, this motivation can be increased through the fun game training method.

The Fun Game method is a teaching and learning strategy that uses games to learn and create an atmosphere of fun, happiness and hospitality. The Fun Game method is also very effective when used in early childhood. This fun way of playing is play while learning and is basically fun, so it's great for early childhood training programs.

Passing in football is very important to play football, with the right passing a player will certainly be able to play football well. This passing skill must be given to early childhood so that the child gets used to passing well, so that when the child is a teenager the basic technique of passing is good.

Based on the results of observations at SSB, namely SSB KKM Cidulang already has a coaching

program for early childhood. Training programs such as passing, shooting, and control are common exercises

used, but SSB KKM Cidulang also applies excessive physical training methods in early childhood, causing excessive boredom and fatigue. Therefore I want to further develop the existing training methods so they are not monotonous. Or create a new exercise program. So that children do not get bored and increase their desire to learn. The reason early childhood shouldn't exercise too much in childhood is because the child's immune system is still unstable and susceptible to disease. And the disease has a negative impact on the growth of children. Therefore, in childhood, we must teach them how to practice in a more enjoyable way, without forgetting that the main goal is to become skilled at playing soccer.

Based on the background of the problems above, the author is very interested to find out from this exercise, the fun game training method is more effective for improving the quality of early childhood passing. For this reason, this research will examine: "DEVELOPMENT OF FUN GAME TRAINING METHODS IN FOOTBALL TO IMPROVE THE QUALITY OF EARLY CHILDREN'S PASSING"

METHOD

Research on the development of fun game training models in football uses the Research and Development (R&D) research and development method from Borg and Gall (1983) which consists of 10 (ten) steps. The research design used in this research is research and development. Procedural research and development design. In this research design refers to the description of the steps taken in producing a product in the form of a training model and its supporting devices. The approach used in this study is a qualitative and quantitative approach.

A qualitative approach is used to describe the data obtained during the research. Quantitative approach is used in the implementation of the model design and to test the effectiveness of the model. The research design used was a Pre-Experimental Design with the design model "One-Group Pretest-Posttest Design" so that the design of the treatment results can be known more accurately, because it can be compared with the conditions before being given treatment.

Time And Place Of Reseach

The place of research is at SSB KKM Cidulang. This research was conducted at the Cidulang football field, Majalengka. The time of the research was carried out on April 28 2023. The pretest was carried out on April 28 2023, the treatment was carried out on April 29-May 24 2023, the posttest was carried out on May 26 2023. The treatment was carried out in 14 meetings, with frequency 3 times a week, namely Wednesday, Friday and Sunday.

Research Target/Subject

The sample is part of the number and characteristics possessed by a particular population determined by researchers to be studied and conclusions drawn (Sugiyono 2017). Because not all populations were studied, 10 people were taken as a sample. Determination of this sample was carried out by purposive sampling technique. According to (Sugiyono 2017) Purposive Sampling is a sampling technique with certain considerations. From the description above, the purposive sampling technique is based on a sample that meets the research criteria. The criteria used in this study are as follows, Participants who practice at SSB KKM CIDULANG, Participants who take part in routine training at SSB KKM CIDULANG.

RESULT DISCUSSION

a. Reliability Test

Cronbach's Alpha is a measurement to show or calculate internal consistency. A Cronbach's Alpha value between 0.6 to 0.8 is considered acceptable or said to be reliable if it has a Cronbach's Alpha of more than 0.6 (Raharjanti et al. 2022). Data analysis was carried out with the help of SPPS IBM 25 for Windows.

Case Processing Summary

		N	%
Cases	Valid	10	100.0
	Excluded[a]	0	.0
	Total	10	100.0

a. Listwise deletion based on all variables in the procedure.

Reliability Statistics

Cronbach's Alpha	N of Items
.654	10

Based on the data presented above in table 4.4, it can be seen that the Cronbach's Alpha value for the research variable is > 0.60. This shows that all research variables have met Cronbach's Alpha and have high reliability values.

b. Normality Test

The Normality Test is nothing more than actually testing whether the distribution of the data to be analyzed is

normal or not. Testing is carried out depending on the variables to be processed. Testing the normality of data distribution using the Shapiro Whilk is an effective and valid normality test method used for small samples, namely less than 30 people. In testing, data is said to be normally distributed if the significance value is more than 0.05 (sig. > 0.05).

Tests of Normality

	Kolmogorov-Smirnov[a]			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
pretest	.200	10	.200*	.953	10	.703
posttest	.302	10	.010	.781	10	.008

*. This is a lower bound of the true significance.

a. Lilliefors Significance Correction

By paying attention to the testing criteria above, the Shapiro Wilk test using the SPSS 25 program, the value of all pretest and posttest results is 0.05 (sig. > 0.05), it can be concluded that the data is normally distributed.

c. Homogeneity Test

The Homogeneity Test was carried out to determine the similarity of the variances of the study population. Homogeneity testing was carried out with the help of the SPSS version 25 computer program. The decision making criteria was that if P sig > 0.05, it meant that the sample was homogeneous.

Test of Homogeneity of Variances

		Levene Statistic	df1	df2	Sig.
Hasil Test Ketepatan Passing	Based on Mean	.132	1	18	.720
	Based on Median	.125	1	18	.728
	Based on Median and with adjusted df	.125	1	13.755	.729
	Based on trimmed mean	.132	1	18	.720

Based on the output results of the homogeneity test of two variances using the Levene statistical test using the SPSS 25 for Windows program, the table above shows that the pretest and posttest values are all significant values greater than 0.05, so it can be concluded that there is no difference in variance between the values. pretest and posttest (Homogeneous).

d. Hypothesis Test

Hypothesis testing in this research was carried out using a paired sample test. The paired sample test is intended to ensure that the data being compared comes from the same group of subjects (Maksum 2012). It is said that the data has an influence if the

hypothesis test value is smaller than 0.05

Paired Samples Test

		Paired Differences							
					95% Confidence Interval of the Difference				
		Mean	Std. Deviation	Std. Error Mean	Lower	Upper	t	df	Sig. (2-tailed)
Pair 1	Pretest – Posttest	-33.0000	6.74949	2.13437	-37.829	-28.1711	-15.461	9	.000

($p < 0.05$).

Based on table 4.8, it can be seen that the significant value for the pretest and posttest is 0.000, which is smaller than 0.05 and the calculated t value of 15.461 is greater than the t table of 1.83311, so it can be concluded that there is a positive influence between the fun game soccer training model on the passing skills of soccer athletes at SSB. KKM Cidulang.

DISCUSSION

The product results in this study are a fun game exercise to improve the quality of football passing with a total of 14 which have gone through several processes including validation from 1 expert and in several movements combined with tools, the data results show that the model developed is accumulatively feasible because the results before and after given treatment showed significant results and normal level because the results were> 0.05.

Based on the research conducted in the form of observation, then it was further reviewed and tested by football experts using the Research and Development (RnD) method by researching and developing a fun game training model to improve the quality of football passing for SSB KKM Cidulang participants, the data showed that there was a significant increase shown in the results testing the results of the pretest posttest data there is a difference between before and after the model treatment.

From the results of the pretest and posttest passing accuracy tests, there was an increase of 3%. Based on the test results conducted by SPSS IBM 25 for windows, the data was normally distributed, had homogeneous variance, and the results of the t-posttest showed that there was a positive effect between the football fun game training model on the ability of football passing skills at SSB KKM Cidulang.

CONCLUSION

From the research that has been done, it can be concluded that the fun game training model to improve the quality of football passing developed can be applied in the training process and then after the process, the various tests that run are normally distributed or valid. The data for this study were taken from the pretest and posttest values using the help of the IBM 25 SPSS program with significant significance. Based on the t-test analysis of 0.000 or it can be interpreted as (0.000 <0.05), that is, there is an influence from the training program that has been given by the researcher to the sample. From the results of the research that has been done, it can be concluded that there is a significant increase can be seen in the results of testing the pretest and posttest data results, there is a difference between before and after the treatment of the fun game training model to improve the quality of football passing.

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