

THE EFFECT OF TRAINING METHODS AND MOTIVATION ON THE SKILLS TO PLAY FOOTBALL AT SSB TUNAS JAYA PLAYERS JAMBI CITY

Andi Gunawan

Universitas Negeri Jakarta

Email: andigunawan313@gmail.com

Abstract

Based on the observations in the field, it showed that of SSB Tunas Jaya Jambi often fail when they were doing football skills. Besides, the exercise method was not systematic and football skill was still not perfect. Therefore, this study aimed at observing the effect of commando style exercise methods, exploration style exercise method and practicing motivation toward football skill. This was a quasi-experimental research. The populations of the research were the athletes of Tunas Jaya SSB Jambi that consisted of 90 people. The group of samples was taken through purposive sampling. The samples treatment in this research were 48, after they were divided into groups in which 27% was related to the high level of practicing motivation and 27% was related to low level of practicing motivation. The instruments of practicing motivation were measured through questionnaires and football skill was measured through test consisting of four forms of test, such as dribbling, short passed, shooting at the goal, and ball control. The data obtained were analyzed by using the analysis of variance (ANOVA) of two lines and tukey test. The results of this research indicate that: (1) commando style exercise methods is more effectively used to enhance the football skill than exploration style exercise methods, (2) there is interaction between the method of exercises and practicing motivation toward football skill, (3) in the high level of practicing motivation, commando style exercise method is more effective than the exploration style exercise methods to enhance football skills, and (4) in the low level of practicing motivation, exploration style exercise method is more effective than commando style exercise methods to enhance the football skill.

Keywords: commando training method, exploration training method, training motivation, soccer skills

INTRODUCTION

Sport is a part of human daily activities that is useful for forming a healthy body and spirit. The development of sports today has made a positive and tangible contribution to improving public health. Sport also contributes greatly to increasing the nation's ability to implement a sustainable development system.

Sports can make a nation proud in the international world. This shows that coaching in the field of sports is very important and cannot be ignored because it has a very large role in realizing the ideals of national development. In addition to being

a necessity to achieve physical fitness, sports are also developed for the achievement of achievements in each sport that is fostered and developed. Advances in science and technology of sports experts have found many new discoveries, both in terms of sports theories, training techniques and in the discovery of sophisticated equipment that can support increased sports performance.

Sports achievement is a word that is very easy to say and is everyone's dream, but quite difficult to achieve. Achieving achievements in the field of sports requires good coaching, including physical, technical, tactical and mental development. Therefore to fulfill this the player must have the four components of good performance, especially in physical and technical condition. Technique is one component that must receive serious attention from the coach because technique is an important thing that players must have in increasing other abilities in order to achieve high achievements.

The development of sports at this time has developed based on the scope of their respective implementation as stated in article 17, it is explained that "The scope of sports includes activities: (a) educational sports, (b) recreational sports, and (c) achievement sports". With the existence of a well-organized sports scope, in terms of sports policy, it will run more directed in accordance with the principles and objectives of each organization and have a strong relationship with one another. Sports can provide a more meaningful life for the wider community both in the sphere of educational sports, recreational sports and achieving sports.

The quotation above, reveals that sports achievements need to be fostered and developed in a planned way and accompanied by a drive for achievement or achieving better results are characteristics in order to achieve maximum achievement. There are many sports, football is a sport most much-loved and liked by the people, not only in Indonesia but throughout the world. Football is a team sport that really demands cooperation and cohesiveness between each player. There are four main factors that must be possessed by a football player in the achievements of a team, including physical, technical, tactical, strategic and motivation. In the effort to achieve the achievements of a team must be balanced by qualified individual players who are able to implement soccer playing techniques perfectly. According to Waineck in Syafruddin (2011:179) defines technique as a way that is developed in sports practice to solve a particular movement task as effectively and efficiently as possible.

Thus, technique is a fundamental aspect that must be mastered by everyone in playing football in accordance with the applicable game rules in order to obtain optimal results. In the sport of football, there are several playing techniques including dribbling, passing, shooting, heading, stopping the ball (ball control), ball juggling, throwing them. (throw-ins), tricks and turns, seizing the ball (intercept), and goalkeeping (Suparno and Suwandi, 2008:3).

Good football playing skills will be born through a mature mastery of basic techniques, all of which are a form of effect of a precise, intensive and systematic

training process. This means that all components programmed in training will have an effect on the results of the exercises carried out in order to achieve good playing skills.

To get good training results, of course with the right method, the trainer's ability is very important, knowledge and skills must be possessed, down to the details about the sport he is training in. This knowledge includes techniques, tactics, competition rules, training systems, training strategies, psychology, motivation, and other details about a particular sport. This is as stated by Harsono (1988:7) "The level of player achievement depends a lot on the level of knowledge and skills of the coach", thus for good player performance, the coach must have good knowledge and skills too, so that achievement can be achieved optimally. . In the training process, many training methods can be applied to achieve training objectives such as the command style training method and the exploration style training method.

According to Husdarta (2010: 34) "The motivation to practice is the driving force that has become active". Motivation to practice is an encouragement that players have in participating in soccer training activities to achieve good performance. In this case the motivation to practice is closely related to the seriousness and determination of the players to do the training diligently and enthusiastically. Theoretically, players who have high training motivation tend to get success in doing training. If the motivation to train is low, it is feared that it will have an impact on unsatisfactory training results or it is difficult to encourage achievement.

In Jambi Province, especially in Jambi City, there are quite a lot of football schools (SSB), one of which is SSB Tunas Jaya, which is located in the field of the Governor of Jambi City. Since its opening in 2005 SSB Tunas Jaya has participated in many matches between SSB at the local, district and city level but unfortunately it has not received satisfactory results, this is due to the lack of skills of players in playing football.

Based on a pre-survey conducted by researchers at SSB Tunas Jaya, Jambi City, it can be seen from the many players who practice that there are still many players who have low soccer skills. As shown when performing technical movements in playing, namely mastery dribbling weak, execution passing improper between individuals, and accuracy shooting improper into a soccer goal that has been modified for training, ball control when receiving a ball passing from fellow players is still far from expected, namely the position of the ball is still far from the player's body. The relatively ineffective training method used so that it affects the player's playing skills. This can be seen from the achievements achieved by players in the championships between SSB, which are very minimal, seen from the infrastructure, the trainer is very limited, this has an impact on players who train at SSB Tunas Jaya, Jambi City.

From the above phenomena, some of the dominant factors that affect the playing skills of SSB Tunas Jaya players in Jambi City are the factors of training methods, physical condition, nutritional status, and motivation to train players, of the training methods used by the coach have not shown good results and tend to be

monotonous. Another problem that is often encountered in the field is the number of trainers in training that are not based on training programs and some do not even make training programs, so that the training material provided is not systematically arranged, this is one of the causes of the decline in achievement.

The incompatibility of the training method used by the coach with the character of the players who take part in the training is also known as a trigger that hinders success in achieving good training results. In this case, motivation in various forms tends to look dynamic during the training process, this is indicated by the discipline and seriousness of the players in following the training. the training process many methods that can be applied to achieve training objectives such as: command style training methods and exploration style training methods. The style of command is Lutan (2002:82) states "... from planning to implementation, completely dependent on the trainer's orders". This means that the player only listens to the explanation and imitates the execution of the task as performed by the coach. Mostton (2008: 27) states the same thing "... That means that the role of the coach is to make all decisions before training starts until after training. The role of the player is to display, follow and obey ". Each movement is shown through a demonstration given by the trainer, then any decisions regarding location, posture, start time, rhythm shape, stop time, duration and interval are made by the trainer.

Based on the opinion of the experts above, it can be said that the command style is a style in which the overall content of the exercise is determined by the trainer. The player simply mimics and carries out all the coach's orders and rules. While the exploration style is Lutan et al (2002:85) said "This style is the most extreme opposite of the command style which is entirely dependent on the trainer".

If in command style the whole task implementation and problem solving initiative depends entirely on the trainer. However, in an exploratory style the whole initiative and solution are found by the players themselves. In this activity the players practice in their groups to solve problems, make conclusions to be reported to all players.

Exploration is a theory-based investigation of constructive learning that occurs in problem solving situations where players draw on their own past experiences and existing knowledge to find facts and relationships with new truths to be learned.

Motivation factors to train players that need to be considered as well, motivation to practice is a strength both from within and from outside that encourages a person to achieve certain goals that have been previously set. The ability or desire of a player to master the motivation that arises in him or her may affect the results of achievement in training.

However, continuous training without a rest period can also cause burnout to players in the training process. This saturation will cause players to be less motivated in training, so that it will impact on the training objectives themselves. However, with its

advantages and disadvantages, if this training method is carried out in accordance with the existing training principles, it is expected that it will be able to improve the playing skills of SSB Tunas Jaya players in Jambi City.

METHODS

This type of research is quasi-experimental, the purpose of this study is to see the effect of command-style training methods, exploration and training motivation on football playing skills. To see the motivation to practice SSB Tunas Jaya players in Jambi City, a study used *descriptive* with a quantitative analysis approach was. After that, it will be followed by analysis of variance through *afactorial design 2x2*.

Table 2 x 2 Factorial Design

Motivation Training	Exercise Method	
	Style Command	Style Exploration
High	(A ₁ B ₁)	(A ₂ B ₁)
Low	(A ₁ B ₂)	(A ₂ B ₂)

The population in this study amounted to 90 people. The sampling technique in this study was using *purposive sampling technique*, namely determining the sample based on certain considerations from the researcher. Based on this, the researchers determined the sample in this study amounted to 90

people. After the results of the training motivation test were obtained, then the method was carried out *modeling out* to divide into four sample groups, by sorting the value of training motivation, as for how to classify

groups with the percentage technique (*post hoc blocking*), namely: ranking the scores from the highest to the lowest, taken 27% of the upper ranks are called the high group, 27% of the lower ranks are called the low group. From the results of the training motivation score ranking obtained

48 treatment samples who were divided into 12 people per cell or treatment sample group.

Data were collected by collecting data on the motivation to practice the players before the football skills test was carried out. After the results of the training motivation test are obtained, then the method is *modeling carried out* to divide the sample into four groups, by sorting the value of training motivation, as for how to classify groups using the percentage technique (*post hoc blocking*), namely: ranking the scores from highest to lowest, taken 27 % of the top ranking is called the high group, 27% of the lower ranking is called the low group. Then a drawing was

conducted to determine two groups for the command method with the category of high (A_1B_1) and low (A_1B_2) motivation and two groups for the exploration method with the high (A_2B_1) and low (A_2B_2).

The initial test was carried out in four groups for the command style training method with the category of high (A_1B_1) and low (A_1B_2) training motivation, then two groups for the exploratory style training method with the high training motivation category (A_2B_1) and low (A_2B_2) then given exercises according to the program designed.

The final test was carried out after treatment was given to four groups, namely, two groups for the command style training method with the category of high (A_1B_1) and low (A_1B_2) motivation, then two groups for the exploratory style training method with the motivation category. train high (A_2B_1) and low (A_2B_2) are given exercises according to the program designed.

The data obtained will be processed with two-way *analysis of variance* (ANOVA) and followed by *the Tukey test* if an interaction is found between the variable of the training method and the variable of motivation to practice. Because this study used a 2x2 factorial design, the data analysis used two-way ANOVA technique, with a confidence level of $\alpha = 0.05$. Before the data is processed using the technique *Variance Analysis*, the Anava requirements test is first carried out, namely the normality test using *the Liliefors* and *Test the Homogeneity of Variance* using *Test the Bartlet Test* with a significance level of $\alpha = 0.05$.

RESULTS

Based on the results of the calculation of the normality test of the eight groups of the research design above, it was found that the price of $L_{\text{observation}}$ (L_o) obtained was smaller than the value of L_{table} at the significant level of 0.05. Thus it can be concluded that all data groups in the research table are taken from normally distributed populations so that research hypothesis testing can be used.

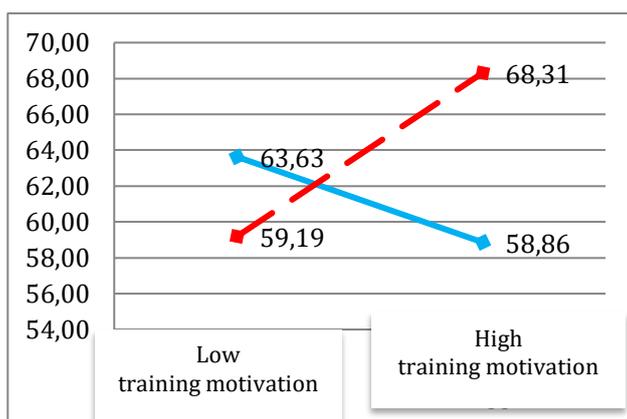
Hypothesis testing of this research was carried out using the two-way ANAVA technique. Then a further test was carried out using the *Test Tukey*.

The use of the two-way ANOVA technique aims to determine the individual contribution of the independent variables to the experimental results (*main effect*) and to determine the effect of the interaction (*interaction effect*). The main influences in this research are; (1) The difference in the influence of the command-style training method and the exploration-style training method on football playing skills, (2) the interaction effect is the effect of a combination of training methods and training motivation on football playing skills.

Based on the summary of the results of the two-way Anava calculation above, it can be argued that: 1) The alternative hypothesis (H_a) states that there are differences in training methods between the groups trained with the command and exploration-

style training methods accepted, because the calculation results show that $F_{count} = 6,42 > F_{table} = 4.05$. the complete calculation results can be seen in the attachment. 2) The alternative hypothesis (H_a) which states that there is an interaction between the method and the level of motivation to practice in its effect on improving soccer skills is accepted, because the calculation results show that $F_{count} = 49.21 > F_{table} = 4.05$. It can be concluded that there is an interaction effect between the training method and the motivation to practice on the players' soccer skills.

Picture of Interaction of Training Methods and Training Motivation



the research hypothesis which states that there is an interaction between methods and levels of motivation to practice on improving soccer skills, the analysis need to continue with the Tukey test. A complete calculation of the Tukey test can be seen in the appendix.

While the summary of the results of Tukey's test is presented in the table below:

Table of Advanced ANOVA Results with Test Tukey

Group's compared to	Dk	Qh	Qt ($\alpha = 0.05$)	Information
A ₁ and A ₂	0.70	3.58	2.92	Significant
A ₁ B ₁ and A ₂ B ₁	0.99	9.55	3.77	Significant
A ₁ B ₂ and A ₂ B ₂	0.99	4.48	3.77	Significant

DISCUSSION

Based on the further test results using the test *Tukey* above, it can be stated that: 1) the first research hypothesis which states that the commando style training

methods_(A-1) soccer playing skills are higher than those trained in methods of exploration style exercises (A_2) is received. The mean score of group exercise method_(A-1) = 63.75 is significantly higher than the mean score of group exercise method $A_2 = 61.25$ ($Q_h = 3.58 > Q_t = 2.92$). The complete calculation results can be seen in the attachment. 2) The second research hypothesis which states that there is an interaction between training methods and training motivation on soccer playing skills, is accepted. This means that the improvement of football playing skills is determined by the interaction between the training methods used and the level of motivation to practice the samples following the training process. 3) The third research hypothesis which states that at a high level of motivation to train, the group given the exploration style training method (A_2B_1) has higher results than the group using the command style training method (A_1B_1), is accepted. The mean score of the exploratory style training method (A_2B_1) = 63.63 was significantly higher than the mean score of the command style training method (A_1B_1) = 59.19 ($Q_h = 9.55 > Q_t = 3.77$). The complete calculation results can be seen in the attachment. 4) The fourth research hypothesis which states that at a low level of motivation to train, the skills to play football trained by the command style training method (A_1B_2) are higher than those trained with the exploratory style training method (A_2B_2), is accepted. The mean score of the command style training method (A_1B_2) = 68.31 was significantly higher than the mean score of the exploratory style training method (A_2B_2) = 58.86 ($Q_h = 4.48 > Q_t = 3, 77$). The complete calculation results can be seen in the attachment.

The findings of the research conducted at SSB Tunas Jaya Jambi City are in accordance with the research findings presented in the previous section of this chapter. This is due to the fact that to get the skills to play football it is necessary to look at the training methods we provide and it is necessary to also look at the level of motivation to practice that is in these players.

CONCLUSION

Based on the research findings and discussion of the research results, it can be concluded as follows: 1) The command style training method is more effective in improving soccer skills than the exploration style training method. 2) There is an interaction between training methods and training motivation on football playing skills. 3) At a high level of motivation to train, the exploration style training method is more effective than the command style training method to improve soccer skills. 4) At a low level of motivation to train, the command style training method is more effective than the exploration style training method for improving soccer skills. Based on the results of statistical calculations of the data obtained, it can be concluded that the command style training method and the exploration style training method can both improve football skills. However, if we look at the magnitude of the increase in each of the training methods applied, the command style training method has a greater increase when compared to the exploratory style training method. This will certainly

be a guideline and calculation for SSB Tunas Jaya football coaches and players in Jambi City.

The use of these two methods in training has an important position, but in use it will be adapted to the situation and conditions of the players who are practicing. For players who want to improve their football playing skills, they can use the methods described above. However, a more effective method of practicing soccer skills is the commando style training method. This is because the command style training method is very effective in fostering uniformity and synchronization of movements that must be carried out in the form the trainer wants, enhancing discipline and obedience. The application of this method is carried out in the form of tight control and chatter by the trainer. Meanwhile, the control exploration style training method and the coach's control in training is lacking, resulting in cluttering of movements.

Every exercise that is carried out the players should be supported with high motivation to train, because to be able to receive training material properly and be able to control emotions during training, high motivation to train is needed, so that the process and objectives of the exercise can be achieved.

Based on these findings, coaches and players are required to know the advantages and disadvantages of these two methods. This is because, by knowing the advantages and disadvantages of each of these training methods, the trainer can identify the needs of each individual practicing. Apart from that, the initial conditions of the players must also be considered because these two forms of training will have different impacts both in terms of anatomy, physiology and psychology of the players.

Based on the research results, it has been suggested that the command-style training method and the exploration-style training method can improve football playing skills. This means that these two training methods can be used in improving football skills.

Based on the findings and conclusions above, it can be seen that the motivation factor to practice plays a very important role in improving the football skills of SSB Tunas Jaya players in Jambi City. As explained in the theoretical study that motivation to practice is an impetus for players to practice. Without motivation to train the player has no passion or enthusiasm for training.

As has been stated in the previous theoretical study that there is an interaction effect between training methods and training motivation on players' soccer skills. The finding of the interaction effect means that these two training methods have a different effect on football skills when it is associated with training motivation.

In high training motivation, it turns out that the exploration-style training method is more effective than the command-style training method. Based on the results of the analysis of players who have high training motivation on SSB Tunas Jaya players in Jambi City, they are better at football skills than players who have low motivation to train. This is because players who have high training motivation, players have passion in training so that players are more enthusiastic about practicing even

though the coach doesn't come. With high training motivation, players can accept both training methods provided by the coach without fear or reluctance in carrying out training.

Based on these findings, the coach before starting training activities can find out the weaknesses and strengths of each training method used as well as determine the players' motivation to practice. It is because, by knowing the pros and cons of each method of exercise and motivation training players, coaches can provide the right training methods so that the purpose of the exercise can be achieved in accordance with the demands of a given.

SUGGESTION

Based on the research results, the command style training method is more effective for improving soccer skills. Based on the conclusions and implications above, it is hoped that: 1) The coach, in an effort to improve the skills to play football effectively, the coach should see the motivation to train the players so that the coach can use the appropriate training method to be given. 2) Tunas Jaya Jambi City SSB players who wish to improve their football playing skills effectively should do the exercises according to the direction and guidelines of the coach. 3) Researchers who want to investigate this problem further, in order to consider various limitations in this study, such as the number of samples, and so on. The goal is for the benefit of the findings.

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