

## THE EFFECTS OF TRAINING METHODS AND ACHIEVEMENT MOTIVATION TOWARD OF FOOTBALL PASSING SKILLS

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### *Abstract*

*The purpose of this study was to determine the effect of the training methods of structured and play as well as achievement motivation on the passing skills of football. Research was conducted on athletes at the Muspan FC Football School of Padang. This type of research is experimental design was used treatment by the level of 2x2. The study population was all athletes the Muspan FC Football School of Padang, amounting to 134 athletes. Determination of the sample using purposive sampling technique is to set a midlevel athletes aged 13-15 years amounted to 74 athletes. Samples treated in this study were 40 athletes. The data obtained and analyzed by analysis of variance (ANOVA) and two lanes. and subsequently followed by Tuckey's test at a significance level  $\alpha = 0, 05$ . The results showed that (1). Results of passing skills of football in the treatment of structured training method (A1) is higher than the results of play method (A2). (2). There is the influence of the interaction between training methods (A) and achievement motivation (B) the passing skills of football. (3). Results of passing skills of football on the treatment method structured exercise high achievement motivation (A1B1) higher than the results of the play method high achievement motivation (A2B1). (4). Results of passing skills of football in the treatment of structured training method low achievement motivation (A1B2) is lower than the play method low achievement motivation (A2B2).*

**Keywords:** *Method of Exercise Structured and Play, Achievement Motivation, Passing Skills of Football.*

Football is a magnet in the global life today. Football is not just a mere sport, but has become entertainment and even football is a lucrative business. 2014 World Cup in Brazil has given a great lesson how football can hypnotize everyone in the world and turning the giant economic wheel that feeds a nation. Football as the most popular sport in the world and much-loved people of Indonesia and the Indonesian life can be a tool to unite the nation.

Development of football in Indonesia while now started to fall behind when compared with countries that have started to organize football well and tiered with good coaching. Inversely proportional to the achievement of Indonesia at the present time, over time the achievements of Indonesian football rather than increasing, but diminishing.

According to some observers homeland of football, one of the main causes of the failure of our national football management of the lack of attention on early childhood development (grassroots) and younger age (age group). Guidance to future athletes is an important issue in

development of football from any country. Moreover, FIFA and AFC Vision Asia through the program emphasizes the importance of development issues. Especially at grassroots age 6 - 13 years.

Football is a game that requires a lot of energy, intelligence on the pitch spur the spirit, while providing excitement through togetherness in a team. In football there are various basic techniques of playing football. The basic technique must be mastered by all athletes to be able to play football with skilled skill based multilateral

Sports achievements in football can not be easily obtained, it takes good coaching throughout Indonesia. Development of football in the province of West Sumatra has not been the attention of people. On the other hand many forms School Football (SSB), which areas of West Sumatra, such as the city of Padang, Payakumbuh, Solok, Pariaman, Bukittinggi, and other regions in western Sumatra. With so many Football School (SSB) in West Sumatra is expected to produce seeds and can potentially raise achievement West Sumatra football.

Padang is the capital of West Sumatra province and could become a benchmark for the development of football in the region of West Sumatra, school football (SSB) Muspan FC Padang is one of them. School football (SSB) Muspan have much following a football match between local schools, cities and provinces, but not get satisfactory results. This is because of low basic skills of athletes in carrying out the training process and the causes of each individual by internal and external factors. (1) Internal factors are factors derived from the individual athletes themselves, as mentally immature, lack of motivation, nutritional problems, aggressiveness and so forth. (2) The external factor is a factor that comes from outside themselves athletes, such as the elderly, skill trainers, exercise programs, referees, spectators, weather / climate, infrastructure, and training methods.

Based on the issues that have been raised previously, the researchers are interested in doing research on training methods (structured and play) and achievement motivation on the passing skills of football athletes Football School (SSB) Muspan FC Padang. From this research found the right training methods in coaching as well as solutions and guidance to coach SSB to pay more attention to the training methods used to improve the quality of basic techniques of passing football.

### **Passing Skills Football**

Mastering techniques of passing is a must in any self an athlete to perform well as a football athlete. Without good passing skills in a match, then the time in the field will be brief. Mechanical passing the ball it's very simple but still so difficult. This looks simple if when professional athletes play each other with long passes and precise. In the game of football, passing the ball is a private engineering skills that every athlete must master it. Passing the ball must be accompanied with the skill obstacles to free themselves from the opponent, protect the ball while running motion as well as forward movement and trickery, but the ball remains in their control. Passing (pass) is a way to connect among fellow athletes one football team in the field. Accuracy, pace, and time release of the ball is an essential part of transferring the ball successfully.

Mechanical passing in the game of football is the most important portion. If an athlete does not have a good passing technique, it is difficult for the athlete to be a top athlete (famous). Almost every teams gained the victory with a passing score a goal. Passing is a basic technique that is very important in a football team because of the passing teamwork can be established. With good passing an athlete will be able to run into the open space and controlling the game when building attack strategy.

Passing the ball can be done in circumstances that vary both silent ball, move, float, or soar through the air. Passing is a very important part of some of the basic techniques of football. If someone athletes can not do passing then could not play football. Means passing football is the art of momentum to move the ball from one athlete to another athlete. Good teams and tough is that all athletes master the basic techniques of passing the ball well, quickly, accurately and precisely at targets on a friend or target in making goals to the opponent's goal mouth.

Passing techniques in an attempt to pass the ball to a friend is the dominant use in order not to be taken to control the ball the opposing team. Passing the ball in the game of football can be done by: foot inside, instep, instep inner and outer instep. Based on the explanation above, practice the basic techniques of passing the ball in football is a change in behavior as a result of a training process. Results of the exercise in question is the gain in psychomotor after passing the ball training basic techniques which include: the preparation phase before passing, technique before ball with legs, body techniques while passing / kerkenaan ball with the feet, and an advanced movement techniques after passing the ball.

Structured method is a method with respect to the sequence of steps in a systematic order, logical, and structured based on the algorithm is simple and easy to understand. Structured methods require standardized procedures and data collection and clear or at least require the methodology to be used in developing information systems. Explanation structure centered on an explanation of the relationship between the various parts controlled by the general character or function overall. Structuring a process of recognition (identifying), analysis, and selection of alternative design category. In its development, structured training method is the same as the method of deductive exercise. Deductive method of exercise is the identification of training needs carried out in general with broad objectives. If the achievement will set requirements for athletes that have the same characteristics, then the implementation of the identification done filing considerations to all athletes. Structured training method is the presentation of training materials given in a systematic, planned, and overall simultaneously with the process of improvement in a practice that resulted in the relationship between stimulus and response. The emphasis in this structured training methods must be different. For the coaches really understand the characteristics at every level both age and phases of the exercise. Early stage and this formation activity emphasis on the development of basic skills thoroughly and fun (foundation) course with low intensity exercise through the concept of playing (games). The material can be given basic movement skills skills and basic physical skills. In this structured training methods, to improve passing skills of football made from warming-up, fundamental passing, and game related.

Each training method has advantages and disadvantages of these methods suggests that important note by a coach is to know the limits - limits the advantages and disadvantages of the

method to be used. In a training process that uses a structured method of training, athletes are required to solve the problem by themselves, such as coordinating all the units of motion or phases that exist.

The advantages gained in training or learning with structured training method is the integration or linkage (integration) and overall exercise will be efficient in terms of time that the athletes do not need to waste time to incorporate movement. Thus athletes have plenty of time to repeat the exercise, which is a factor to affect memory, and the whole exercise will be motivating athletes. While the lack of structured training methods athletes can not live and learn in detail about the elements of technique or movement. The other drawback of this method is difficult concentrating athletes and adapt, especially in terms of a thorough study the movement of (complex).

### **Playing Method**

Exercise by playing a very useful method in teaching psychomotor. This is due to the direct athlete can continuously repeat the material provided, so that the athletes are expected to master the material provided. In the sport of football in particular the application of this method will be demonstrated when the athlete perform the overall movement pattern contained in playing football.

In its development, the method of play is the same as the method of inductive exercise. Inductive training method emphasizes the efforts of the nearest point, direct, and the portions towards the extensive and thorough. This inductive method of exercise cultivated directly on the skills possessed on each athlete and then compare them with the skills expected or to be possessed in accordance with the demands that come to every one of these athletes.

The emphasis in this play should be different methods. For the coaches really understand the characteristics at every level both age and phases of the exercise. Early stage and this formation activity emphasis on overall development of basic skills course with low intensity exercise through the concept of playing (games). The material provided can be a form of exercise in the pattern of playing football. And no less important to instill the attitude and the nature of self-discipline and commit to all rules and regulations.

This training method can be applied to the process of playing which is a way of achieving a technique that is done in the form of the game. Method is a form of play that teaches a method of psychomotor skills by way of demonstration of the techniques and then practice them in the process of the game. Where teaching exercises a skill learned from the beginning of the movement where the process of playing.

In the method of play, to increase the passing skills of football made from warming-up, and immediately conduct gaming related. Heating (warming-up) aimed at preparing the physiological systems of the body work (adding muscle flexibility, increase the space of motion becomes widespread, the heart and lungs become ready). While psychologically aims to improve concentration and reduce anxiety.

In a training process that uses the method of play, athletes are required to solve the problem by themselves, such as active and able to perform motion- gerkan techniques taught. The

advantages gained in training or learning to play is the method of integration or linkage (integration) and exercise play will be effective and efficient in terms of time.

Disadvantages of this method of play is in practice always seen that movement one by one has been mastered but also raised difficulties in implementation. Implementations whole movement becomes smooth, the lack of coordination of movements due to play the trained movements.

### **Achievement Motivation**

Achievement motivation is the need for every individual to reach or even surpass the success of the measure set for himself and from others. Individuals with motivation tend to want to work better than others, happy to do the work themselves, and not rely on others. One form of encouragement by the individual in achieving a goal and activities of so-called foundation strong motivation.

Achievement motivation is the strength both from within and from outside that encourages a person to achieve certain goals or achieve predetermined. With the expected psychological approach of athletes in every performance can show a strong motivation to play as well as possible, so as to win the game. From this opinion it can be concluded that motivation is the willingness of a person to work or perform more vigorously, because it compelled by something, and in this case is the achievement motivation of the football school athletes to perform more enterprising football.

Someone who has the achievement motive can include: a) completing something difficult, b) controlling, manipulating and organizing human physical objects or ideas, c) do something quick, free and allows, d) overcome obstacles and achieve a high standard, e) surpass oneself, f) Fighting and overcoming others, g) increase the self-esteem with success in using specific skills.

Structure or personality can serve as a driving motivation, tactics, things that hinder the achievement, such as: anxiety, tension and insecurity. Achievement motivation is the result of interaction between a person's internal needs with external influences (psychological, expectations, previous state, goal setting) that shows behavior that is formed to achieve

## **METHOD**

The method used in this study is experimental method field. As noted Sugiono that, in this study no treatment (Treatment), thus the experimental research method can be interpreted as the research methods used to find a specific treatment effect against the other in uncontrolled conditions. (Sugiono, 2013: 107). In this study included three variables, namely: (1) The independent variable is the structured training methods and methods of play (2) The dependent variable is the passing skills of football, and (3) Variable attributes that achievement motivation. Design research or study design is a plan and structure investigations are arranged such that researchers will get answers to their research questions. This study design using the design of treatment by the level of 2 x 2. The design of treatment is experimental units into cells in such a way at random, so that the units in each cell experiments are relatively homogeneous. Visually, the design of this study can be described as follows:

**Table 1. Design Treatment By Level 2 x 2**

<b>Training Methods (A)</b>	<b>Structured (A1)</b>	<b>Play (A2)</b>
<b>Achievement Motivation (B)</b>		
High (B1)	A1B1	A2B1
Low (B2)	A1B2	A2B2
Total		

The population included in this study is Muspan FC Football Schools U15 Padang. Sampling was done by purposive sampling technique, namely the determination of the samples with consideration of certain characteristics. Berdasarkan that the sample in this study defined intermediate level athletes aged 13-15 years as many as 74 people in the population affordable.

To determine the group of athletes who have high achievement motivation and low achievement motivation conducted by selecting 27% of the amount of data the highest score and the lowest score of 27%. From these calculations obtained 27% of each group for the highest score and the lowest is  $27\% \times 74 = 19.98$  rounded to 20 people. So 20 people with the highest scores are classified in the group of athletes who have high achievement motivation, while 20 people with the lowest scores were classified in the group of athletes who have low achievement motivation of each group.

### **Data Collection Technique**

#### **1. Passing Skills Football Instruments**

##### **a. Conceptual Definition**

Passing is the art of momentum to move the ball from one athlete to another athlete. Passing is a basic technique that is very important in a football team because of the passing teamwork can be established. With good passing an athlete will be able to run into the open space and controlling the game when building attack strategy.

##### **b. Operational Definition**

Football is a medium that can be used to improve motor skills that have the primary purpose is as a skill to master a movement. Thus it can be argued that the passing skills of football is operationally skill to pass the ball from one athlete to another athlete with the aim to control the ball in play. Operational definition in this study measuring instrument ball passing skills with time and repetition.

##### **c. Grating Instruments**

Passing skills football test instrument using the "Short Passing Test" as follows: (1)

Notification of information and on cue "ready" testee standing on a passing area with the ball located on the testee. (2) Testee do passing from area A to B1 reflective board with a distance of 3 m. After receiving the reflection of the ball, testee control and turned by passing to the reflective board B2. (3) passing the skills test was conducted for 2 repetitions within 30 seconds. (4) scores are taken is the number of times reflection achieved during the 30- second time limit. (5) The value is used as the data is the highest total score of 2 trials passing skills tests.

## **2. Achievement Motivation Instruments**

### **a. Conceptual Definition**

Achievement motivation is the motor of any activity to be undertaken, in pursue and improve performance in a sport field. The greater the achievement motivation of a person, the greater the chances for achievement. Conversely the smaller the achievement motivation owned, then the possibility for the lesser achievement.

### **b. Operational Definition**

The motivation of this research is influenced by intrinsic and extrinsic motivation. Intrinsic motivation include (1) the existence of the ideals and expectations of the future, (2) the degree of seriousness, (3) their persistence in training, (4) the existence of spirit and self-discipline in training. Whereas extrinsic motivation include (1) the encouragement of coaches, (2) lack of support from friends, (3) the existence of infrastructure conducive exercise.

### **c. Grating Instruments**

To test achievement motivation using a questionnaire in the form of a questionnaire in the form of a statement. Preparation of the questionnaire referring to Likert Scale useful to declare the consent of respondents to the statement given. This instrument is designed to use the answer is, Strongly Agree (SS), Agree (S), Less Agree (KS), Disagree (TS), and Strongly Disagree (STS), which consists of both positive and negative statements.

To analyze the data collected, used the technique of analysis of variance (ANAVA) two directions at the significant level  $\alpha = 0.05$  diperlukan requirements in the analysis of variance is a test for normality and homogeneity. Normality test using test Lillefors. As for the homogeneity test using test Bartlet. If there is no interaction will be followed by Tuckey's test.

## **RESULT**

To test the hypothesis, students learning outcomes data were processed using statistical analysis techniques, the analysis of variance (ANOVA) and two roads. Before the data were analyzed, then first tested Anava requirements, namely:

(1) Test of normality, and (2) Test homogeneity. Normality test is done on all the groups to be compared using Lilliefors test. The test results showed that the price of Lcount for all groups smaller than Ltables.

Group	N	$L_{count}$	$L_{table}$ $\alpha = 0,05$	Conclusion
1	20	0,1586	0,190	Normal
2	20	0,1683	0,190	Normal
3	20	0,1343	0,190	Normal
4	20	0,1711	0,190	Normal
5	10	0,2053	0,258	Normal
6	10	0,2000	0,258	Normal
7	10	0,1788	0,258	Normal
8	10	0,2116	0,258	Normal

Homogeneity test used in this study is the Bartlett test with significance level  $\alpha = 0.05$ . Summary results of the calculation of homogeneity of variance of each group are shown in Table below. Table 4. Summary of Test Results Sample Variance Homogeneity Each treatment group with Bartlett Test

Group	Variance	Combined Variance	$\chi^2$ count	$\chi^2_{table}$ $\alpha = 0.05$	Conclusion
1	1,2517	1,8287	0,8954	7,815	Homogeneous
2	2,2136				
3	1,6997				
4	2,1499				

Group	Variance	$F$ count	$F_{table}$ $\alpha = 0.05$	Conclusion
A1 A2	10,66 6,16	1,73	2,17	Homogeneous

B1	5,43				Homogeneous
B2	3,57	1,52	2,17		
A1B1	1,57				Homogeneous
A2B1	4,90	0,32	3,18		
A1B2	2,89				Homogeneous
A2B2	4,62	0,63	3,18		

From the calculation of homogeneity test as shown in the table above, the price obtained by Chi-squared ( $x^2_{\text{count}} = 0,8954$ ) for the entire sample group, smaller than the Chi-square table ( $x^2_{\text{tabl}} = 7,815$ ), can be concluded that the sample comes from a population homogeneous distribution.

Based on the calculation of variance homogeneity test, as shown in Table 4.12. above, prices F count obtained as follows: the first group Fcount = 1.73; The second group F count = 1.52; The third group F hitung = 0.32; The fourth group F count = 0.63, while F table = 2.17 for the first and second group. Ftable 3.18 for the third and fourth groups. Thus F count all groups smaller than F table ( $F_{1234} < F_{\text{table}}$ ). In conclusion, there is no difference between the variance, in other words a sample derived from a homogeneous population.

After the test requirements are met analysis, statistical hypothesis test by using Analysis of Variance (ANAVA) two lanes, at significance level  $\alpha = 0.05$ , followed by Tuckey's test.

**Table 6. Summary Calculation Results ANAVA Scores  
Football Skills Passing On The level  $\alpha = 0.05$ .**

Sources Of Variance	db	JK	RK	F count	F <sub>table</sub> a=0,05
Between Coloums (A)	1	168,100	168,1	48,1049*	4,085
Between Rows (B)	1	19,600	19,6	5,6089*	4,085
Interaction AXB	1	26	25,9	7,3259*	4,085
In Group (DK)	36	125,80	3,4944		
Total	39	339,10			

## DISCUSSION

### **1. There is a Difference Passing Skills Football Training Method Structured Methods Playing in Overall**

Based on the results of analysis of variance (ANAVA) at significance level  $\alpha = 0.05$ , obtained  $F_{count} = 48.1049$  and  $F_{table} = 4.085$ . Thus  $F_{count} > F_{table}$  ( $F_{count} = 48.1049 > F_{table} = 4.085$ ). So  $H_0$  rejected ( $F_0 > F_t$ ) shows that overall there are differences in the results of passing football skills significantly between trained athletes with training methods structured and trained athletes playing

method. Mean score is a structured group training methods ( $X = 20.85$ ;  $SD = 3.265$ ), whereas the mean score of the group method of play is ( $X = 19.45$ ;  $SD = 2.480$ ).

### **2. There is Interaction Between The Method of Exercise and Achievement Motivation Against Passing Skills Football**

Based on the results of a two-way analysis of variance, the interaction between exercise and achievement motivation on the passing skills of football seen in the table above anava calculation. Price count  $F_0$  interaction ( $AXB$ ) = 7.3259 and  $F_t = 4085$ . It appears that  $F_{count} > F_{table}$  ( $F_{count} = 7.3259 > F_{table} = 4.085$ ), so that  $H_0$  is rejected.  $H_1$  accepted and thus can be concluded that there is an interaction between exercise and achievement motivation on the passing skills of football.

### **3. The Difference Between The Football Passing Skills Training Methods And Methods Structured Playing For High Achievement Motivation Group**

Structured training methods and playing a significant difference to the passing skills of football for groups that have high achievement motivation. The difference value of structured group training methods and high achievement motivation (P3) higher than the group method of playing and high achievement motivation (P4), obtained  $Q_h = 7.1770$  and  $Q_t = 3.89$ . Thus  $Q_h$  greater than  $Q_t$ , so  $H_0$  is rejected. Based on calculations, the average value obtained athletes who have high achievement motivation using a structured exercise ( $X = 23.7$ ;  $SD = 1.251$ ) higher than the method of play that have high achievement motivation ( $X = 20.7$ ;  $SD = 2.213$ )

### **4. The difference between the Football Passing Skills Training Methods and Methods Structured Play For Group Achievement Motivation Low**

Structured training methods and playing a significant difference to the passing skills of football for a group that has low achievement motivation, but the differences were not statistically significant results. Results structured group training methods and the low achievement motivation (P5) was lower than in group play method and low achievement motivation (P6) obtained results,  $Q_o = -0.4785$  and  $Q_t = 3.89$ . That is, the data is no reason to

accept  $H_0$ , so that there are differences in the passing skills of football with the results of the structured training methods that have low achievement motivation, lower than the method of play that have low achievement motivation in school football Muspan FC Padang.

### CONCLUSION

Based on the results of data analysis, hypothesis testing results and discussion of research results that have been obtained, it can be explained some of the conclusions, as follows:

Method of structured exercise have a higher impact than the results of his method of playing against the passing skills of football athletes Football School Muspan FC Padang. There is an interaction between exercise and achievement motivation on to the passing skills of football athletes FC Soccer School Muspan Padang. Methods of structured exercise has achievement and has a higher impact its results than a method of playing high achievement motivation toward passing skills of football athletes FC Soccer School Muspan Padang. The method of structured exercise low achievement motivation has a lower influence its outcome than the low achievement motivation methods play against passing skills of football athletes FC Soccer School Muspan Padang. Based on the research that has been proposed for implementation in this study that the structured training methods and methods of playing together can improve passing skills of football. However, when viewed from the large increase in the passing skills of football from each group structured training methods greater increase when compared methods of play. This will certainly be the guidelines and calculations for SSB Muspan FC coach Padang City in an effort to improve the skills of passing football athletes. Exercise with a structured training method is very useful in teaching motor. In a structured training methods during the event, athletes are well organized start of heating (warming up), fundamental / basic, related to the game are observed so that there is improvement in performing motor tasks are on the results obtained, so the greater the likelihood of achieving an achievement expected. The findings of the research conducted as stated in the above conclusions indicate that there are significant interaction between method of exercise with achievement motivation on the passing skills of football. Each method of training provided in the form of structured training method and the method of play will be supported by high or low achievement motivation because, according to research results there is interaction with the training methods of achievement motivation on the passing skills of football. Athletes who have high achievement motivation more effectively using structured exercise and athletes who have low achievement motivation more effectively using the method of play.

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