

Analysis of Basic Technical Skills for Playing Soccer in Batu City SSB Blue Eagle Players

Rovino Chandra Pratama¹, Wiwik Kusmawati²

Program Studi Pendidikan Jasmani Kesehatan dan Rekreasi

Fakultas Eksakta dan Keolahragaan, Universitas Insan Budi Utomo

Article Info

Article history:

Received: 13 May 2024

Published: 1 July 2024

Keywords:

Basic Techniques Skills

Football Games

Abstract

This research aims to determine the basic technical skills of playing soccer in SSB Blue Eagle players in Batu City. The subjects of this research were 65 Batu City SSB Blue Eagle players. This research is quantitative descriptive research, the research method is a survey method with data collection techniques using tests and measurements. The data obtained is in the form of test results and measurements of the skills of Batu City SSB Blue Eagle players. on the basic techniques of the game of football. skill level It can be concluded that the basic techniques for playing football in Batu City SSB Blue Eagle participants are in the very good category as many as 7 students or 10.76%, 18 students or 27.69% in the good category, 32 students in the fair category or 27.69%. 49.24% and in the less than category there were 4 students or 6.15% and in the very less category there were 4 students or 6.15%.

This is an open access article under the [Creative Commons Attribution-ShareAlike 4.0 International License](https://creativecommons.org/licenses/by-sa/4.0/)



Corresponding Author:

Wiwik Kusmawati

Budi Utomo Human University

E-mail: wiwikkusmawati@gmail.com

1. INTRODUCTION

Football is a sport that is very popular and in demand by all levels of society in Indonesia and the world. From children to adults, men and women. The definition of football is a sport that is played in teams and consists of 11 players, consisting of 1 goalkeeper and 10 players, each of whom has the position of attacker, midfielder and defender. When playing the ball, each player is allowed to use all body parts except the arms and hands (with the exception of the goalkeeper).

A football match aims to score as many goals as possible against the opponent's goal in order to win the match according to the opinion of A. Luxbacher in (Putra, 2016) A soccer match is played by two teams, each team defending a goal and trying to break through the opponent's goal. The team that is able to exceed the number of goals scored by its opponents in a soccer match is declared the winner. Football games are played in 45 minutes x 2 or 90 minutes with a break from half 1 to half 2 of around 10 – 15 minutes.

The sport of soccer is very popular among people because it is very easy to play and can be played anywhere as long as there is a fairly large open space. Apart from being an achievement sport. The sport of football is also a means of entertainment to gain physical and spiritual health. In Indonesia, the sport of football is very popular and has a very strong appeal. The sport of football in Indonesia is developing continuously, starting from the lowest level, namely children, to the adult level, such as players in Indonesian leagues.

Football has become very popular in the lives of Indonesian people. The art of football is very interesting because the players are very skilled at processing round circles, apart from that, teamwork with ball possession game patterns that can produce goals makes the art of football very loved by almost all levels of society according to the first PSSI book, how to score goal? once again according to FIFA laws of the game, goals can only be scored if

the team can put the ball into the opponent's goal. This means the team must control the ball to be able to score a goal. Without the ball, any team can score goals. This is the first moment in football which is often called an attack (Danurwinda, 2017).

In football, teams that have good communication, team cohesion and cooperation will get better results. Based on the explanation above, it can be seen that the goal of the game of soccer is to achieve victory. In the game of soccer, a player is required to have good mastery of basic techniques, because this is the main requirement for a player to be a quality player and have high technical skills in the game of soccer. There are several basic techniques for playing soccer that must be mastered by a soccer player, such as control (stopping the ball to control it), shooting (kicking the ball towards the goal with your feet), heading (heading the ball), dribbling (dribbling the ball), and passing. (pass the ball).

Of the many basic techniques in football, dribbling and passing are the most basic techniques to master and have very important benefits for winning matches as well as supporting attack and defense in the game of football. Apart from the quality of a football player, things that play a big role in the progress of football achievements are the tools and facilities to support coaching, training and football matches. Without a good ball, it will be difficult to get good quality passing and dribbling, apart from that, the condition of the field grass being flat and green will make the ball speed better. Judging from this, the role of equipment and facilities supporting the sport of football greatly influences the progress of football sports activities.

In Batu City, football is the most prestigious sport among the people. Apart from that, Batu City is also known as a city with football clubs which have very good quality facilities and equipment. The development of football in Batu City has made many existing clubs start to improve the facilities and sports equipment they have, but there are still many football clubs that do not pay attention to the facilities and equipment they have, this will make the training process ineffective and progress performance tends to be slower.

Apart from that, the quality of the field in Batu City is still far from the quality of the field in Malang City/Regency, which means that many matches are held in the City/Regency area. Likewise, the standard size of the field and complete facilities to support training and matches mean that the field option in Malang is used more often. In the researcher's observations to find out the condition of each club, the researcher made initial observations of several clubs and the reality that was seen was that several football clubs in Batu City only used tools in the sense of not looking at the condition and number of equipment they had, such as; (1) the ball used for training is ideally 1 ball for 2 players, but the fact is that in the field there are still many clubs whose players use 1 ball for more than 3 players and the quality of the ball is torn., (2) the cones owned by the club are still less than 10 and the quality is fragile, (3) the markers used are still less than 20 and many are damaged, (4) the vests used are many that are torn and there are no more than 2 different colors, (5) ladder speed, many clubs are not yet have a tool like this, even though this tool is very important to support training, (6) speed training rings, many clubs don't have tools like this, even though this tool is very important to support the training process, (7) strategy boards, almost all coaches have have it, but it is very likely that there are coaches who don't have it, (8) a stopwatch should be mandatory for every club coach, but the fact is that in the field there are still many coaches who don't have this tool.

Furthermore, the facilities owned by the club do not meet standards, such as, the size of the field does not comply with FIFA/PSSI standards, the goals used do not meet standards and the field lines are not clearly visible, many goal nets are still missing and torn, meeting rooms are not available for all clubs. If you have, facilities like this should be available as a meeting room between players and coaches in preparation for official matches or trials. Tools and facilities are very important in the world of football. Without

good and complete tools and facilities, the training process will not run smoothly and the process of achieving achievements will also be hampered. Ideally a club must be supported by components that must be fulfilled within it, such as; club chairman, organizational structure, training program, soccer school (SSB), licensed coach, adequate tools and facilities. The existing components are directly related to the training and coaching process of a football club.

2. RESEARCH METHOD

This research aims to determine the basic technical skills of playing soccer in Batu City SSB Blue Eagle players. The subjects of this research were 65 Batu City SSB Blue Eagle players. This research is quantitative descriptive research, the research method is a survey method with data collection techniques using tests and measurements. The data obtained is in the form of test results and measurements of the skills of Batu City SSB Blue Eagle players. on basic techniquessoccer game.

3. RESEARCH RESULTS AND DISCUSSION

3.1. Research result

This research is intended to determine the level of basic technical skills for playing SSB Blue Eagle football in Batu City. After data collection was carried out, the data was tabulated, scored and analyzed, in order to obtain statistics on the level of basic technical skills for playing football for SSB Blue Eagle participants in Batu City. Description of research results from 65 football players at the level of basic technical skills in playing football for SSB Blue Eagle participants in Batu City obtained a minimum score = 27.52; maximum value = 59.63; average (mean) = 41.41; median = 42.27; mode = 41.85; standard deviation = 7.02. Description of the results of the level of basic technical skills for playing football for SSB Blue Eagle Batu City participants as follows:

Table 1 Description of Skill Level Data on Basic Football Playing Techniques Batu City SSB Blue Eagle participants.

No.	Intervals	Criteria	Frequency	Percentage
1	<34.81	Very good	7	10.76
2	40.78-34.81	Good	18	27.69
3	46.76-40.79	Enough	32	49.24
4	52.73-46.77	Not enough	4	6.15
5	>52.73	Not enough	4	6.15

Based on the table above, it can be seen that the level of basic technical skills for playing football in Batu City SSB Blue Eagle participants is in the very good category as many as 7 students or 10.76%, in the good category there are 18 students or 27.69%, in the fair category there are 18 students or 27.69%. 32 students or 49.24% and in the less category there were 4 students or 6.15% and in the very less category there were 4 students or 6.15%.

3.2. Discussion

Football is a team game, each team consists of eleven players, and one of them is a goalkeeper, the aim of the game is to put as many balls into the opponent's goal as possible and prevent opposing players from scoring goals into the defensive goal in accordance with the rules applicable in the game of football. To obtain maximum

results, a soccer player must have good soccer playing skills, with good skills that can support mastery of basic soccer techniques.

To get good soccer skills, good and effective training methods are needed. A soccer player must master several basic techniques in the game of soccer, including: kicking the ball, controlling the ball, dribbling the ball, heading the ball and winning the ball.

Based on the research results, the level of basic technical skills for playing football in Batu City SSB Blue Eagle participants were included in the very good category, 7 participants or 10.76%, 18 participants in the good category or 27.69%, 32 participants in the fair category or 49.24% and in the less than category there were 4 participants or 6.15% and in the very less category there were 4 participants or 6.15%.

From the results of the research above, it is known that some participants have sufficient skill levels. These results mean that the participants have been practicing quite well so far. Based on the researcher's observations, most of the participants trained quite well and were disciplined, some participants not only practiced during the mandatory training activities, but they also practiced outside training hours, so that increasing the intensity of training would improve their soccer playing. Meanwhile, according to research observations, participants had very little or no skills, according to research observations, the participants had high interest and enthusiasm for football, but their talent and ability to practice were still lacking. Thus, these participants are only enthusiastic about participating in training activities, but their abilities still need to be improved further. Several factors that can influence participants' basic soccer playing techniques at SSB Blue Eagle Batu City include the following:

1. The participant factor is a learning subject, so achieving the level of skill in playing soccer really depends on this factor. Participant motivation is very important to determine the results of the level of skill in playing soccer, students' understanding and activeness are very influential. Even though participants have less ability and talent, as long as their motivation is high, they will definitely practice diligently and their skills will definitely get better. It can be seen that the participants have good motivation in participating in training activities and thus this should be a driving force for improving their soccer playing skills. High motivation can be seen from extracurricular football activities, almost all students attend training activities.
2. Coach Factor In the process of training activities, a coach has a very important task. The coaches at SSB Blue Eagle Batu City are quite good at motivating people to learn the basic techniques of playing football. Trainers have an important role in training activities. A trainer is not only able to master the material but also must be able to provide the right example to his students and be a motivator for his students. Because the success of training at SSB Blue Eagle Batu City depends on the success of the trainer in managing training activities.
3. Facilities and Infrastructure Factors Physical education facilities and infrastructure needed for football training activities at school are vital. Because without the facilities and infrastructure, training activities will not run. The facilities for this training are very supportive. SSB already has football field facilities whose status belongs to SSB itself, which is located not far from the city. Other facilities that support football training activities include soccer balls, vests, stakes and cones which are still in quite good condition. These facilities are among the most important things, to facilitate the implementation of training activities at SSB Blue Eagle, Batu City.
4. Time Allocation Factor In the training process, time allocation is very important. Training activities are carried out twice a week. This intensity supports students' ability to develop children's soccer skills. Some students who feel that the intensity

of training time is insufficient, they do their own training by sparring between friends. In this case, time can be an obstacle if during training the field conditions are rainy and muddy resulting in less-than-optimal training, because of this, many students take part in soccer clubs on Sundays to develop their soccer skills. At SSB Blue Eagle Kota Batu A, football training activities are not running regularly, while at SSB Blue Eagle Kota Batu B it is going well. Based on this, several children, especially from SSB Blue Eagle, Batu A City, have poor and very poor soccer playing skills.

4. CONCLUSION

It can be concluded that the basic techniques for playing football in Batu City SSB Blue Eagle participants are in the very good category as many as 7 students or 10.76%, 18 students or 27.69% in the good category, 32 students or 49 in the fair category. 24% and in the less category there are 4 students or 6.15% and in the very less category there are 4 students or 6.15%.

5. BIBLIOGRAPHY

- Ahmad. (2021). *Pengertian Sepak Bola: Sejarah, Peraturan, Teknik Dasar, Dan Manfaat*. Jakarta: Gramedia.
- Albertus Fenanlampir dan Muhammad Muhyi Faruq. (2014). *Tes dan Pengukuran dalam Olahraga*. Yogyakarta: CV.
- Andi Offset. Anam, K. (2013). *Pengembangan Latihan Ketepatan Tendangan Dalam Sepak Bola Untuk Anak Kelompok Umur 13-14 Tahun*. *Jurnal Media Ilmu Keolahragaan Indonesia*. 3(2). 79-88. <https://journal.unnes.ac.id/nju/index.php/miki/article/view/4377>, diakses Tanggal 28 Juni 2021.
- Arikunto, Suharsimi. (2014). *Prosedur Penelitian Suatu Pendekatan Praktik*. Jakarta: Rineka Cipta.
- Arikunto, S. (2019). *Prosedur Penelitian Suatu Pendekatan Praktik*. Jakarta: Rineka Cipta.
- Bambang Prasetyo dan Lina Miftahul Jannah, (2011), *Metode Penelitian Kuantitatif, Rajawali Pers, Jakarta*.
- Bartolomeus Bramasakti Nitisastro (2016) *Pengaruh Latihan Permainan Target Terhadap Peningkatan Ketepatan Tendangan Shooting Menggunakan Punggung Kaki Peserta Ekstrakurikuler Futsal Putri Sma Negeri 1 Imogiri*. S1 thesis, Fakultas Ilmu Keolahragaan. <https://eprints.uny.ac.id/31557/>. diakses Tanggal 24 Juni 2021.
- Cipta Nugraha, Andi. (2012). *Mahir Sepakbola*. Bandung. Nuansa Cendekia.
- Creswell, John W. (2012). *Research Design Pendekatan Kualitatif, Kuantitatif, dan Mixed*. Yogyakarta: Pustaka Pelajar.
- Darmadi, Hamid. (2014). *Metode penelitian pendidikan sosial*. Bandung: Alfabet.
- Effendi, R. A., & Rhamadhansyah, F. (2017). *Peningkatan Pembelajaran Menggiring Bola Dalam Permainan Sepak Bola Menggunakan Modifikasi Bola Plastik*. *Jurnal Pendidikan Olahraga*. 6(1). 54-64. <https://journal.ikipgripta.ac.id/index.php/olahraga/article/view/574>, diakses Tanggal 24 Juni 2021.