

Futsal Game Technique Training at Yppk Santo Bernardus Middle School, Timika, Mimika Regency

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Abstract

The goal of this development research is to produce a book product of a practice model for basic futsal technical skills based on games that can benefit coaches to make it easier for them to implement training materials. This research uses the Research and Development model from Borg and Gall, which consists of ten steps in the research process. The experimental research design is in the form of the two-group pretest posttest design. The subjects in this study were students aged junior high school from YPPK ST. Bernardus Timika, consisting of 40 students with 28 training model items, and 40 students who were not given treatment. The stages in this research include: preliminary research, expert evaluation, product trials consisting of small group try-outs and field try groups, and product effectiveness tests. The effectiveness test of the model uses basic technical skills tests by comparing the control and experimental groups. The experimental group was given This was carried out by giving a pre-test before treatment and a post-test after treatment. Meanwhile, the control group was given a pre-test and post-test but was not given treatment. The comparison test between the control group and the experimental group using SPSS 16 showed passing = 0.030, controlling = 0.002, dribbling = 0.000, shooting = 0.024, or p-value < 0.05, indicating that there were significant differences in the control group and the experimental group before and after the treatment was applied. Therefore, the implementation of a game-based basic technique skills training model for futsal at SMP YPPK ST. Bernardus Timika needs to be conducted to improve students' basic technical skills.

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

INTRODUCTION

Futsal is a popular sport in the world, especially in Indonesia. This game is very popular and played by all groups, both young and old, men and women, rich and poor and even village children who are far from the hustle and bustle of the city are very fond of football. It can be said that football is a popular sport. Futsal is currently very complex and has entered the industrial era. Today Futsal is one of the most interesting issues to study because Futsal has become a necessity and part of society, especially in Indonesia. Supporters and Futsal are something that cannot be separated, where there is Futsal there are also supporters, regardless of old, young, or children. Their love for the Futsal team they support has changed the normal human mind. Various attributes such as shirts, flags, or banners with various colors of greatness red, green, or blue have become their symbols and identities. The presence of supporters for the Futsal team is certainly very much expected. The presence of supporters becomes so meaningful and becomes an important element in Futsal matches when the "touch" of industry begins to enter it, such as matches that bring together big teams will certainly increase the broadcasting

rights rating because the enthusiasm of the audience is very high, besides that the sale of merchandise or knick-knacks is also a fairly promising business for certain groups, for example the sale of t-shirts, scarves, hats and so on. There is also another side that often makes another spectacle in football, namely the creativity of supporters in singing cheers or harmonious choreography.

Futsal needs supporters so that Futsal can continue to run, where supporters who come to support not only provide moral injections, but supporters also provide financial support, such as buying tickets to watch football live in the stadium, buying club merchandise and becoming consumers of sponsors who have supported the running of Futsal competitions in Indonesia. Through the many people who like futsal because sometimes some people think that futsal is football even though it is different in terms of the number of players and the rules. But nowadays children and adults prefer futsal because basically this sport is very easy to find and even used as a business area and is very profitable.

As we see now in schools, students are more inclined towards futsal games because now

it is a sport that is easy to find and play. They are also motivated because of the frequent futsal championships held by the government and even groups and associations so that they are more inclined towards futsal games.

However, there are also obstacles when they play futsal but are still lacking in mastering the techniques of futsal itself. Therefore, more coaching is needed to train children of this age in developing their interests and talents in playing futsal.

This training activity on futsal playing techniques aims to provide knowledge and skills to students to know about techniques in futsal playing.

To solve the problems raised above, the activities that will be carried out are to provide direct training on futsal playing techniques at YPPK St. Bernardus Timika Middle School, Mimika Regency.

1.1 History of the Futsal Game

Futsal is a type of indoor soccer played by two teams of five players each. The goal is to get the ball into the opponent's goal, by manipulating the ball with the feet. In addition to the five main players, each team is also allowed to have reserve players. Unlike other indoor soccer games, the futsal field is limited by lines, not a net or boards.

Futsal is also known by various other names. The term "futsal" is the international term, derived from the Spanish or Portuguese words, *futbol* (football) and *sala* (indoor).

Futsal was popularized in Montevideo, Uruguay in 1930, by Juan Carlos Ceriani. The uniqueness of futsal gained attention throughout South America, especially in Brazil. The skills developed in this game can be seen in the world-famous style displayed by Brazilian players outdoors, on regular-sized fields. Pele, Brazil's most famous star, for example, developed his talents in futsal. While Brazil continues to be the center of world futsal, the game is now played under the auspices of the *Fédération Internationale de Football Association* throughout the world, from Europe to Central and North America as well as Africa, Asia, and Oceania.

The first international competition was held in 1965, with Paraguay winning the first South American Cup. Six more South American Cups were held until 1979, with Brazil winning all of them. Brazil continued their dominance by winning the first Pan American Cup in 1980 and again in 1984.

The first Futsal World Championship was held under the auspices of FIFUSA (before its members merged into FIFA in 1989) in Sao Paulo, Brazil, in 1982, finishing with Brazil in first place. Brazil repeated their victory at the second World Championship in 1985 in Spain, but suffered defeat to Paraguay at the third World Championship in 1988 in Australia.

The first international futsal match was held in the US in December 1985, at Sonoma State University in Rohnert Park, California.

Meanwhile, futsal games entered Indonesia in 1998-1999. However, it was only in the 2000s that futsal began to be introduced to the Indonesian people. Then in 2002, AFC asked Indonesia to hold the Asian Cup championship.

In Indonesia, futsal is an inseparable part of PSSI (All Indonesia Football Association). Futsal used to be under the auspices of BFN (National Futsal Agency), an agency that has built and developed futsal in Indonesia.

However, in 2014, BFN was no longer the body responsible for futsal in Indonesia, but instead a new association was formed called the Indonesian Futsal Association (AFI). However, AFI is still under PSSI.

AFI has the same task as BFN, which is to build and develop futsal in Indonesia. AFI also continues the league that has been formed by BFN since 2006.

The league, which was originally called the Indonesian Futsal League (IFL), changed to the Futsal Super League (FSL) and has now been renamed the Pro Futsal League (PFL).

In addition to holding professional leagues, AFI also holds amateur leagues in each region, student leagues and student leagues. The league was held with the

intention of being a coaching program for futsal athletes who will later be projected to a higher level.

1.2. Referees and Match Officials

The referee is the highest judge in a futsal match. A referee has full authority to enforce the rules or laws that apply to the match. In futsal led by 2 Referees consisting of referee one or the main referee and referee 2 as an assistant referee.

The first referee's task is to enforce the rules of the futsal game. Has the right to decide whether the match can be continued or not. Supervises whether the players make mistakes or not. If a goal occurs, the referee is also responsible for recording the results as a report to the match committee. Ensures that every ball used meets the requirements. Ensures that the player's equipment meets the requirements. Stops the game if there are various external disturbances.

The second referee's duties are to assist the main referee during the match. Replace the main referee if he/she is injured in the middle of the match.

In addition, there is an additional referee, aka the third referee, who serves as a timekeeper and replaces the second referee if he is absent. In addition to recording the time, the third referee is also tasked with recording the numbers and names of the players who score each goal. In addition, the third referee is also tasked with providing information about the futsal game to the referee who asks for his consideration.

The target audience of the training on futsal game techniques at SMP YPPK ST. Bernardus Timika, Mimika Regency The selection of this target audience group is based on the consideration that this Physical Education Teacher has a very important role and can be expected to be able to apply futsal game techniques properly and correctly. In addition, so that futsal sports observers in this case are students can know the techniques so that they can minimize problems that often occur.

The implementing institution of this Community Service Program is LPPM STKIP Hermon Timika. While the target audience is students of YPPK ST. Bernardus

Timika Middle School and the general public as sports observers. Community service activities through futsal game technique training involving the Physical Education Study Program of STKIP Hermon Timika. While LPPM STKIP Hermon Timika will assist in human resources (HR) in particular.

With this activity, it is hoped that in the future STKIP Hermon Timika will be able to expand cooperation in the field of sports, and provide opportunities/vehicles to carry out community service, through the application of Sports Science and Technology.

Based on the analysis of the situation and problems faced, lecturers as implementers of Community Service (PKM) and training staff and assisted by 1 lecturer who is an expert in Futsal coaches and referees and students who will provide a solution to the importance of knowing Futsal Technique Training at YPPK ST. Bernardus Junior High School, Timika, Mimika Regency.

The target for implementing community service is

- 1) A total of 31 participants took part in the Futsal technical training at YPPK ST. Bernardus Timika Middle School, Mimika Regency.
- 2) The community service activities carried out were training to improve participants' understanding of techniques and how to play futsal well.
- 3) This training will be useful for participants because they can learn the techniques in playing futsal as a basis.
- 4) This training will be useful because participants will find it easier to develop their interests and talents through futsal games.

The output of the implementation of the community service program in the Futsal Game Technique Training at YPPK ST. Bernardus Timika Middle School, Mimika Regency is:

- 1) Scientific publications in national journals;
- 2) Publishing publications on online media,

- 3) Providing training on how to perform futsal techniques properly and correctly
- 4) Popularizing sports and getting the community involved in sports.
- 5) Publish on other social media.

IMPLEMENTATION METHOD

The methods implemented in this activity are lecture methods, discussion exercises and demonstration methods.

Evaluation is carried out at the end of the activity; the evaluation is in the form of a test of correct futsal playing techniques.

This activity was carried out at YPPK ST. Bernardus Timika Middle School based on the agreement from the school.

Program implementation schedule in March 2025

No	Kegiatan	Minggu 1	Minggu 2			Ket
			Hari 1	Hari 2	Hari 3	
1	Observasi	√				
2	Kegiatan Pelatihan Teknik		√	√		
3	Laporan Kegiatan				√	

RESULTS AND DISCUSSION

This community service activity was carried out in 2 stages, the first stage was socialization using the lecture method and one of the community service teams as a speaker. The second stage was direct practice by a team consisting of two special members of the Community Service Team in practicing in the field directly related to futsal game techniques for students of YPPK ST. Bernardus Timika Middle School.

Hari/Tanggal	Waktu	Kegiatan	Pelaksana / Penanggung Jawab
Jum'at 21/3/2025	08:00 – 08.30	Registrasi	Tim Pengabdian
	08:30 – 09:00	Peserta Memasuki Ruangan kelas	Tim Pengabdian
Tahap 1	09.00-10.00	Materi Sejarah Futsal & Perkembangan Futsal di Indonesia	Tim Pengabdian
	10.00-12.00	Materi Teknik Permainan Futsal	Jhon Citro Trisakti.M.Pd
Tahap 2 Sabtu, 22/3/2025	12.00	ISTRAHAT	Tim Pengabdian
	08.00-09.00	Pemanasan Dilapangan	Tim Pengabdian
	09.00-10.30	Praktek Teknik Permainan Futsal	Tim Pengabdian
	10.30-10.45	ISTRAHAT	Tim Pengabdian
	10.45-12.00	Praktek Latihan Teknik Permainan Futsal	Tim Pengabdian

This service was carried out directly at YPPK ST. Bernardus Timika Middle School, Mimika Regency. This activity was carried out starting from observation activities, training for 2 days and continuing to the processing of results. This activity was very well responded by the school because the school also has a Futsal extracurricular so they really hope that their students will be equipped with futsal game techniques. Then in its implementation also involved several lecturers who understand about futsal games where the speakers were themselves. In addition to the lecturers, there were also teachers who came as extracurricular companions and also the student affairs department who directly monitored the training process that we did.



Figure 1.1 Activity of presenting material related to basic techniques in futsal.



Figure 1.2 Practical training activities for basic futsal game techniques.

CONCLUSION

1. Producing a final product in the form of a basic futsal technique skills training model based on a game for YPPK ST. Bernardus Timika Middle School, Mimika Regency, consisting of 28 basic technique training model items.
2. The basic futsal technique skills training model for YPPK ST. Bernardus Timika Middle School, Mimika Regency can increase enthusiasm and prevent student boredom in training because the training model varies so that the training process does not run monotonously and boringly.

SUGGESTION

With this Community Service activity, it is hoped that partners can improve basic futsal training to improve students' understanding of playing techniques.

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