

# The Development of Basic Technical Skills Training Playing Soccer Model Soccer School

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**Abstract---** *This study aims to produce the product "Development of Basic Technical Skills Training Models Playing Soccer Tabing Padang Football School Students" which can be used by students or athletes under the age of 14 years. The research method used is research and development. This is indicated from several assessments that have been carried out by material experts, media experts, trainers and group trials. The final results of the product assessment by the material experts showed that the learning module was declared "feasible" with a percentage of 84.89%. and the final results of the product evaluation by the media experts showed "feasible" with a percentage of 87.96% and the final results of the product evaluation by the SSB trainers showed "feasible" with a percentage of 85.16%. In the results of the small group trial the results obtained were "feasible" with a percentage of 88.44%, and the results large group trials obtained "decent" results with a percentage of 87.64%. Based on the results of small group trials and large group trials or field trials as well as model effectiveness tests, it is known that the product model of basic soccer skill training developed in this study is considered to meet the requirements and is effective for socializing and applying in soccer practice, so that books and video products are feasible used for ages 13-14 years.*

**Keywords---** *Basic Football Techniques, Age 13-14 Years Old.*

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## I. BACKGROUND OF STUDY

Football is a magnet in today's global life. Football is not merely a sport, but has become entertainment and even football is a lucrative business. Football is a sport that has been popular and is popular throughout Indonesia. Fans both male and female even to the elderly though. Football is a game that requires a lot of energy, skills in the field stimulate enthusiasm, while providing excitement through togetherness in a team. In football there are various basic techniques of playing football, basic techniques are fundamental that must be mastered by all players in order to play football skillfully based on multilateral movement abilities.

From observational data conducted by researchers in the field in January 2011 through a tape recorder (Polosin method) in playing for 30 minutes of five players taken at random, the defect ratio / error rate is as follows: 1) dribbling 41%, 2) short passing : 35%, 54% medium passing and 75% far passing, 3) 70% shooting. Based on observations in the field that, the basic techniques which are important elements in the game of football, have not been well trained in the Padang Tabing PSTS Soccer School. During the training process there is no correction or improvement to the players who make mistakes but the players immediately stopped, so that the players there is no change and improvement in their appearance. Each type of technique taught must be followed by a consistent and ongoing training program so that the technique can be mastered and turned into a skill, namely the ability to use

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game techniques that can be used in every condition and obstacle that exists in each match [1].

Teaching and training techniques developed by the USA Football Federation:

- a. Fundamental Stage: No pressure from opponent, begin at slow speed and work towards execution at top speed, reduced strength and power.
- b. Match Related: Introduce pressure of an opponent, incrementally add pressure based upon the player's level of success
- c. Match conditions: All restrictions taken off the opponents, does not have to be 11 v 11 or an even numbered exercise, important of small-sides games for technical training.

Table 1: Progress in General for Teaching Techniques [2]

GENERAL PROGRESSION FOR TEACHING TECHNIQUE		
Fundamental	Match Related	Match Conditions
<ul style="list-style-type: none"> <li>• No pressure of opponent</li> <li>• Move from slow speed to top speed</li> <li>• Reduced strength &amp; power</li> <li>• Concentrate on form and execution</li> </ul>	<ul style="list-style-type: none"> <li>• Introduce pressure of opponent                             <ul style="list-style-type: none"> <li>- First as shadow</li> <li>- Incrementally adding pressure</li> <li>- Finally live pressure</li> </ul> </li> <li>• Pressure of time and space</li> </ul>	<ul style="list-style-type: none"> <li>• No restrictions on opponents</li> <li>• Game creates problems for players</li> <li>• Can be small sided</li> <li>• Does not need to be 11v11</li> <li>• Play to goals</li> </ul>

Associated with the techniques shown starting from basic training and continued with the skills or games that are played then the technical training is continued in the form of games with the same number of players.

AFC also developed a training model based on: Technical practice, (technical practice) and technical practice training (skill practice) and continued with the form of small field games with the same number of players (small-sides games). The above model has been socialized in every seminar and training course organized by FIFA, AFC, AFF and National itself with the terms fundamental, game related and game situation. The understanding is that each training technique starts with a basic training technique and continues in the form of simplified play then continues into the play situation.

## II. RESEARCH OBJECTIVES

Research and development is a method that can be used to overcome the gap between basic research and applied research [3]. Often there are gaps between theoretical basic research results and practical applied research results. This gap can be overcome by research and development.

Research and development or lit-bang (English: Research and Development, R and D, or R&D) are research and development activities, and have commercial interests in relation to pure scientific research and applicative development in the field of technology [4].

### **1. Dribbling**

The game of football in its development continues to be accepted and favored by all levels of society, and has long been entered into schools through curriculum activities. Football game is a sport that is done by many people (for example), interesting, easy to do, fun and inexpensive. Through the activities of the game of football can be developed overall organic, neoromuscular, intellectual and emotional abilities.

The basic technique of playing soccer is movements without the ball and with the ball needed to play soccer. While football skills are the application of basic techniques to play soccer in playing football [5]. Basic motion activities in football play in the form of mastery of basic techniques which are divided into several basic techniques, namely: kicking, holding the ball, dribbling, hoaxing, heading the ball, seizing the ball , throw-in, guarding the goal. Basic movement techniques will develop towards complex further movements [7].

### **2. Passing**

The passing technique in soccer is the most important part. If a player does not have a good passing technique, then it is difficult for that player to become a top player. Almost every team gets a victory creating goals with passing. In addition, passing techniques in the effort of passing the ball to a friend are the dominant things used in order to control the ball so as not to be captured by the opposing team. The purpose of passing the ball: (1) to give the ball to a friend or pass the ball, (2) in an attempt to put the ball into the opponent's goal, (3) to revive the ball after an offense such as a free kick, corner kick, penalty kick, goal kick and so on, ( 4) to do clearing (clearing) by sweeping a dangerous ball in his own area or in an effort to stem the opponent's attack on his own defense area.

### **3. Shooting**

A soccer player crosses in front of the goal. His team rushed to the passing line. He brings the ball under control but the ball can be defended all over his body. He dribbled the ball fast and saw an opportunity. He shoots the ball, and heads to the corner of the goal. Goal scored!

When your team scores against everyone's opponents feel great, and the audience cheers. Scoring goals is the best part of a soccer game. The audience wants to stay up all night waiting for the action of the star players through the television screen. Star players like Leonel Mesi, (Barcelona) Cristian Ronaldo, (Juventus) are players who have dribbling and shooting skills. The game is very bland if there is no goal in a match.

### **4. Heading**

The head can be used effectively to steer the ball in the air. If done correctly, this technique will not hurt the player. Header techniques like this can be used to pass the ball to other players or direct the ball to the goal.

Heading the ball in a match can be used to: (1) put the ball in the opponent's goal, (2) give the ball to a friend or pass the ball, (3) throw the ball or keep the ball away from the defense area.

The principles of heading a ball are; (1) run to pick up the ball and look at the ball, (2) the neck muscles are strengthened, the chin is pulled to the neck, (3) use the forehead, (4) the body pulls back curved at the waist area, (5) when heading fixed mats open the clan always following the direction of the ball and where the ball is directed.

### **5. Control**

Holding and controlling the ball in playing football is an attempt to control the ball completely. Thus the ball will be played, then both in an effort to arrange attacks as well as in building batik attacks. So the act of controlling the ball is a preliminary activity before the following activities such as dribbling, passing or shooting. The technique of controlling the ball in the development of modern football is an initial attempt at success for a player to continue the next activity. If a player does not have a good first touch, then it is difficult for that player to continue with the next activity.

### **6. Thrown in**

Throwing a ball is one technique that every player needs to master. The technique of throwing a ball is an attempt to revive the side lines

The general objective of the study, which focuses on developing models in research and development (R&D), is to produce a model of basic skills training in playing football SSB students aged 13-14 years. The training model will assist SSB trainers in applying training material to improve their technical skills. Besides that, some specific research objectives were formulated to:

1. Produce a draft model of basic skills training in playing football SSB PSTS students Padang City KU 13-14 years.
2. Producing a basic training model product playing football SSB PSTS Tabing Padang City students KU 13-14 years.
3. Test the effectiveness of the basic skills training model playing football SSB PSTS Tabing Padang City students KU 13-14 years.

The main purpose of R&D is agreed to review or formulate theories, published to produce effective products for the regularity of associations, football games, SSB aged 13-14 years.

## **III. METHODOLOGY**

The research method used is research and development. This is indicated from several assessments that have been carried out by material experts, media experts, trainers and group trials. This research study was exercised at Playing Soccer Tabing Padang Football School Students in Padang West Sumatera . This research applied stratified simple random sampling to determine the population samples. 30 students of Year 13 to Year 14 from the school.

This study aims to: (1) Produce a design model of basic soccer training techniques for SSB students (2) Produce a product of the basic technical training model playing football SSB students, (3) Test the effectiveness of the basic technical training model playing football SSB students. The steps undertaken for this study consisted of 4 stages (1) Preliminary Study in the form of needs analysis (2) Planning the development of learning models (3) trials, expert evaluations, and product revisions, and (4) implementation of the model.

Data in this development activity was obtained at the time of needs analysis, expert validation and trials, in the form of qualitative data (observations and suggestions / expert input) and quantitative data (questionnaire results and product trial results).

#### IV. FINDINGS

Qualitative data from the results of the development of this basic football technical training model are analyzed at the time the data collection takes place and after the completion of data collection within a certain time, by means of the data summarized to choose the main and important things, then the data is presented so that it is easy to understand what is happening and planning further work, then drawing conclusions and verification which are new findings in the form of descriptions. Quantitative data obtained from the results of the questionnaire and analysis using descriptive analysis techniques with percentages. While the data on the results of basic football technical tests were analyzed by t-test.

Table 2: Result Validity of the Development of Basic Technical Training

Categorical	Result %	Attachment Inform
Coaches SBB	85,16	
Learning Media Expert	86,74	
Soccoer Coaches Profesional	84,89	

While suggestions for developing basic technical skills training models playing football in group 30 field trials they also asked for more games because it had become a habit. Based on observations in this field trial, some field notes were obtained, among others initially when doing exercises on their fundamentals was a bit boring, but entering the game related, fun game and game situation stages they were very enthusiastic about doing so.

#### V. DISCUSSION

Based on the results of the development of the basic technical skills training model playing football, it is necessary to put forward some suggestions by researchers in connection with the products produced namely; (1) Suggestion of Utilization if the model of basic technical skills training playing football will be utilized in training activities in each SSB, the SSB management is expected to provide facilities that are in accordance with the requirements for the smooth process in basic technical training; (2) Dissemination recommendations before being disseminated to broader targets, this guide book and video model of basic soccer skill training exercises need to be produced even more, so that later more soccer coaches / instructors can understand it and are able to master how to practice technical skills the basis of playing good football; (3) Suggestions Further development is expected of researchers who wish to develop models of soccer practice and are expected to develop more innovative and creative models according to the level of need.

#### VI. CONCLUSION

The conclusions of the results of the development of the basic technical skills training model of playing football are as follows: (1) Based on the findings of the preliminary study, the product design of the basic technical training model for the SSB students has been produced. The design of the basic technical training model of playing football is generally compiled based on training principles and training methodologies, ranging from simple technical training, in fundamentals, proceed to game related and fun games, ending with game situation; (2) Based on the validation of the experts and the results of the trial, a product of a basic technical skills training model for playing football for SSB students as a whole is very suitable for the process of training the basic technical skills of playing football for SSB students; (3) Based on the results of the test of the effectiveness of the model, it has been proven

empirically that the product in the form of a basic technical skills training model playing football for SSB students has very good effectiveness and has a high level of meaningfulness.

So that SSB students can perform basic technical skills movements playing football correctly and synchronize, then in the delivery of training material on the product models of basic soccer skill training models are carried out: (1) begins with fundamentals containing basic technical movements starting from simple movements to complex movements according to the needs of basic techniques in actual play. (2) after the basic techniques are mastered in the fundamental form it is continued to the form of related games and fun games where the basic techniques that were trained were applied in the form of playing with a small number of opponents, or continued with the form of fun games in order to generate excitement in training in addition to increasing the speed of taking decision. (3) the next level of practice is presented in a game situation where the basic technical skills that have been applied in the simplified play in the game are related, so now students are confronted with the real play by staying focused on what is being trained during fundamental and game related or fun games.

This development product is a basic skills training model for children aged 13-14 Padang City PSTS Soccer School, to improve the technical skills of dribbling, passing and shooting the ball into the goal. In utilizing it, it is very necessary to consider, necessary and infrastructure.

Before giving training on basic technical skills to play soccer for students in the age group 13-14, they can see and learn the skills of dribbling, passing and shooting the ball into the goal, so that students are able to master the basic technical skills training model in playing football well.

In developing this research towards better, researchers have several suggestions, as follows:

- a. For models used on products, students with better motor skills should be chosen, so that the examples of movements in dribbling, passing and shooting exercises are more perfect.
- b. The results of the development of a basic technical skills training model for footballers aged 13-14 PSTS Soccer School with dribbling, passing and shooting technical skills can be disseminated throughout soccer schools in Indonesia.

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