

Basic Soccer Skills: A Cross Sectional Study on Junior High School Students

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ABSTRACT

The level of mastery of basic soccer techniques of junior high school students has yet to be discovered. This study aims to determine how much mastery of basic soccer techniques of football students of SMP Negeri 1 Kolaka. Methods: The methodology used is a survey method with a cross-sectional type. The dribbling test has a mean value of 49.99 with a very poor category, namely as many as 18 students with a percentage of 45%; shooting tests with a mean value of 50.00 with a very poor category, namely as many as 21 students with a percentage of 52.5%, passing-control with a mean value of 50.00 with a very poor category, namely as many as 15 students with a percentage of 37.5%, and heading tests with a mean value of 50.00 with a very good category, namely as many as 17 students with a percentage of 42.5%. The mastery of basic soccer techniques of SMP Negeri 1 Kolaka students is an average value of 200.00, with a percentage value of 52.5% or as many as 21 students in the good category. Knowing the mastery of basic soccer techniques of students is used as a data bank to conduct further research.

Keywords: evaluation; CIPP model; managerial implementation; independent curriculum; physical education

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INTRODUCTION

Football is one of the sports that are popular and favoured by people in the world. This can be seen from the rapid development of soccer sports with the enthusiasm of the people who do soccer sports, children, adolescents, and even adults. This sport is included in big ball games played in teams and relies on team solidity (Pfaffmann et al., 2016).

Football is a team game where each player must work together and be compact to produce a victory. Anyone, from children to adults, can play soccer (Morgans et al., 2014). This sport does not look at gender in terms of the game; this is shown in the development of football today, which has given birth to many female football athletes who are quite reliable and professional women's football teams worldwide.

Soccer is a very famous sport in the world. In a match, this football is played by two opposing teams, each aiming to create goals against the opponent's goal. Each team consists of eleven players, also called a team (Adi & Andiana, 2020). Must have good basic techniques if you want to play football well. When soccer players have good



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basic techniques, they can play soccer well, too. Soccer players must be able to master basic techniques. Several basic techniques include heading, kicking, controlling, dribbling, throwing in, and goalkeeping.

Football is a material that is applied in physical education classes in junior high school. The results of the researcher's search at SMP Negeri 1 Kolaka show that something needs to be definite about mastering the basic techniques of the students' soccer game. Further interviews with PE teachers at the school stated that no detailed measurements of students' mastery of basic soccer techniques have ever been made because the teacher considers it unnecessary.

Departing from the results of observations at the school, the mastery of basic soccer techniques by students should be an important thing and should become the focus of teachers to train motion tasks in soccer games. This is in line with what Gazali (2016) said, that the importance of mastering the basic techniques of playing soccer in elementary schools as a description of the level of ability and skills possessed is for the enrichment of student motion, including, in this case, the game of soccer. To master the basic technical skills of playing football, students must practice correctly and continuously on all the factors that determine or influence the mastery of the basic technical skills of playing football. Furthermore, Fajar & Widodo (2016) stated the importance of mastering basic techniques in football, especially in early childhood; then a test and measurement are needed to know how much the athlete learning progress towards mastery of basic soccer techniques and their ability to apply these techniques into the game (playing ability) that has been mastered during the learning or development stage.

Departing from the problems found at school and the arguments of previous researchers related to the importance of knowing the mastery of basic soccer techniques of students, the researcher is interested in raising these issues to be studied at SMP Negeri 1 Kolaka students.

LITERATURE REVIEW

The Nature of Soccer Game

Movement skills are the quality of movement. The main determinant of success is the movement itself, which pays attention to perception and decision-making related to the selected skills. Football skills are a series of factors in the form of skill qualities a player requires. To have good football skills, players must be equipped with good basic techniques because players who have good basic techniques tend to be able to play good football, too (Atiq et al., 2017).

Basic Soccer Techniques

Passing in football can be understood by two things, namely controlling the ball and controlling the game. Here's the explanation. Controlling the ball means dribbling and controlling it so the opponent does not take it over. Generally, players who excel in controlling the ball are central midfielders with the trick of controlling the ball as long as possible while looking for gaps to pass to other players to create opportunities (Power et al., 2017).

Dribbling is one of the basic techniques in football, namely dribbling. Football games become more interesting when players can control the ball well through individual dribbling actions. Dribbling in a football game aims to pass opponents,

approach the opponent's defence area, break free from the opponent's control, score goals, and pass through free areas (Russell et al., 2010).

Heading the ball is essentially playing the ball with the head. The goal of heading the ball in a soccer game is to pass, score goals and break the opponent's attack. Regarding body position, heading the ball can be done while standing, jumping, and jumping (Spiotta et al., 2012).

Shooting every player can get the opportunity to create goals by shooting the ball. A hard kick to score a goal in a soccer game is called shooting. The basic skills that soccer players must possess to develop to kick goals are kicking hard and accurately (Gardasevic & Bjelica, 2019).

METHODS AND MATERIALS

This research approach is quantitative descriptive. The purpose of descriptive research is to solve problems systematically and factually regarding the facts and properties of the population. The method used in this research is a survey method with a cross-sectional type, namely analyzing variables at one specific time in this study, such as the level of basic football technical skills. This study's population were all class VIII A & B students consisting of 2 classes totalling 40 students at SMP Negeri 1 Kolaka. The sample used in this study was total sampling, which is the same population as the sample, so the number of students in this study amounted to 40.

Data collection techniques using a soccer performance test instrument adopted from (Atiq et al., 2017). To determine the ability or level of basic soccer skills possessed by students. This skill test includes passing, dribbling, shooting, and heading. Data analysis or data classification is an important step in research. This descriptive study aims to describe the reality of the level of basic soccer skills of SMP Negeri 1 Kolaka students. The data analysis technique used is descriptive statistics, which is used to collect, present, and determine values.

Furthermore, it is used in discussing the problem by referring to the standard basic skills of playing soccer that have been determined. The data obtained for each test item is rough data from the results of each item achieved by students. Then, these results are converted into values by consulting the data from each test item achieved by students with predetermined categories; categorization is grouped into five categories (very good, good, medium, less, very less).

RESULTS AND DISCUSSION

The four test items describe the level of basic soccer technical skills. The rough data obtained is converted into a t-score value, and then all test items converted into t-score values are summed up to categorize the research results into very good, good, sufficient, less, and very less. To determine these categories, first calculate the mean. The descriptive data of the mean, standard deviation, largest t-score and smallest t-score of the basic soccer skill level test can be seen in Table 1. below. The categorization of the basic football technical skills of SMP Negeri 1 Kolaka can be seen in Table 1 below.

Table 1. Frequency Distribution of Skill Level Basic Soccer Techniques

Score Range	Category	Frequency	Percentage
201,5 < X	Very good	22	

200,5 – 201,5	Good	0	0
199,5 – 200,5	Medium	0	2,5
198,5 – 199,5	Less	1	2,5
X < 198, 5	Very Less	17	42,5

Based on Table 1. above, it can be explained that the level of basic soccer skills of SMP Negeri 1 Kolaka students is as follows: very good category of 52.5% (21 students), good category of 0% (0 students), sufficient category of 2.5% (1 student), less category of 2.5% (1 student), and very less category of 42.5% (17 students). Based on the above results, it can be concluded that the basic soccer technical skills of SMP Negeri 1 Kolaka students, namely with a mean value of 200.00, are included in the very good category with a percentage value of 52.5% or as many as 21 students. This can be clarified by the following Figure 1 histogram.

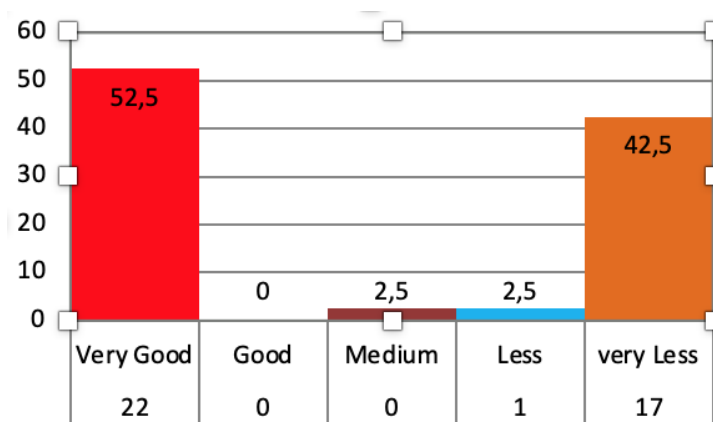


Figure 1. Histogram of Soccer Basic Technique Skill Level Score

DISCUSSION

Based on the data obtained from the test of the level of basic soccer skills at SMP Negeri 1 Kolaka students, namely with an average value of 200 included in the very good category. Of the four test items on the level of basic soccer technical skills in SMP Negeri 1 Kolaka students, the dribbling test is the lowest test with a mean value of 50.00 with a very poor category, namely 18 students with a percentage of 45%. The test kicking the ball to the target with a mean value of 50.02 with a very poor category, namely as many as 21 students with a percentage of 52.5%, and the soccer test and holding the ball with a mean value of 50.05 with a very poor category, namely as many as 15 students with a percentage of 37.5%. As for the test to play the ball with the head, it is the second highest test result after soccer and holds the ball test with a mean value of 50.03 with a very good category, namely 17 students with a percentage of 42.5%.

These results can be due to the schedule of PE lessons only once a week, which causes the portion of practising football to be relatively small. In addition, it can also be caused by low student participation and motivation and the teacher's absence from a planned training program. Besides that, the characteristics of the respondents will also be very influential, seeing from the raw data collection test in the field, where the respondents in this study were 15 women with a percentage level of 37.5% and 25 male respondents with a percentage level of 62.5%.

Based on the results of this study, to increase the level of basic technical skills in playing soccer, students need to practice regularly outside of physical education subjects. In addition, students are also encouraged to practice individually, for example, by bouncing the ball against the wall and holding the ball (juggling). The more often students practice and play soccer, of course, the more they will have an impact on improving their basic technical skills. Teachers must also create a programmed training menu in PE subjects, such as basic technical exercises for playing soccer. All of this is expected so that in the future, SMP Negeri 1 Kolaka students can participate in special student championships to boast the school's name.

This research is in line with research conducted by Putra & Hariyanto (2020). The results showed that the basic soccer skills of the Ngunut Tulungagung U17 academy players had a moderate/sufficient category. So, the ability of basic soccer techniques in Arema Ngunut Tulungagung Academy players has an average ability in the medium category, similar to Taufiqurriza (2012), which examines the improvement of Basic Skills of Soccer Games in Elementary School Students. The results showed that the level of basic skills of soccer games for male students in grades IV, V, and VI of SD Negeri 2 Bandungharjo was 27.78% in the poor category, 61.11% in the moderate category and 11.11% in the good category. The conclusion is that the level of basic skills of soccer games in male students in grades IV, V, and VI of SD Negeri 2 Bandungharjo is in the moderate category.

Quitério et al. (2018) explain that in football, you must master the techniques that can help you play well and practice in a directed manner. Basic techniques are needed when running around, breaking and turning, and protecting the ball if a friend stands free". The basic technique of playing football is one of the foundations for a player to be able to play football. Basic techniques in the game that must be mastered properly by soccer players include kicking, dribbling, controlling, heading, and stopping the ball.

Discussion is an important part of writing IMRAD articles. The discussion's writing pattern differs from the results or data, which are more descriptive. The level of discussion is higher than the result, namely, with an analysis that contains a certain logic. Thus, the discussion or analysis writing model is different from the results.

CONCLUSION

After analyzing the research data regarding basic technical soccer skills at SMP Negeri 1 Kolaka, several conclusions can be drawn based on the basic technical skill level test. It is known that of the four test items on the level of basic soccer technical skills in SMP Negeri 1 Kolaka students, the dribbling test is the lowest test with a mean value of 50.00 with a very poor category, namely 18 students with a percentage of 45%. For the test kicking the ball to the target with a mean value of 50.02 with a very poor category, namely 21 students with a percentage of 52.5%, and the soccer test and holding the ball with a mean value of 50.05 with a very poor category, namely 15 students with a percentage of 37.5%. As for the test to play the ball with the head is the second highest test result after the soccer and ball resistance test with a mean value of 50.03 with a very good category, namely 17 students with a percentage of 42.5%. So, it can be concluded from the test of the level of basic soccer technical skills in SMP Negeri 1 Kolaka students, namely the average value of 200.00, with a percentage value of 52.5% or as many as 21 students in the very good category.

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CONFLICT OF INTEREST

All authors declare no conflict of interest in this manuscript.

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