



# Description of the Basic Technical Skills of Junior Football Players' Passing-Control and Shooting

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## ABSTRACT

The ability to take free kicks is owned by every soccer player, as are passing and control abilities. Mastery of these two techniques is very important for a soccer player. This study aims to describe the ability to do free kicks and control passing. The research method used is a survey and is descriptive research. The sample is 15 football athletes at the Mensemat club in Sambar Regency, West Kalimantan. Athletes are given control-passing tests and free calm tests. The data were analysed with descriptive statistics. The results showed that the ability to do free kicks and control passing was still 6% in the bad category; the rest were good or very good. Meanwhile, there are still 13% of free kick abilities in the bad category, and the rest are good or very good.

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## INTRODUCTION

In playing soccer, players are required to be able to master several technical abilities, including basic passing techniques, basic control techniques, and basic shooting techniques. Passing is a kick that aims to pass the ball to friends in a team to cooperate in playing football games (Putranto & Andriadi, 2019). Meanwhile, stopping or controlling is a method used by players to control or stop the ball (Muhammad Sidik et al., 2021). Then (Idrus, 2019) stated that shooting is a kick towards the opponent's goal that aims to create goal opportunities. From the three basic techniques found by the experts above, it can be concluded that the three basic techniques are very important and interconnected to play good football.



Of course, training is needed to achieve good basic technical skills. There are many ways to practise basic technical skills. According to Dwi Prasetya and Nurjamal (2020) and Al Anshar (2018), the drill method can improve the learning outcomes of basic passing and control techniques in football. Unlike what was stated (Basri, 2016), the drill method can also improve skills in kicking the ball with the inside of the foot by using the repetition method (drill). According to the statements of the experts, training using the drill method can improve passing abilities and kicking skills with the inside of the foot.

To achieve good basic control techniques, there are many ways to practise control skills. According to Rifandi et al. (2019), cooperative learning of the NHT type can be used as an alternative learning method to help improve learning outcomes in passing and control. According to Dwi Prasetya and Nurjamal (2020), learning the drill method has a significant influence on learning outcomes in passing and control. Training using the drill method can be used as an alternative to improve the quality of passing and control. The drill method can also help someone have calm, accurate passing, and precise control. According to Farabi (2018), giving treatment using a tactical approach can improve learning outcomes that have high success rates regarding basic movement control. According to Muhammad Sidik et al. (2021) four wicket exercises can have a significant effect on the basic movement of passing-stopping, and this exercise can also provide better changes after training is given.

Based on the description above, it can be concluded that there are many ways to train football control abilities. NHT-type cooperative learning, drill method learning, tactical approach, and four-goal exercises are very effective for improving control skills. To achieve good basic shooting technique skills, there are several ways to practise basic shooting technique skills, as follows: According to Muhammad Zaki and Dewi Maya Sari (2021), the application of the drill teaching style in the approach to playing football can improve shooting skills in soccer games. According to Nurfalah et al. (2016), imagery training can have an effect on improving the quality of shooting in football. According to Juditya & Aprilia (2018), there are differences between jigsaw models based on animated media and the basic movement skills of shooting in football. Based on the above study, it can be concluded that the application of the drill teaching style, the influence of imagery training, and the jigsaw model based on animation media are very necessary to support the ability of basic shooting techniques in football.

The problem that arises is that there are still many players who are less effective in carrying out the basic techniques of passing control and shooting, so to differentiate passing control and shooting abilities, it is necessary to identify which players are effective in carrying out passing control and shooting during training and matches.

Based on the description above, the researcher is very interested in conducting research with the title "Differences in the Basic Techniques of Passing Control and Shooting." and the aim is to find out how far the player's ability is in carrying out basic techniques of passing control and shooting, and it is hoped that this research can improve the individual skills of each player and become evaluation material for coaches in training.

## **MATERIALS AND METHODS**

The method used in this study is the survey method. According to Sugiyono (2017), menyatakan states that surveys are used to obtain data from certain places. This study aims to determine the ability to carry out passing control and shooting on PSBM Mensemat junior football club players. The data collected in this study are in the form of numbers, so this research is called quantitative descriptive research. The subjects in this study were 15 PSBM Mensemat junior football club players. The instruments used for this research were the basic techniques of passing and shooting. Data analysis techniques in this study used

quantitative descriptive statistics. According to Sugiyono (2017), descriptive statistics are data analyses that give meaning and can help solve problems in this study.

**Table 1.** Norms of passing-control for 30 seconds

No	Interval Nilai	Information
1	17 >	Very good
2	12-16	Good
3	8-11	avarege
4	4-7	poor
5	3 <	Very poor

## RESULTS AND DISCUSSION

### Result

The variables in this study are the descriptive skills of the basic techniques of passing, control, and shooting in junior football players. Based on the research results that have been obtained from 15 PSBM Mensemat junior soccer players, which were conducted from July 5 to July 9, 2023, Then the data obtained from these data is used to categorise them into five categories: very good, good, enough, less, and very less. After obtaining the score from the passing-control test for 30 seconds, PSBM Mensemat junior football players Then the data obtained will be categorised by the results of the analysis. The following are the results of the categories and analysis:

**Table 2.** Passing-control in 30 second

No	level	Passing-control in 30 second
1	Very good	3
2	Good	5
3	avarege	6
4	poor	1
5	Very poor	0
	Sum	15

Based on the results of table 2 and graph 1, it can be seen that for 30 seconds of passing control, PSBM Mensemat junior football players in the very good category have 3 players, the good category has 5 players, the medium category has 6 players, the less category has 1 player, and the very lacking category has no aliases. Then this analysis can be made in graphical form.

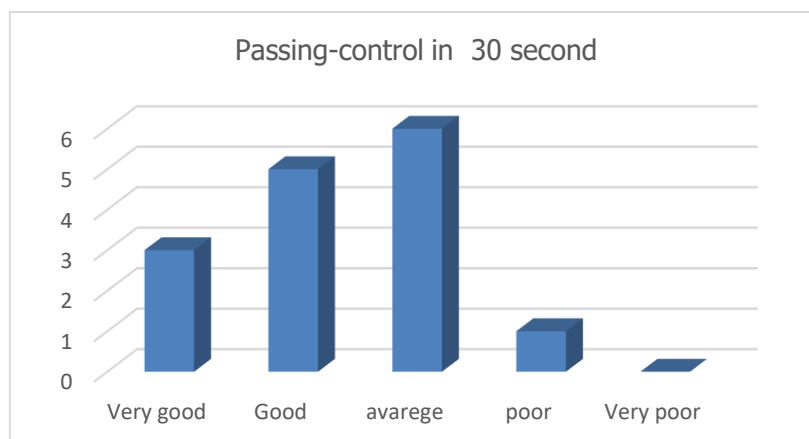
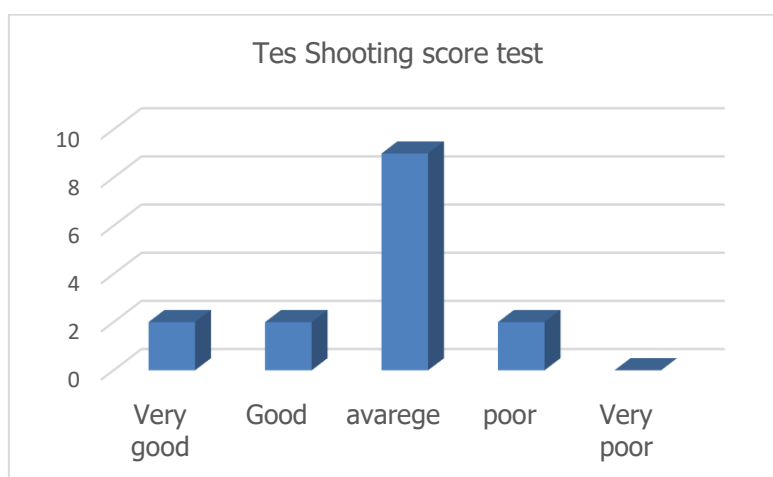


Figure 1. Passing-Control

After obtaining the score from the shooting test using the instep at a distance of 14 metres on the PSBM Mensemat junior football player, Then the data obtained will be categorised by the results of the analysis. The following are the results of the categories and their analysis:

**Table 3.** Tes Shooting score test

No	Level	Tes Shooting score test
1	Very good	2
2	Good	2
3	avarege	9
4	poor	2
5	Very poor	0
	Sum	15



**Figure 2.** Tes Shooting score test

Based on the results of table 3 and graph 2 above, it can be seen that in the shooting test using the instep of PSBM Mensemat junior soccer players in the very good category, there were 2 players; for the good category, there were 2 players as well; for the medium category, there were 9 players; for the less fortunate category, there were 2 players; and for the very lacking category, there were no aliases or 0 players. Then this analysis can be made in graphical form.

This study aims to determine the level of basic passing control and shooting techniques of PSBM Mensemat junior football players. The level of passing control and shooting abilities is measured using a test. The tests used in this study were the passing-control test and the shooting test in the PSBM Mensemat junior soccer ability test made by Nurhasan.

Based on the results of the research above, it shows that the level of passing-control ability of PSBM Mensemat junior football players is 3 players in the very good category, 5 players in the good category, 6 players in the medium category, and 1 player in the less category, while for the very lacking category there are no aliases. Based on these data, it can be concluded that the level of passing ability of PSBM Mensemat junior football players is in the medium category. To improve the quality of passing-control, there are several ways to train it. The ADE training model can be stated to help players improve their passing-control skills in football (Putranto & Andriadi, 2019), while the target-based training model is stated to be feasible to help players train their passing-control abilities (Pujianto et al., 2020). According to Asnoto et al. (2020), the passing training model for junior football players can improve basic passing-control techniques and is effective when applied in the process of training junior football players. And according to Yunisal (2020), learning basic

passing techniques can be developed through 24 passing models, of which 24 are used for learning football passing control. Meanwhile, according to Hutajulu (2013), basic passing technical skills can improve passing abilities, and players are more active and enthusiastic about participating in the learning process of basic football passing technical skills in the form of a game. According to Prasetya and Nurjamal (2020) the drill method can also improve passing-control learning outcomes. Training using the drill method can be used as an alternative to improve the quality of passing control. The drill method can also make a person have the right passing control, accuracy, and calmness. According to Sidik et al. (2021), four-goal training on passing-control ability can provide better changes than before the four-goal training was given.

The level of shooting ability of PSBM Mensemat junior football players shows that 2 players are in the very good category, 2 players are in the good category, 9 players are in the medium category, 2 players are in the less category, and for the very poor category there are no aliases. Based on these data, it can be concluded that the level of ability of PSBM Mensemat junior football players is in the medium category. To achieve good basic shooting techniques, there are several ways to train them. The application of the drill teaching style and the playing approach can improve basic shooting techniques in soccer games (Zaki & Sari, 2021) The explosive power of leg muscles can also have an influence on shooting results in soccer games (Rambi et al., 2022). According to Hadiana & Hakim (2021), The reciprocal and demonstration methods also affect the effectiveness of the basic techniques of shooting football, but the demonstration method has a more significant impact on shooting than the reciprocal method. Idrus (2019) However, many players are still not good at shooting, so when they penetrate the ball into the goal, it is less effective. For this reason, directed and appropriate training is needed, namely by using the teaching game for understanding (TGfU) method.

## **CONCLUSION**

Based on the results of the research and discussion, it can be concluded that the level of pass-control ability of PSBM Mensemat soccer players in the very good category is 3 players, 5 players in the good category, 6 players in the moderate category, and 1 player in the poor category, while for the very poor category there are no aliases and 0 players. The level of shooting ability of PSBM Mensemat junior soccer players in the good category is 2 players; the good category is 2 players; the medium category is 9 players; the less category is 2 players; and for the very poor category, there are no aliases 0 players.

Based on the results of research conducted at the PSBM Mensemat club, it can be seen that despite the level of basic skills in playing football (passing-control and shooting), there are still a number of players who fall into the less and very less categories. This research has implications, namely, As a coach's note to improve the quality of the basic skills of playing football for athletes in order to achieve maximum football performance. Make players aware of the basic level of ability to play football for each individual so that it can motivate them to always be diligent in practising and serious in carrying out training.

## **CONFLICT OF INTEREST**

There is no conflict interest in the article.

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