



# Free Kick achievement Based on Distance and Ball Position

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## ABSTRACT

Mastery of kicking for soccer players is very important. Shooting the ball at a shooting range is very important because it cannot be ensured that the shooting distance is always at the same distance; additional accuracy at several distances is needed for every player. The purpose of this study is to describe the ability to kick a ball as measured by shot accuracy at a distance of 17 metres, 23 metres, and 38 metres. The research sample consisted of 30 soccer players from the two PSPP Pampang and Samustida FC football clubs. Based on the tests conducted and after analysis, it turned out that the accuracy of kicks by football players at these two clubs still tended to be low and very lacking. Further evidence from the different tests that were carried out also showed that there was no difference in the ability to kick the ball at several specified distances.

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## INTRODUCTION

Playing soccer, of course, must be equipped with good basic techniques so that the game can be maximised. According to Bahtra (2021) basic techniques are fundamental activities in playing football, so with this capital, one can play football. Perfect basic technical skills are factors that play a role in achieving achievements; without mastering technical skills, an athlete will have difficulty achieving achievements (Budiwanto, 2012). One of the basic techniques that must be mastered in the game of football is kicking.

Kicking is an attempt to move the ball to a different place using the feet or other parts of the legs and can be done when the ball is stationary, moving, or flying (Anam, 2019). According to Anindhika (2016), The basic technique of kicking is the most important requirement in the game of football because the ability to kick the ball properly and correctly can be used to perform various kicks, especially free kicks. There are three basic kicking techniques, namely kicks using the inside of the foot, the outside of the foot, and the instep (Samsudin 2019). According to Amin (2018), the kick technique with the inside of the leg is



more effectively used in kick accuracy compared to the kick technique with the outside of the leg and instep. Therefore, it is important to use basic kick techniques in football games, one of which is taking free kicks.

The basic technique of kicking using the inside of the foot, the outside of the foot, and the instep is also often used in making free kicks. Free kicks are very profitable in a football match, especially if the team has a good or perfect free kick executor (Anggara, 2020). According to Anindhika (2016), free kicks can provide a good opportunity to score goals. The level of accuracy is a very important indicator of the success of taking a free kick at the point you want to aim for (Ariwijaya et al., 2021). The ability to take free kicks does not only require basic kick technique skills; the level of accuracy also greatly influences the success of free kicks.

According to Angara (2020), the more routine and often the intensity we kick with the inside of the leg, the better the accuracy. When kicking, concentration is needed to contribute to accuracy (Anndhika, 2016). From the research put forward by the experts above, the intensity and concentration factors have an effect on accuracy in kicking. So it can be concluded that in the game of football, free kicks can also be utilised in creating a goal, but in taking free kicks, basic kick technical skills and accuracy factors are very important in determining success when taking free kicks.

The problem that arises is that there are still many players who are less effective at taking free kicks in terms of accuracy, so in order to differentiate a player's ability to take free kicks based on distance and position, it is very necessary to identify which players are effective at taking free kicks so that the coach can determine the executor of the kick at the time of the game or in the game.

Based on the description above, the writer is interested in conducting this research with the title Differences in Free Kick Ability Based on Ball Distance and Position and aims to determine the extent to which a player's ability to kick, especially on free kicks, is based on ball distance and position. The coach can also easily determine which player will be the kicker or executor of the free kick based on the player's ability to take a free kick according to the distance and position of the ball, which can give the free kick opportunity a big chance of becoming a goal.

## **MATERIALS AND METHODS**

The method used in this research is the survey method (Sugiyono, 2017). This research is also called quantitative descriptive research because the data collected is in the form of numbers.

The population is a place consisting of objects or subjects that have certain qualities and characteristics determined by the researcher to be studied, and then conclusions are drawn (Sugiyono, 2017), players on the PSPP Pampang soccer team, totaling 15 people, and the Samustida FC football team, totaling 15 people, as a research population totaling 30 people.

According to Sugyono (2017), an instrument is a tool or piece of equipment used to conduct research. In this study, the instrument used to collect data on free kicks on PSPP Pampang and Samustida FC players was testing and measuring.

The research instrument that will be used in this study is a free kick accuracy test with a distance of 17 metres, 23 metres, and 28 metres. The tools used are: footballs, cones, measuring instruments, ropes, whistles, stationery, and goals. Data analysis was carried out by conducting a different test. The T test is a statistical test that is used to test the truth or falsity of the hypothesis, which states that between two mean samples taken randomly from the same population, there is no significant difference.

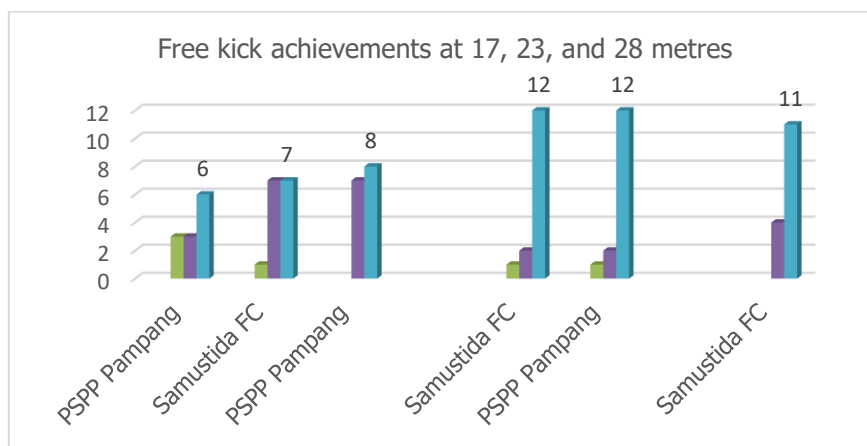
The individual significance test, better known as the T statistical test, is a partial data analysis process. This T-test will later show how much influence the independent variables partially have on the dependent variable. The purpose of the T test is to see how far the independent variable has a partial effect on the dependent variable (Ghozali, 2016). The different tests in this study used the Independent Samples T Test with the help of SPSS.

## RESULTS AND DISCUSSION

The variable in this study is the ability to free kick based on the distance and position of the ball. Based on the results of research tests that have been obtained from 30 soccer players consisting of two football teams, PSPP Pampang and Samustida FC, with 15 players each for each team, The implementation of this research was carried out on June 23–24, 2023, on the Pampang PSPP team with a sample of 15 players, and on the second sample, namely the Samustida FC team with 15 players, which was carried out on July 6–7, 2023. The data obtained from the test was used to categorise it into five categories: very good, good, fair, less, and very less. The data obtained by the score from the free kick test with a distance of 17, 23, and 28 metres for the two football clubs is as follows:

**Table 1.** Free kick achievements of 17, 23, and 28 metres

Level	17 metres		23 metres		28 metres	
	PSPP Pampang	Samustida FC	PSPP Pampang	Samustida FC	PSPP Pampang	Samustida FC
Very good	-	-	-	-	-	-
Good	-	-	-	-	-	-
Avarege	3	1		1	1	
Below avarege	3	7	7	2	2	4
Poor	6	7	8	12	12	11
Total	15	15	15	15	15	15



**Figure 1.** Free kick achievements at 17, 23, and 28 metres

From table 1 and graph 1 above, it can be seen that the skill of kicking the ball at a distance is getting less and less useful. Even at a distance of 17 metres between the two highest football clubs, it is in the moderate category; there are only 4 people overall, and the rest are very few. At a distance of 23 metres, things are not much different from a distance of 17 metres in terms of status. And at a distance of 28 metres, the reported data are not much different. Most of the athletes in the two clubs—up to 80%—fall into the very low category.

Before carrying out data analysis in this study, it is necessary to test the normality distribution. The normality test in this data study was the Kolmogorov-Smirnov test assisted by the SPSS application, with the following results:

**Tabel 2.** Normalitas test PSPP Pampang

PSPP PAMPANG	17 metres	23 metres	28 metres
Kolmogorov-Smirnov Z	.779	.475	.814
Asymp. Sig. (2-tailed)	.578	.978	.522

**Tabel 3.** Normalitas test SAMUSTIDA FC

SAMUSTIDA FC	17 metres	23 metres	28 metres
Kolmogorov-Smirnov Z	.901	.963	.928
Asymp. Sig. (2-tailed)	.392	.312	.355

Tables 2 and 3 above are known to have significant values. In accordance with what was stated (Surahman et al., 2015), if  $p > 0.05$ , then the distribution is normal. So, judging from the normality table above, it can be concluded that the test results for the normality test for free kicks with a distance of 17, 23, and 28 metres from the two PSPP Pampang and Samustida FC clubs have a calculated significance greater than 0.05, so all data groups are declared normal. After the normality test is carried out, the data can proceed to the next test stage. The different test used is the Independent Samples T Test using the SPSS application as follows:

**Table 4:** Independent free kick different test

Kick distance	t	df	Sig. (2-tailed)
17 Meters Free Kick	1.559	28	0,130
23 Meters Free Kick	1.212	28	0,236
23 Meters Free Kick	0.281	28	0,781

Based on the table above, it shows that the two groups between PSPP Pampang and Samustida FC teams have significant values after being tested on free kicks at distances of 17, 23, and 28 metres with a significant value above 0.05. It can be concluded that there is no significant difference between the PSPP Pampang and Samustida FC teams.

Based on the results of research that has been carried out with free kick tests from a distance of 17 metres, 23 metres, and 28 metres, it shows the skill level of PSPP Pampang and Samustida FC players in taking free kicks from a distance of 17 metres. There are 3 players from the Pampang PSPP team and 1 player from Samustida FC in the Moderate category, and the rest are in that category. Based on the data that has been obtained, it can be concluded that the free kick skill level with a distance of 17 metres on the PSPP Pampang team is in the poor category with a percentage of 40%, and the Samustida FC team is in the less category with a percentage of 47%.

In the free kick test with a distance of 23 metres from the PSPP Pampang team, there were 7 players in the less category and the rest were under that category, and from Samustida FC, there was 1 player in the medium category and the rest were under the medium category. Based on this data, it can be concluded that the skill level of free kicks with a distance of 23 metres on the Pampang PSPP Team is in the very poor category with a percentage of 53%, the same as for the Samustida FC team, which received a very poor category with a percentage of 80%.

In the free kick skill with a distance of 28 metres from the PSPP Pampang team, there was 1 player in the moderate category and 14 others under the medium category, with 2 players in the less category and 12 players in the very less category. Meanwhile, from the

Samustida FC team, there were 4 players in the less category and the rest in the less category, with 11 players in the very lacking category. So, from these data, it can be concluded that the ability level of PSPP Pampang and Samustida FC players in the free kick from 28 metres can both be categorised in the very poor category, with a percentage of 80% for the PSPP Pampang team and 73% for the Samustida FC team. This illustrates that the difference in ability between the PSPP Pampang and Samustida FC free kicks needs to be improved. The results of the study proved that there was no significant difference in the free kick ability of the PSPP Pampang and Samustida FC teams, so the results can be stated to be the same.

In the game of football, players are required to master the basic techniques of the game. The basic technique is the player's ability to perform a variety of good skills, which are demonstrated by a consistent level of proficiency (Samsudin, 2019). There are many basic techniques in playing soccer, one of which is the basic technique of kicking. According to Iskandar (2017) there are three types of kick techniques that need to be mastered by players: kicks with the inside of the foot, kicks with the outside of the foot, and kicks with the instep (Anam, 2019) states that kicking is a fundamental thing in the game of football that is important to master. Kicks can be done when the ball is stationary, rolling, or flying, with the aim of moving the ball or scoring goals. Kicking techniques with the inside of the leg are more effectively used in kick accuracy compared to kicking techniques with the outside of the leg and back (Amin, 2018). To have and do a good kick so that you can get the maximum, you definitely need practise to get it. With the drill training method, it is very good at increasing kicks using the inside of the foot in soccer games (Effendi, 2017).

However, there are several factors that can increase the success of kicking. According to Tarukbua (2014), the physical factor of leg length affects the distance of kicks in soccer games. As stated by Lau (2020), leg muscle strength, abdominal muscle strength, and ankle coordination can increase the distance of kicks in soccer games. Exercise using rubber on leg muscle strength is very effective for training kicks on soccer players because the spring force and elastic properties of rubber can increase muscle mass in the legs to increase the distance a soccer player kicks (Fikri & Hardiyono, 2021). From research conducted (Amrullah & Widodo, 2017) using the rope jump test. The contribution of power and leg muscle strength has an influence on the ability to kick long passes.

The ability to take kicks is usually used by players and coaches to determine the kicker or executor of penalty kicks and free kicks. Usually, players who have good ability and accuracy in kicks will be entrusted with being the executors of dead kicks. Free kicks are obtained due to errors from the opposing team or violations committed during play. Free kicks are kicks obtained due to violations and carried out at the place where the violation occurred. Free kicks consist of two types: indirect free kicks and direct free kicks. This free kick is usually used by many players to score goals directly against the opponent's goal, but to increase the success of taking the free kick itself so that it results in a goal, concentration and accuracy are needed. Accuracy is a very important indicator in a kick in order to reach the point or object you want to aim for (Ariwijaya et al., 2021). As stated by Amin (2018), the kick technique with the lower leg is more effectively used in kick accuracy compared to the kick technique with the other leg. The relationship between leg power and anxiety also needs to be considered because their role is very important and also has a major influence on kick accuracy (Ilham, 2014). As stated by Setiawan & Bawono (2016). Muscle strength and balance contribute to the ability to kick with accuracy and distance.



## CONCLUSION

Based on the analysis and discussion above, it can be concluded that the skills of free kicks from 17 metres, free kicks from 23 metres and free kicks from 23 metres from PSPP Pampang and Samustida Fc are as follows: 1) Free kick skills from 17 metres from both teams are the same; Sama got the score in the medium category with a percentage of 40% from the PSPP Pampang team and 47% from the Samustida FC team. 2) The 23-metre shooting skills of both teams are in the very poor category, with a percentage of 53% for the PSPP Pampang team and 80% for the Samustida FC team. 3) The skills of the free kick from 28 metres both get scores in the very poor category, with a percentage of 80% from the Pampang PSPP team and a percentage of 73% from the Samustida FC team. So, from the two PSPP Pampang and Samustida FC teams differences in free kicks at distances of 17 metres, 23 metres, and 28 metres, there was no significant difference in value, therefore the results were stated to be the same.

## ACKNOWLEDGMENT

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## CONFLICT OF INTEREST

There is no conflict of interest in the elements of the data or research being carried out.

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