



## NIKE TRAINING CLUB APPLICATIONS TO IMPROVE FOOTBALL LEARNING IN THE INDEPENDENT ERA OF LEARNING ON STUDENTS OF PENJAS FKIP UNIB

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### Abstract

Research on Nike Training Club Applications to Improve Football Learning in the Free Era of Learning for Physical Education Students Fkip Unib aims to improve soccer learning for physical education students at Fkip Unib using the Nike training club (NTC) application. The method used in this study is (Classroom Action Research), the results of this study are descriptive because in this study a description will be produced about the extent to which handball learning is improved by using the Nike Training Club (NTC) application for physical education students FKIP UNIB. The sample of this research is the third semester students of Physical Education Study Program, totaling 24 people. The data analysis technique used in this study is descriptive statistics in the form of percentages presented in tables or graphs. The results of this study are that students can improve their learning in soccer courses, this can be seen from the percentage results which show that during the pre-cycle they get an average score. -an average of 59, with 4 students getting a complete score getting a percentage of 16.70%. In the first cycle, the average score was 67.50 with 12 complete students getting a percentage of 46%. And in cycle II, it showed significant results with completeness reaching 20 students out of 24 students with an average score of 74, getting a percentage of 84%. These results indicate that the learning outcomes of the physical education study football subject increased after learning using adobe flash was applied.

## INTRODUCTION

S1 Physical Education Study Program FKIP Bengkulu University has one of the mandatory courses, namely the Football course with a weight of 2 credits. This course is given in the odd semester (III) with learning outcomes, namely students are able to know and understand and carry out soccer sports games properly and correctly. Football itself has basic techniques that must be developed so as to create a good quality game.

The definition of sport is something that is done by every human being who has a goal to achieve his life mission and things that are expected, for example achieving proud achievements from regional, national and international levels. Sport has a systematic nature, the meaning of systematic is that sports movements start from warm-up activities, then continue with core activities, and finally do cooling activities. The purpose of sport is to develop the physical and spiritual talents that exist in everyone. Sport is categorized as a form of games, competitions, or physical fitness activities that are carried out regularly with the aim of seeking pleasure, entertainment and also having good health (Candrawati, 2018).

Sport is an arrangement of physical movements that is carried out continuously and has been planned with the aim of maintaining motion and improving the motion that exists in everyone. Exercise is periodic, which means that exercise is a necessity of life that every person must do on a daily basis with the aim of caring for and regulating his or her body's health. Stimulating physical, spiritual, and social growth is one of the functions of sports activities.

There are so many sports that a person can do. The sports group is divided into two parts, namely the

individual sports section and the group sports section. The individual sports sections include: running, archery, weightlifting, shot put, long jump, cycling, and many others, while the group sports sections include: soccer, basketball, badminton, volleyball, takraw, football, and many others. Especially for the sport of football, many people in Indonesia are already fond of it and it is a sport that is widely liked, both from the young to the old.

Football is a team game, each team consists of eleven players, and one of them is a goalkeeper. The game is played almost entirely with the legs, except for the goalkeeper who is allowed to use his arms in the penalty kick area. In its development this game can be played outside the field (out door) and in a closed room (indoor) (H. M. Satria & Desandra, 2016)

The rolling of the ball in the game of soccer is very fast from foot to foot. Therefore, football is often called a simple and dynamic sport. The hallmark of this sport is a very fast change from attack to defense or from defense to attack. Every soccer athlete is required to have good physical condition, but there are still many soccer athletes who do not have good physical condition. This greatly affects the athlete's appearance during the match.

Football is the most popular and very popular game in society, because football can be played by all people. In addition, football game facilities and infrastructure can also be easily searched or modified. Almost every place in each city has a field that can be used to play football. Even an empty field can also be used for this game. In terms of infrastructure such as goals and balls it can be easily made and purchased. So, football is a sport and game that almost all ages can enjoy.

Achievement in learning football courses is the success of students in understanding and understanding the game of football is a measure of the success of the learning carried out.

The lack of understanding of learning through applications by every student of soccer courses is a major factor in the lack of optimal learning of these students. This affects the learning method used. The training given to students is not optimal which causes the learning that students have when learning is not optimal/not good. The factor in decreasing the learning outcomes of a soccer student is not having knowledge about optimal learning applications, so that the student is difficult to understand, does not focus on learning or games, and becomes lazy to move while following a match.

Football courses are a place for every student who participates in learning and competing in soccer. Both men and women can join. Not just practicing and competing, in the Bengkulu football course, you can also stay in touch with others, add many friends, and also get proud achievements and make learning better. From a survey that has been conducted in football courses, there has never been any form of learning using applications available on social media. One of the applications that can be used for soccer learning is the Nike Training Club.

A student's learning can be improved by using applications available on smartphones, but many soccer students do not know what forms of applications can be used. Nike Training Club is a form of full-body training method that can be used by soccer coaches and athletes to help with soccer practice. The Nike Training Club includes more than 150 training sessions including 189 exercises aimed at building the foundations of strength,

cardiovascular, and core training. One of the most common forms of exercise in the Nike Training Club is cardiovascular endurance training sessions with a total of 95 training sessions, 72 strength training sessions, and the remaining core training sessions. A coach as well as an athlete can try new things in the form of training. Students in soccer lectures during learning will be more enthusiastic, enthusiastic, and diligent in participating in training because the methods used during practice have never been obtained before, of course, based on the latest technology.

Basically, this research accommodates and bridges two problems, namely there is no picture of the quality of learning soccer courses and the absence of the use of technological devices that support data accuracy. Therefore, to overcome these two problems, the Nike Training Club application activity was carried out to improve football learning in the free era of learning for physical education students FKIP University of Bengkulu. Through the application of the Nike Training Club application, it is hoped that they can have a good picture of learning through the application and can improve soccer learning outcomes more measurably and with direction. The main purpose of this research is to improve the learning of football subjects in the era of independent learning, as well as to get an overview of the quality of student learning outcomes. In addition, this research will also produce outputs in the form of articles published in national journals or articles that will be presented at national or international seminars.

## **METHODS**

### **Research Design**

This research is Classroom Action Research, which is an action research

within the scope of education and training conducted by researchers, and at the same time as researchers in their class or together with other people (collaboration) by designing, implementing, and reflecting on actions collectively. collaborative and participatory which aims to improve or improve the quality (quality) of the learning process in the class through a certain action (treatment) in a cycle (Sugiono, 2011)

This study uses a descriptive method because in this study a description will be produced about the extent to which soccer learning has been improved by using the Nike Training Club for physical education students, Fkip Unib, who became the research sample. The application of the blended learning method using the Nike Training Club application in the Football course allows students to have increased learning outcomes so that they will get the desired results and results can be achieved.

#### Research Procedure

This classroom action research plan will be implemented in two cycles, and each cycle consists of four stages, namely: 1) planning stage, 2) actuating, 3) observing (observing), and 4) reflection (reflecting).

#### Cycle 1

##### 1. Planning Stage

At the planning stage, the preparation of learning tools needed during the teaching and learning process is carried out, including: (1) preparing a Research Design, (2) preparing material in the form of videos that will be shared, (1) Provide instructions for students to download the Nike Training Club application and learn how it works (4) prepare an observation sheet containing basic questions regarding techniques for improving soccer skills as a pre-action

instrument to determine the percentage of student knowledge,

(2) prepare a list of activities in the implementation of the Nike Training Club as a guide in action research.

##### 2. Implementation Stage

This stage is the implementation of the learning scenarios that have been made in the previous stage in the classroom, including:

###### 1) Initial activities

a. Researchers condition the class (greeting, praying, filling out journals, presenting and attending students through the Nike Training Club application)

b. Researchers convey research objectives

c. Meeting 1, the researcher carried out pre-action activities by giving students basic questions about basic soccer techniques as pre-action instruments to determine the percentage of initial knowledge about passing, dribbling, shooting, heading techniques.

d. Meeting 2, based on the results of the pre-action, the researchers explained about the implementation of the Nike Training Club Method in improving soccer learning outcomes.

###### 2) Core Activities

a. Meeting 3, the researcher explained the training technique material through a video that had been shared via email in the form of technical guidelines about the Nike Training Club application

b. Participants implement the Nike Training Club Method with the techniques that have been given previously based on the prepared RPS.

###### 3) Final activity

a. Participants make conclusions about the learning process they have followed

b. Researchers provide reinforcement to the conclusions that have been submitted by participants.

##### 3. Observation stage

At the time of implementation, the research team also observed everything

that happened during the learning process.

#### 4. Reflection stage

Obstacles in the learning process regarding project tasks in cycle I will be an improvement to continue to cycle II

#### Cycle II

##### 1. Planning Stage

At the planning stage, the preparation of learning tools needed during the teaching and learning process is carried out, including: (1) preparing learning materials in the form of videos that will be shared with more complicated stages, (2) Providing instructions for preparing the second stage of the Nike training club application (3) prepare a list of activities in the implementation of the Nike Training Club as a guide for research actions.

##### 2. Implementation Stage

This stage is the implementation of the learning scenarios that have been made in the previous stage in the classroom, including:

###### 1) Initial activities

a. The researcher conditions the class (greetings, praying, filling out journals, attending and attending athletes.

b. Delivering reflections on the implementation of learning using the Nike training club application in cycle I which aims to achieve the target results in the implementation in cycle II

c. Meeting 5, the researcher explains the material

###### 2) Core Activities

a. Meeting 6,7, students implemented basic techniques using the Nike training club application but still paid attention to the time frequency according to the researcher's command.

b. Meeting 8, researchers and students carry out practice test abilities

###### 3) Final activity

a. Participants make conclusions about the learning process they have followed

b. Researchers provide reinforcement to the conclusions that have been conveyed

#### **Population and Sample**

##### 1. Population

(Sugiyono, 2018) states that the population is a generalization area division consisting of objects/subjects that have certain characteristics and are in accordance with those determined by the researcher so that the researcher can then draw conclusions from these data. The population in this study were students who took soccer lectures in the odd semester of the Physical Education Study Program, FKIP UNIB.

##### 2. Sample

(Sugiyono, 2018) explains that the sample is part of the number and characteristics possessed by the population. The sample used in this study amounted to 24 students. The sampling technique used in this study is using a total sampling technique, this technique is a form of sampling technique, where all members of the population will be used as samples.

#### Data Collection Techniques and Instruments

##### 1. Observation

Juliansyah Noor (2017) this technique requires observations from researchers both directly and indirectly on the object of research. Instruments that can be used are observation sheets and observation guides. Some of the information obtained from observation includes: place, actor, activity, object, action, event or event, time, and feeling.

##### 2. Test

Giving a task or a series of tasks in the form of questions, can also be in the form of orders that must be done.

3. Measurement

Determination of quantities, dimensions, or capacities that are usually used to determine a standard or unit of measure.

4. Documentation

Documentation is the method used to provide documents using accurate evidence from information records.

**Data Analysis**

The data analysis technique used in this study is descriptive statistics in the form of percentages presented in tables or graphs. The categories in the data will be adjusted to the existing percentages. The following is the formula that will be used in data processing

$$X = \frac{\epsilon X}{\epsilon X_{maks}} \times 100\% \tag{1}$$

Information

X = the searched value in percent

€X = Total student scores

€Xmax = Total score

**Table 1.** Rating Category

No	Percentage	Category
1	80% - 100%	Very Good (A)
2	70% - 79%	Good (B)
3	60% - 69%	passable (C)
4	45% - 59%	Not good (D)

**Results And Discussion**

Based on research conducted from June to December 2021 on 24 physical education students from FKIP UNIB who took the Football course with the aim of improving the learning quality of the third semester students of Class A FY 2021/2022 in the Football course with the Nike Training Club (NTC) application.

**Discussion of Each Cycle**

a. Action Discussion

Compared to the actions from cycles I, and II, there was a change in performing basic skills of passing and dribbling techniques.

b. Discussion of Observation Results

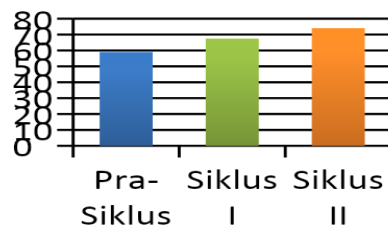
Compared to the observations, both the process and the results of cycles I and II experienced changes in terms of affective, psychomotor and cognitive, these changes experienced an increase in basic skills, both attitude, movement power, and thinking power.

c. Discussion of Reflection Results

Compared to the reflection results from cycles I, and II, there was a change after being evaluated from the wrong movement, until it pointed to the right movement, from each cycle there was an improvement from the first cycle to the last cycle so that there was an increase.

**DISCUSSION**

Discussion and Conclusions The results showed that there was an increase in the ability of basic passing skills in futsal through the Nike Training Club (NTC) application game, a test of the basic technique of passing in the futsal game was carried out. Overall, the research results show an increase as shown in the following graph.



**Graph 1.**

From the table and graph above, it can be seen that there is an increase in basic passing and dribbling technical skills through the Nike Training Club (NTC) Application, although there are

students who have not finished in cycle 2. The cycle before being given treatment to participants using the Nike Training Club (NTC) application only 4 students completed out of 24 students with an average score of 59. In cycle 1 the students' basic technical ability increased, although only 11 students were said to have completed out of 24 students with grades. an average of 67.5. From the test of 2 people who became the guards in cycle 2, the ability of basic passing techniques in futsal is increasing as evidenced by the results of the study that 20 students were said to be complete from 24 students with an average score of 74. The increase obtained from cycles I and II was 6.53. There are 4 students who have not finished, in cycle 2 it has been proven that the Nike Training Club (NTC) application can improve passing skills in soccer games. Therefore, the researcher did not continue in cycle 3 because the researcher believed that students' abilities would increase in cycle 3.

## CONCLUSIONS

Based on the research data that has been obtained and the results of data calculations, it can be concluded as follows:

1. In the pre-cycle there was no improvement in passing and dribbling skills because they had not used the Nike Training Club (NTC) Application because for the initial test, it was proven that only 4 students got complete scores out of 24 students. Based on the details of the percentage value (A) 0 people (B) 4 people (C) 20 people. Without using the Nike Training Club (NTC) App
2. There is an increase in basic skills of passing and dribbling from before using the Nike Training Club (NTC) Application and after using the Nike Training Club (NTC) Application game

in cycle I, which is proven to have increased from 46% of the 11 students who got a complete score from the number of 24 students based on the percentage of grades (A) 7 people, (B) 4 people, (C) 13 people using the Nike Training Club (NTC) Application.

2. In the second cycle there was an increase in passing and dribbling skills in the football game. Nike Training Club (NTC) application. It was proven from the results of the study with an increase of 84% completed from the first cycle which was only 46% completed from 24 students with a detailed score of (A) 10 people , (B) 10 people, (C) 4 people. There was an increase from cycle I, which was a 13% increase with completeness from 13 students to 20 students who completed learning soccer.

## SUGGESTION

1. For further research, it is hoped that in implementing the Nike Training Club (NTC) Application in Football Courses, it is hoped that lecturers can develop it to be even better with some additional modifications so that soccer learning about basic passing and dribbling techniques can be maximized
2. Lecturers can use the Nike Training Club (NTC) Application in other courses that are field in nature in the form of games.

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