



Level of Son Students' Futsal Playing Skills in Extracurricular at SMAN 2 Batang

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Abstract

Sports exercises combine several ways to maintain actual health so that they can be relied upon in an acceptable situation. Futsal is a practical game like in a soccer game carried out by two playgroups and with the struggle for the ball carried out between the players along with the determination to place the ball that is herded into the opponent's goal and doing the barrier so as not to release the ball. This research was conducted with the aim of knowing the level of futsal playing skills of male students who participated in extracurricular activities at SMA N 2 Batang. This study uses quantitative research with survey and testing methods. The results showed that the highest passing control skills were in an adequate category for 9 students (45%). The skill of dribbling gets the highest results in the good category of 9 students (45%). Shooting skills get the highest results in sufficient categories of 7 students (35%). It can be concluded that the level of futsal skills of male students in extracurricular activities in SMA N 2 Batang is for the level of graduation control skills (less), then the level of dribbling skills (good), and for shooting skills (enough).



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INTRODUCTION

According to Bani Tri Umboro (Setyawan, 2017) states that "skill is a level in an effort to do something to achieve a goal and is carried out effectively and efficiently and is determined by form, adaptability, speed and accuracy. Skill is also an adjective, although when it is used the word has changed its structure only to become skilled. This word is used to indicate a level of success in performing a task. Sports training combines several ways to maintain actual health so that it can be relied on in acceptable situations. Many people complete game training every day, especially the few days we meet. All this is done in order to obtain extraordinary real well-being.

Futsal is a practical game like in a football match where two groups play and with a fight for the ball between players with a determination to put the ball that was dribbled into the opponent's goal and make a barrier so as not to release the ball. Because the field is small, basic techniques and tactics must be possessed by every player so that the pattern of play on the field can run as desired and get maximum results. Strategy is mostly characterized as a synopsis of the techniques (strategies) used in the implementation of development in sports. As shown by Djoko Pekik Irianto, 2017 characterizes the strategies that exist in sports activities in a skillful and straightforward way to resolve commitments or actual cases experienced in a match that is legitimized by resolution. According to Justinus Lhaksana (2012) there are several basic methods in the game of futsal, such as passing (passing the ball), control (stopping the ball), shooting (kicking the ball), dribbling (dribbling the ball), chipping (passing the stomach) and heading (heading). ball).

a. Passing

In the opinion of Indarto (2021) passing is one of the very complex or important basic techniques that is often done in games and most games are done by passing. Basically the basic passing technique is useful for passing the ball to a friend or connecting the ball from one player to another in an effort to build an attack and then score a goal.

b. Control

According to Mulyono (2017), controlling techniques in futsal are the same as controlling techniques in soccer. The control technique often used is to use the inside of the foot. In the game of futsal, the control technique that is often used is to use the bottom of the shoe or commonly called the shoe sole because the ball will be more easily controlled by the player.

c. Chipping

Chipping (feeding the stomach) according to the basic technique in playing futsal to be able to pass teammates with stomach bait. Chipping according to Narlan, (2017) is a pass that is used to cross the opponent with a gastric bait that blocks the path of the lower ball pass.

d. Dribbling

According to Rinaldi (2020) dribbling is an option if passing the ball is not possible, it is very effective when the team applies a counter attack strategy. The goal of dribbling is to move beyond the enemy, access space for minions, and then open doors to shoot targets and score goals.

e. Shooting

According to the opinion of Andri Irawan (2021) which states that shooting can be interpreted as an important procedure that needs to be mastered by all futsal players, this strategy is a way to get gold and be able to dominate a match.

f. Heading

The opinion of Andri Irawan (2021) states that the reason for heading the ball is to be able to pass, break the opponent's bait, and score goals. It's not that hard to control the ball with your feet, you can avoid the design with your thighs, but it's hard to control the ball with your head. The game of futsal is currently experiencing rapid progress in the world, especially in Indonesia, because futsal sports can be done by various groups from children to people who know and from sons and daughters. Now in Indonesia, there are many futsal schools for early age or adults that aim to be able to develop the talents of each individual, especially in the sport of futsal games, then in there are also futsal extracurriculars in schools and many events are held aimed at finding talented and competent players.

In addition to the Futsal Sports Division, there are also many futsal sports competitions held at the regional, general and public levels, so that almost all schools, both at the junior high school level and at the senior high school level, will usually be open. futsal extracurricular. In Permendikbud (2014) it is explained that extracurricular is an exercise that is usually done by students outside of class hours. Extracurricular projects can be planned for students to develop their own interests and talents in sports and get used to living solid lives.

According to Rasyono (2016) that extracurricular is a forum for students to channel their interests and talents outside of academic learning hours at school. In an extracurricular activity there is a goal to channel and develop the interests and talents of students. According to (Soenyoto, 2020) "talent is the ability or potential to master a skill or use that ability". the greater the talent a person has and the more trained and developed his knowledge and skills will produce maximum potential. Of the several

extracurriculars at SMA N 2 Batang, futsal extracurricular is one of the extracurriculars that is in great demand by students. Almost all sports and physical education require adequate infrastructure so that learning can run optimally and get good achievements. At SMA N 2 Batang, futsal facilities and infrastructure are very adequate. Futsal extracurricular activities have been carried out for a long time and are routinely carried out, but until now the activity supervisor has never tested the level of futsal playing skills. So the skill level of playing futsal at SMA N 2 Batang is unknown. However, from the past few years, the achievement of futsal at SMA N 2 Batang has decreased. This may be due to several factors. The data above is the result of an interview with one of the futsal players at SMA N 2 Batang.

Based on the background of the problem above, the researchers conducted this study to find out how big the level of futsal playing skills of male students who took part in extracurricular activities at SMA N 2 Batang, so that this study could be used as a reference. for coaches to improve achievement at SMA N 2 Batang, especially in sports achievements futsal.

METHODS

This research is quantitative descriptive research, namely research whose answers are carried out to answer existing problems regarding conditions or conditions such as those in the field at the event to be studied using numerical calculation media.

Participants

The criteria for the subject of this research are students who are registered to take part in futsal extracurricular at SMA 2 Batang. The number of students registered to take part in futsal extracurriculars at SMA 2 Batang is 35

students, but 20 students are included as research subjects because 75% of the attendance of students who take extracurricular activities is taken extracurricular.

Sampling Procedures

The population is a generalization area consisting of objects/subjects that have certain qualities and characteristics determined by researchers to be studied (Sugiyono, 2012:117). The population in this study were all students who took part in extracurricular futsal at SMA N 2 Batang, totaling 35 people.

Part of the number and characteristics possessed by the population (Sugiyono, 2012: 118). A good sample must as far as possible describe the population (representative) which means that the nature and characteristics of the sample members reflect the nature and characteristics of the population.

The sampling technique in this study used purposive sampling or conditional sampling. This technique is a sampling technique whose characteristics and characteristics have been previously known based on population characteristics.

Materials and Apparatus

- a) 3 balls
- b) Black duct tape
- c) Cone 1 piece
- d) Meter
- e) Stopwatch
- f) Test form and pen

Procedures

Instructions for conducting tests to obtain data are as follows:

a. Passing-Controlling Test

1) Purpose

This test aims to measure eye-foot coordination in passing, holding and controlling the ball.

2) Equipment used

- a) 3 balls
- b) Black duct tape
- c) Cone 1 piece
- d) Meter
- e) Wall walls or beams measuring 3 m long and 50 cm high
- f) Stopwatch
- g) Test form and pen

3) Officer

- a) 1 person holding a stopwatch
- b) 1 person counts the number of kicks
- c) 1 person recording the results

4) Implementation

- a) Students stand behind the boundary line and the cone is 3 meters from the wall.
- b) On the signal "Yes" the student kicks the ball into the wall with a height limit of 50 cm and a length of 3 meters. Then hold it back using the sole of the foot or the inside of the foot.
- c) After the ball is held, then control the ball to slide past the cone obstacle that is in the middle of the boundary line and kick it back by the other foot to the wall, then hold it again with the same foot. Control goes back through the cone obstacles and kicks back, and so on.
- d) Perform this activity alternately between the right and left legs for 30 seconds.
- e) If the ball goes far from the soccer area, students may use the reserved ball that has been prepared.

5) Rating

The score taken is the number of ball bounces that have been successfully held for 30 seconds. The score is not calculated if with the following criteria:

- a) The ball is immediately kicked back.
- b) The ball is kicked against the wall beyond the 50 cm line.

- c) The ball is not held with the sole of the foot or the inside of the foot.
- d) The ball is held in front of the 3 meter boundary line.

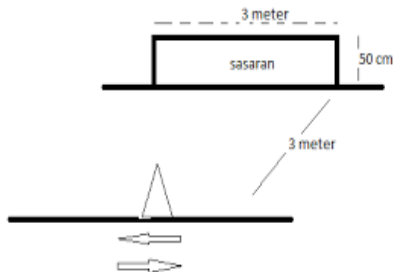


Figure 1. Pass-Controlling Test
(

b. Dribbling Test

1) Purpose

This test aims to measure and determine agility and speed in dribbling.

2) Equipment used

- a) 3 futsal balls
- b) Cones 5 pieces
- c) Meter
- d) Chalk
- e) Stopwatch
- f) Test form and pen

3) Officer

- a) 1 person holding a stopwatch
- b) 1 person recording the results
- c) 1 field assistant

4) Implementation

- a) The student stands behind the starting line with the ball at his feet.
- b) At the signal "SIAP...GO" students dribble straight and pass the obstacle in the middle, to the next obstacle in the direction that has been set to the finish line.
- c) Dribbling is done by the right and left feet alternately. Do not dribble with only one foot.
- d) The officer starts the stopwatch when the ball crosses the starting

line, and turns off the stopwatch when the ball crosses the finish line.

5) Rating

The score taken is the time that is able to be taken by students from start to finish twice.

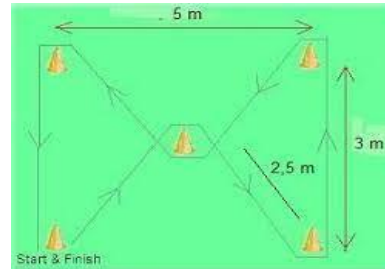


Figure 2. Dribbling Test

c. Test Kick the Ball into the Goal (Shooting)

1) Purpose

This test aims to determine and measure skills, speed and accuracy in kicking the ball to the target.

2) Equipment used

- a) Futsal goal (3 x 2 meters)
- b) 10 balls
- c) Duct tape
- d) Meter
- e) Small rope
- f) Score paper
- g) Stopwatch
- h) Test form and pen

3) Officer

- a. 1 person holding a stopwatch
- b. 1 person recording results
- c. 1 person watching the ball come into the goal
- d. 1 field assistant

4) Implementation

- a) Students stand behind the ball which is already at three different points.
- b) When ready, students kick the ball 10 times at three different points with a distance of 12 meters. The balls are spread between 4 balls at

the center point, 3 balls on the left side of the goal (45°) and 3 balls on the right side of the goal (45°).

5) Rating

The score which is the sum of the scores and the time obtained from 10 kicks. The scoring criteria are as follows:

- The time taken from hitting the foot with the ball until it hits the target.
- If the ball hits the target string of the two scores, the highest score is taken.
- If the ball is out of target, the score is zero (0), but the time is still recorded from the hit until the ball hits the target.

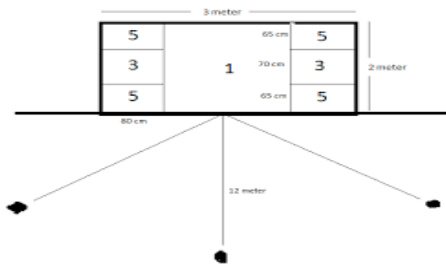


Figure 3. Shooting Test

Design or Data Analysis

This study uses descriptive statistical data analysis techniques. This statistic is intended to collect data, the presentation of descriptive statistics is part of the statistics used to analyze data by describing or describing the data that has been collected because it does not intend to make conclusions that apply to the public or generalizations (Sugiyono, 2012:207). To determine this category, a statistical formula is used based on the mean and standard deviation described by Anas Sudijono (2012: 175). The grouping based on the average and SD above can be used as a reference for classifying the research results obtained. The results of the study were stated in 5 categories A, B,

C, D and E modified to be very good, good, sufficient, not good and very bad.

RESULT AND DISCUSSION

The results of the study on the level of male students' futsal playing skills in extracurricular activities at SMA N 2 Batang. This research was conducted on May 26, 2022 and May 30, 2022 with 20 extracurricular participants as respondents, from those 2 days the best results were taken for each item. From the results of the research data analysis, it can be explained that pass-control skills (enough), dribbling skills (enough), and shooting skills (less). From the results of this test, it can be categorized as the level of skill in playing futsal for male students in extracurricular activities at SMA N 2 Batang.

Tables & Figures

For passing – controlling skills test with very good category 2 students (10%), good category 5 students (25%), enough category 9 students (45%), less category 4 students (20%), and very poor category 0 students (0%).

The following is a graphic illustration of the results of the passing – controlling skill test:

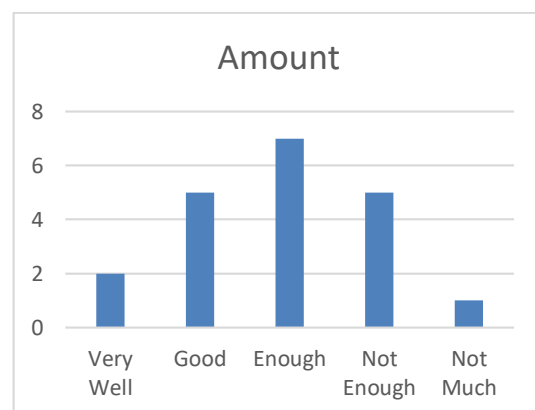


Figure 4. Pass-Controlling Skill Test

Then for the dribbling skill test with a very good category of 1 student (5%), good category 9 students (45%), sufficient category 6 students (30%), less category 4 students (20%), and very poor 0 students (0 %). The following is a graphic illustration of the results of the dribbling skills test:

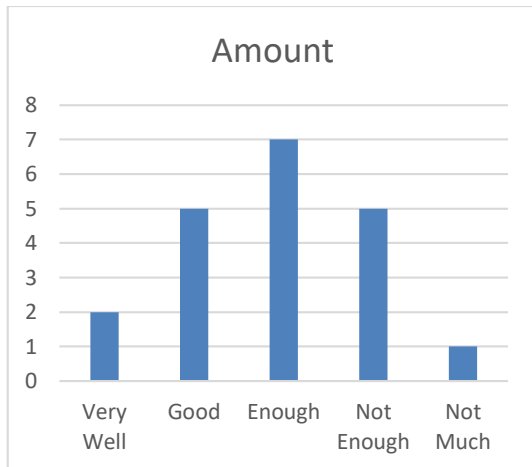


Figure 5. Dribbling Skill Test

Furthermore, there is a shooting skill test with a very good category of 2 students (10%), good category 5 students (25%), sufficient category 7 students (35%), less category 5 students (25%), and very less 1 student (5 %). The following is a graphic illustration of the shooting skills test results:



Figure 6. Shooting Skill Test

To be able to play futsal well, a player must be equipped with good skills/techniques, not only able to kick the ball but also competence in ball control. So that basic skills in reading futsal in matches are very necessary. An important factor in the realization of one's futsal success is the mastery of the futsal game skills possessed by the player himself. To be able to master a good futsal game requires regular and disciplined practice. Sports can also be done anywhere, such as utilizing the existing field at school. Students who have good skills can join an outdoor school or for example join a club or join another team to improve their futsal game skills.

There are 3 (three) main factors for implementing skills, namely teaching and learning process factors, personal factors and situational (environmental) factors. These three factors are believed to be the main determinants of the success of learning skills. The skill capacity of each individual also varies, depending on how the learning process is, the personality of the individual's personality and the environment. Based on the results of reading mastery skills, it shows that there are 9 students in the sufficient category and 4 students in the less category, which means that students' skills in reading mastery are still lacking. In contrast to some students in the very good category there are 2 people and in the good category there are 5 people, which means that the students' abilities are good but must be improved again. Students with good standards can do additional and more training during their practice hours, while students who are less disciplined tend to do futsal exercises.

Control of parts in a Futsal game is very important. The purpose of this section is to pass or pass the ball to a friend so that the receiver also receives the ball comfortably. To control this part,

movement control is needed so that the desired target can be achieved. There are still many students who master the ticket with a hard kick or are too weak, causing unsatisfactory results.

Then in the second table, namely dribbling skills, it shows that the average student is good, to assess students in the right category there are 9 people with an average dribbling of 11.11 seconds. This is compared to other students who are still less dribbling. In the game of futsal skills are very important and must be possessed by every individual. Dribble aims to get close to the target, outwit the opponent and get in the way of the game. An important problem that students often face is how to do a bad dribble. When students dribble the ball, it is often released so that it is easily controlled by the opponent and most of the students also have not mastered the technique of dribbling the ball.

In shooting skills, the results of all students can take the average capacity with sufficient category. Though shooting is an important technique, especially in creating the opponent's goal. Players who have good and precise shots will easily score goals, especially in penalty shootouts. According to Pandat Andri Irawan (2021), who shows that shooting can be interpreted as an important procedure that must dominate all living futsal players, strategy is a means to get gold and dominate the game. Problem. Where students are often faced with a reality that is not appropriate and not optimal, so that it is not in accordance with the objectives and is not directed.

Based on the research results that have been concluded above, the implications of the research results can be stated as follows:

1. The results of this study as a measure of the competency level of parascalcular participants.

2. With these results, it can be used as a reference so that the school and coaches control and improve students' skills in playing futsal.

3. Encouraging players' minds to improve their futsal game skills in order to achieve and get as many results as possible.

4. The emergence of school awareness to provide facilities and infrastructure that support the parascolary activities, where the supporting facilities will make the practice atmosphere comfortable.

CONCLUSION

Based on the results of the research and discussion that have been described, it can be concluded that the skill level for playing Men's Futsal at SMA N 2 Batang is for the level of mastery of overtaking (less), then the level of dribbling skills (good) and for shooting skills (enough). These categories cannot be generalized, but only apply to study groups.

ACKNOWLEDGEMENT

I declare at this time that the scientific work that I make is the result of research that I have done and has never been published in any publication. If there are similarities or plagiarism with other articles, I will take full responsibility and I am ready to accept the consequences in accordance with the applicable provisions.

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