

THE INFLUENCE OF APPLICATION OF GAME BASED PASSING TRAINING MODELS ON SENIOR HIGH SCHOOL STUDENTS PASSING SKILL

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ABSTRACT

Passing skill done by SMP IT Alamy students still too fast and inaccurate, which made difficult for another football player to take the ball. The aim of this study to investigate the effect of application game-based model of passing football training on *IT 'Alamy* junior high school. This type of research is an experiment with the design of "The One Group Pretest Posttest Design". The population study was 30 students of *IT 'Alamy* Junior High School. Based on the research instrument data shows the score for validity test is 0.720 and reliability is 0.808. Data analysis using t test with a significance level of 5%. The results shows that there was a significant influence on the application of the passing game model on junior high school *IT 'Alamy* students. Thus, a value of t count $6.574 > t$ table 2.09, and a significance value of $0.000 < 0.05$, and a percentage increase of 37.69%.

Keywords: game-based passing training model, passing ability, SMP IT 'Alamy.

INTRODUCTION

Sport is an important and strategic element in the process of nation and state development. National development is an effort carried out by the Indonesian people with the aim of realizing an advanced and independent society as well as physical and spiritual prosperity, which is directed at achieving a just and prosperous society. At this time exercise has a positive and tangible influence on improving public health. As stated by Prasetyo (2013: 219-28) that "*Kesehatan sangat penting bagi manusia, karena tanpa kesehatan yang baik, setiap manusia akan sulit dalam melaksanakan aktivitasnya sehari-hari*". Moreover, sport plays a role in increasing the ability of the nation in implementing sustainable development systems.

Sports coaching and development is carried out through a training process carried out by qualified sports trainers who have competency certificates and supported by adequate sports facilities and infrastructure. Achievements in sports Football is not easily obtained, it takes good coaching in all regions of Indonesia from Sabang to Merauke. Coaching can be done with good competition and guidance, as stated by Rengga Ryandah Zudha Prawira and Tjahja Tribinuka (2016: 2337-3520) that: There are several kinds of benchmarks in shaping the quality of football in a country. The most influential factor is the quality of the local

league. Where is proven that a country that has a quality national team has a quality league as well. Then how to form a quality league? Of course the team that participated has the quality too. Then how to form a quality team? Young nurseries are the most appropriate answer.

The development of football player in West Java Province increased in the community. Many schools in West Java prioritize football extracurricular activities because of this activity hoped could seeds of football players would be the pride of school and the name of West Java Provins in the national and international arena. In order to achieve the desired achievements in soccer coaching in schools, schools should improve the coaching of soccer in their respective school extracurriculars. This research expected that extracurricular activities in schools have an important role in fostering the potential of students in schools as stated by Noor Yanti, Rabiatul Adawiah, Harpani Matnuh (2016: 63-70): Extracurricular activities are held with the aim of developing the potential, talents, interests, abilities, personalities, cooperation, and independence of learners optimally in order to support the achievement of national education goals.

Football extracurriculars nowadays today use training just based in trainer experience. These habits continue to decline and accompanied by the existence of an old training model. Like after warming up the trainer immediately gives instructions to play free games without giving the initial steps that students must do and without giving meaning to the exercise itself. In the warm-up exercise has a very important role as stated by Keskin Burcak (2015) that: *The results of the study showed that a dynamic warm-up with the inclusion of resistance enhances jumping ability more than dynamic exercise alone. In addition, a dynamic warm -up produced a superior sprint and jump performance compared to a warm-up consisting of static stretching.*

The exercise process still uses the same training model from day to day when each exercise takes place so that it seems monotonous and boring for athletes. Though the training must have a prolonged impact and provide insight into the skills to be learned. This is in line with what was stated by Barbara C. H. Huijgen et al (2010; 689–698) that: *Normative data for talented young soccer players can provide insight into the sport-specific skills necessary to be among the best national players in each age group. Although several researchers recommend applying a longitudinal design for profiling the development of sport-specific skills in talented players.*

The purpose of the quote is the normative data for talented young soccer players can provide insight into the specific sports skills needed to become one of the best national players in each age group. Although some researchers recommend applying the longitudinal design to the profile of developing special sports skills of talented players. Because of the big amount of athletes so time for implementation the athlete's ability has not done properly. At the time of training all the basic techniques of football movements have not been conveyed easily for athletes. So that they feel bored when the training session takes place because the material is not developed and the trainer does not understand the characteristics or desires of each students, there should be good communication between coach and athlete. This is as stated by Hanifi Üzümlü (2018) that “Athletes are trying to maintain sporting lives under

severe conditions and keeping constant communication with their coaches". The purpose of the quote is athletes try to maintain the sport to live in hard atmosphere and continue to communicate with their coaches. Darmawan and Putera (2012:5) states: *Soccer is a beautiful game that is simple. To realize that beauty, it takes players who have the courage and confidence to take action at the right time. This creative individual action must be combined with compact teamwork so as to create a solid team.*

To play football well, it requires mastery the techniques, because technical skills really support a football player performance. To be able to improve the quality of the game towards achievement, technical problems are one of the determining conditions. The other most important factor in reaching the top of achievement in soccer is physical condition and technical skills such as passing.

Regular and programmed training from early age will made basic passing techniques better. The training is certainly not only passing techniques but also other football techniques, as well as tactics and physical training. According to James Tangkudung (2012: 60) : *In practicing passing football must have variations when practicing, the goal is that the students / athletes who take part in the training will not get bored with the training that will be done. Therefore a trainer must be creative in presenting training programs, trainers must also be good at finding and applying variations in training.*

Basic techniques are fundamental foundation for mastered by all athletes in order to be able to play football skillfully based on multilateral movement abilities because players who have good basic football technical abilities will be able to use them in a variety of situations, thus providing convenience in applying tactics, then being able to create cooperation that both, in groups and teams to win. One of the basic techniques of football namely passing, is a basic technique that is very important in supporting a football game. Basic techniques have an important role in football, this is as stated by Sucipto (2000: 17): *"untuk bermain sepakbola dengan baik pemain dibekali dengan teknik dasar yang baik".* In practically, kicking the ball can be done in a state of the ball still, rolling or rebound in the air.

Playing football is basically an experiential learning process, where the players experience and feel directly without the intermediaries of others, this is different from learning activities outside and inside the classroom which further emphasizes one of the aspects both cognitive, affective, psychomotor done directly and well structured with soft or moderate patterns, and complex. The forms of the game must be packaged in an interesting and fun way, and make students feel motivated to do it. As stated by Diana (2015): *Play must be done with pleasure, so that all fun play activities will produce learning in children. " Meanwhile according to Pepen and Nurhidayat in hambali said that "playing is basically an experiential learning process, where the perpetrators experience and feel firsthand.*

Playing has many functions according to Matakup (2002: 35) *dalam sasaran sebagai alat pendidikan salah satunya adalah sasaran jasmani dimana sasaran jasmani tersebut mencakup beberapa komponen antara lain: 1) growth and development of children, play activities in children carried out with the physical education process will be very important in the child's growth period. Motion for them means practicing that is very likely unnoticed.*

Basic motion will be better because it increases muscle strength, flexibility, local muscle endurance, and cardiovascular endurance which is getting better. 2) the ability to move in exercising biasana will also give effect to the movements and attitudes in everyday life. This ability to move will be based on good motion. And a good foundation will be achieved if the organs of the body can function very well. 3) physical fitness, children who can continue for a long time to play, will have a high possibility to be able to develop their basic movements, their ability to move.

There is another definition of understanding the method of sports playing. This is as stated by Heri Rustanto (2017): *The method of playing is one form of physical learning that can be given at all levels of education. However, the portion and form of playing methods that will be given, must be adjusted to aspects that exist in the curriculum. It must also be considered factors of age, physical development, and level of education being undertaken. The method of play if it can be organized into fun activities and delivered in the form of play modifications to stimulate students to be more active in moving which ultimately results in better physical fitness and the ability to learn new motions (motor educability).*

Training is very suitable for athletes who participate in soccer training with various activities to be able to build fitness and skills. By training, athletes' physical experience, psychological and emotional enhancements. Training is an activity used to get pleasure, excitement, or happiness in achieving a purpose. Training is a reflection of physical, intellectual, emotional, and social abilities, and as a good medium for training and developing because by playing children can communicate, learn to adjust to the environment around them and be able to do what can be done either easy or difficult. Game-based training model is also a training model that is done individually, in groups consisting of pairs, threes, foursome and even five and seven players or in teams by carrying out various activities. As stated by Yuni Astuti (2017) game methods training can be done with " provide forms of game by modifying the game such as reducing the field, limiting the number of students, using training tools that are in line with student growth and simplifying rules ".

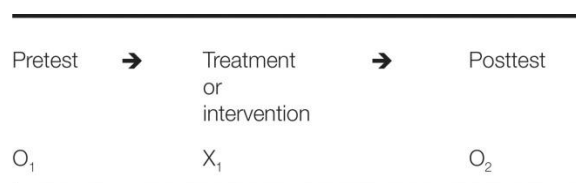
Game-based passing training is expected be able to enhance a renewal and attractiveness coaches and students involved to make a number of playing approaches that shaping the character of play both a gradual increase in both defense and attack in maturity that leads to the basic techniques of football with varied composition and able to understand and easy to do. Training models that are designed and implemented with the right training strategies and processes will be able to play a role and make a meaningful contribution in the formation of basic techniques for beginner athletes.

It happens because there is still no understanding of the application of a more varied, effective, competitive and constructive training model. So, training held bored and monotonous. Data shows that the trainer should still emphasize, reflect and hone the ability to continue developing the search for issues as an interesting exercise model for athletes. Therefore, there must be a solution or some kind of solution to overcome the basic problems in football school. Then to have a positive impact on the development and progress of students in junior high school soccer extracurricular activities takes maximum effort from all parties, and it is not an easy problem.

Based on the background above, the researcher interested in making research whether there is a significant influence on the application of the game-based passing training model to junior high students?

METHOD

This research is using experimental method. By using the One Group Pre test - Post test Design design, that is the group that is treated, but before the treatment is carried out the initial test (pre test), and then the end of the treatment is carried out again the final test (post test) The form of this research design is as follows:



Information :

- O1 : Pretest Football Passing
- X : Variations in Football passing exercises
- O2 : Posttest Football Passing

Research Location

This research was conducted at secondary school student West Java, Indonesia. The treatment was conducted 16 times a exercise and was conducted three times a week.

Population

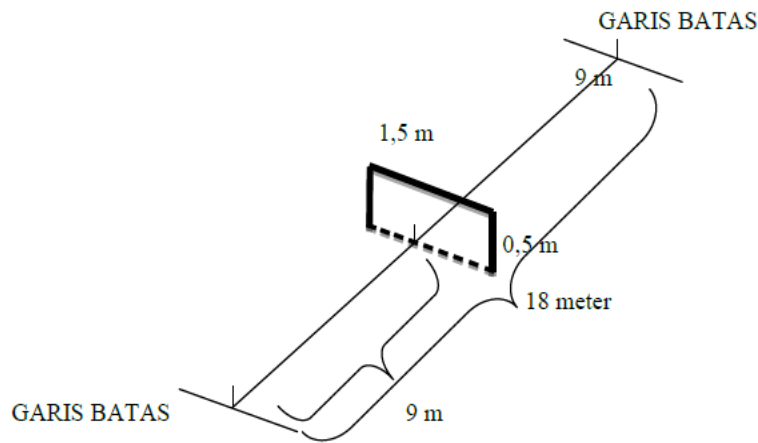
The population of this study were all extracurricular soccer participants in secondary school student West Java, Indonesia.

Sample

In this study, the technique used is total sampling in which all populations are sampled. So the samples of this study were 30 extracurricular students.

Research Instruments

The instrument to be used is the football playing skills test compiled by Subagyo Irianto (1995: 9) The validity of the test is 0.812 and the reliability is 0.856.



(Subagyo Irianto, 1995;34)

Results before treatment

And after treatment passing variation exercise

NO	Variable	TREATMENT	
		PRETEST	POSTTEST
1		4	6
2		6	8
3		5	7
4		6	7
5		5	7
6		6	8
7		5	7
8		5	8
9		4	6
10		5	7
11		6	8
12		4	6
13		5	7
14		4	7
15		5	6
16		4	6
17		5	7
18		5	8
19		5	7
20		3	6
21		4	6
22		5	7
23		4	7

24	5	6
25	6	8
26	5	7
27	3	6
28	5	7
29	5	8
30	4	6
Amount	143	207
Standar deviation	0.8172	0.758856
Average	4.766667	6.9

Based on the table it is known that the average value before the treatment of passing variation exercises is 4.76 and the average value after the treatment of passing variation exercises is 6.9. Furthermore, the standard deviation value before the treatment of passing variation exercises is 0.81 and the value of the standard deviation after the treatment of passing variation exercises is 0.75.8.

Data Analysis Processing

After calculating the average and standard deviation of the data that has been collected, the next step is to test the normality of the data, test the homogeneity of the data, look for values with the One Way ANOVA test and the significance value between the values of the variation of passing exercises before treatment and the value of the variation of passing exercises after treatment , The results of processing are as follows:

Result Tests of Normalit

Tests of Normality

	Kolmogorov-Smirnov ^a			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	Df	Sig.
sebelum tretment	.310	30	.070	.720	30	.085
sesudah tretment	.219	30	.080	.808	30	.056

a. Lilliefors Significance Correction

Based on the calculation results, that the six data variables are normally distributed, before the treatment exercise variation passing the significance value (p) value obtained by $0.070 > 0.05$, after the treatment exercise variation passing the significance value (p) value obtained by $0.080 > 0.05$, because significant value (p value) > 0.05 then H_0 is accepted, meaning that all data is taken from normally distributed populations

Result tests of Homogeneity of Variances

Test of Homogeneity of Variances

sebelum treatment

Levene Statistic	df1	df2	Sig.
6.184	2	27	.066

Based on the calculation results, obtained a significant value (p) value of $0.066 > 0.05$ from the homogeneity test results of passing variation exercises, then H_0 is accepted, meaning that the variance in the training data group variation of passing is the same (Homogeneous).

Result Before Pretest And After Posttest Exercise Passing Variation

Paired Samples Test

	Paired Differences	Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference		t	df	Sig. (2-tailed)
					Lower	Upper			
					Pair 1 sebelum treatment - sesudah treatment	-3.167			

From the results of calculations with SPSS for Window, the significance value (p) value of $0,000 < 0.05$ is obtained because the significant value (p value) > 0.05 then H_0 is rejected, meaning that there is a significant increase between the value before the treatment of passing variation and the value after treatment of the exercise variation of passing.

DISCUSSION

Based on the results of calculations and data analysis, information is obtained that there is a significant effect of the effect of passing variation exercises on increasing the passing accuracy of football, matches

The findings of researchers on the field that passing variation exercises have an influence on the accuracy of passing, so that players are more appropriate to provide feedback when in the match.

Based on the results of the study it was also seen that there were some children whose lower passing abilities had increased dramatically, some had even decreased their

abilities. This is due to the fact that this type of research is a quasi-experiment, meaning that the researcher cannot fully monitor the child's activities outside the training / treatment schedule given by the researcher. It is possible for children who have drastically improved their abilities because the child also continues to exercise outside the training / treatment schedule given by the researcher. Whereas for children whose abilities actually decline it is possible for these children not to take training seriously, and there are also children who are sick when taking posttest data so that their abilities are not optimal.

CONCLUSION

Based on the results of the study, it can be concluded that the game-based passing exercise model can provide a significant effect on junior high school students.

Suggestion

Based on the research conclusions above, there are a number of suggestions that can be delivered, namely:

1. For further researchers to add a comparison variable.
2. For further researchers so that the sample must be more controlled.
3. For further researchers to provide a pair of passing practice program more clearly and programmed.
4. In this thesis there are still many shortcomings, for that further researchers should develop and perfect the program exercise in this study.

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