

## Basic Football Techniques for High School Students

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### ABSTRACT

This research aims to find out: (1) Basic techniques for heading the ball among students, (2) Basic techniques for dribbling the ball among students, (3) Basic techniques for passing and holding the ball among students, and (4) Basic techniques for shooting the ball. This research is a type of survey research. The population of this study were all students of SMA Negeri 2 Sinjai, specifically for boys, classes X and XI with a total research sample of 30 students selected by random sampling. The data analysis techniques used are descriptive, data normality, and categorization using the SPSS Version 22.00 system at a significance level of 95% or  $\alpha_{0,05}$ . Based on the results of data analysis, this research concludes that: (1) The basic technique of ball heading for students at SMA Negeri 2 Sinjai is in the Medium category; (2) Basic techniques for dribbling the ball for SMA Negeri 2 Sinjai students are in the Medium category, (3) Basic techniques for passing and holding the ball for students at SMA Negeri 2 Sinjai are in the Medium category, and (4) Basic shooting techniques for SMA Negeri 2 students Sinjai is in the Medium category.

**Keyword:** Basic Technique; Football.

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### INTRODUCTION

Physical education consists of the words education and physical, education is the process of changing the attitudes and behavior of a person or group of people to mature a person or group of people to mature humans through teaching and training efforts, physical is the body or body (physical) (Harris, 2018). However, what is meant by physical here is not just the body but the whole (whole person), because physical and spiritual cannot be separated. Physical and spiritual are a unified whole that are always connected and mutually influence each other (Taufan et al., 2018). Physical education is essentially an educational process that utilizes physical activity to produce holistic changes in individual quality, both physically, mentally and emotionally (Prasetyo et al., 2019). Physical education treats children as a complete unit, a total being, rather than just considering them as someone with separate physical and mental qualities (Jayul & Irwanto, 2020).



In reality, physical education is a very broad field of study (Herlina & Suherman, 2020). The point of concern is the increase in human movement. More specifically, physical education is concerned with the relationship between human movement and other areas of education: the relationship between body and physical development and mind and spirit (Taqwim et al., 2020). Its focus on the influence of physical development on the growth and development of other aspects of humans is what makes it unique. There is no other single field such as physical education that is concerned with total human development (Hidayatullah & Anwar, 2020). Physical education is a process of educating a person as an individual or member of society which is carried out consciously and systematically through various physical activities (Sudibyso & Nugroho, 2020) to obtain physical growth, health and physical fitness, abilities and skills, intelligence and development of character and personality. harmony in the context of forming quality Indonesian people based on Pancasila (Nazirun et al., 2020). Explicitly, the term physical education is differentiated from sport (Gede Yogi Saputra, 2021). In a narrow sense, sport is identified as physical exercise (Clarita et al., 2021). Sport can be seen from the origin of the word from the Javanese language olah which means to train oneself and rogo (raga) means body. In broad terms, sport can be interpreted as any activity or effort to encourage, awaken, and develop the physical and spiritual strengths of every human being (Saitya, 2022). Physical education can also be interpreted as an educational process through a physical activity designed to improve physical fitness, develop motor skills (Herlina & Suherman, 2020), knowledge and healthy and active living behaviour, sportsmanship, and emotional intelligence (Samosir & Aditya, 2022 ). The learning environment is carefully arranged to increase the growth and development of all domains, physical, psychomotor, cognitive and affective for each student (Tumaloto, 2022).

Football is one of the most popular sports in the world. Football comes from two words, namely "soccer" and "ball". Football or kicking can be interpreted as kicking (using the feet) while "ball" is a round playing tool made from rubber, leather or the like (S. & Yulifri, 2019). In the game of football, a ball is kicked/kicked by players to and fro (Azharullah, 2021). So, in short, the definition of football is a game that is played by kicking the ball from side to side by players, aiming at the goal and aiming to put the ball into the opponent's goal (Komarudin, 2021). Almost everyone knows and likes sports that combine physical and technical elements, including in Indonesia (Pratama & Nurrochmah, 2022). Even though up to now the achievements of Indonesian football have not met expectations, this does not seem to affect the interest and sympathy of the people in this country (Sari & Nurrochmah, 2021). It is not uncommon for hundreds or even thousands of people to flock to stadiums where football matches are held to see their favourite players or teams (Sari & Nurrochmah, 2021). In fact, in every corner from villages to cities, everyone, both children and adults, is competing to play this increasingly popular sport (Erfayliana & Wati, 2020).

Based on the results of initial observations and documentation studies in the K-13 curriculum at SMA Negeri 2 Sinjai, the physical education subject matter taught includes volleyball, football, athletics, games, gymnastics and physical fitness, but of the many sports, the most popular is football. In the Learning Implementation Plan (RPP) for physical education subjects at SMA Negeri 2 Sinjai, the material is the game of football. Other results from initial observations in football learning at SMA Negeri 2 Sinjai are still very limited. This is characterized by a lack of supporting infrastructure in the field of football. This information is strengthened by data from school documentation studies regarding achievements in the sport of football and data on the infrastructure supporting football learning. Sinjai 2 State High School itself is classified as a school that has underachieved in the field of football because, in the last 5 years, its achievements have not been optimal. Several other factors that cause their achievements to be less developed are the lack of supporting facilities for

sports, especially football, at the school as well as the lack of competitive mentality when competing against teams from state schools and schools that are superior.

During learning, the teacher emphasizes learning basic skills, however, due to the characteristics of students who like to play, the sports teacher experiences difficulty in providing basic skills for playing football. This makes lessons less effective and the material is not well received by students, so teachers are less able to know the level of their students' basic football-playing abilities.

## METHODS

The variables that want to be studied are the basic techniques for playing football, divided into 4 basic techniques, namely heading the ball, dribbling the ball, passing and stopping, and shooting the ball. The population in this study were male students in class X and The sample is a random sample or random system. Data collection is carried out to obtain empirical data as material for testing the truth of the hypothesis. The data collected in this study included: the ball heading test, ball dribbling test, ball passing and holding test, and shooting goal test in a soccer game.

**Table 1.**  
 Assessment of basic football passing and stopping technical skills

Category	Skill description	Value
Good	a. The ball is kicked and held behind the shooting line	3
	b. The ball is kicked and held alternately between the right and left feet in sequence	
	c. Kick and hold the ball for 30 seconds 20 or more times	
Medium	a. The ball is kicked and held right in the shooting line	2
	b. The ball is kicked and held with the right and left feet not in sequence	
	c. Kick and hold the ball for 30 seconds 11-19 times	
Less	a. The ball is kicked and held in front of the kick line during each kicking task	1
	b. The ball is kicked and held only once	
	c. Kick and hold the ball for 30 seconds less than 10 times	

**Table 2.**  
 Assessment of basic football heading technical skills

Category	Skill description	Value
Good	a. Playing the ball with your head for 30 seconds 25 or more times	3
	b. When playing the ball, do not move from the area	
Medium	a. Play the ball with your head for 30 seconds 11-24 times	2
	b. When playing the ball moves slightly from the area	
Less	a. Playing the ball with your head for 30 seconds less than 10 times	1
	b. When playing the ball, he always moves from place to place in his area	

**Table 3.**  
 Assessment of basic football dribbling technical skills

Category	Skill description	Value
Good	a. Dribbling the ball using two feet consecutively and continuously	3
	b. Dribbling the ball in the specified direction	
	c. Dribbling the ball with less than 19 seconds on the clock	
Medium	a. Dribbling the ball using two feet not sequentially and not continuously	2
	b. Dribbling the ball according to the direction but away from obstacles	
	c. Dribble the ball within 20-24 seconds	
Less	a. Dribbling the ball using only one foot	1
	b. Dribbling the ball does not follow the specified direction	
	c. Using other body parts besides the feet to dribble the ball	
	d. Dribbling the ball with more than 25 seconds	

**Table 4.**  
 Assessment of basic football shooting technique skills

Category	Skill description	Value
Good	a. The ball hits target no. 5 and no. 7 (see figure 3.4)	3
	b. Place the ball at a distance of 16.5 m from the target, directly in front of the crossbar	
	c. Successfully put the ball on target 3 times or 2 times out of 3 opportunities given	
	d. Shooting speed in less than 1-2 seconds	
Medium	a. The ball hits target no. 3 and no. 1 (see figure 3.4)	2
	b. Place the ball at a distance of 16.5 m from the target, not straight or slightly deviated from the crossbar	
	c. Successfully shot the ball at the target 1 time out of 3 opportunities given	
	d. Shooting speed with a time of 3 seconds	
Less	a. Place the ball at a distance of 16.5 m from the target	1
	b. Did not succeed in shooting the ball on target on the 3 opportunities given	
	c. Shooting speed with a time of more than 4 seconds	

The data analysis method used in this research is statistical calculations using descriptive percentage analysis, the formula used is:

$$DP = \frac{n}{N} \times 100\%$$

Information

n = number of factual factor values

N = the total number of ideal answer values

% = percentage level achieved

## RESULTS AND DISCUSSION

### Results

Descriptive data analysis is intended to obtain a general overview of the research data. A descriptive analysis was carried out on the basic techniques of playing football among students at SMA Negeri 2 Sinjai. It is hoped that these statistical values can provide a general idea of the state of basic football playing techniques. The results of descriptive analysis for each research variable can be seen in **Table 5**.

**Table 5.**  
 Results of descriptive analysis for each variable

	N	Sum	Mean	Stdv	Range	Min.	Max.
Ball Heading	30	585,00	19,5000	2,43183	10,00	15,00	25,00
Dribble	30	628,26	20,9420	0,71337	2,97	19,56	22,53
Passing and Holding the Ball	30	534,00	17,8000	2,17192	9,00	13,00	22,00
Ball Shooting	30	3002,66	100,0887	13,29459	56,66	75,12	131,78

### Basic ball heading techniques for students

**Table 6.**

Recapitulation of the percentage of results of basic ball heading techniques for students

No.	Interval	Frequency	Percent	Classification
1	> 25	0	0,0%	Less
2	11 – 24	30	100%	Medium
3	< 10	0	0,0%	Good
<b>Amount</b>		<b>30</b>	<b>100%</b>	<b>-</b>



Based on **Table 6** above, it appears that the percentage of data on basic ball heading techniques for students at SMA Negeri 2 Sinjai is 30 (100%) students, the good category is 0 students or (0.0%), the medium category is 100 students or (100.0%), and the less than 0 students or (0.0%) category. Thus, it can be concluded that the percentage of final data results on basic ball heading techniques for students at SMA Negeri 2 Sinjai is in the medium category.

### Basic techniques for dribbling the ball for students

**Table 7.**

Recapitulation of the percentage results of students' basic dribbling techniques

No.	Interval	Frequency	Percent	Classification
1	< 19,99 detik	0	0,0%	Less
2	20,00 – 24,99 detik	27	90,0%	Medium
3	> 25,00 detik	3	10,0%	Good
<b>Amount</b>		<b>30</b>	<b>100%</b>	<b>-</b>

Based on **Table 7** above, it appears that the percentage of basic ball dribbling technique data results for students at SMA Negeri 2 Sinjai is 30 or (100%) students, the good category is 3 or (10.0%) students, the medium category is 27 or (27%).0%) students and the less than category is 0 or (0.0%) students. Thus, it can be concluded that the percentage of final data results on basic ball dribbling techniques for students at SMA Negeri 2 Sinjai is in the medium category.

### Basic techniques for passing and holding the ball for students

**Table 8.**

Recapitulation of the percentage results of students' basic passing and holding the ball techniques

No.	Interval	Frequency	Percent	Classification
1	> 20	0	0,0%	Less
2	11 – 19	24	80,0%	Medium
3	< 10	6	20,0%	Good
<b>Amount</b>		<b>30</b>	<b>100%</b>	<b>-</b>

Based on **Table 8** above, it appears that the percentage of data on basic techniques for passing and holding the ball for SMA Negeri 2 Sinjai students is 30 (100%) students, the good category is 6 or (20.0%) students, the medium category is 24 or (80.0%) students, and the less category is 0 or (0.0%) students. Thus, it can be concluded that the percentage of final data results for basic passing and holding the ball techniques for students at SMA Negeri 2 Sinjai is in the medium category.

### Basic ball shooting techniques for students

**Table 9.**

Recapitulation of percentage results of basic ball shooting techniques for students

No.	Interval	Frequency	Percent	Classification
1	5 dan 7	0	0,0%	Less
2	1 dan 3	30	100%	Medium
3	0	0	0,0%	Good
<b>Amount</b>		<b>30</b>	<b>100%</b>	<b>-</b>



Based on **Table 9** above, it appears that the percentage of data on basic ball shooting techniques for students at SMA Negeri 2 Sinjai is 30 (100%) students, the good category is 18 or (60.0%) students, the medium category is 12 or (40, 0%) students, and the less than category is 0 or (0.0%) students. Thus, it can be concluded that the percentage of final data results on basic ball shooting techniques for students at SMA Negeri 2 Sinjai is in a good category.

## Discussion

### Basic techniques for playing football among students at SMA Negeri 2 Sinjai.

The game of football is a team game that requires skill, tactics and cooperation. Basic skills are the main asset for playing football, without ignoring physical and mental needs. With the basic skills that each individual has, it will make playing football easier, whether for scoring goals or teamwork. The basic technical skills test for playing football for SMA Negeri 2 Sinjai students contains basic football skills, namely: dribbling, passing and holding the ball, heading, and shooting which predicts the basic skills for playing football for SMA Negeri 2 Sinjai students. This research aims to determine the basic technical skills of playing football among students at SMA Negeri 2 Sinjai. The level of basic skills in playing football for male students at SMA Negeri 2 Sinjai was measured using tests. The test used in this research is the Basic Football Skills Test. Based on the research results, it shows that the percentage of data on basic ball heading techniques for students at SMA Negeri 2 Sinjai is 30 (100%) students, the good category is 0 students or (0.0%), the medium category is 100 students or (100.0%). ), and the less category is 0 students or (0.0%). Thus, it can be concluded that the percentage of final data results on basic ball heading techniques for students at SMA Negeri 2 Sinjai is in the medium category. The results of the research showed that the percentage of data on basic dribbling techniques for students at SMA Negeri 2 Sinjai was 30 or (100%) students, the good category was 3 or (10.0%) students, the medium category was 27 or (27.0%) students, and the less than category is 0 or (0.0%) students. Thus, it can be concluded that the percentage of final data results on basic ball dribbling techniques for students at SMA Negeri 2 Sinjai is in the medium category. The results of the research showed that the percentage of data on basic passing and ball-holding techniques for students at SMA Negeri 2 Sinjai was 30 (100%) students, the good category was 6 or (20.0%) students, the medium category was 24 or (80.0%). ) students and the less than category is 0 or (0.0%) students. Thus, it can be concluded that the percentage of final data results for basic passing and holding the ball techniques for students at SMA Negeri 2 Sinjai is in the medium category. The results of the research showed that the percentage of data on basic ball shooting techniques for students at SMA Negeri 2 Sinjai was 30 (100%) students, the good category was 18 or (60.0%) students, the medium category was 12 or (40.0%) students, and the less than category is 0 or (0.0%) students. Thus, it can be concluded that the percentage of final data results on basic ball shooting techniques for students at SMA Negeri 2 Sinjai is in a good category. This is likely caused by several influencing factors, namely:

1. Internal factors, namely factors from the students themselves. Students' motivation and interest in participating in learning at school influence the basic skills of playing football. Seriousness in taking lessons is a factor that greatly influences students' performance when taking lessons
2. External factors, namely:
  - a. Teacher

The teacher's main task is to deliver material that is by the competency standards and basic competencies to be achieved. In delivering material, teachers should

use a variety of learning methods so as not to bore students so that student's interest in participating in learning will increase and the objectives of the learning can be achieved optimally.

b. Facilities and infrastructure

Limited facilities and infrastructure at SMA Negeri 2 Sinjai, such as balls, fields and supporting facilities, are some of the factors inhibiting the Physical Education learning process. Facilities and infrastructure are an important part of the success of learning. The more complete the supporting facilities, the more effective the lesson.

c. Environment

Support from the surrounding environment also encourages successful learning. A school will create a conducive atmosphere if the surrounding environment makes an effort and maintains the atmosphere and comfort so that teaching and learning activities can be carried out well.

## CONCLUSION

Based on the research results and discussions that have been presented, the following conclusions can be drawn:

1. The basic technique of ball heading for SMA Negeri 2 Sinjai students is in the medium category.
2. The basic technique of dribbling the ball for SMA Negeri 2 Sinjai students is in the medium category.
3. The basic techniques for passing and holding the ball for SMA Negeri 2 Sinjai students are in the medium category.
4. The basic technique of shooting the ball for SMA Negeri 2 Sinjai students is in a good category.

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