
Football Skills of Students of Syekh Yusuf Gowa Football School Reviewed from Cardiovascular Endurance

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A. Conception and design of the study; **B.** Acquisition of data;
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ABSTRACT

This study aims to determine the Football Skills of Syekh Yusuf Gowa Football School Students Reviewed from Cardiovascular Endurance. This type of research is a descriptive research type. The population in this study were all Syekh Yusuf Gowa Football athletes with a research sample of 20 people aged 13-15 years. The sampling technique was by using "random sampling". Data analysis in this study was in the form of quantitative descriptive analysis. So all statistical data used generally use statistical analysis with the help of a computer in the SPSS Version 22.00 program. Based on the test results that have been obtained, it can be concluded that the level of football skills of Syekh Yusuf Gowa Football School students reviewed from cardiovascular endurance is in the category of "Medium".

Keywords : Skills; Football; School.

INTRODUCTION

The development of human civilization is currently experiencing rapid progress. This is proven by the existence of modernization in all aspects of human life (Prasetio et al., 2017). Such as the creation of increasingly practical equipment that can help in almost all human work (Sepriadi et al., 2018). However, this development has a negative impact on human lifestyle (Arifin, 2018). Human lifestyles have shifted from many dynamic jobs to static jobs. For example, someone prefers to ride a motorbike rather than walk to go to the office, even though their workplace is only 100 meters from their house (Kamaruddin, 2018). This shift in lifestyle causes people to tend to be static, less physically active and often lazy so that a person's physical fitness level decreases (Nurul, 2018).

This lack of movement can cause various health problems, such as more and more people getting sick, for example; coronary heart disease, hypertension, diabetes mellitus, fatigue, and so on (Wibowo, 2019). To prevent diseases that arise due to lack of physical activity, namely by exercising (Hambali et al., 2019). Because with exercise, it will make the body healthy and fit while reducing the risk of disease and is one of the safest alternatives to obtain physical fitness (Supriyadi & Muhammad suhd, 2020).

Physical fitness is a condition that is highly desired by everyone (Abduh et al., 2020). With physical fitness, people will be able to appear more dynamic in playing football (Mas &

Faruk, 2013). The benefits of physical fitness are currently widely recognized by the public. Physical fitness is needed by everyone (Puspaningtyas et al., 2015). Not only for people of their age, but also very much needed by athletes. Physical fitness for an athlete is the lifeblood of his appearance to show good physical performance in playing football (Bryantara, 2016). Thus, the physical fitness of athletes must be better than that of people in general. An athlete must maintain his physical fitness in order to create qualified work productivity in his field (Sahabuddin et al., 2022). Physical fitness is obtained not only with one dominant performance, but is obtained from several supporting elements of physical fitness (Ferry & Welis, 2019). The elements of physical fitness in humans are very complex. To get good physical fitness, a healthy lifestyle is needed. With a healthy lifestyle, physical fitness will be created which will be able to increase a person's work productivity (Fahrizqi et al., 2020).

One of the elements of physical fitness is cardiovascular fitness. Cardiovascular fitness is an essential element of physical fitness and is quite representative in showing a person's fitness level (Bramasko & Kafrawi, 2016). Given that cardiovascular fitness is the ability or size of the heart and lungs to supply oxygen to the entire body for a long period of time (Mubarok & Ramadhan, 2019), cardiovascular fitness is very important for everyone, including athletes (Kusuma, 2017). Good cardiovascular fitness will support the ability and skills of movement in football (Rahmad, 2016). This ability is the ability to master basic techniques first, because in any sport without mastering basic techniques it is certain that you will not be able to master the sport well (Maliki et al., 2017). Because to get good skill results, physical fitness must also be good (Setiawan, 2016). Players who do not have football playing skills will not be able to control the ball, let alone score. Football playing skills in this game are very important (Pranata, 2017). Likewise in football, without mastering basic techniques you definitely can't play football well (Hutama & Yuliastrid, 2017). Every player must master all the basic football techniques in order to play well. According to Irianto (2010) To be able to achieve these expectations, it seems that back to basic coaching is needed (Hutama & Yuliastrid, 2017). This means that coaching needs to be carried out from the basics properly and correctly which is applied gradually, in stages, and continuously so that it has clear goals to be achieved at each level starting from SSB, teenagers, juniors to the highest achievements at senior age (Pratama & Rismayanthi, 2018). Weak basic coaching will have a very detrimental impact on further coaching.

Improvement of fitness and soccer playing skills, basic soccer skills are closely related to the ability to coordinate movement, physical, technical, tactical and mental (Bayu, 2017). Basic skills, especially soccer techniques, must be truly mastered and learned early to develop the quality of the game which is one of the factors that determines whether a team wins or loses a match (Busyairi & Ray, 2018). To improve soccer playing skills (Sugiarto & Rahmatullah, 2019), usually repeated training is carried out on how to kick, pass, control the ball (controlling/stopping), dribble, head the ball (heading), and others (Busyairi & Ray, 2018). Usually a coach will provide training to his players and after that will provide an evaluation of the results of the training given whether or not it is successful in improving the soccer playing skills of his players (Sinurat, 2019).

Syekh Yusuf Football School is one of the Football Schools located in Gowa Regency, South Sulawesi, has 23 students and 2 coaches who hold several age group levels based on their respective birth years. At Syekh Yusuf Football School, the training schedule is held three times a week, namely on Tuesday, Thursday, and Sunday. According to the Syekh Yusuf Football School coach, the mastery of basic techniques and physicality of Syekh Yusuf Football School students is sufficient, but based on the researcher's observations, the Syekh

Yusuf Football School coach for the 14-19 year old age group has never evaluated fitness and football playing skills during training, the coach only makes an assessment by observation so that the coach does not yet have data on the development of player techniques as a benchmark for player skills. In other words, the coach does not yet know the extent to which the level of achievement of football playing skills is given by the coach in training students. In addition, the coach is not clear in planning the training program so that the training targets have not been well structured and the training facilities are inadequate for training activities.

METHODS

The type of research used is quantitative descriptive research. This research is descriptive which aims to determine how high the level of soccer playing skills of Syekh Yusuf Soccer School students is in terms of cardiovascular endurance. This research is quantitative descriptive research. The method used to collect data with test and measurement techniques. The instrument used is MFT (Multi-stage Fitness Test) or bleep test measurement. This test is in the form of a series of tests, so this test is simpler in terms of equipment, officers, time and place/area used. In this study, the population used as the object of research is students of Syekh Yusuf Gowa Soccer School, the sample in this study was students of Syekh Yusuf Gowa Soccer School totaling 23 students. Data analysis in this study is in the form of quantitative descriptive analysis. So all statistical data used generally use statistical analysis with the help of a computer in the SPSS Version 23.00 program.

RESULTS AND DISCUSSION

Results

This study was used to determine the level of soccer playing skills of the Syekh Yusuf Gowa Soccer School in terms of their Cardiovascular endurance. After the test was conducted, the level of Cardiovascular Endurance of students can be seen in the following table:

Table 1.

Cardiovascular Endurance Level of Students of Syekh Yusuf Gowa Football School

No.	Criteria	Frequency	Percentage
1.	Very Poor	4	20%
2.	Poor	1	5%
3.	Enough	6	30%
4.	Good	8	40%
5.	Very Good	1	5%
6.	Excellent	0	0%
Total		20	100%

Based on the table above, it can be seen that the level of cardiovascular endurance of students at the Syekh Yusuf Football School obtained the results of students in the very poor category of 4 people or 20%, the Poor category of 1 person or 5%, the Sufficient category of 6 people or 30%, the Good category of 8 people or 40%, the Very Good category of 1 person or 5% and the Extraordinary category of 0 people or 0%.

After the Cardiovascular Endurance test was conducted, a soccer playing skills test was conducted on students of the Syekh Yusuf Soccer School and the following results were

obtained: Descriptive statistics of soccer playing skills of students of the Syekh Yusuf Soccer School obtained the lowest score (Minimum) 47, the highest score (maximum) 66, Average (mean) 53.40, Variance 36.463, Range 19.

The soccer skills of students aged 13-15 years of the Syekh Yusuf Soccer School can be presented in Figure 2 as follows:

Table 2.
Students' soccer playing skills

No.	Criteria	Frequency	Percentage
1.	Good	4	20%
2.	Enough	3	15
3.	Moderate	13	65%
4.	Less	0	0%
5.	Very Less	0	0%
Total		20	100%

Based on the table above, it can be seen that the level of football skills of students at the Syekh Yusuf Football School obtained the results of students in the Good category of 4 people or 20%, the Sufficient category of 3 people or 15%, the Moderate category of 13 people or 65%, the Less category of 0 people or 0%, the Very Less Category of 0 people or 0%. Based on the average (mean) results of 53.40, the football skills of students at the Syekh Yusuf Football School are in the "Moderate" category.

Discussion

Based on the results of the study, it shows that the level of cardiovascular fitness of students aged 13-15 years at Syekh Yusuf Football School is in the category of "Enough. Based on the results of the cardiovascular endurance test (bleeptes), it can be seen that the level of cardiovascular endurance of SSB Syek Yusuf students obtained the results of students who were categorized as very lacking by 4 people or 20%, the Less category by 1 person or 5%, the Enough category by 6 people or 30%, the Good category by 8 people or 40%, the Very Good category by 1 person or 5% and the Extraordinary category by 0 people or 0%. These results are because the training program provided at SSB Batang Boys is more directed at physical training, so that students have Enough fitness.

Cardiovascular fitness has the same meaning as several other terms such as cardiovascular endurance, aerobic fitness, and cardiorespiratory endurance. According to Lutan (2002: 40), cardiovascular fitness is a measure of the heart's ability to pump oxygen-rich blood to other parts of the body and the ability to adjust and recover from physical activity. Good cardiovascular fitness will support the ability and motor skills in football games. Football players have good fitness and must also have a good level of playing skills.

Physical condition is an important element and is the basis for developing techniques, tactics, and strategies in playing football. Physical condition is influenced by several reasons, including the condition of previous activities that can affect physical condition when data is taken, or uncontrolled training patterns previously. When viewed from the condition of facilities and infrastructure, the condition of facilities and infrastructure is quite good and supportive, so that those who participate in training can use fairly complete facilities. With the results of the study that are categorized as sufficient, it can be explained that this is caused by several factors. Football is a team or team sport. A team will be able to present an interesting game if the team has cohesion, meaning that cooperation between athletes in one team can run smoothly, this can be done if each athlete can master several basic techniques in the game of football. To have good basic technical skills, each athlete is



required to have good physical abilities as well, as evidenced by a cardiovascular endurance test followed by a football playing skills test. Playing football well and correctly, players must have good techniques.

Playing football at least players must be able to dribble the ball and kick and shoot at the target, because it plays a very important role when carrying out or arranging attacks and dribbling the ball past opponents before giving passes to friends or shooting at the goal. A player will not be able to play well if he does not have the correct dribbling, kicking and shooting techniques. Another factor is that training is only carried out three times a week. The training carried out is more directed at physical training. Players who are not fit will easily get tired in receiving the training load, so if they are still tired, they will continue to train, it will be dangerous because it can cause injury and pain (Sukadiyanto, 2011:16). Each individual has different levels of technique, some are good and some are not so good. To be able to play football well, athletes must master the basic techniques of football correctly. These basic techniques include dribbling, kicking and shooting the ball at the target. Athletes who are skilled at kicking the ball will be more efficient and effective in kicking to pass to friends. To be able to do the movement of kicking the ball skillfully, it takes practice in the correct kicking technique. Basic soccer skills are skills that demonstrate a consistent level of proficiency and degree of success in achieving goals effectively and efficiently in playing soccer.

After the skill test was conducted, the students obtained the following scores: students in the Good category were 4 people or 20%, the Sufficient category were 3 people or 15%, the Moderate category were 13 people or 65%, the Less category were 0 people or 0%, the Very Less Category were 0 people or 0%. Based on the average result (mean) 53.40, the soccer playing skills of the Syekh Yusuf Soccer School students were in the "Moderate" category. Thus, it can be concluded that the level of soccer playing skills of the Syekh Yusuf Soccer School students in Gowa is far from cardiovascular endurance being in the "Moderate" category.

CONCLUSION

Based on the test results that have been obtained, it can be concluded that the level of soccer playing skills of students at the Syekh Yusuf Gowa Soccer School in terms of cardiovascular endurance is in the "Moderate" category.

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