FOOTBALL PASSING TRAINING MODEL BASED ON GAME FOR CHILDREN (10-12 YEARS)

Chandra Prima Sakti[1], Nofi Marlina Siregar[2], Iman Sulaiman[3]

[123] Pendidikan Olahraga, Pascasarjana Universitas Negeri Jakarta,
Komplek Universitas Negeri Jakarta Gedung M. Hatta Jl. Rawamangun Muka, Jakarta Timur, Indonesia 13220

Correspondiing author. Email **:** chandrartg@gmail.com

Abstract The purpose of this study was to produce game based football passing training model for kids (10-12 years olds) that can be applied in the exercise as well as football school or football club. This training model is expected to help trainers during the training session, especially in passing material. This study uses the ADDIE method. The result of the study resulted in a product in the form of game-based football passing training model for kids (10-12 years olds) that was validated by three football experts as many as 8 models of ball possession method. Data were collected through documentation, interviews, and observations. Data analysis was carried out by descriptive qualitative and quantitative methods. The result of the study were in the form of a game based football passing training model book for kids (10-12 years olds). The football passing training model can effectively improve the football passing skill of the kids athlete at the football school or football club. Based on the results of the study, it is proven that the football passing training model for kids (10-12 years olds) has been declared valid and effective and can be applied to kids (10-12 years olds).

Keywords: passing training model, game based, football, kids 10-12 years olds

INTRODUCTION

Football is one of the sports games played by 2 teams. Each team consists of 11 students including a goalkeeper. The goal of football is to put as many balls as possible into the opponent's goal and keep the own goal from being put in. And the game is played in 2 acts (2x45 minutes).

Football is a team game, each team consists of 11 players and one of them is a goalkeeper (Ilham Efendi Nasution, Suharjana, 2015). Football has a lot of fans, especially men. Regardless of age, from children to parents love this sport. One of the basic football techniques that you have to master to play football well is passing (kicking).

The correct and good passing affects the team's play. Because the game of football is a group game, so every player is required to have the correct and good passing to facilitate the flow of the ball between players to dismantle the opponent's defense.

The lack of early coaching is a very crucial factor, one of which is in the sport of football. Homeland football observers argue that one of the main causes of the failure of our national football management is the lack of attention to the development of early childhood (grassroots) and younger age (age group) (Syukur & Soniawan, 2015, p. 73).

At an early age coaching, coaches are required to increase creativity and innovation in creating exercise programs that make it easier for students to grasp and understand these basic passing techniques so that they can do the training program well.

The game is a system that has certain rules where players will be involved in a problem so that they can produce a measurable result, namely winning and losing. "A game is something that is played with a certain rule that is commonly used for pleasure purposes and can also be for educational purposes (Adhanisa Kridalukmana, & Martono, 2016).

States that each game must have four main components, namely: (1) the presence of players, usually more than two people, (2) the existence of an environment where players interact, (3) the existence of rules of the game, and, (4) the existence of certain goals to be achieved (Yurmalin MZ, 2013).

The research method used is a development research method usually called research-based development. Research or development (R & D) is a

process of developing educational or non-educational products whose results can be accounted for and useful. According to Sugiyono in his book wrote that "research and development is a research method used to produce a particular product, and test the effectiveness of the product" (Sugiyono, 2011, 297). Also can be interpreted that "Research and development is a process that used for develop and validated education product." (Meredith D. Gall, Joyce P. Gall and Walter R. Borg, 1983, 772).

The development research referred to in this context is the research and development of the Football Passing Training Game-Based Model for children aged (10-12 years), the exercise model made in writing form in the form of Game-Based Football Passing practice models for children aged (10-12 years), the design of Game-Based Football Passing practice models for children aged (10-12 years) which can be formulated as a program or training material for Football Passing Based Games for children of age (10-12 years).

The development research aims to produce the development of a game-based football passing training model for children aged (10-12 years) that can be used by coaches in facilitating the training process and the goals to be achieved can be in accordance with what is expected.

METHODE

The research method used is a development research method usually called research-based development. The learning development model that shows the stages of learning design stages that are simple and easy to learn is the model from the Robert Maribe Branch, ADDIE. This model is one that is used in the development of an exercise model that pays attention to the stages – the basic stages of simple exercise design, which consists of five phases, namely; (a) Analysis, (b) Design, (c) Development, (d) Implementation, (e) Evaluation. (Benny A. Pribadi, 2009, p. 125).
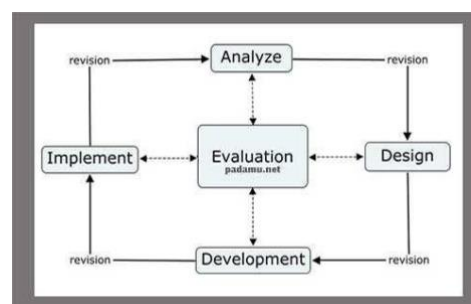
Picture 1. Simple Concept of ADDIE Model
Sumber: Buku Benny A. Pribadi (2009)

a. Analysis

The analysis of student needs includes the needs and characteristics of the student as well as the environment

that the subject will target by looking at the equality of abilities of football players.

b. Design

The design stage carried out activities including :

1. Create a list of product elements including scheduling for their development.

2. Determine the people/teams that will help by including rules that all members must abide by.

3. Determine the specifications of various skill training models that contain the media to be developed.

c. Development

This stage begins with combining all the components that have been designed in the previous stage. After that, the researcher corrects the game product from the development before validation, if complete, the product is ready to be validated.

Table 1. Game-Based Football Passing Models

Model Latihan A	Model Latihan H	Model Latihan O
Model Latihan B	Model Latihan I	Model Latihan P
Model Latihan C	Model Latihan J	Model Latihan Q
Model Latihan D	Model Latihan K	Model Latihan R
Model Latihan E	Model Latihan L	Model Latihan S
Model Latihan F	Model Latihan M	Model Latihan T
Model Latihan G	Model Latihan N	Model Latihan U

d. Implementation

The implementation stage of the researcher carried out the action of implementing the design and 21 models developed. From 21 models developed, there are 8 approved models and will be used for model implementation.

This stage of implementation is useful for looking at weaknesses or shortcomings contained in the researcher's product.

e. Evaluation

Evaluation is a process of analyzing the product at the implementation stage, it can be shortened to answer the question of whether there are shortcomings / weaknesses or not.

The concept of the model to be developed is the football passing practice model. Later this model is expected to be able to become an exercise material that will provide a stimulus to students to improve Game-Based Football Passing for children aged (10-12 years).

Early age athlete development programs in the 10-12 year old stage refer more to passing exercises and developing through games. "Elementary school students have the main character of starting to show various individual differences from various aspects and fields, including: (a) differences in intelligence, (b) cognitive and language abilities, (c) personality development

and physical development of children." (Frendy Aru Fantiro, 2018). At this stage, it is also a time to develop all the fundamental movement skills of athletes so that they will equip their basic movement skills. "Children of primary school age have different characteristics from children who are younger, children of primary school age prefer to play, love to move, love to work in groups and love to feel or do things directly (Desmita, 2012:35)." (Oktaria Kusumawati, 2017). The existence of the concept of coaching athletes of children's age which refers to the Long Term Athlete Development program that in the coaching process must be adjusted to the stage of growth and development of children.

Children aged 10-12 years are at a stage of learning to practice (learn to train). According to Seto Wiji Hartono (2015) "Training must have distinctive characteristics and shapes according to the sport" (Hartanto, 2015:25). Exercise should refer to the development of fundamental movement skills or often called basic motion skills.

This needs to be done as the foundation of athletes to obtain the highest achievements at the peak age of each sport. The exercises given are more focused on exercises of flexibility, speed, and endurance manipulated with pleasurable activities.

RESULT AND DISCUSSION

Based on the results of the analysis that has been carried out, this research is feasible and can be used by teachers or coaches in providing passing training materials that have been made.

The concept of a preliminary draft is made on the basis of an analysis of needs. From the results of the needs analysis, an initial draft concept of the football passing training model was made as many as 21 training models. The concept of the initial draft model above is still not included in the model feasibility test stage.

From 21 models planned, 8 football passing training models were created, which researchers initially made 21 models. The following are the 8 final models of football passing training that have been revised and validated :

1) The Training Model of Passing In Pairs With Moving In Space
2) Passing Training Model In Pairs By Moving In Space With Increasing Number of Players
3) Passing Training Model With Targets in Every Corner of the Area

4) Group Passing Training Model In Rectangular Area With The Help Of Players Outside Area

5) Long Distance Passing Training Model With Rectangular Area With 2 Targets

6) Passing Training Model In Square Area With 4 Targets

7) Passing Training Model By Movement On Blank Area

8) Passing Training Model In 2 Areas With 3 Targets In The Middle of The Area

Data Analysis Prerequisite Testing

a. Normality Test

The following are the results of the processing using SPSS 26.0 in the table below.

Tests of Normality

	Kolmogorov-Smirnov[a]			Shapiro-Wilk		
	tatistic	f	ig.	tatistic	f	ig.
re_test	157	1	051	941	1	088
ost_test	149	1	077	946	1	117

a. Lilliefors Significance Correction

Table 2. Normality Test Football Passing

Inference :

Pre Test Data : In the table above, it can be seen in the kolmogrov-Smirnov significance value, that the Sig value (0.051) is greater than 0.05. So that there is enough evidence to state that the Pre Test data is normally distributed.

Post Test data : In the table above, it can be seen in the kolmogrov-Smirnov significance value, that the value of Sig (0.077) is greater than 0.05. So that there is enough evidence to state that the Post Test data is normally distributed.

b. Effectiveness Test

Paired Samples Statistics

		ean		td. Deviation	td. Error Mean
air 1	re_test	3.13	1	.310	235
	ost_test	2.84	1	.772	318

Table 3. Paired Samples Statistics

In the table above, there is a summary of the descriptive statistical results of the two samples studied. Namely the Pre Test and Post Test values. For the Pre Test score, an average score of 23.13 was obtained. While the Post Test value was obtained on average of 52.84. With the number of respondents each as many as 31 people.

Because the average score of the Post test is greater than the average value of the Pre Test, it can be interpreted descriptively that there is a difference in the average learning outcomes between the Pre Test and the Post Test.

Paired Samples Correlations

		N	Correlation	Sig.
Pair 1	Pre_test & Post_test	31	.024	.900

Table 4. Paired Samples Correlations

The table above shows the results of the correlation test or the relationship between the two data or the relationship

between the Pre Test variables and the Post Test. Based on the table above, it is known that the value of the correlation coefficient is 0.024 with a significance value of 0.900. Since the Sig value (0.900) < 0.05, it can be said that there is no relationship between the Pre Test variable and the Post Test variable.

Paired Samples Test								
	Paired Differences					t	df	Sig. (2-tailed)
	Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
				Lower	upper			
Pair 1	Pre_test - Post_test	-29.710	2.179	.391	-30.509	-28.911	-75.928	30	.000

Table 5. Paired Samples Test

Hypothesis

H0 : There is no difference between Pre Test and Post Test

H1 : There is a difference between Pre Test and Post Test.

In the table above, it is known that the Sig value is 0.000 less than 0.05, then H0 is rejected. So it can be concluded that there is an average difference between the results of learning the Pre Test and the Post Test, which means that there is an influence on the use of the football passing practice model on the subject of the study. And the average difference in this study is -29,710 contained in the table.

After reviewing this product has several advantages and disadvantages that need to be addressed. then it can be conveyed some of the advantages of this product including :

1. Improves passing accuracy
2. Improve passing skills
3. As a reference for coaches in training
4. This exercise model is done from the easiest thing to the difficult.
5. This model can be seen in the form of a module or book.

The disadvantages of products that need to be addressed include:

1. The product used is far from perfect.
2. The explanations and rules in this passing practice model are far from perfect.

CONCLUSION

Based on the data obtained from the results of field trials which were replaced with revisions from the validation of expert lecturers and several football coaches, a discussion of the results of the study was obtained which can be concluded that :

1. Game-based football passing training model for children aged 10-12 years with ball possession method as many as 8 training models.

2. A game-based football passing practice model for children aged 10-12 can effectively improve football passing skills for children aged 10-12 years.

CONCLUTION

This research will be better if it is developed by involving experts or experts in the field of sports practice as well as a broader research subject so that it has a lot of advice and can make more exercise models for the future.

REFERENCES

Benny A. Pribadi. (2009). Model Desain Sistem Pembelajaran.

Frendy Aru Fantiro. (2018). Perbedaan pengaruh latihan *ladder drill speed run* dan *ladder drill crossover* terhadap peningkatan kelincahan (*agility)* siswa Sekolah Dasar Moh. Hatta Kota Malang. *JPOS (Journal Power Of Sports), 1 (2) 2018, (14-22)* Available at: http://e-journal.unipma.ac.id/index.php/JPOS

Hartanto, S. W. (2015). Pengaruh Latihan Passing Bawah Berpasangan Tetap Dan Rotasi Terhadap Kemampuan Passing Bawah Pada Atlet Bola Voli Putri Klub Citra Serasi Kabupaten Semarang. *Ilmu Keolahragaan*, *1*, 1–53.

Ilham Efendi Nasution, Suharjana, (2015). Pengembangan Model Latihan Sepak Bola Berbasis KelincahanDengan Pendekatan Bermain. Jurnal Keolahragaan Volume 3 – Nomor 2, September 2015, (178 - 193),

Http://Journal.Uny.Ac.Id/Index.Php/Jolahraga

Meredith D. Gall, Joyce P. Walter R. Borg. (1983). Educational Research An Introduction. *NewYork: Longman.*

Oktaria Kusumawati. (2017). Pengaruh Permainan Tradisional Terhadap Peningkatan Kemampuan Gerak Dasar Siswa Sekolah Dasar Kelas Bawah. Jurnal Pendidikan Dan Pembelajaran Dasar, Volume 4 Nomor 2 Oktober 2017 P-Issn 2355-1925 E-Issn 2580-8915

Sugiyono. (2011). Metode Penelitian Kuantitatif, Kualitatif dan R&D. *Bandung: Penerbit Alfabeta.*

Yurmaliz MZ. (2013). Pengembangan Permaianan Ular Tangga Untuk Kuis Mata Pelajaran Seins Sekolah Dasar. *Jurnal Teknik,* Vol. 3, No. 01