

Available online at: <http://journal.unj.ac.id/unj/index.php/gjik>
Gladi: Jurnal Ilmu Keolahragaan 16 (04) 2025, 540-548
Permalink/DOI: <https://doi.org/10.21009/GJIK.164.06>

A Review of the Basic Technical Skills of Female Futsal Players

Harry Syahputra Nasution ^{1*}, Annisa Sulistianingsih ², Fitriani³

¹²³ Physical Education, Faculty of Teacher Training and Education, Universitas Pamulang Jalan Puspitek No. 23, Buaran, Serpong, Buaran, Kec. Serpong, Kota Tangerang Selatan, Banten 15310

Corresponding author, Email: saputraharry66@gmail.com

(Submission Track: Received: 11-06-2025, Final Revision: 10-09-2025, Available Online:23-10-2025)

Abstract. This study aims to determine the level of basic technical skills among female futsal players at SMA Negeri 1 Bintan Utara. The research employed a descriptive quantitative method. The population of this study consisted of 15 female futsal players, and the sampling technique used was total sampling, meaning that all members of the population were included as research subjects. Data were collected using the Futsal Skills Test instrument developed by FIK Jogja. The data analysis technique applied was descriptive statistics using percentage calculations. The results showed that 3 players (20%) were in the “Excellent” category, 2 players (13.3%) in the “Very Good” category, 2 players (13.3%) in the “Average” category, and 8 players (53.4%) in the “Below Average” category, while no players (0%) were classified as “Failing.” Based on these findings, it can be concluded that the overall level of basic technical skills of female futsal players at SMA Negeri 1 Bintan Utara is categorized as “Below Average.”

Keywords: female futsal; basic technical skills; descriptive research



INTRODUCTION

Futsal is one of the most popular sports in Indonesia, alongside football and volleyball. Although not the top sport, futsal's popularity still attracts attention from Indonesians (Hibban and Sasmarianto 2023). Futsal is a very fast and dynamic game. Due to the relatively small pitch, there is almost no room for error (Ramadhan, Tetikay, and Lika 2025). This sport originated from a simplified version of soccer. The field and ball are smaller than those used in soccer, and the rules are different. Futsal is fast-paced, with 2 x 20-minute halves and a relatively demanding field, requiring each player to have good stamina, speed, skill, and strength (H. Muhammad, Vai, and Aspa 2023). The rules of the futsal game were deliberately made very strict by FIFA so that Fair Play values occur and at the same time to avoid injuries because the futsal playing field (for international matches) is not made of grass, but of wood or plastic/rubber, so that if a collision occurs it will be very dangerous for the players (wahyudi, Agung Perdana, and Mikdar 2024). Futsal in Indonesia has developed rapidly through various leagues that have been running until now, which we know as the "Indonesian Professional Futsal League" which is at the highest level, while below it is the "Nusantara League" (Putra et al. 2024).

Futsal is a ball game played by two teams, each consisting of five people (wahyudi, Agung Perdana, and Mikdar 2024). The goal is to score by manipulating the ball with the feet. In addition to the five main players, each team is also allowed to have substitutes. To score in futsal, two teams compete for the ball and try to score by manipulating the movements of their feet and other body parts, except the goalkeeper (Ginting et al. 2022). Unlike other indoor soccer games, the futsal field is demarcated by lines, not a net or boards. Futsal is also known by various other names in every place that recognizes the sport. The term "futsal" is an international term, derived from the Spanish or Portuguese words "futbol" and "sala". Futsal has various player positions to complete the field during play, including three positions: goalkeeper (goalkeeper), defender (anchor), winger or midfielder (flank), and finally, forward or striker (pivot) (Saputra, Azwar, and Fadly 2023). Futsal is a sport that aims to attack the opponent's defense by scoring points (goals) towards the opponent's goal. Futsal is a sport that teaches playing with very fast ball circulation, attacking, defending and also player circulation without the ball or the right timing (Yerianto Manuk, Sulistiya, and Wibowo 2023).

Futsal has become a popular sport worldwide, with players from children to adults. Futsal has its own unique qualities: fast-paced, running movements, and a smaller pitch than soccer (Setiawan et al. 2021). Futsal is a dynamic sport because the ball rolls quickly from foot to foot, where the players are required to always move and require good skills and high determination (Lhaksana 2011). In terms of skills, futsal is almost the same as grass field soccer, the only difference is that in futsal, the soles of the feet are used a lot when holding the ball, because the surface of the field is flat and hard with a small field size, so the ball must not bounce far from the feet, because if the ball bounces far, it will be easier for the opponent to take the ball. This game requires players to move actively, which involves speed, agility, and good physical endurance (Fitriana and Hariyanto 2024). Futsal requires a high level of technique, tactics, and physicality. Technique is a skill that futsal players must possess, as it is essential for every team to create a successful game. In futsal, players must master several techniques, including passing, ball control, dribbling, and shooting (Anjanika, Ali, and Rizky Ramadhani 2023).

Based on the expert opinion above, futsal is a ball game played by two teams, each consisting of five players. The goal is to score goals by manipulating the ball with the feet. In addition to the five main players, each team is also allowed to have substitutes. The essence of futsal is playing and taking the ball from the opponent with the goal of scoring as many goals as possible to win. Furthermore, the appeal of futsal lies in teamwork, foot-to-foot passing, and beautiful feints. A futsal player must be required to master the game. It is hoped that by mastering basic techniques, they can play beautifully, organize attacks according to strategy, and remain calm when facing opponent attacks.

Passing is one of the basic techniques of Futsal that is very necessary for every player, because with a flat field and a small field size, hard and accurate passing is needed because the ball is parallel to the player's heel, because almost all futsal games use passing. The basic technique of passing can be done with the inside of the foot. Whether the player uses the left foot or the right foot, the technique of passing using the inside of the foot is the same in its application (F. Muhammad 2024).

Control skills in futsal require the use of the soles of the feet. Futsal requires the soles of the feet to hold the ball because the flat pitch causes the ball to roll quickly (Norifansyah, Arifin, and Amirudin 2024). Because with a flat field surface, the ball will

roll quickly so the players must be able to control it well, if they hold the ball far from their feet, it will be easy for the opponent to take the ball (Sulistyo et al. 2024). Apart from the technique of controlling the ball using the sole of the foot, other techniques include the technique of controlling the ball with the inside of the foot, the outside of the foot and the technique of controlling the ball with the instep.

Dribbling technique is an important and absolute skill that every player must master (Rachmad Dhani, Indarto, and Nur Warthadi 2024). Dribbling is the ability of each player to control the ball before passing it to a friend to create an opportunity to score a goal (Rachmad Dhani, Indarto, and Nur Warthadi 2024). Basic dribbling techniques can be performed with the outside of the foot, the inside of the foot, or the instep. Dribbling with the outside or instep is usually easier than dribbling with the inside of the foot (F. Muhammad 2024).

Shooting is a basic technique that every player must master; it's the key to scoring. All futsal players have the opportunity to score and win the match. In futsal, shooting is done with force and with all your might. Shooting involves kicking the ball hard to score. This is also the most difficult part, as it requires maturity and skill in kicking the ball so that it's beyond the reach or capture of the opposing goalkeeper (Sulistyo et al. 2024). To see a good futsal game, a series of good techniques are needed so that they can demonstrate the futsal techniques that are very necessary in the game. The combination of techniques in the game of futsal must be mastered by each player, because with a good combination of techniques, it will create a good game by each player in the team and from a series of good techniques by each player in the team, it can create goals which are the goal in the game of futsal that will be able to bring each team to victory in the tournament they participate in.

Based on the author's observations, it was found that during futsal training sessions at SMA Negeri 1 Bintan Utara, the students often did not follow proper and structured training procedures. This situation caused the training process to be less effective and hindered the players' progress in developing their basic futsal techniques. The exercises that should have been used to improve the players' basic futsal skills were not implemented consistently. Many students directly entered gameplay without adequate warm-up sessions, which frequently led to minor injuries and reduced the efficiency of the overall training period.

Based on these field observations, the author assumes that the basic technical abilities of the female futsal players at SMA Negeri 1 Bintan Utara have not been measured or clearly identified. The role of coaches and school sports instructors is therefore very important in assessing and improving the players' basic futsal skills. Hence, the researcher was motivated to conduct a study entitled "A Review of the Basic Technical Skills of Female Futsal Players at SMA Negeri 1 Bintan Utara.

METHODS

This research is a quantitative descriptive study with one variable, without making comparisons or establishing relationships with other variables. Descriptive research aims to investigate circumstances, conditions, or phenomena as they naturally occur, and the results are presented in the form of a research report. In descriptive research, the researcher does not modify, add to, or manipulate the object or the study area. Instead, the researcher observes and records what happens to the subject being studied and then describes the findings clearly, objectively, and factually in the report. The method used in this study is designed to determine the level of basic technical skills among female futsal players at SMA Negeri 1 Bintan Utara. The population in this study consisted of all 15 female futsal players from SMA Negeri 1 Bintan Utara, aged 16–18 years. The sampling technique used was a census method, in which the entire population was taken as the sample. Therefore, the total sample in this research was 15 female futsal players. In this study, an existing instrument was used to collect data. The instrument in question was the FIK Jogja Futsal Test, taken from the Futsal Playing Skills Test (Agus Susworo Dwi Marhaendro, Saryono, and Yudanto, 2009). The test's validity, reliability, and objectivity were 0.67, 0.69, and 0.54, respectively. The data analysis technique used was percentage, aimed at collecting, presenting, and determining scores. The proposed interpretations can then be made based on the established basic futsal skill standards. The data obtained from the test results were processed using statistical procedures.

RESULTS AND DISCUSSION

The previously collected data was analyzed and verified. The next step was to calculate the score by converting the units from minutes to seconds. In this study, the researchers measured the subjects' futsal skills in seconds, excluding scores below

seconds. This was done to simplify the calculations. The researchers used Microsoft Excel for faster and more efficient calculations.

Overall, the research results obtained a maximum (longest) value of 140 seconds, a minimum (fastest) value of 76 seconds, and an average of 113.07 and a standard deviation of 21.40. Furthermore, the data was categorized according to a predetermined formula into 5 categories, namely Very Good, Good, Sufficient, Poor, and Very Poor.

Table 1. Normative Calculation of the List of Test Results

Formula	Limit	Category
$M - 1,5 SD \leq X$	$81 \leq X$	Very Good
$M - 1,5 SD < X \leq M - 0,5 SD$	$81 < X \leq 102$	Good
$M - 0,5 SD < X \leq M + 0,5 SD$	$102 < X \leq 124$	Sufficient
$M + 0,5 SD < X \leq M + 1,5 SD$	$124 < X \leq 145$	Poor
$M + 1,5 SD < X$	$145 < X$	Very Poor

Description: M= arithmetic mean, SD= standard deviation, X=test score

Referring to the calculated trend categorization, the distribution of the basic technical skill levels of female futsal players at SMA Negeri 1 Bintan Utara can be determined based on the responses of the research subjects. Table 3 below presents the distribution of the basic technical skill levels of female futsal players at SMA Negeri 1 Bintan Utara.

Table 2. Frequency Distribution of Basic Technical Ability

Interval Class	Category	Frequency	%
$81 \leq$	Very Good	3	20%
82 – 102	Good	2	13,3%
103 – 124	Sufficient	2	13,3%
125 – 145	Poor	8	53,4%
>145	Very Poor	0	0%
Jumlah		15	100%

Based on the table above, the basic technical skill levels of the female futsal players at SMA Negeri 1 Bintan Utara are as follows: 3 players (20%) were categorized as *very good*, 2 players (13.3%) as *good*, 2 players (13.3%) as *average*, 8 players (53.4%) as *below average*, and no players (0%) as *poor*. A total of 8 players out of 15 fell within

the 125–145 score interval, indicating that the overall basic technical skill level of female futsal players at SMA Negeri 1 Bintan Utara is categorized as *below average*. Mastery of basic techniques is a prerequisite for both attacking and defending in futsal. The ability to apply technical skills effectively in tactical situations—such as offensive and defensive play—is strongly influenced by each player’s level of technical mastery. Therefore, a futsal player must possess good technical skills in order to perform optimally during matches. Skilled futsal players are expected to execute a series of fundamental techniques quickly and accurately.

However, not all technical skills can be fully assessed in this test; only the main basic techniques commonly demonstrated in futsal games are evaluated, namely: passing, controlling, dribbling, and shooting. Thus, basic futsal ability can be interpreted as the player’s speed and precision in performing these four core techniques. Achieving success in futsal requires mastery of these techniques, which can only be developed through consistent and disciplined training. Practice can be conducted both on the school field and other available areas to ensure continuous skill improvement.

In this study, the futsal skill test instrument used was the FIK Jogja Futsal Skill Test, which includes several test components: dribbling, passing without control (10 repetitions using the right and left foot with a 2-meter distance from the wall), passing with control (10 repetitions using the right and left foot with a 2.5-meter distance from the wall), and shooting (one attempt with each foot from a distance of 8 meters). The players from SMA Negeri 1 Bintan Utara were instructed to complete these test components as quickly as possible, since a better score corresponds to a shorter completion time.

Based on the results of the futsal skill test conducted in December 2024, 15 female futsal players from SMA Negeri 1 Bintan Utara obtained the following results: 3 players (20%) were categorized as *very good*, 2 players (13.3%) as *good*, 2 players (13.3%) as *average*, 8 players (53.4%) as *below average*, and no players (0%) as *poor*. The maximum recorded time was 140 seconds, the minimum was 76 seconds, with an average score of 113.07 and a standard deviation of 21.40.

From these findings, it can be concluded that the largest proportion of players (53.4%) fall into the *below average* category. Therefore, the overall basic technical skill level of female futsal players at SMA Negeri 1 Bintan Utara is considered *below average*.

These results may serve as a reference for coaches and physical education instructors to design better training programs aimed at improving players' technical skills, physical fitness, and tactical understanding. Enhancing these aspects can help develop more effective team performance and lead to greater achievements in future competitions.

CONCLUSIONS

Based on the results of the study, it can be concluded that the level of basic technical skills of female futsal players at SMA Negeri 1 Bintan Utara falls within the *below average* category. The data analysis of 15 participants showed that 3 players (20%) were categorized as *very good*, 2 players (13.3%) as *good*, 2 players (13.3%) as *average*, and 8 players (53.4%) as *below average*, with no players classified as *poor*. The highest performance score was achieved with a completion time of 76 seconds, while the lowest was 140 seconds. Overall, these findings indicate that more than half of the players demonstrated insufficient mastery of the fundamental futsal techniques, including passing, control, dribbling, and shooting. Therefore, it is recommended that coaches and physical education instructors at SMA Negeri 1 Bintan Utara develop structured and consistent training programs focused on improving players' technical execution, coordination, and movement efficiency. Enhanced training frequency and proper application of progressive skill drills are expected to improve the athletes' basic futsal performance in future competitions.

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