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THE EFFECTIVENESS OF THE BACKFOOT SHOOTING TECHNIQUE U-12 STUDENTS

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Abstract. The purpose of this study was to evaluate the effectiveness of instep shooting drills for soccer players at Plalangan 03 Elementary School in the U-12 age group. Using skill tests, documentation, interviews, and observations, this research employed a case study design with a descriptive qualitative approach. Ten children who participated in soccer as an extracurricular activity served as the subjects. Data were collected through interviews with players and coaches, observations of kicking techniques, and ten shooting trials for each student. The findings revealed that students' kicking accuracy ranged from 40% to 90%, with an average of 67%. These results indicate that although most students were able to use the instep technique effectively, issues with precision and consistency still persist. Contributing factors include a lack of fundamental skills, concentration, ball control, field conditions, and ball quality. In conclusion, instep shooting drills are beneficial for improving basic kicking skills. However, more structured technique training, accuracy development, and enhanced coordination and physical strength are necessary for further improvement. Coaches and extracurricular program managers are encouraged to use the findings of this study as a reference in developing training plans for young soccer players.

Keywords: kicking skills; Instep; backfoot shooting; accuracy training



INTRODUCTION

The most popular sport in the world today. Football has undergone many changes and developments, from its simple form to the modern game that is loved by many people, young and old, children, and even women (Ilyas 2024). Football games have always been a trend among the people and can be said to be a unifying sport, football is the most dominant sport that is loved by all groups (Artanty 2022). Game sports are a type of sport where two teams compete to win. (Suryadi 2022). Football is the most popular team sport in the world because as much as 4% of the world's population is actively involved in this game. (Fajrin 2021) Football is the most popular sport in Indonesia. This can be seen from the public's enthusiasm for watching football. (Muhammad 2023). Football is a sport that requires a person to have high skills in the game. (Effendi 2017). Football is a very complex sport in terms of movement skills, so an athlete must have a high level of ability to understand movement quickly and precisely (Sudharto 2020). Soccer requires players to control the ball, score goals, and defend the goal to prevent the ball from going in. To achieve mastery in soccer, players need basic playing techniques as their primary asset. Soccer, a popular sport worldwide, is renowned for its complex technical aspects. Football is a team sport that requires teamwork (Kipfer 2021). Implementation of dribbling learning through a play approach to improve dribbling learning outcomes in elementary school students' soccer games (Aditya 2019).

The ability to kick a ball into a goal is a core skill every soccer player must possess, especially at a young age. One of the keys to scoring a goal is kicking the ball accurately and powerfully into the goal, which requires solid technique and knowledge of how to use various body parts (Remmy 2022). It is crucial for children under the age of twelve to practice basic soccer skills to improve their playing ability. Children are introduced to a number of basic skills at this age that lay the foundation for the game, such as using the instep to kick the ball toward the goal (Novaldi 2021). Compared to other kicking techniques, such as kicking with the toe or side of the foot, kicking with the instep produces a more accurate and powerful kick.

While this method may seem simple, it actually requires a deep understanding of body position, ball direction, and kicking power to execute it correctly. This skill is best learned gradually at a beginner level, even in the U-12 age group, so children know how

to use the instep of their foot correctly to execute a good kick. Poor technique can cause the ball to miss the goal, which can have a significant impact on the outcome of a match (Rispan 2024).

The ability to kick the ball into the goal is one of the most important fundamental skills in soccer. Accuracy and a deep understanding of technique are as important as power for an effective kick (Gumantan and Mahfud 2019). The instep kick, which produces a powerful and accurate shot with a high chance of scoring, is considered the most commonly used shooting style in the game. Several studies have shown that teaching children the instep kick tactic from an early age can significantly improve their soccer skills, especially in terms of scoring goals and confidence on the field (Sukmana, Saptani, and Fauzi 2024).

However, many young players still struggle to execute step shots effectively in practice. An organized, methodical, and developmentally appropriate training program is crucial because common errors include unstable body position, improper foot placement, and a lack of synergy between leg strength and ball control (Mardhika 2019). As an elementary school that actively promotes extracurricular soccer activities, SDN Plalangan 03 has many opportunities to maximize basic technique training—including instep shooting drills. To gain a comprehensive understanding of the effectiveness of these training methods, player reactions, and coach involvement in guiding proper technique, it's important to analyze how these drills are implemented.

As one of the schools that offers soccer as an extracurricular activity, Plalangan 03 Elementary School takes advantage of this opportunity to help its children reach their full potential through organized learning (Budaya and Arus 2024). Children have the opportunity to master the fundamentals of soccer by practicing kicking the ball towards the goal using the instep of their feet. Their understanding of body synchronization, kicking power, and decision-making in fast-paced game scenarios is also expected to be improved through this training (Efendi 2016).

It's important to remember that U12 training aims to improve children's tactical and mental understanding of the game, in addition to improving their physical abilities. One factor that can help children understand the concept of ball control and goal-scoring accuracy is the instep shooting method. To assess the effectiveness of the training method implemented at SDN Plalangan 03 and how this shooting technique can help

develop students' fundamental soccer skills, this training needs to be reviewed (Triadiansyah 2019).

The purpose of this study was to determine the extent to which instep shooting training can improve the skills of young players, particularly at the U-12 level. Furthermore, this research will help extracurricular sports managers and coaches develop training plans that better align with the developmental needs of young athletes. Other schools offering soccer training programs for U-12 students can use the assessment of the training methods implemented at SDN Plalangan 03 as an example (Mappaompo et al. 2023).

METHOD

The purpose of this study was to evaluate the effectiveness of instep shooting training for U-12 soccer players at SDN Plalangan 03. The purpose of this study was to provide a detailed description of the application of instep shooting training in young athletes using qualitative methods and a descriptive approach. Because this study aims to investigate and understand the training process and its influence on the development of player skills, this approach was used (Setyaningrum 2020).

1. Types of research

This research uses a case study design and qualitative methodology. To better understand how shooting technique training is implemented in elementary schools, a case study was chosen. This method provides a comprehensive overview of the training procedures, methods used, and outcomes achieved by students at SDN Plalangan 03. To illustrate the phenomena occurring within the context of soccer training, a descriptive analysis of the collected data will be conducted.

2. Research Subjects

The research subjects were U-12 soccer players actively practicing soccer at Plalangan 03 Elementary School. Purposive sampling was used to select the research subjects, namely athletes actively practicing instep shooting. To gain insight into the training goals and strategies used, interviews were also conducted with the soccer coach and the school's sports extracurricular manager.

3. Research Instruments

Table 1. Instruments used in this study

Direct Observation	Training sessions utilizing the instep shooting technique will be observed by researchers. Training methods, interactions between coaches and players, and how the technique is implemented during the training session will be observed and documented.
Interviews	To learn more about the players' and coaches' experiences during training, their understanding of the instep shooting method, and their opinions on the training's effectiveness, interviews will be conducted with both groups. Extracurricular activity managers will also be interviewed to learn more about the goals and guiding principles of the training program.
Documentation	To confirm observational data and provide visual evidence of the application of the instep shooting approach, documentation in the form of pictures or recordings of training sessions will be used.
Skills Test	Shooting skills tests will be conducted before and after practice sessions to measure players' skill development. The player's improvement in accuracy, shot power, and proficiency in instep shooting techniques will be measured through this test.

4. Research Steps

A. Preparation

To obtain permission and explain the research objectives, the researcher will first communicate with the coaches and extracurricular activity managers at the school. Furthermore, the researcher will conduct initial observations regarding the condition of the training facilities and the techniques used during training sessions.

B. Conducting Observations and Interviews

Observations will be conducted over several weeks to obtain a representative picture of the instep shooting technique's application. After several training sessions, instructors and players will participate in structured interviews to gather information about their understanding of the method and how it impacts their playing ability.

C. Implementing Skills Tests

Before the training program begins (to provide baseline data) and after it concludes (to evaluate changes or improvements in skills), two skills tests will be conducted. These tests will measure shooting accuracy, kicking power, and ball control when shooting with the instep.

D. Data Analysis

After data collection, researchers will assess the results of observations, interviews, and skills tests. Key themes emerging during the survey will be identified through qualitative analysis using coding techniques. The collected data will be compared to current hypotheses about shooting methods and soccer skill development in early childhood. Thematic analysis will be used to examine the data collected from interviews and observations. The following steps are part of the analysis process:

1. Coding: the process of labeling data to find recurring patterns in research, such as the methods used, the difficulties players faced, and how training affected their abilities.
2. Categorization: the process of organizing data based on related categories, such as skill development, shooting techniques, and player and coach reactions to training.
3. Data Interpretation: To evaluate the research findings and make an assessment of the effectiveness of the training conducted at SDN Plalangan 03, theories related to soccer training and shooting skills were applied.

RESULTS AND DISCUSSION

This research was conducted on 10 students in the U12 group at SDN Plalangan 03. The method used was direct observation, quantitative data collection through practical tests of shooting the ball towards the goal using the instep of 10 trials for each student.

Table 2. Research Results of Practice Tests for Shooting the Ball towards the goal

Initials Student Name	Trial Successful (10X Shooting)	Accuracy (%)
A1	7	70%
S1	6	60%
R1	8	80%
R2	5	50%
F1	7	70%
R3	9	90%
R4	6	60%
K1	7	70%
A2	4	40%
A3	8	80%

Overall Accuracy Average

$$\text{Average Accuracy} = \frac{70 + 60 + 80 + 50 + 70 + 90 + 60 + 70 + 40 + 80}{10} = \frac{670}{10} = 67\%$$

Technique Analysis of Kicking with the Instep One of the basic skills of soccer is the back kick, which aims to produce a goal. a powerful and precise kick. When it is difficult to kick directly at the goal, this tactic is often used. The research findings show that although most students can use the instep approach effectively, there are still accuracy errors, caused by:

1. lack of mastery of basic methods (e.g., leg swing, placement of the supporting leg, and body position when kicking).
2. elements that influence concentration and focus during exercise.
3. the difference in control and speed of the ball when receiving a pass before kicking.
4. the impact of ball quality or pitch conditions.

Individual Ability Evaluation

1. R3 (90%) showed excellent mastery of technique and accuracy, presumably due to frequent additional training or having more playing experience.
2. A2 (40%) had the lowest success rate, and may need to be given more intensive basic technique training and improved body coordination.
3. The average accuracy (67%) shows that in general the students' abilities are quite good, but not yet optimal.

Recommended Exercises

To improve the accuracy and power of kicks with the instep, the sports teacher or coach can apply:

1. Repeated kicking technique practice with a stationary ball and a running ball.
2. Drill kicking at small targets to train accuracy.
3. Leg coordination and strength exercises, such as skipping, jumping, squats .
4. Using motion analysis video students so they can see their own posture mistakes.

CONCLUSION

The fundamental skill of the instep kick is crucial for improving kicking power and accuracy, according to a study of instep kick training for U-12 students at Plalangan 03 Elementary School (SDN Plalangan 03). The average accuracy, according to the test results, was 67%, but there were significant individual differences. Some students, such as Rio (90%) and Raihan/Akbar (80%), were proficient in this method, while others, such

as Aryak (40%), were not. This demonstrates how kicking skill outcomes are strongly influenced by organized training, understanding of the fundamental principles (foot position, swing, and posture), and consistency of practice. Overall, instep shooting training is a good way to improve fundamental soccer skills, but coordination, accuracy, and focus still need to be improved. Students' skills can be significantly improved with proper instruction, consistent practice, and in-depth technical review.

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