

DEVELOPMENT OF FUTSAL BASIC TECHNIQUE TRAINING MODEL FOR BEGINNER BASED ON PLAYING METHODS

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Abstract

The objective of this study is to create a development of futsal basic technique training model for beginner based on valid and reliable play method that is tailored to player's demand in order to be more convenient for the coach to train futsal by using manual. This research uses quantitative and qualitative approach by using research and development method of Borg and Gall model consisting of 10 stages. The result of this research shows that the product of this development of futsal basic technique training model for beginner based on playing method is nothing to be revised fundamentally, all the indicators have met the standard and feasible to be used, and then the final result on the development of the training manual, so the product developed by researcher can be used as a reference for players or coaches because it can be used as a guidance to increase the effectiveness of futsal basic technique exercise process, besides, the players and coaches are able to obtain various futsal basic technique training based on various playing methods.

Keywords: Model, training, basic technique, futsal, beginner player, playing method.

Futsal sport's rapid expansion also has a strong impact in Indonesia, proven by an appointment of Indonesia as the organizer of Asian Futsal Championship or Asian Futsal Cup under the inspection of AFC (Asian Football Federation) at Istora Senayan, Jakarta. Considering that trust, hence, automatically futsal's national team in Indonesia was formed for the first time, which was comprised of professional football players. The continuation of this sport's notorious is the holding of National Futsal League or Indonesian Futsal League as the main division of professional and Futsal League Amateur season 2006-2007 for the first time. This competition is a breakthrough for the National Futsal Agency (BFN) as an autonomous council under PSSI in an effort to increase sports competition, as an initial effort in establishing a representative national futsal team of Indonesia to carry out regional and international events. The events include AFF Futsal Cup ASEAN level, AFC Futsal Cup Asia level, FIFA Futsal World Cup, and other regional and international sport events.

Futsal is a competitive sport, aimed to achieve maximum accomplishment of every person pursuing it. Futsal is one of physical activity which should possess complex skill. Sports accomplishment is the outcome of a well-planned undertaking through coaching, technical capability, tactical understanding and strategy, effective and accountable psychological approaches through scientific or academic comprehension. Achieving high performance requires effort and hard work, with measurable, sustainable and organized training plan, as well as in accordance with futsal demands.

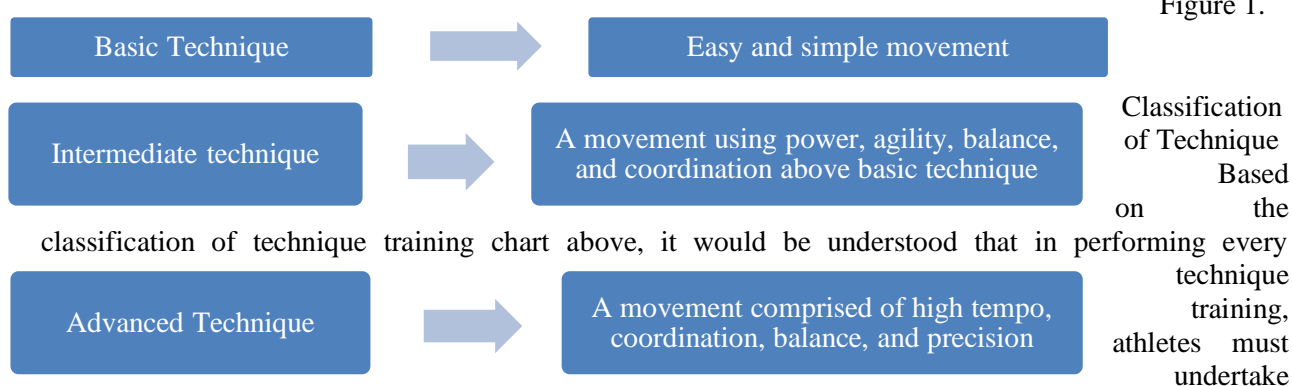
Futsal training must be initiated since childhood in order the body and mind can develop continuously, progressively and systematically. In the training, kids should fathom and learn the principles of training in which are the knowledge of physiology, theories of growth and child development, psychology, nutrition, handling sports injuries, and other supporting theories to gain maximum achievement according to plan.

In general, training or exercise is defined as a process aimed to improve physical, psychological, and skills, general skills as well as sports movement skills (Achmad Sofyan Hanif, 2015: 38). Training is a recurring and progressive process to increase potential in order to achieve maximum performance (Tangkudung and Wahyuningtyas Puspitorini, 2012: 7). Training is a process to obtain a better outcome in order to increase physical quality, functional ability of body equipment, and psychic quality of child training (Sukadiyanto, 2005: 1). While Bompas (1994: 5) argued that "training is primarily a systematic

athletic activity of long duration, which is progressively and individually graded". Thus, training is a systematic process of practice or work done repeatedly with increasing number of training loads everyday.

Furthermore, technique training is an training to achieve proficient motion techniques required for an athlete to perform athletics. The importance of technique training in football, Gurts in Hybala and Teopol assumed that on the basis of mastery of basic techniques so other elements can be developed too such as feeling, intelligence feel and speed of action (Peter Hyballa and Hans, 2012: 97). With this assumption in mind, we can make a conclusion that if we want futsal players to do the action in high tempo and and high ability then basic techniques should be mastered skillfully. Tangkudung and Puspitorini (2012: 65) explained that in conducting technique training, a trainer should identify the type of skills reuired to train the technique.

From the explanation above, a conclusion can be drawn that in sport branch a player must be able to master proper and correct technique. In order to gain a proper and correct technique, athlete must practice the technique in such a way by adjusting his/her potential physiologically and biomechanicaly. Technique training has different classification including basic technique, intermediate and advanced technique (Rusdianto & Setyo Bidiwanto, 2008: 66). Observe the following chart for further understanding:



several stages from the easy level to the advanced level respectively. Referring from the theory, thus this research will be processed in such a way that basic tehniqe training would adopt stages as above.

Futsal is a type of sport with strict rule in terms of physical contact. Sliding tackles (body tackle), body charge (body collision), and other forms of violence such as in football, are prohibited in futsal. This is one of the reasons why this game is getting more and more popular (Justinus Laksana and Ishak H. Pardodi, 2008: 33). Futsal is very effective in developing the ability of novice players in sharpening the skills of playing ball on the grass. Assuming to improve the skills of playing football. Additionally, in futsal, the game flows just like that. Players are required to improvise the movement in the face of constantly change of situation. Intelligence is absolutely necessary in addition to the active role and high concentration. Players must keep trying and struggling to keep the ball in the team's control. Because of the small pitch, speed and accuracy are required by every player. They have to keep running with high tempo. Both defensive and offensive position become priority.

In addition, futsal is a fast game with short time and narrow space. This requires players to train speed, and agility. For example: (1) speed of sprint, (2) speed of reaction with or without ball, (3) speed in making a decision, (4) speed in anticipation, (5) speed in reading game situation, (6) In displaying a certain skill, (7) speed in changing the direction of the movement, (9) speed of defensive play, (10) speed of attack, (11) speed in converting attack to survive or otherwise, (12) goalkeeper reaction speed, (13) speed of game combination team, (14) speed of converting all aspects of fast game in futsal. In general skill of futsal techniques consists of : (1) basic technique of passing, (2) basic technique to hold the ball (control), (3) basic dribbling technique, and (4) basic shooting technique which must be comprehend by player (John D. Calm, 2008: 68).

Novice players on futsal sport are children aged 10-12 years. Children are usually identified with playing. hence, futsal practice method that most likely suitable for beginner is playing method. Playing is a very important activity for child's growth and development. Playing must be executed on initiative of the child and on his/her own decision. Playing should be done with fun and pleasure in order to produce learning process in children (Diana Mutiah, 2012: 91).

According to Hughes in Ismail (2006: 29) playing is different from learning and working. A play activity must have five elements in it, among others : having a goal that is to get satisfaction, choose freely on his own will no one enjoining or forcing, pleasing and enjoying, imagining to develop imagination and creativity, and doing it actively and by default. While Docket and Fleer argued that playing is a necessity for children, because through playing children will gain knowledge that can develop hisher ability. Playing is an activity that is distinctive and very different from other activities such as learning and work that are always done in order to achieve an end result (Sue Docket & Marlyn Fleer, 2000: 41-44). So, playing is the most basic thing in the life of novice players, it is very important for children to grow their cognitive, affective and psychomotor ability and stimulate their development of thinking power, creativity, and language, in order to foster attitudes, mental, and decent morals in adulthood.

Based on observation of an association in karawang regency, futsal training has not used proper and correct training program and has various training models. This is caused by many futsal coaches in Karawang regency do not have sport education background, especially futsal. In addition, some trainers who know about futsal practice models do not really understand the sequence of difficulty levels, training doses and training loads. As a result, many athletes experience boredom in training so they don't gain any accomplishment in futsal.

Another reason is the deficiency of futsal training model reference. Usually they only learn from Youtube about futsal training video tutorial, which is far from precise method and is not in systematic procedure, mostly just explain futsal in general. Futsal training models must be properly learned and understood by futsal coach because it is very supportive in improving a player's performance. In addition, futsal training will be effective if the trainer can arrange a training program properly and systematically. Furthermore, a coach should have a good, interesting, and varied futsal training models, as well as safe from injury. And without mastery of the correct basic principles, futsal practice will only present a grueling activity.

Based on observing the facts in the field and regarding any conditions, it is known that development of futsal basic technique model for beginner (age 11-13 years) based on playing method has not been found. Therefore, the purpose of this research is to create a development of futsal basic technique model for beginner based on valid and reliable playing methods tailored to player's demand in order to be more convenient for the coach to train futsal by using manual.

METHOD

The type of this study is research and development. The objective of this study is to develop and validate the training product to improve and develop the quality of training effectively. The product developed in this research is a futsal basic technique training model for beginner based on playing method. The development of futsal basic technique model for beginner based on playing method using a procedural descriptive model in which the development of futsal technique model outlines the steps to be followed to produce a product. The basic steps that must be done for the development is problem conceptualization, product creation, and product testing. If the decision is acceptable then product creation can be started and if it is not acceptable then the process must be repeated.

The ultimate goal of this development research is to produce products in the form of basic technique training model variations which is made in the form of manual book which contains basic technique training model variations for futsal sports based on playing method, so that it can be a complement to any futsal basic technique training variations available at present. This study used quantitative and qualitative approach using research and development method of Borg and Gall. According to Tangkudung (2016: 7) research development is a study used to create new products and /

develop existing products based on demand analysis in the field (observation, interview, questionnaire of initial needs). This study focused on developing model of technique training, approach and method used in this study is research and development (R & D) method, with the chosen development design is referring to the development proposed by Borg and Gall. According to Borg and Gall (1983: 775) procedures / steps of research and development consists of 10 steps of implementation. The 10 steps are as follows : (1) Research and information collecting, (2) Planning, (3) Develop the preliminary from of product, (4) Preliminary field testing (5) Main product revision, (6) Main field testing, (7) Operational product revision, (8) Operational field testing, (9) Final product revision, and (10) Dissemination and implementation. More clearly, it can be seen in the picture below.

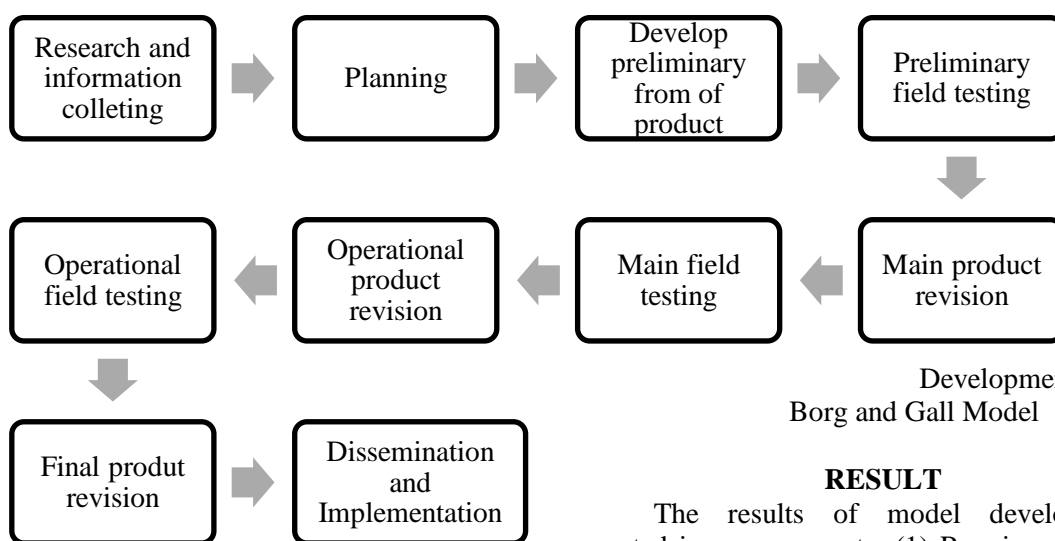


Figure 2.
Development stages of Borg and Gall Model

RESULT

The results of model development are presented in seven aspects: (1) Requirement Analysis Result, (2) Expert Judgment Result, (3) Model Revision Phase I, (4) Small Group Testing, (5) Model Revision Phase II , (6) Large Group Testing, and (7) Model Revision Phase III.

Requirement Analysis Result

The results of the data that have been collected by researchers through interviews and field observations, then processed and described in writing and drawn a conclusion, while some conclusions from the results of interviews and field observations can be described as follows, that the basic technique training in futsal that has been conducted for a long time is less varied And is too monotonous because it has not used model trainings that combine various movements and physical training so that the exercise process can produce maximum output that is skilled and fit. Basic technique training variation in futsal training is limited to just a few simple movements without seeing the current development of modern futsal. Trainers have not optimized the ability of players, facilities and infrastructure that are located around the field because the training is centered on the instructor rather than the players.

Based on the observation result it is necessary to do variation of basic technique exercise in futsal for player. Since previously coach has given basic technique exercise to the players, researcher feels the need to develop another model of technique exercise, the model is adjusted to the principles of practice and characteristics of the novice players so that the basic technique exercise is more towards playing method.

Based on analysis of these demands, researchers conduct discussions with promoter as well as expert lecturers. From the discussion it was decided to do development of a basic technique exercise in futsal based on playing model for beginner. This basic technique is chosen because it is a technique training model that combines basic techniques exercise of futsal and playing so it is very appropriate for beginner who can improve basic technique and high motivation to exercise.

Before determining variation of the model that will be developed, researcher performs anatomical analysis on the basic movement of futsal sport. This analysis is conducted to determine basic movement

capability used in futsal basic technique for novice player. Researcher are also going to make an analysis to make it easier to analyze the necessary physical demand on novice player in futsal sports, so that the model of the exercise will be developed in accordance with the desired needs. Based on demand analysis and anatomy analysis, researcher develops a futsal basic technique training model based on playing method for beginner.

Expert Judgment Result

Validation was conducted by three material experts that is (1) Prof. Dr. Dr James Tangkudung, Sport Med. Coach Expert, (2) Maya Muharina Fajriah. Futsal Expert (Former National Futsal Player and Netic License Coach Level I AFC) and (3) Teguh Hariyadi. Futsal Expert (Netic Coach Level I AFC License). Field test of basic tehniqe training can be performed after validation from experts and futsal trainers (material experts). Prior to validation, material expert assessed the revised initial draft of basic technique exercise model by using an assessment scale instrument as a guide in assessing basic technique training.

Based on the assessment of material experts on the value scale, it appears that total value of initial draft of futsal basic technique training model based on playing method for novice players has met the eligibility requirements to be tested in the field. Material experts have also provided validation of initial draft of the training method for novice players to be piloted in the field.

Model Revision Phase I

Based on validation process result of three experts, the results obtained on development of futsal basic technique training model based on playing method for novice player are already meet the standards and are very feasible to use. However, to further refine the design, it needs to receive more suggestions and feedbacks for development product revision : (1) changing the symbols in the implementation picture or in futsal language is called legends, (2) Match between the game with the stage of development of participants (novice player), (3) match the objectives of each game, (4) adjust the facilities and support tools used (cone, ball, vest and field), (5) suggestions for reading tactical approach, (6) avoid foreign terms that are not understood by the player, (7) the implementation instructions should give clear direction to each movement, (8) adjust the training objectives and exercise intensity, and (9) adjust the training area.

Small Group Testing

Small group field testing at the extracurricular activity of SDN Margasari (Karawang Regency), and extracurricular activity of SDN Sukamantri 03 (Bekasi Regency) with the number of research subjects of 40 players. From the implementation of small group testing, the data obtained from material expert (1) Teguh Hariyadi futsal expert (Netic Coach Level I AFC License), (2) Maya Muharina Fajriah futsal expert (Former National Futsal Player and Netic Coach Level I AFC License) And (3) Taufiq Deliyawan futsal expert (FFI Club Coach Nusantara League National Level 1), include: (1) data of observation result of futsal basic technique, (2) data of observation result of futsal basic technique model's effectiveness, (3) data of lack of exercise, and (4) suggestion data on the exercise model.

Model Revision Phase II

Based on the results of small group testing it is known that the product of development of futsal basic technique training for novice player based on playing method is feasible and appropriate for use and the indicators contained in this product already meet the standards. Although the results of assessment in the questionnaire of observation shows that the training model is in accordance with the criteria that are used as reference in the training model, the observer still submits suggestions in writing to improve implementation of futsal basic technique training model based on play method for the novice player.

Large Group Testing

Researcher conducted large group field testing in extracurricular actiity of SD Muhammadiyah Wirobrajan 3 (Yogyakarta City), extraurricular ativity of SD Muhammadiyah Kauman (Yogyakarta City), extraurricular ativity of SD Muhammadiyah Mertosanan (Bantul Regency), and extraurricular ativity of SD Muhammadiyah Karang Turi (Bantul Regency) with the number of research subjects of 80 players.

Model Revision Phase III

Based on the results of small group testing it is known that the product of development of futsal basic technique training for novice player based on playing method is feasible and appropriate for use and the indicators contained in this product already meet the standards. Although the results of assessment in the questionnaire of observation shows that the training model is in accordance with the criteria that are used as reference in the training model, the observer still submits suggestions in writing to improve implementation of futsal basic technique training model based on play method for the novice player. In general, the improvement suggestions are (1) there are some models that need to be improved regarding the symbols in the implementation picture and (2) revise the implementation guidance sentences to give clear directions to each movement performed. From the results of these inputs the authors do some revisions.

DISCUSSION

After going through field testing process and gathering advice and input, then the final revision of this development product is done. The reference to revise the final stages of this product is the data obtained during field testing or large group testing on the development of futsal basic technique model. Based on the results of large group testing, it turns out that the revision for product of development of futsal basic technique training for beginner based on playing method is not required fundamentally, all indicators have met the standards and are applicable.

The advantages of this development of futsal basic technique training model for beginner based on playing method is a manual book so that the product developed by researcher can be used as a reference for players or coaches because it can serve as a guidance to increase the effectiveness of basic technique of sport futsal, Besides, players and coaches get the variety of futsal basic technique training based on various methods of playing. The shortcomings found in the futsal basic technique training model for beginner based on this method of play is the lack of training tools application, from the analysis of shortages and advantages of the developed product. Although, those are certainly not obstacles for researcher to stop in doing this study, with the existing supporting factors and the spirit to complete the research, researcher successfully completed the research by producing a variation of futsal basic technique training model for beginner player based on playing method.

In the Implementation of a study, there are always factors supporting and inhibiting the implementation. Of course it is also experienced by researchers, several supporting factors experienced during the research include: (1) Guidance and direction given by the supervisor in conducting the research is very helpful for researcher in completing the research development of futsal basic technique model for beginner based on the playing method, (2) In conducting this research, researcher receive full supports given by the futsal both players and coaches, (3) The selection of the right experts, thus in facilitating the discussion of the model is very helpful in the process of research implementation. While the factors that are considered as an obstacle in the development of this model is at the time of implementation there are some schools that often failed to get a standardized futsal field due to field lease problem.

CONCLUSION

Based on the result of this research, it can be concluded from the development of futsal basic technique training model for novice player based on playing method : (1) Produce a futsal basic technique training model for novice player arranged by exercise technique from simple exercise method to a complex one so that the exercise model can be used as a guidance by coaches in the framework of providing exercise materials to novice players to improve the effectiveness of basic technique training processes, (2) Based on inputs, suggestions, and validation of experts and based on small group testing, large group testing, and effectiveness tests, this model is entirely feasible for futsal basic technique process for beginners, and (3) the product of futsal basic technique training model for novice player based on playing method is arranged in a textbook of futsal basic technique training to make it easier for coaches to use or apply training patterns and add variety of training and workout effectiveness. Thus it can be concluded that the futsal basic technique exercise model for novice player based on playing method is able to be used or applied effectively to improve the quality of futsal basic techniques.

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