

Development Of Defensive Training In Football Games For 12-Year-Olds

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Abstract

The coaching program in Indonesia through the Indonesian football philosophy has not been detailed in the 12-year-old children's defensive training. This study aims to identify the importance of developing a defensive training model in football for 12-year-old children. This research uses a level 1 Research and Development (R&D) method. Design validation was carried out through FGD (Focus Group Discussion) involving three practitioner experts. The results of the study showed that there were problems related to physiology, child psychology and understanding of the concept of survival. This can be seen from the data that 88% of players selected by the national team coach for naturalization have characteristics as defensive players. Through the FGD, it was agreed and validated that the development of a defensive training model is very necessary, namely in the form of a guidebook and an animated video about defensive training movements in football for 12-year-old children. This is evidenced by data that 85% of both products are very feasible to be developed. This training model is expected to produce more defenders who have an understanding of tactics and a vision of playing football, so that both products can meet the needs of Indonesian national team defenders in the future

Keywords: Development Research, Football Training, , Defensive Tactics, Age 12

Introduction

Football is a sport that is worldwide and loved by many people. This football is played by 2 teams totaling 11 players each team using the legs and all parts of the body except the hands with the aim of scoring as many goals as possible and trying not to concede goals (Haikal Millah, 2015). Football is not only about playing techniques and physicality but also about tactics, cooperation and a strong spirit of competition. The goal of the game of soccer is to achieve victory. According to Gifford (2003:7), the purpose of football is a way to put the ball into the opponent's goal without the help of hands or arms. Winning is very difficult, having to undergo an intensive training process. With hard practice, effort and accompanied by victory prayers will be very easy to get. In addition, football also has the power to unite various cultural backgrounds and languages around the world. In stadiums all over the country, it will be crowded if there is football because football is a universal attraction that unites people with full love for football. In fact, according to Bill Shankey, football is a game more important than life and death.

Since 2020, national team coach Shin Tae Yong has carried out several naturalizations of Indonesian players who are abroad for the Indonesian U-20 and senior national teams. Until July, PSSI officially announced 18 naturalized players. This number will continue to grow in 2024, when several names are in the process of naturalization. A number of names have been pocketed and have joined the national team. Among them are Jordy Amat, Sandy Walsh, Shayne Pattymana, Ivar Janner, Rafael Struick, Justin Hubner, Jay Idzes, Elkan Balgot, Mark Klock, Nathan Tjoe-a-on, Ragnar Oratmangoen, Tom Haye, Calvin Verdonk, Martin Paes,

Mess Hilgers, Eliano Reijnders, Jens Raven, and Kevin Dicks. (<https://www.bola.com/indonesia/read/5792059/daftar-daerah-asal-pemain-keturunan-di-timnas-indonesia-horas-ada-anak-baru-dari-medan-tunggu-kelen>).

Among the naturalized players, there are 16 players who are positioned as defensive players, with a percentage of 88% as defensive players. The reason why Shin Tae-yong wants to improve the defensive ability of the Indonesian team This naturalization process not only adds strength in the backline, but also improves the overall quality of the team's game. With a total of 18 descendant players who have joined, Shin Tae-yong has created a combination of experience and better technical skills, making the Indonesian national team more competitive on the international stage (https://www.bola.net/tim_nasional/daftar-14-pemain-naturalisasi-di-timnas-indonesia-era-shin-tae-yong-masih-ada-5-pemain-dalam--4366e0.html)

Defense in football is a crucial aspect that determines a team's success in preventing opponents from scoring. Recent research shows that the two main strategies used in defense are zone defense and man-to-man marking (Maulidin & Widodo, 2019). Variations in defensive exercises, both through zone defense and man-to-man marking, can significantly improve a player's defensive ability, with results showing a better improvement in the man-to-man marking method, (Firmandika, et.al, 2022), (Wahyudi & Saputra, 2023). Defensive strategies vary widely, such as man-marking, area defense, or a combination of both. The zone defense pattern or zone marking is a defense pattern that is carried out in one's own zone by forming a formation (Danurwindo, 2017). Garry (2017) said that teamwork is a good division of tasks. And many factors play a role in determining the survival strategy. The composition of a team can affect its own defense system (Danurwindo, 2017). This shows that the effectiveness of defense depends not only on the techniques used, but also on varied and adaptive exercises to different game situations.

Based on the characteristics of age grouping, the Indonesian football curriculum then describes the stages of youth football coaching that players must go through. Where each of these stages has a specific systematics and training methods according to the needs of each age group. This coaching stage will produce players who love the game of football who have qualified football action skills and competence in the game of football. The curriculum was made as a guideline for trainers to train young children. In the Indonesian football coaching curriculum, 12-year-old children are included in the skill development phase.

AGE	PHASE	METODE	GAME	FOKUS
18+	Fase Penampilan	P-3-M		Belajar untuk Menang
17				
16	Fase Pengembangan Permainan Sepakbola	Passing - Posisi - Phase - Main	11 v 11	Belajar Bermain Sepakbola 11v11
15				
14				
13	Fase Pengembangan Skill Sepakbola	belajar - Belajar - Main	7 v 7	Belajar Aksi-aksi Sepakbola
12				
11				
10			Tanpa Offside	
9	Fase Kegembiraan Sepakbola	m-B-M main - Belajar - Main	4v 4	Belajar Bersahabat dengan Bola
8				
7				
6				

Figure 1. Indonesian Football Curriculum in 2017

Source: Indonesian football curriculum 2017

Football in 12-year-old children is widely popular. At this age the main focus is to introduce children to the basics of soccer, develop basic technical skills, and help them have an enjoyable experience in playing soccer. The characteristics of 10-13 year old players are

proportional body, physical and biological balance, high competitive spirit, not wanting to lose, excellent coordination of movements, high willingness to learn, enthusiastic about new things (Danurwindo, 2017)

Survival training in 12-year-olds is essential to support their physical and mental development. Survival exercises help children learn about teamwork and game strategies, which support their social and emotional development (Warni: 2018). In the Indonesian football coaching curriculum, 12-year-old children are included in the skill development phase. The characteristics of players aged 10 to 13 years are a balanced body, physically and spiritually balanced, a high competitive spirit, not wanting to lose, good coordination of movements, a spirit of learning, a spirit of liking new things. (Danurwindo, 2017). In football training from the age of 12 years old, it will be recorded in their brain memory so that all forms of training should be given both individual skills, tactics, mental and physical skills. Survival training for 12-year-olds can contribute significantly to long-term memory storage. At this age, children begin to develop more complex cognitive abilities (Reva Aprilia, 2022).

Methods

Type of Research

The method used in this research plan is the research and development method. According to Sugiyono (2015), the research and development method or Research and Development is a research method used to produce certain products and test the effectiveness of those products. To produce certain products, research is used in the form of needs analysis and to assess the effectiveness of the product so that it can function in society.

According to Sugiyono (2015) "Development research has four levels of difficulty, namely: researching without testing (not making and not testing products), testing without researching (testing the validation of existing products), researching and testing in an effort to develop existing products and researching and testing in creating new products". It can be described as follows:

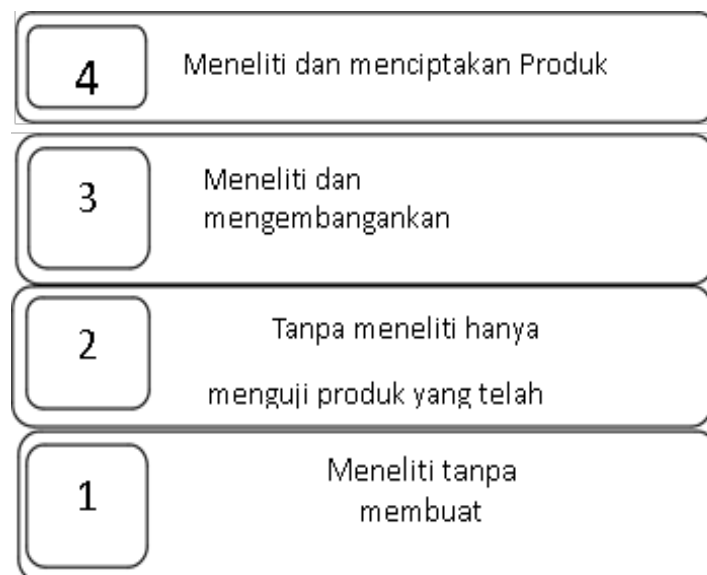


Chart 1. Research Steps

Based on the level level in the RnD research, the research that I entered was at level 1. The stages that must be carried out are, as follows:

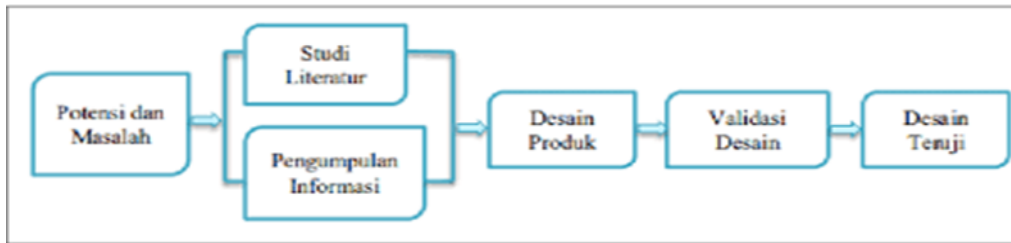


Chart 2. Research Steps

Technical Data Analysis

In this study, the potential of the underlying problem for the researcher is the issue of modernity, namely the coach of the Indonesian national team, Shin Tae Yong, who naturalized players of Indonesian descent who were abroad and 88% of those who were naturalized were defenders. The references taken by the researcher are the filanesia book which is a reference for the Indonesian football curriculum in coaching, the FIFA book on football and football training, the book on child psychology, as well as physiology about the nervous system and brain development of children as well as national and international journals. Some information collection to several practitioners and academics who are considered experts in the field of football and football coaching. Then the researcher made a provisional conclusion in the form of a product design to be discussed together in a coaching forum. In this study, validation can be done by way of FGD (Focus Group Discussion) so that the research creates a coaching forum to discuss the problems taken by this researcher. Once all the data is collected, the next step is to analyze the data. The data analysis process is an important step in the research process. At this stage, the researcher must be careful and careful to determine the analysis. The data analysis technique used in this study is descriptive data analysis, namely qualitative descriptive. From the validation through the discussion, a conclusion was obtained that could be used as a product design.

Results

In the FGD (Focus Group Discussion) made by the researcher, 3 practitioners (coaches) were involved in a virtual discussion. The main points of the discussion include:

Naturalization of Indonesian national players carried out by Shin Tae Yong

1. In this discussion forum, it is argued that what Shin Tae Yong did was naturalize descendant players because he did not find defenders who were in accordance with the game plan that he wanted to do in the Indonesian National team, physiologically the posture of Indonesian players is considered not high, knowledge of the concept of defending Indonesian players is considered lacking
2. The problem of Indonesian defenders
FGD (Focus Group Discussion) stated that there is a problem that must be solved in coaching football from the grassroots with its filanesia, namely by instilling the concept of survival in training.
3. Formation of the concept of survival for 12-year-olds in filanesia.
In filanesia, it has been explained that the pattern of coaching 12-year-old children is included in the skill development phase which in this phase aims to develop and mature basic techniques. Tactically, defending in this phase only provides 1 vs 1 training materials (individual training defense) not yet in units or groups and teams. So that the understanding of the concept of defending for players in Indonesia is still lacking, so in the FGD it was agreed that the filanesia in the skill development phase added training

material related to the concept of defense. The hope is that in the game development phase later (age 14-17 years) they will understand and have a clear vision of playing, especially the concept of defense.

4. Is it necessary to develop a model of survival training in football for 12-year-olds.
In Filanesia, it actually exists, but it needs to be developed and emphasized from the model of Survival Training in football for 12-year-old children because all this time it has only been given without any emphasis so that players at the age of 12 years only know but in practicing the concept of training has not been maximized. Therefore, in the FGD (Focus Group Discussion) agreed to improve by making the development of a model of Survival Training at the age of 12 years with a form of Exercise that is attractive to 12-year-old children by instilling the concept of survival in a complete and correct manner periodically in this skill development phase in the form of small games and communication language that is easy to understand and understand by 12-year-old children
5. Psychological characteristics of 12-year-olds
Psychologically, the 12-year-old children discussed in this coaching forum focused on the cognitive abilities of 12-year-old children because we think that 12-year-olds are able to give commands, translate commands well and there is a back-and-forth of communication and are able to make decisions according to the direction of the coach when given training material. Emotionally, they also have a sense of shame and have a desire to be very high and physically the child's body development begins to grow so that they have the agility to move very well. So we think that 12-year-old players have been able to be given the practice of instilling the concept of defending well and practicing it well. It is hoped that this concept will be a provision to level up in the development phase of the game
6. Physiology of the nervous system and brain in 12-year-old children's long term memory
In the FGD (Focus Group Discussion) also discussed the problem of long term memory, both researchers and practitioners and academics stated that in the age of 12 years is the period where the ability of nerves and the brain is able to store good and bad things so that in the process of training the understanding of the concept of defensive tactics should not be wrong so that 12-year-old children will store information memory into the brain until the automation of movement and understanding of the concept of tactics is formed survived. If the memory is stored properly in their brains, it will be stored in the long term so that it will make it easier for coaches in the game development phase (14-17 years old).

From several problems found in the FGD (Focus Group Discussion), researchers and practitioners who are members of the FGD made 2 products to assist coaches in training 12-year-old children, namely:

- a. A guidebook for 12-year-old defensive training.
- b. Animated video of the player's movements in defensive play.

the two products, they were validated by practitioners who are members of the FGD (Focus Group Discussion). In designing the initial product scenario that was systematically packaged, the researcher needed the help of validation or assessment of match analysis expert practitioners, training program expert practitioners and youth development expert practitioners to determine whether the product developed had the feasibility of being applied to 12-year-old children. Validation was carried out by three practitioners who have competence in football coaching, from these three practitioners the researcher grouped into several experts, namely expert practitioners of match analysis who will validate animated videos of defensive training movements for 12-year-old children, expert practitioners of training programs who will validate manual for defensive training for 12-year-old children, and expert practitioners of

Youth Development who will validate books and animated videos according to the characteristics of 12-year-old children year. Expert practitioners conduct feasibility assessments (validation) by filling out the assessment scale that has been made by the researcher. The validation assessment design has a range of values (5) Strongly Agree, (4) Agree, (3) Enough, (2) Disagree, (1) Disagree. The validator will fill in the mark (√) on each indicator/statement on the product design in the form of a 12-year-old defensive training manual and an animation video of the player's movements in playing defense. The feasibility of the product is based on the following table:

Table 1 . Product Eligibility Scale

Percentage %	Interpretation
85.01% - 100%	Very worthy
70.01 % - 85%	Quite decent
50.01% - 70%	Less feasible
01.01% - 50%	Not eligible

The results of the validator assessment process use a value scale as a reference material to determine the feasibility of the product. The calculation of the feasibility assessment of this product is based on the following criterion formula:

$$P = \frac{\text{Jumlah Skor Total}}{\text{Skor Kriterion}} \times 100\%$$

Table 2. Product Eligibility Score Assessment

No	Validator	Competence	Validation	Total score	Score Max	Validation Score	Follow-up
1.	Expert Practitioner 1	AFC A License	Animated Videos	66	80	82,5%	Quite feasible with revisions
2.	Expert Practitioner 2	AFC A License	Defensive exercise playbook	62	80	77,5 %	Quite Worthy with revision
3.	Expert Practitioner 3	AFC A License	Instruction Manual and Exercise Animation Videos endure	68	80	85%	Very Worthy without revision

This final result is the final revision after receiving input from expert practitioners as validators and supervisors in compiling a 12-year-old children's survival training manual and an animated video of the exercise movement in the football game that was developed. The form of the product that was developed is in the form of a manual and an animated video of defensive training for 12-year-old children which is useful to make it easier to understand the concept of defensive training in a football game for 12-year-old children.

Discussion

The three expert practitioners stated that the product is good but needs to be added, namely:

- a. Expert practitioner of match analysis (Motion animation video) The expert practitioner stated after watching the video before and after being given training treatment in accordance with the animation video that there had been a change in the Majapahit Soccer Academy football player. This can be seen from the way to defend more structured, more neat in terms of organization of defense, understanding pressing cover and balance when defending. The player has also been able to direct in a harmless direction while defending. However, expert practitioners also see the shortcoming, namely the stability to re-organize while defending needs to be improved
- b. Expert practitioners of training programs (defensive training manuals)
In general, practitioners who are experts in training programs stated that there is a change if you watch the video of the match after treatment. However, there is something that needs to be improved from the 12-year-old defensive training manual product, namely the addition and emphasis of coaching points in defensive training. This is because expert practitioners still often see the body shape of Majapahit Soccer Academy players, there are still things wrong and give a little input on animated videos about re-organization, sometimes it is not the same as the desired structure when defending, it is something natural, the most important thing is the principle of defending correctly, namely small and close.
- c. Youth development expert practitioners (animated videos and survival training manuals).
Youth development expert practitioners analyzed the effectiveness of defensive training animation video media to see very good which made 12-year-olds enthusiastic about practicing football and especially defensive training because the media was very interesting. However, his note from this expert practitioner is that the video media animation of defensive exercises will be maximized if done in the classroom before training in the field. This is because one of the types of learning for 12-year-olds needs a comfortable place so that they can translate the visualizations obtained from the animated video into exercises in the field. Expert practitioners also analyzed the defensive training manual on soccer for 12-year-olds. The conclusion of the analysis is that it is necessary to emphasize in detail about the technique of the moment of interception and body shape when defending in an exercise to be poured into the coaching points in the 12-year-old children's survival training manual.

The results of this study certainly provide interesting findings in the development of defensive exercises in football games for 12-year-old children. Discussion of similar research results and findings from other studies regarding the development of this defensive training model is to improve the understanding of the concept of defending in the game of football for 12-year-olds so that it will add additional insights related to this topic. These findings are consistent or similar to several previous studies that show that the survival training model in 12-year-old football games is indispensable to improve Filanesia (Indonesian football philosophy), (Danurwindo, 2017). This confirms that these two products will accelerate the understanding of the concept of survival in the game of 12-year-old children's football.

This study also emphasizes the importance of considering the characteristics of age and phase of child development in the development of a defensive training model in the game of 12-year-old children's football. This is consistent with other studies that show that the development of defensive training products that are in accordance with the characteristics of children's development can accelerate the understanding of the concept of survival in the football game of 12-year-old children (Martinez Garcia, JL, 2014). These findings provide a solid basis for understanding the concept of survival in the game of 12-year-old children will

help the player in playing football in the development phase of the game at the age of 14-17 years (Danurwindo, 2017)

The final form of this research is to produce products, namely digital 12-year-old survival training manuals (e-books) and coaches' handbooks and also 12-year-old children's survival training animation videos that can be learned by children at any time on smartphones.

Conclusions

Defensive training in the form of these two products aims to improve the existing Filanesia (Indonesian Football Philosophy) so that it will facilitate and accelerate the process of understanding the concept of defensive training in football games for 12-year-old children as a provision for the player in the game development phase (14-17 years old). Of the three expert practitioners, it is interesting to develop these two products because they are in accordance with the characteristics of 12-year-old children and in accordance with the development of the digitalization era which demands technological development. Both products have also been tried at Majapahit Soccer Accademy Mojokerto and the results have also been re-analyzed by the three expert practitioners and declared worthy of further development. From this statement, the researcher believes that both products are worthy of being developed and disseminated so that they are a guideline for coaches in training to defend in the game of 12-year-old children's football.

Suggestion

The final product of this development research is a product in the form of a survival training manual and an animated video of survival training movements for 12-year-olds that can be disseminated through smartphones, social media, and so on. This can be used by football coaches in training defense for 12-year-olds.

The development product is in the form of a manual and animation video of defensive training movements for 12-year-olds to instill the concept of survival in the skill development phase of 12-year-olds in schools and football academies.

The process of developing defensive training in football games for 12-year-olds to instill the concept of survival in football games for 12-year-old children can be done with coaching clinics, workshops in the coach community as well as football schools and football academies so that they can be used as a handle in coaching in these communities.

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