



DEVELOPMENT OF BASIC TECHNIQUES PROCUREMENT MODEL A BOL SOCCER ATHLETES BASED PLAY FOR BEGINNERS AGES 8-12 YEARS

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Abstract

The research aimed to develop basic technique drill using Play- based training for beginner athletes in the age of 8-12 years old in football schools in Universitas Diponegoro and Djarum Kudus. The research employed Borg and Gall methodology by three treatments; namely small group test, big group test, and model test. Research finding showed that in small group test this model could be applied for beginner athletes, while in big group this model was able to be used with coach instruction and in model test there was significant improvement on basic technique drill on passing, dribbling, heading, and shooting. Based on model test (t test), pre -test was 10,69 and post-test was 10,91 with average score was 10,80 increasing by 98%. It can be suggested game based training could improve passing, trapping, dribbling, heading and shooting techniques.

Key words: *Developing, Play-Based Training, Technique Drill*

Sports is one form of efforts to improve the quality of Indonesian people directed at the formation of character and personality, both discipline and sportsmanship high, and the improvement of achievements that can generate a sense of national pride in order to become a healthy and growing human. Sports from ancient times until now has always been an important part in the human body where the human life is in fact requires a very complicated motion that leads to health, pleasure and well-being in life both from the early age to the end of life.

Motion in sports turns out to have a great influence on the level of health, pleasure and can lead to the formation of character, morale can even produce better performance, when the sport is done by humans then will not recognize the tribe, religion, race and even culture, any human any sport who is loved by someone always builds a togetherness, pleasure and intimacy spiritually, sport can be

defined as a struggle against self and against other people based on inner attitudes applied through spirit, honest and true, and follow the rules of the game.

Training can be used as any tool both negative and positive but what we expect is a sport that is close to achievement, education, character formation, strong mental, can deliver in the future is good, sports sometimes serve as a place of devotion to people who want to advance such as in cities, counties, and villages, sports become an important need for human development in its survival, the sport that until now still in love, in the fun, done and anticipated every human being one of them football.

Football is a sport that's where can you find it easy either when done individually and ke group together, not separated from it soccer is also favored by many adults, old, young and children, not just to play soccer and games but also is a social phenomenon that has deep meaning, such as the understanding between the players during training and matches and any who viewed sport certainly pu n ya thinking - thinking the opposite as the existence of decision-making which should be shooting even in pas s ing, he is supposed to be a ding even in control of it often happens, football will look beautiful, sweet and can entertain an audience when each player has a high ability both at the time of issuing the basic engineering capabilities.

Training is a systematic training process that is done repeatedly, and increasingly the growing number of training load. In the training process requires a communication to the walking training in accordance with the desired training process, so it is not rare error in interpreting the message, especially when the message in the form of an oral message.

The use of the play practice model is a communication to bridge the misunderstanding into something that is so needed that in the training process will be able to increase athlete's motivation to practice. In addition, the training process using the training model Playing can give the impression of a deeper practice, because athletes practice not only using the sense of hearing and sight only..

Table 1. 1
Model Training Structure

Old model	Model developed
- Trainers feel confused when they want to provide training materials because there is no training program	- The trainer is ready to provide training materials because it has prepared the material
- The pattern of training given is monotonous	- The pattern of training provided is innovating
- Always use big field	- Use an area corresponding to the characteristics of the child
- Training received static	- Training received dynamically
- Athletes get bored because the training material is not in accordance with his wishes	- Use a play approach
- Athletes can not receive the material	- Athletes can accept the material because it uses the stages of a difficult

<p>intact because the material is difficult</p> <ul style="list-style-type: none"> - Each player can not show the particularity of the game - Athletes feel the difficulty at the time of movement of basic soccer techniques - The absence of a stage of training that matches the character of the athlete 	<p>process to easy</p> <ul style="list-style-type: none"> - Each Play emphasizes the movement specifications of basic soccer techniques - Athletes feel the ease when doing movement soccer techniques - Already the stages of the ball stop, the player stops until the ball and the player moves
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Play is suitable for athletes who follow football practice with various activities in order to build fitness, skill so that the athlete Playing increased physical and psychic abilities, and emotional, Playing is an activity that is used for pleasure, mirth or joy in achieving a goal.

1. Borg and Gall Development Model

A description of the procedures and research development steps has been widely developed. The development research procedure basically consists of two main objectives, namely developing the product, and testing the effectiveness of the product in achieving the goal. The first objective is referred to as the developer function while the second goal is referred to as validity. Thus, the concept of more development research can be interpreted as a development effort as well as accompanied by efforts of validity.

Conceptually, the approach to research and development includes 10 general steps, as outlined Borg & Gall as follows:

- 1) *Research and information collecting*, 2) *Planning*, 3) *Develop 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*.

Or it can be described in terms of stages of development schemes as shown below:

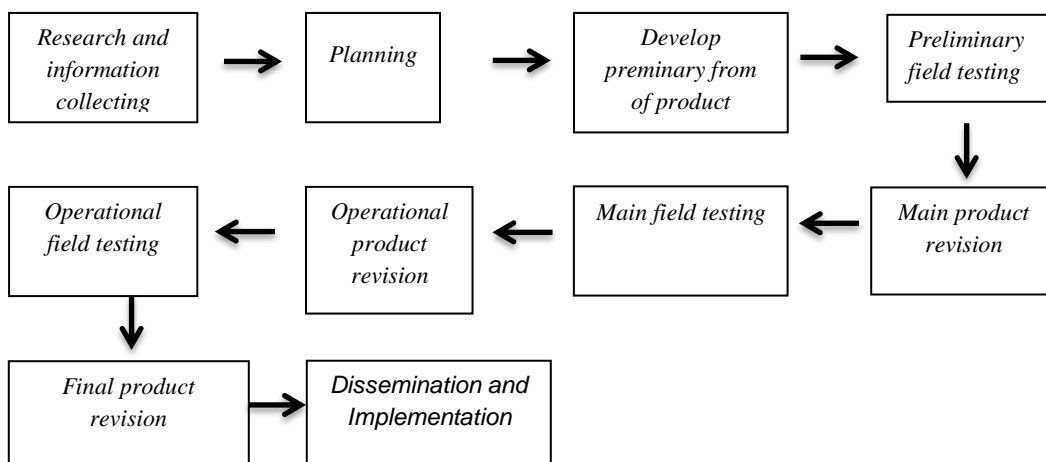


Figure 2. 6. Instructional Design R and D

Source: Walter R. Borg and Meredith D. Gall, *Educational Research: An Introduction, 4th Edition.* (New York: Longman Inc., 1983)

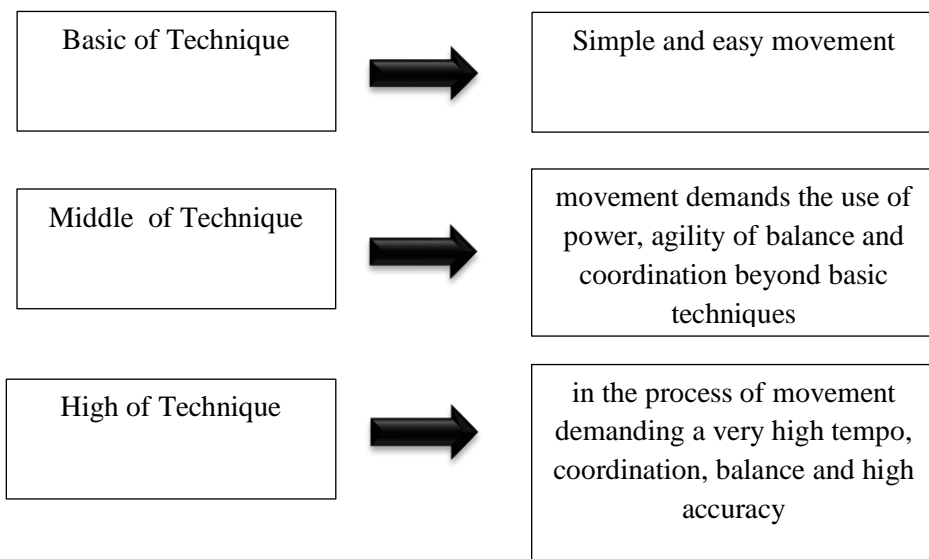
Adaptation is realized in the form of technical planning of the target and the type of activities to be undertaken in each stage. if the ten steps of research and development are followed correctly, it will be able to produce an educational product that can be accounted for. These steps are not the standard things to follow, the steps taken can be adjusted with the needs of researchers.

2. Training s Basic Techniques Football

Training techniques are training s to enhance the skills of motion techniques needed to be able to perform athletes athletics. In exercising the technique of bomp advise against using models or examples of elite athlete techniques, since their technique may not beophysiologicaly physiologicaly satisfactory, it is suggested here to use an acceptable model by the athlete ie the corresponding model of the athlete and physiological athlete. while Tangkudung explains the identification of the type of skills needed to train the technique.

Some of the above opinions are drawn a conclusion that in a sport a player or athlete must be able to master a good technique and correct in order to change the position in accordance with the actual conditions, to be able to persuade good and right technique then the athlete should practice the technique in such a way by adjusting its potential both physiologicaly and biomechanically.

Engineering training s have different classifications between basic techniques, intermediate techniques and high techniques, the following explanation:



(Rusdianto 2008)

Figure 2. 7. Kinds of Classification in Technique

Based on classification practice the techniques above, it is understood that in doing each training technique must go through several stages ranging from the simple to the high level, referring of the theory in this study process will be conducted such that in basic training tennis will using the steps as above.

Technique Training Process When technical training can be ascertained the ultimate goal lies in the results of motion of automation, in the training to occur motion of automation hence the need for some processes that must be passed, according to Rusdianti & Setyo Budiwanto [7] Technical training s must go through several processes that can be seen on the chart on the next page:

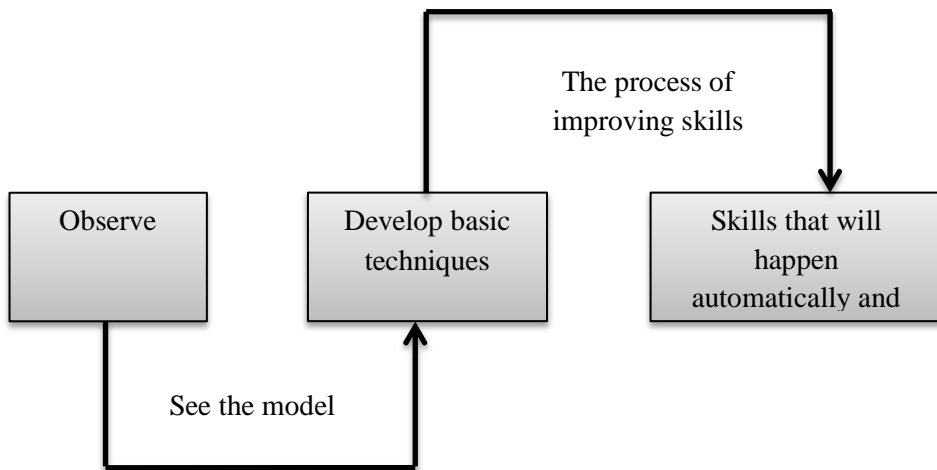


Figure 2. 8. Phase of Technique Trainig

Meanwhile, according to Rainer Martens. There are three stages in the training taknik include:

a. Mental stage

Mental stage has the meaning that in doing technical training s in the first stage the trainer must be careful and should not give the load until overload, because in this phase is the phase of introduction of techniques.

b. Practice Stage

Practice Stage has meaning to emphasis quality of training to improve technique. At this stage it has the characteristics of activities focused on learning the sequence of movements to improve coordination and *timing*.

c. *Automatic Stage*

Automatic Stage has a technical meaning which dominated much happens automatically, of course, in this case will liberate the mental capacity of stage and focus on elements that are more important than the technique for shows outstanding performance.

Technical training theory above is a general engineering practice that is in use in all sports, to the need for deeper study of special technical training sports court tennis court so that later in the preparation of the basic concept model tennis practice can be justified.

This means that the technique training methodology starts from the basic stage of technical training and proceeds to a skill training or play situation that is simplified and then the technique training is continued in the form of play situations with the same number of players. Developed this training model based on: Technical Practice (technical practice) and skill practice and followed by the form of Playing small field with the same number of players (small-sides games). The term fundamental, game related and game situation. Understanding that every train technique starts with basic engineering training s and continued in the form of simplified play then continued into the playing situation.

Bome opinion of some experts in the above it can be ascertained stage engineering training has several phases, with each phase of the above can be understood as a concept that is required in the process of engineering practice. So in this study the theory will certainly be used as a basis for consideration in drafting a concept model of the basic technique training s soccer for beginner athletes ages 8-12 years.

The concept of a developed model that is to develop and improve the ability of basic soccer training techniques through play, this development aims to support the process of training basic techniques of football based Play, in the end of a thought poured in the form of books and cd, called model development of basic engineering training s Football-based Play for the beginner ages 8-12 years which contains of several variations of the model is easy to do so there is interest, according to the characteristics, the ability of athletes, different viewpoints and more important is fun, entertaining and can help the growth and development of athletes in accordance with needs optimally and does not make the athlete quickly saturate the activity received during the training .

3. Understanding Training

Definition of training derived from the word *training s* are the main tools in the process of daily practice to improve the quality of human organ system function, making it easier for an athlete in motion refinement. Definition of training comes from the *training* is application of a plan to improve the ability of training which contains material theory and practice, methods, and rules of implementation in accordance with the goals and objectives to be achieved.

According to Thompson says "practice is a systematic process with the aim of improving the physical fitness of athletes by means of specific activities". [10] Meanwhile, according to Harsono Training is a systematic process of training or work, which is done repeatedly with increasingly increase the number of training load. Then Hadisasmita states training is the process of giving patterns, rules and understanding to learn in a good condition. Nossek states "training is a process or period of time that lasted for several years until the sportsman or sportswoman achieve the highest standard of performance". Grosser, explains that "training is a collection of all the business sense in the process of improving achievement also includes all efforts to maintain the achievements."

4. Principles of Training

Training is a systematic process for the quality of athletes in the form of work fitness, skill and energy capacity. training is a physical training program designed to help learn skills improve physical fitness, and especially to prepare the athlete in an important game. However, in determining the training load should be properly addressed. The training process is a necessity that is inevitable to adopt certain laws and principles empirically and science has been clearly proven and tested along with the development of science of coaching. Training's basic engineering for the purpose of improving skills should be done regularly (Bompa, 1990). In order to training basic techniques affect the improvement of physical fitness, the training should pay attention to the training dose. According to Giam & The (1992), training doses include frequency, intensity, duration of training, and type of training. Aerobic training should be done at a frequency of 3 x per week. Intensity of training with the aim of improving physical fitness performed at 60-85% maximum pulse rate. The effects of basic training techniques on physical fitness are generally seen after 8 to 12 weeks. Similarly, psychological in the physical situation is very big influence in the environment of our activities, especially in socializing.

According to Robert koger training designed for beginners ages that needs to be emphasized is that children - small children love, play and more play then they will be more happy and excited football training.

Playing practice models is a model training in groups or teams to perform a variety of play activities aimed at developing the creativity of the players, improving the ability to make decisions, and to improve the players' physical abilities.

"Training is the process of repetitive, progressive training s or work that improves the potential to achive optimum performance" which means that atihan is an iterative process, progressive training or work increases the potential to achieve optimal performance. Tangkudung said that the training is a recurring and

increasing process to increase the potential in order to achieve maximum performance.

5. Players or Athletes Starter

Growth and development of motion is partly scientific basis is needed by teachers and sports coaches in order to carry out their duties in a professional manner. By understanding the nature of growth and development in each phase of development, will be giving out the possibility for the coach to provide athletes with the treatment better. Meanwhile, according to M. Yudha Saputra motor development is an area of academic study derived from a variety of motion behavior. The development of motion as change in behavior that reflects the interaction between the motion of e mature organism with its environment. So the motion behavior requires coordination between nerves and muscle functional and cognitive, affective, and conative.

Based on the tendency of developmental traits that occur in individuals in general, throughout human life can be identified periods of developmental phases. In the 10-13 year age specification phase, children are able to make their choice of preferred sports, generally have better coordination and agility skills. In this phase the children choose to specialize in one of the sports that is considered capable of doing. Children also have begun to assess the advantages and disadvantages they have. Children start looking for or avoiding activities they do not like. In general, the reason children participate in sports because they want to practice new skills, the sport is fun, the cooperation, the training and fitness, and the challenge to win.

Meanwhile, according to Rahmat Darmawan and Ganesha Putera that the characteristics of growth aged 11-12 years have a balance of physical and psychological, confident, enthusiastic in novelty, willingness to learn, observation skills, concentration strengthened, began to like the competition, the body began proportional.

Furthermore, according Widiastuti found simple adaptive skills are skills resulting from the adjustment of the fundamental basic movements with the situation or condition at the time of the movement. For example running through a variety of obstacles. Integrated adaptive skills are skills The resulting blend of the basic motion funda - mentally by the use of specific equipment or tools. For example hitting a ball using a racket. Adaptive skills are complex skills that require mastery of complex movements and body coordination. For example smashing ball, people can vary. The skill mastery level can be divided into four levels. Four levels of mastery skills:

- a. Entry level (*beginner*)

- b. Intermediate level (*intermediate*)
- c. Advanced (*advance*)
- d. *Advanced level (highly skilled).*

6. Research methodology

The development of a model of basic soccer-based training techniques is developed using Borg and Gall development steps as the main models and product development drafting steps. At each stage of the research and development there are design steps explanations described and modified in accordance with the objectives and conditions of actual research. Here is a model development.

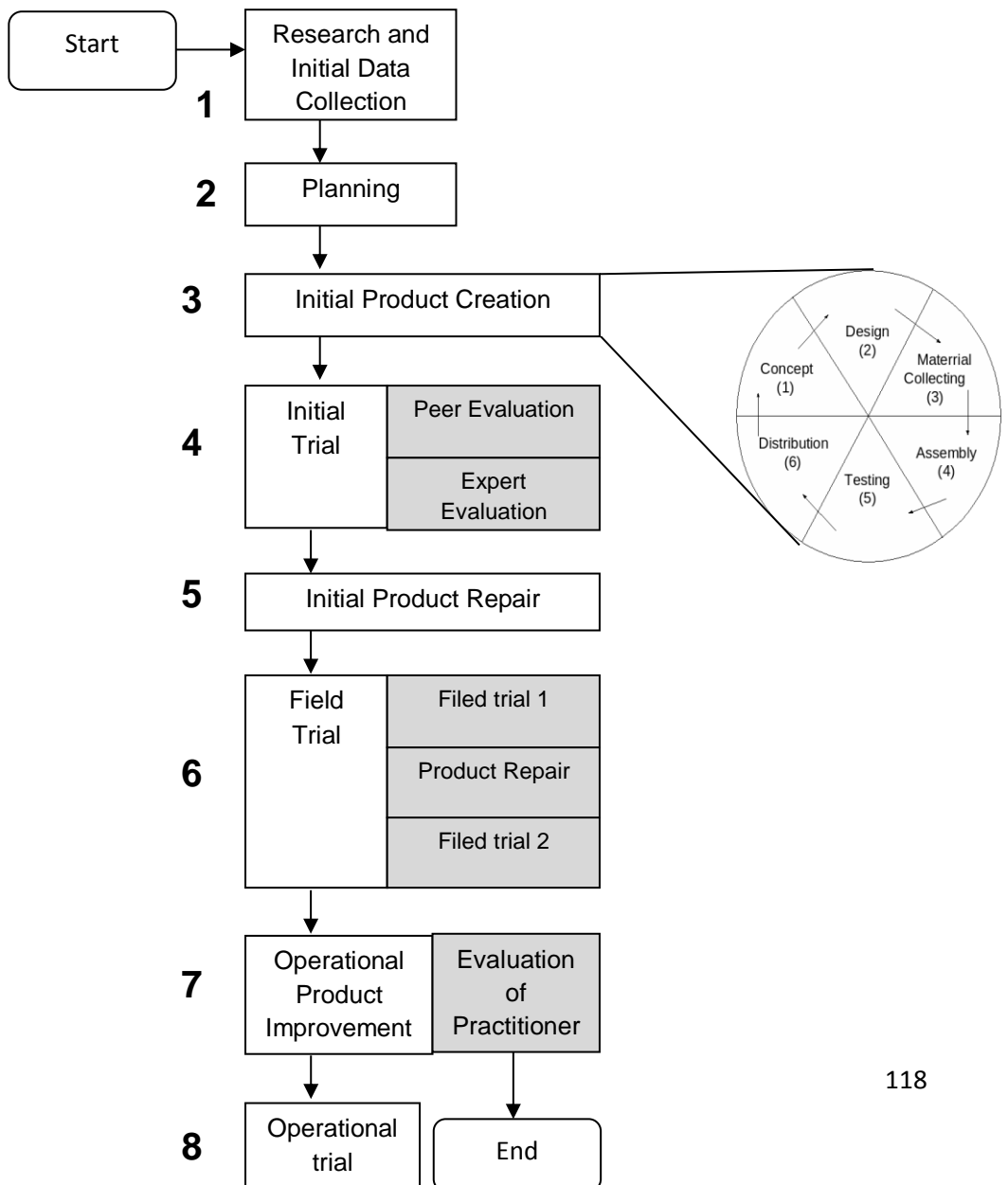


Figure Flow plan development model

The data collected in this research are quantitative and qualitative data. Therefore, Instruments used in this study are instruments in the form of questionnaires, observation sheets, interview guides and documentation. The questionnaire instrument is structured to obtain expert and practitioner validation as well as for product trial purposes. Instrument of observation, interview and documentation for preliminary research purposes. Also in this study also developed a test instrument in the form of skills test football basic techniques for the purpose of product effectiveness test.

Instrument The basic soccer skills test technique consists of five basic soccer technics test, basic passing technique test, basic dribbling technique, basic heading technique test, basic trapping technique test and basic shotting technique test, modified by researcher and validated by content by expert in football

Analysis of the data used in this research is the analysis of quantitative data and analysis of experimental pretest-posttest with *paired sample* t test to determine the effectiveness of the product.

7. Research result

From the results of the analysis as a preliminary study conducted by researchers on 20 to 24 July 2016 in 3 districts of Kudus, Jepara, Wonosobo and 1 Semarang City located in Central Java that of 20 football school coaches show the following results:

- a. Criteria 18 trainers who train in soccer schools fall into enough categories
- b. Criterion 1 coach who trains in a soccer school into the category less
- c. Criterion 1 coach who trains at a soccer school is categorized less once

The initial product of the basic training model of baseball-based soccer originally comprised of 77 variations of the training model and validated by the football player who has the skills as a supporter for his coaching fall 9 variations of the training model so that the 68 variations of the basic soccer technique training model,

Based on the results of small group tests conducted by researchers at the school soccer of UNDIP semarang with a sample of 20 football athletes is still said to be mentoring and instructions from the coach when doing variations of basic soccer training model is not fully understand and still need improvement such as the existence of several stages not appropriate.

Based on the results of a large group test at the time conducted by researchers at the school football of Djarum Kudus with 51 samples of athletes football felt that athletes feel something different and able to do variations of the training model with direct instruction and examples according to the concept that is in the model of basic soccer technique training there are still some variations of models that need to be fixed,

The results of model effectiveness test conducted in this research is to conduct tests on 20 beginner athletes in the Djarum Kudus football school given treatment by using a basic football-based technique training model Playing for ages 8-12.

The following are the results of the model's effectiveness test:

Descriptive Statistics Basic Play Football-Based Technical Tests for Beginning Athletes

Table 4. 1
Results Paired Samples Statistics Pre test and Pos test

Paired Samples Statistics

		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	PRE_TEST	54,5290	20	3,47590	,77724
	POST_TEST	53,4515	20	2,26667	,50684

From the results of the above table that the average value of the basic techniques of test results based on playing football for beginner athletes aged 8-12 years before being given the basic techniques of soccer practice-based play is 54.5290 seconds and after being given treatment is 53.4515 seconds. The test results showed a decrease in time so that the basic techniques of football-based play increased.

Table 4. 2
Results Paired Samples Correlation Pre test and Pos test

Paired Samples Correlations

		N	Correlation	Sig.
Pair 1	PRE_TEST & POST_TEST	20	,964	,000

From tabel result *ouput* table above that the correlation coefficient of the basic techniques before and after training model of the basic techniques of football-based play with 0:00 p-value of <0.05 so the conclusion there is a significant relationship.

Table 4. 3
Results Paired Samples Correlation Pre test and Pos test

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	1,07750	1,42282	,31815	,41160	1,74340	3,387	19	,003

From the above table in the test of significance difference by using SPSS obtained Mean = 1.07750 shows the difference of pre test and post test, the result - count = 3.387 df = 19 and p-value = 0.03 < 0.05 which means there is a significant difference between before and after the treatment of basic football-based techniques.

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