

# FAIRPLAY

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## Survey of Basic Technical Skill Levels Football Game on PFA Academy Students Sukoharjo Age Group 13-15 Years

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### ABSTRACT

The purpose of this study was to determine the level of basic technical skills of soccer games in students aged 13-15 years at the PFA Academy Sukoharjo. This research is a quantitative descriptive study using a survey method with data collection using measurement tests, this research seeks to provide an accurate picture of the current technical abilities of students. The subjects of this study were 50 students of PFA Sukoharjo academy age group 13-15 years, and their abilities were assessed through a series of tests measuring dribbling, passing and stopping, and shooting. The results of the data analysis can be displayed as follows: the results of the skill level among the students in the categories of "very less" 4% (2 students), "less" 34% (17 students), "sufficient" 26% (13 students), "good" 26% (13 students) and "excellent" 10% (5 students) "very good". The results of the data analysis above can be concluded that from this study the results of the level of basic technical skills in PFA Sukoharjo academy students aged 13-15 years obtained the "less" category.

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### 1. INTRODUCTION

Sport is a physical activity that is very beneficial for everyone, which aims to nourish the body. Sports are also useful for maintaining health from the physical and psychological aspects of humans. There are so many sports that are favored by the community and one of the most popular sports in the world today is soccer, soccer is currently very loved by people around the world, from early to old age, men and women because this sport is easy to understand and play, and does not require a lot of tools and a large place. With a small field with a goal marker and a ball this sport can already be played, this sport is a team game, with each team having as many as eleven players, and one goalkeeper. Techniques in soccer use the legs on average, but with the exception of the goalkeeper who is allowed to use his arms but must be in his area.

There are various goals of the community to play soccer, some are just for hobbies, and some are for means of increasing physical fitness, and some aspire to become athletes to achieve the highest achievements. However, if athletes want to achieve the highest achievement, it requires a long process, it requires a lot of preparation not only technique but other aspects must also be considered such as physical, tactical, and psychological or mental. It must also be supported by tools for training, and there must also be a coach who has the ability to help athletes to improve athletes'

training. In this psychological aspect, there are many things that must be considered such as motivation, emotions, self-confidence, interest, anxiety. Motivation itself is a psychological aspect that athletes must have to have goals in practicing and playing. According to Subardjah (2000: 21) "motivation is a driving force from within and within the subject to carry out certain activities to achieve goals. To improve this aspect of motivation, a forum is needed that can foster athletes so that they can be skilled and achieve that must be given from an early age.

Like techniques, techniques must be given to athletes from an early age because if early age coaching has been taught basic soccer techniques. Therefore the importance of basic technical coaching from an early age to help playing skills at the next age level, and it also affects to improve the achievements of the athletes themselves. An academy is the right place for football coaching, especially in early childhood, with the help of a coach who has the ability to train systematically by carrying out the principles of training by improving basic techniques, basic skills that must be mastered by a soccer athlete are passing (passing the ball), shooting (kicking the ball towards the opponent's goal) and dribbling).

Based on a survey conducted by researchers before the study, the 13-15 year age group experienced a decline in achievement before the 13-15 year age group had won several tournaments at the provincial level. That is because the players do not know and the importance of basic soccer skills, it can be seen during training the students make many mistakes which become obstacles for the coach to carry out the training program that is made. The coach at the PFA Sukoharjo academy has not provided an evaluation of the basic technical skills of the soccer game. This is because the trainers know the procedures for conducting basic soccer technical skills tests, allowing tests and measurements to be carried out on students. Evidently this is because the skill level of the athletes is not yet known so that the coach cannot provide evaluation during training. In addition, this research was taken based on the 13-15 year age group because at that age it was the time when the players were given a basic technique which had a big influence on the level of mastery of soccer playing techniques at a later age.

Based on this explanation, this research needs to be carried out because in order to find out how the basic technical skills of playing soccer in students of the PFA Sukoharjo academy, age group 13-15 years, so that it can be used as an example in improving the basic technical skills of playing soccer for students of the PFA Sukoharjo academy entitled "Survey of the Level of Basic Technical Skills of Soccer Games in Students of the Pfa Sukoharjo Academy Age Group 13-15 Years".

## 2. METHODS

This research has been conducted at the packaging field which is located at Ngasem, Kemasan Kec, Polokarto, Sukoharjo Regency, Central Java 57555 where the field is a training ground for PFA Sukoharjo academy students. This research is a quantitative descriptive research in which the researcher only describes or describes the ongoing situation, without any hypothesis. According to Arikunto (2019) descriptive research is non-hypothesis research, so the research steps do not formulate a hypothesis. Research that aims to examine and obtain information on the state of an object, in accordance with the reality of the population of an area. Descriptive quantitative research is research that is used on independent variables without making comparisons or combining with other variables. With the survey method used using test and measurement techniques for data collection.

Because this research is a survey so the data collection is taken, namely the subject, which is the total number without exception. The research subject according to Suharsimi Arikunto (2016: 26), the research subject functions as an object, thing or person where data points for variables are attached and research problems. In research, the subject has a very important role because the subject is the data that the researcher will observe. For the subject of the research itself is the students of the PFA Sukoharjo academy aged 13-15 years, totaling 50 students.

The research instrument is an important thing in research, in this study researchers used a skill test where the subjects will carry out a test and measurement, the instrument used in data collection in this study is an instrument test from Nurhasan, (2001) with several tests such as *dribbling, passing and stopping, shooting at the ball* where each test has validity and reliability as follows:

Table 1. Validity And Reliability Of Instruments (Nurhasan 2001, Persiwu & Jatiyoso 2019)

No.	Instrument	Validity	Reliability
1	<i>Dribbling</i>	0,99	0,92
2	<i>Passing and stopping</i>	0,65	0,77

3	<i>Shooting at the ball</i>	0,56	0,94
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The data analysis technique in this study is descriptive quantitative with the aim of providing the existing reality about the level of basic soccer skills in PFA Sukoharjo academy students. The data that has been collected from the test of each skill then the data is searched for the *T-Score* value with SPSS then each skill is calculated the norm of each skill it self with the percentage formula. If so, the data from each skill was summed up and calculated to find the norm with the percentage formula to determine what the norm is for basic soccer technical skills. According to Winarno (2006: 67) the formula used is as follows:

Table 2. Percentage Formula		
No.	Formula	Category
1	Mean + 1.5 SD < X	Very good
2	Mean + 0.5 < X ≤ Mean + 1.5 SD	Good
3	Mean - 0.5 < X ≤ Mean + 1.5 SD	Simply
4	Mean + 1.5 < X ≤ Mean + 1.5 SD	Less
5	X ≤ Mean -1.5	Very less

Description:

M : Mean

SD: Standard Deviation

X : Average

After the data is obtained, the next step is to analyze the data to find out the results of the research conducted. The data analysis used in this study used descriptive percentage analysis techniques. Using the following formula:

$$P = \frac{F}{N} \times 100\%$$

Description:

P : Percentage

F: The frequency for which the percentage is being sought

N: Number of Respondents (children)

### 3. RESULT

This research was conducted at Lapangan Kemasan Sukoharjo in May with 50 research subjects at PFA Sukoharjo students aged 13-15 years. This research is a quantitative descriptive study in which in this study the researcher only describes or describes the ongoing situation in the form of the results of basic soccer game skills tests on PFA Sukoharjo academy students aged 13-15 years, with tests consisting of *dribbling, passing and stopping, shooting at the ball*. After the data is collected, then analyzed, the results of the assessment are converted into the *T-Score* value and calculated to determine the norm of each skill after which the data is summed up and calculated again to find the norm of the total skill itself.

For the results of the data on the basic technical skills of soccer games at the PFA Sukoharjo academy obtained in detail can be seen in the attachment page 58, with these results can be processed and can be explained by a statistical description of basic soccer skills in PFA academy students aged 13-15 years there is the lowest score (*minimum*) 109.90, the highest score (*maximum*) 194.64, the average (*mean*) 150.00 and *standard deviation (SD)* 24.27. The results of the data analysis can be described as follows:

#### a. Data on Basic Technical Skills Level of Soccer Game

For the results of the data on the basic technical skills of soccer games at the PFA Sukoharjo academy obtained in detail can be seen in the appendix page 58, with these results can be processed and can be explained by a statistical description of basic soccer skills in PFA academy students aged 13-15 years there is the lowest score (*minimum*) 109.90, the highest score (*maximum*) 194.64, the average (*mean*) 150.00 and *standard deviation (SD)* 24.27.

Table 3. Descriptive statistics of basic soccer technique skills

Descriptive Statistics					
	N	Minimum	Maximum	Mean	Std. Deviation
Skill value	50	109.90	194.64	150.00	24.27
Valid N (listwise)	50				

By looking at table 3 descriptive statistics of the basic technical skills of soccer games above can be displayed in the form of assessment norms, the basic technical skills of soccer games in students of the PFA Sukoharjo academy age group 13-15 years are presented in table 4 below as follows.

Table 4. Norms of basic technical skills of soccer games in PFA Sukoharjo academy students aged 13-15 years

No.	Category	Value	F	%
1	Very good	$186.40 < X$	5	10
2	Good	$162.13 < X \leq 186.40$	13	26
3	Simply	$137.86 < X \leq 162.13$	13	26
4	Less	$113.60 < X \leq 137.86$	17	34
5	Very Less	$X \leq 113.60$	2	4
	Total		50	100

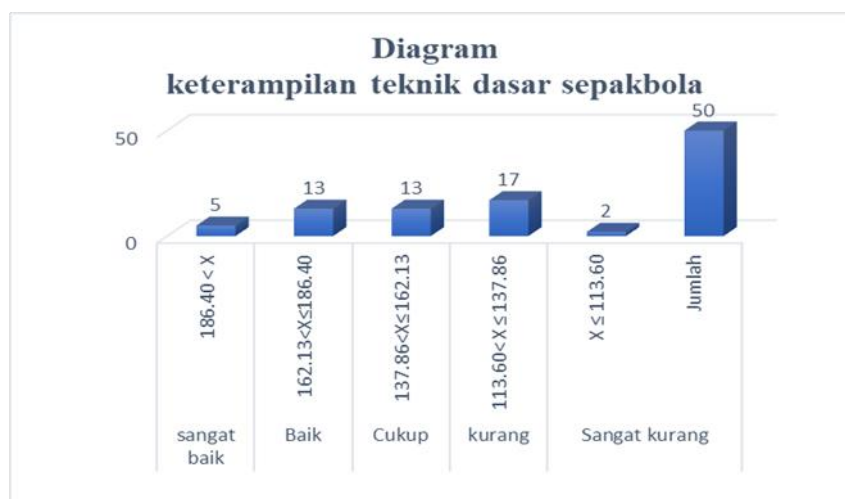


Figure 1. Bar chart of basic technical skills of soccer games in PFA academy students age group 13-15 years old

Based on the assessment norms in table 4 above, *dribbling* in PFA Sukoharjo academy students aged 13-15 years, can be displayed with a bar chart with Figure 1 below as follows

Based on table 4 and figure 1 above, it shows that the acquisition of data from the basic technical skills of soccer games for students of the PFA Sukoharjo academy, age group 13-15 years, obtained following results in the "very less" category by 4% (2 students), "less" by 34% (17 students), "enough" by 26% (13 students), "Good" by 26% (13 students), "Very Good" by 10% (5 students).

#### b. Dribbling

*Dribbling* is a test of *dribbling* skills with the results of the *dribbling* test on students of the PFA Sukoharjo academy age group 13-15 years with the acquisition of results that have been obtained and then calculated and can be known descriptive statistics *dribbling* on students of the PFA Sukoharjo academy age group 13-15 years. For complete results can be seen in table 5 as follows:

Table 5. Descriptive statistic of dribbling

Descriptive Statistics					
	N	Minimum	Maximum	Mean	Std. Deviation
<i>Dribbling</i>	50	34.19	67.15	50.00	10.00
Valid N (listwise)	50				

With the display of table 5 above, it can be displayed with the *dribbling* assessment norms for PFA Sukoharjo academy students aged 13-15 years presented in table 6 as follows:

Table 6. Dribbling assessment norms for academy students PFA Sukoharjo age group 13-15 years old

Category	Value	F	%
Very good	$65.00 < X$	5	10
Good	$55.00 < X \leq 65.00$	11	22
Simply	$45.00 < X \leq 55.00$	15	30
Less	$35.00 < X \leq 45.00$	18	36
Very Less	$X \leq 35.00$	1	2
Total		50	100



Figure 2. Bar chart of dribbling in PFA Sukoharjo academy students age group 13-15

Based on the assessment norms in table 6 above, the acquisition of *dribbling* in PFA Sukoharjo academy students aged 13-15 years, can be presented with a bar chart in Figure 2 as follows. Based on table 6 and figure 2 above, the data shows that *dribbling* in PFA Sukoharjo academy students aged 13-15 years, a number of students get the results of "Very Poor" by 2% (1 student), "Less" by 36% (18 students), "Enough" by 30% (15 students), "Good" by 22% (11 students), "Very good" by 10% (5 students).

#### c. *Passing and stopping*

The *passing and stopping* test is a test to measure *passing* and ball control skills with the results of the *passing and stopping* test on PFA Sukoharjo academy students aged 13-15 years with the results that have been obtained and then calculated and get a descriptive statistical value of *passing and stopping* on PFA Sukoharjo academy students aged 13-15 years. The full results can be seen in table 7 as follows:

Table 7. Descriptive statistics of passing and stopping

Descriptive Statistics					
	N	Minimum	Maximum	Mean	Std. Deviation
<i>Passing</i>	50	32.07	67.93	50.00	10.00
Valid N (listwise)	50				

With table 7 above seen from the descriptive statistics above. Then the data is calculated to get the assessment norm category and displayed with the *passing and stopping* assessment norms for PFA Sukoharjo academy students in the 13-15 year age group can be presented in table 4.6 as follows:

Table 8. Norms of passing and stopping assessment on PFA Sukoharjo academy students age group 13-15 years

Category	Value	F	%
Very good	$65.00 < X$	3	6
Good	$55.00 < X \leq 65.00$	15	30
Simply	$45.00 < X \leq 55.00$	12	24
Less	$35.00 < X \leq 45.00$	18	36
Very Less	$X \leq 35.00$	2	4
Total		50	100

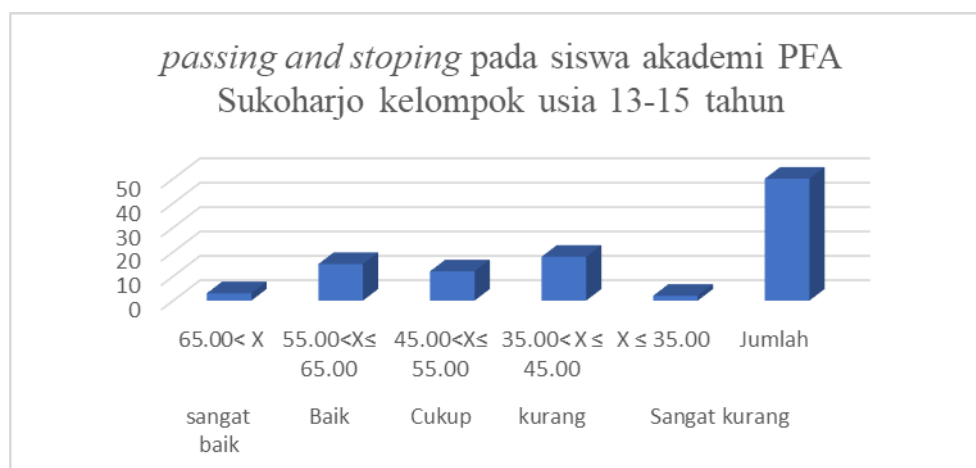


Figure 3. Bar chart of passing and stopping at PFA Sukoharjo academy students age group 13-15 years old

Based on the assessment norms in table 8 above, *passing and stopping* on PFA Sukoharjo academy students aged 13-15 years, can be presented in figure 3 as follows:

Based on table 8 and figure 3 above, it shows that *passing and stopping* at the PFA Sukoharjo academy students aged 13-15 years a number of students get a score of "Very less" by 4% (2 students) "less" by 36% (18 students), "Enough" by 24% (12 students), "Good" by 30% (15 students), "Very good" by 6% (3 students).

#### d. Shooting at the ball

The *shooting at the ball* test is a skill to measure the *shooting* of players with the acquisition of the results of the *shooting at the ball* test on PFA Sukoharjo academy students aged 13-15 years with the acquisition of results that have been obtained and then calculated, it can be known descriptive statistics *shooting at the ball* on PFA Sukoharjo academy students aged 13-15 years. The full results can be seen in table 9 as follows:

Table 9. Descriptive statistics of Shooting at the ball

Descriptive Statistics					
	N	Minimum	Maximum	Mean	Std. Deviation
<i>shooting</i>	50	36.18	70.30	50.00	10.00
Valid N (listwise)	50				

Judging from table 9 above with the results of the acquisition of these data then calculated and displayed in the *shooting* assessment norms for PFA Sukoharjo academy students in the 13-15 year age group are presented in table 10 as follows:

Table 10. Norms for shooting assessment of PFA Sukoharjo academy students age group 13-15 years

Category	Value	F	%
very good	$65.00 < X$	2	4
Good	$55.00 < X \leq 65.00$	13	26
Simply	$45.00 < X \leq 55.00$	18	36
less	$35.00 < X \leq 45.00$	17	34

Very less	$X \leq 35.00$	0	0
		50	100

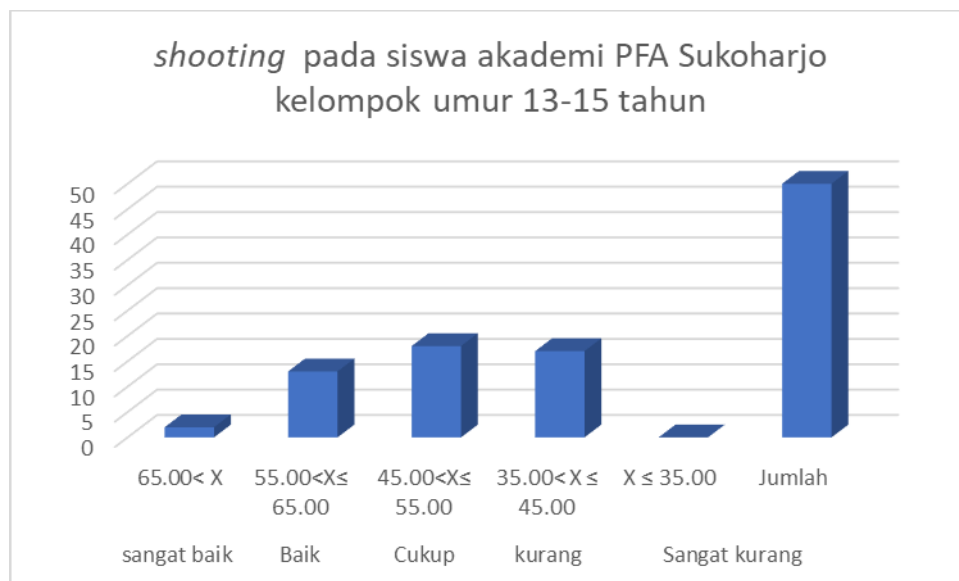


Figure 4. Dribbling bar chart of PFA Sukoharjo academy students in the 13-15 age group

Based on the assessment norms in table 10 above, *shooting* at the PFA Sukoharjo academy students aged 13-15 years, can be presented in a bar chart as shown below.

Based on table 10 and figure 4 above, it shows that *shooting at the ball* on PFA Sukoharjo academy students in the age group 13-15 a number of students get a score of "Less" by 34% (17 students), "Enough" by 36% (18 students), "Good" by 26% (13 students), "Very good" by 4% (2 students).

#### 4. DISCUSSION

Football is the most popular sport among all people around the world, in football is a sport in the form of a game and in it there are several kinds of basic technical skills of playing football. The basic technical skills themselves are able to provide cooperation and cohesiveness and improve the quality of the players so that they can produce quality games and produce victories.

Skills are a consistent success in achieving goals effectively and efficiently. Football is a game-shaped sport and in the game there are several kinds of basic technical skills, with good basic technical skills that will be able to create cooperation and cohesiveness and improve the quality of the game. To achieve these skills in the basic techniques in the game of football that ideally must be mastered by the players basic techniques in the game of football such as, *dribbling*, *passing* and *stopping*, and

The acquisition of *dribbling* in PFA Sukoharjo academy students in the age group 13-15 year where as many as 5 students get very good scores, and 11 students have good scores, 15 students get enough scores, and 18 students get less scores. Dribbling technique is one of the techniques that must be mastered by players, dribbling aims to move the ball from one point to another, not only that dribbling also aims to start an attacker, and can also aim to outwit the opponent.

The acquisition of *Passing and stopping* at the PFA Sukoharjo academy students in the 13-15 year age group where as many as 3 students get very good scores, and 15 students get good results, and 12 students get enough scores, 18 students get less scores, and the remaining 2 people get very poor scores. The *passing* technique aims to move the ball from one player to another, aiming to build the beginning of the attack or also be able to master the game. In a soccer game *passing* is the technique that is most often done throughout the match.

*Shooting at the ball* at the PFA Sukoharjo academy students in the 13-15 year age group where as many as 2 students get very good scores, as well as 13 students get good scores, 18 students get sufficient scores, and 17 students get less scores. *Shooting* is a technique of kicking the ball towards the opponent's goal with the aim of scoring goals. *Shooting* requires high power and accuracy or accuracy which functions so that it is not easily brushed off by the opposing goalkeeper, the thing

that players and spectators look forward to is a goal and one way to score goals with *shooting* techniques, because where it is said to win a match must score as many goals as possible.

## 5. CONCLUSION

From the results of the analysis of research data regarding the level of basic technical skills of soccer games in PFA Sukoharjo academy students aged 13-15 years, the following results were obtained. The results of the skill level of *dribbling* techniques in PFA Sukoharjo academy students aged 13-15 years as many as 5 students get very good scores, and 11 students have good scores, 15 students get enough scores, and 18 students get less scores. The results of the skill level of *passing and stopping* techniques in PFA Sukoharjo academy students aged 13-15 years as many as 3 students get very good scores, and 15 students get good results, and 12 students get enough scores, 18 students get less scores, and the remaining 2 people get very poor scores. The results of the level of *shooting skills at the ball* in the 13-15 year old PFA Sukoharjo academy students as many as 2 students get very good scores, as well as 13 students get good scores, 18 students get enough scores, and 17 students get less scores.

So from that it can be concluded that the basic technical skills of soccer games in students of the PFA Sukoharjo academy, age group 13-15 years, namely with an average score of 150.00, are included in the category of less with a percentage of 34%, by testing using the standard score formula the category shows that getting the norm results as follows:

Table 11. Norms for the level of basic technical skills of soccer games

No.	Category	Value	F	%
1	Very good	$186.40 < X$	5	10
2	Good	$162.13 < X \leq 186.40$	13	26
3	Simply	$137.86 < X \leq 162.13$	13	26
4	Less	$113.60 < X \leq 137.86$	17	34
5	Very Less	$X \leq 113.60$	2	4
Total			50	100

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