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The Influence of Drill Training Method on Basic Futsal Playing Skills in U-15 Men's Players at Surakarta Futsal Academy

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ABSTRACT

This study aims to determine the effect of active triangle This study aims to determine the effect of drill training methods on basic futsal playing skills in U-15 male players of the Surakarta Futsal Academy. This research is a research that uses an experimental method with One Group Pretest-Posttest Design research design. The subjects in this study were all 26 U-15 male players of the Surakarta Futsal Academy. This study used an experimental design in one group using the drill training method treatment. This study was conducted as many as 16 meetings with a frequency of meetings 3 times in 1 week. Pretest and posttest data collection using basic futsal playing skills tests. The data analysis technique used is the normality test using the Shapiro Wilk test while the hypothesis test uses the paired sample t test using the help of the SPSS program.. The results of data analysis with paired sample t test showed that the value of Sig. (2 Tailed) was $0.000 < 0.05$ which means that there is a significant influence between drill training methods on basic futsal playing skills in U-15 boys of Surakarta Futsal Academy. The average pretest result was 69.2888 while the average in the posttest was 59.8569. The results of the average pretest and posttest showed that there was an increase of 13.62%. This shows that there is an improvement in basic futsal playing skills after treatment using the drill training method. Based on the results of research and analysis of research data, it can be concluded that there is a significant influence between drill training methods on basic futsal playing skills in U-15 male players of the Surakarta Futsal Academy.

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1. INTRODUCTION

Sport is an activity carried out for gain many benefits. Several benefits at the same time when doing sports include being able to gain physical health and peace of mind after doing sports. Sport will also shape a person to have a highly disciplined personality, sense of responsibility, sportsmanship and have a strong sense of solidarity. In its current development, sport is not just a

hobby or just an activity to meet a person's health needs. However, sport can also be an opportunity for a person or group to achieve high achievements. One sport that is popular with many people today is futsal. Futsal itself is a sport where two teams each consisting of five players compete to score as many goals as possible while stopping the other team from scoring. With smaller field dimensions and fewer players, the ball rolls quickly and the players move quickly, making the game of futsal more dynamic and interesting (Irawan, 2009).

Futsal is a sport that is growing quite rapidly at the moment. With so many futsal competitions nowadays, futsal has become a sport that is in great demand by the public, be it children or adults. This sport is very simple and easy to do, with just one ball and a flat area that is not too large, this game can be played. With a fast and dynamic game, of course it really requires mastery of basic techniques. Therefore, a player must have good basic futsal techniques to play the game effectively. Among the basic skills that need to be learned are passing techniques, shooting, dribbling, and control. As explained by (Lhaksana, 2008) Players must be able to master good basic techniques in the game of futsal in order to improve the team's achievements. By mastering all the elements of basic futsal technical skills, the game will certainly run according to the planned tactics. In the game of futsal, possession of the ball is a supporting factor in winning the game. By controlling the game and continuing to move the ball, it will be easier for a team to score goals against the opponent's goal. And to master the course of the match, good mastery of basic skills is required for each player. Among the skills that must be possessed are weighty and accurate passing techniques, good ball control, dribbling techniques that threaten the opponent's defense and hard and accurate shooting. By mastering these techniques, the movement of the ball from line to line will run smoothly and makes a team's game more collective so that it can create opportunities or even goals with effective teamwork.

Coaching for the sport of futsal can be carried out at an academy or at school. And one of the futsal academies in the city of Surakarta is the Surakarta City Futsal Academy. This academy has several age group categories in its group division. There are U-15, U-17 and U-19 categories in the men's category. Meanwhile, there is only one category between the ages of 15-20 years for the women's category. This academy focuses on coaching futsal for achievements in accordance with the categories competed in by the Central Java AFP (Provincial Futsal Association). In the U-15 category at the Surakarta futsal academy, after several observations, it can be said that their futsal playing skills are not very good, in several trials and tournaments most of the players in that age category still have not mastered the basic techniques well. Some basic techniques that have not been mastered well are the dominant techniques used when playing futsal, such as passing, shooting and dribbling techniques. The U-15 players at the Surakarta futsal academy tend to play instinctively without paying attention to the details of the basic techniques used. After the researchers made observations during several training sessions and test matches at the U-15 team at the Surakarta futsal academy, most of the players often made elementary technical mistakes. Some basic technical mistakes were made, such as the passing technique which had not been carried out correctly at the contact of the ball so that the accuracy of the players' passing was not correct to their teammates, the dribbling technique was wrong so the ball was easily out of control, and also the shooting technique which was still less accurate and less powerful so that the finishing of the team is still not very good. With many basic mistakes made. It is very important for trainers to go deeper into the basic technical exercises given one by one. In order for the training process to be more effective and efficient, a clear training form or model is needed with adjusted training frequency for each team.

According to (Tohar, 2008) training is a work process that must be carried out regularly, repeatedly and continuously over time with the load continuing to increase. By repeating the same exercise, it will be easier for a player to master the technique to be learned. With the low level of basic skills in playing futsal among U-15 male players at the Surakarta futsal academy, a training program with clear objectives and continuity on the same technique is needed so that the training produces results. One training method that can be applied to is an option for improving a player's basic futsal skills is the combination drill training method. The drill training method involves intensive repetition of basic movements and more focus. With systematic practice and gradual

repetition, difficult movements will become easy (de Lira et al., 2017). The combination drill training method in futsal is a training method that is carried out repeatedly, a system that is then developed through the use of various variations of futsal training models with a combination of passing, dribbling and shooting technique training. According to (Wahyudi et al., 2020) The benefit of using this drill method is that it makes the brain more sensitive after receiving external stimuli and works to increase concentration in making better movements. Apart from producing useful benefits, the drill method is also very effective because it is easy to understand and apply, and complicated and complex movements will become easier. The aim of the drill training method is to improve the overall basic futsal skills of players so that players can master basic futsal skills well.

Based on the background explanation above, mastery of basic futsal skills greatly influences the development of the tactics that will be used. So it is hoped that the drill training method will be able to overcome problems and help improve the basic futsal skills of male U-15 players at the Surakarta futsal academy. Based on the background above, the researcher will conduct research with the title "The Influence of the Drill Training Method on Basic Futsal Playing Skills in U-15 Male Players at the Surakarta Futsal Academy".

2. METHODS

The method in this research is an experimental research method. Meanwhile, the design of this research is a one group pretest posttest design, which means there is only one group in this research. The research subjects in this study were all 26 U-15 male players at the Surakarta Futsal Academy. This research was conducted in 16 meetings with a training frequency of 3 times a week. According to (Moh Nazir, 2013) Data collection is a systematic and uniform process for collecting data. In this research, data collection techniques were carried out through pretest data collection, then all research subjects were given treatment using the drill training method which focused on the basic techniques that are most dominant in the game of futsal, namely, passing, control, dribbling and shooting techniques. After the drill training method treatment is carried out, the data will be taken again by carrying out a posttest. The test instrument used in this research was a test of basic futsal playing skills (Agus Susworo Dwi Marhaendro, 2009). This test instrument was created to measure the basic skills of playing futsal that are most dominant or often used in futsal games such as passing, controlling, dribbling and shooting. This skills test is given to measure a player's general abilities. The skills test is designed with the assumption that skilled futsal players will pass the basic futsal playing skills test quickly and accurately. The data analysis technique in this research uses a prerequisite test, namely the normality test via the Shapiro-Wilk test which aims to test whether the data distribution in this study is normally distributed and uses hypothesis testing, namely by using the paired sample t-test with the help of the SPSS 25 program.

3. RESULT

After conducting this research, the author obtained several results. The research consists of the results of a description of the research data, the results of the prerequisite tests, namely the normality test and hypothesis testing using the paired sample t-test with the help of the SPSS program. The results of this research are as follows:

Description of Research Data

Table 1. Description of Research Data

Statistics	<i>Pretest</i>	<i>Posttest</i>
N	26	26
Mean	69.29	59.85
Median	68.73	60.25
Std. Deviation	4.60167	7.81405
Maximum	78.56	76.07
Minimum	62.06	47.69

From the data description table, it shows that the results of the basic futsal playing skills test for U-15 male players at the Surakarta Futsal Academy, the average pretest result was 69.29 seconds with a maximum score/time of 78.56 seconds and a minimum time of 62.06. second. Meanwhile, the average posttest results showed 59.85 seconds with a maximum time of 76.07 seconds and a minimum time of 47.69 seconds. In this basic futsal playing skills test, the faster and less time a player spends in completing the test, it can be said that the player has better basic futsal playing skills.

Prerequisite Test (Normality)

The normality test is a prerequisite test carried out before data analysis is carried out. This test is carried out to test whether the data originating from the subject or research sample is normally distributed or not. The normality test technique used in this research is the Shapiro Wilk test method. Research data can be said to be normally distributed if the significance value is > 0.05 . If the data is normally distributed, then a hypothesis test can be carried out using the paired sample t-test. The following is the data from the normality test results:

Table 2. Normality Test Results

	Shapiro-Wilk		
	Statistics	df	Sig.
Pre-Test	,936	26	,109
Post-Test	,964	26	,477

Based on the normality test table above, it is known that the sig. The Shapiro-Wilk table in the pretest shows a number of **0.109**. **Then the posttest carried out after the training treatment using the drill method showed a figure of 0.477. With these results, the overall sig. in the Shapiro-Wilk table, both the pretest and posttest results are > 0.05 , which means that the research data is normally distributed.**

Hypothesis Testing (paired sample t-test)

Hypothesis testing was carried out to find out the effect of training using the drill method on the basic futsal playing skills of U-15 male players at the Surakarta Futsal Academy. The hypothesis test used in this research is the paired sample t-test with the help of the SPSS version 25 computer program. This hypothesis test can be carried out because in the previous prerequisite test it was stated that the data in this study was normally distributed. The criteria for testing this hypothesis is if the sig value. (2 tailed) < 0.05 , which means that there is an influence between the drill training method on the basic futsal playing skills of the U-15 male players at the Surakarta Futsal Academy. However, if the sig value. (2 tailed) > 0.05 , so there is no influence between the drill training method on the basic futsal playing skills of U-15 male players at the Surakarta Futsal Academy.

Table 3. Paired Sample T-test Results

		Upper	t	df	Sig. (2-tailed)
Pair 1	Pre Test - Post Test	12.10425	7,269	25	,000

From the paired sample t-test table above, we obtained a significance result of Sig. (2-tailed) is **$0.000 < 0.05$** . **So it can be concluded that H_0 is rejected, which means there is a significant influence between the drill training method on the basic futsal playing skills of U-15 male players at the Surakarta Futsal Academy.**

Percentage Increase

Table 4. Percentage of Improvement

Statistics	Results
Mean Pretest	69.29
Mean Posttest	59.85
Range	9.44
Percentage Increase	13.62 %

Based on the table above, the influence of the drill training method provides an increase in the basic futsal playing skills of U-15 male players at the Surakarta Futsal Academy by 13.62%.

4. DISCUSSION

The basic skills of playing futsal are an important aspect that must be mastered by a player in the sport of futsal. According to (Asmar Jaya Junaedi, 2008) "To be able to play futsal well, players must be equipped with good basic skills or techniques, not just kicking the ball but also skills in mastering or controlling the ball." Some basic skills that must be mastered include passing, control, dribbling and shooting techniques. By mastering good basic skills, you will produce quality players so that futsal games can run effectively and efficiently. To master some of these basic skills well, repeated, systematic, disciplined and regularly increasing practice is needed so that the training will run well and meet the initial goals. Several factors influence the improvement of basic skills in playing futsal, such as the training process with adequate frequency, the initial abilities possessed by each individual, and a structured training program. With these factors, it is possible to improve the basic skills of playing futsal, although of course the results of the improvement vary for each individual.

The aim of this research is to determine the effect of the drill training method on the basic futsal playing skills of U-15 male players at the Surakarta Futsal Academy. Based on the results of the data normality test from this research using the SPSS 25 program, the pretest was $0.109 > 0.05$ and the posttest was $0.477 > 0.05$. So it can be concluded that both data are normally distributed. Then in testing the hypothesis using the paired sample t-test, this research shows significance in Sig. (2 tailed) with a result of $0.000 < 0.05$. These results mean that there is a significant influence between the drill training method on the basic futsal playing skills of U-15 male players at the Surakarta futsal academy. In this research, it can also be seen from the percentage increase in the level of basic skills in playing futsal before the drill training method treatment and after the treatment was given. The results on the pretest of basic futsal playing skills had an average of 69.29, while the results on the posttest were 59.85. The percentage increase table shows an increase of 13.62%, which means that the basic futsal playing skills of the U-15 male players at the Surakarta Futsal Academy increased after being treated with the drill training method.

In the conditions before this research was carried out, researchers made observations on the U-15 male players of the Surakarta Futsal Academy. Observations were made to analyze the basic skills of playing futsal, especially the most dominant techniques used in the sport of futsal such as passing, control, dribbling and shooting. It can be said that the basic futsal playing skills of the U-15 players are still not very good, the players often make basic mistakes such as less accurate passing, control and dribbling which are still easily captured by opponents and finishing shooting which does not aim at the goal. These mistakes arise because the player's initial basic technique is not good. Apart from that, the lack of frequency of practice and lack of consistency regarding the players' attendance at practice also influences their lack of basic futsal playing skills.

This research focuses on the use of the drill method in the training process, by using a method that is repetitive, systematic and structured, it will result in improvements in basic techniques that were still not good before. This drill method is carried out with a training frequency of 3 times a week and held in 16 meetings. Which means that this research was carried out for approximately 2 months in its implementation. The training program used uses several variations of basic technical

exercises such as passing techniques, dribbling and shooting combinations. So the training process continues by repeating the basic techniques that you want to improve, but still with variations of other basic techniques so that the players don't get bored during the training process. After the training treatment using the drill method, the researcher made observations on the routine training agenda and trophy held by the Surakarta Futsal Academy. In several of these activities, it was seen that the players had made several improvements in basic techniques in playing futsal. Some of the player's abilities that have improved include players being better at controlling and dribbling the ball so that the ball is not easily seized by the opponent, the player's passing is more accurate and more weighty, and the player's shooting is also more directed towards the goal so it is easier to score goals against the opponent.

5. CONCLUSION

Based on the research results in this study, it can be concluded that there is a significant influence between the drill training method on the basic futsal playing skills of U-15 male players at the Surakarta Futsal Academy. The results of hypothesis testing with paired sample t-test show a significance value of Sig. (2 tailed) namely $0.000 < 0.05$, which means that H_0 is rejected so there is a significant influence. The research results also showed that the drill training method provided an increase in the basic futsal playing skills of the U-15 male players at the Surakarta Futsal Academy with an increase of 13.62%. With these results, it can be concluded that the drill training method can improve the basic skills of playing futsal in players if carried out with sufficient time, a systematic and increasing training program, as well as the discipline of the players themselves.

AUTHOR'S STATEMENT

In this research, the researcher has never published in other scientific journals/publications and there is no element of plagiarism. The author wrote this article in a healthy and conscious condition without any interference or pressure from any party anywhere.

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