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Analysis of Basic Skills in the Futsal Game (Empirical Study of Futsal Extracurricular Participants at SMP Negeri 2 Tawangmangu)

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ABSTRACT

The sport of futsal is a game played by two teams, each consisting of five players. The game emphasizes cooperation between players and combines elements of football and basketball. Futsal is popular among students, including at SMP Negeri 2 Tawangmangu, which provides extracurricular futsal as a forum for student talent development. Despite the high demand, the pandemic has hampered participation. With adequate facilities, but still lacking some facilities, students are expected to develop basic futsal skills such as passing, control, shooting, dribbling, and heading. This study aims to measure the level of basic futsal skills of SMP Negeri 2 Tawangmangu students. The results showed that students' basic futsal skills were in the good category, with 10 students declared good, 9 sufficient, 5 less, and 1 very less. The findings concluded that the level of futsal skills of extracurricular participants at the school was good.

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1. INTRODUCTION

Sports are physical activities that are done to maintain health and strengthen the body's muscles. In addition, sports can also be a means of fun entertainment or used to improve achievement. Some sports, especially those involving big balls like futsal, offer a combination of competition and entertainment. Futsal, for example, is not only used for competition or performance development, but also as a recreational activity in schools and communities.

Futsal is played by two teams competing against each other with five players on each team. The game is a blend of soccer and basketball, which demands good teamwork to win. Although each player has good individual skills, the success of a team depends not only on the technical ability of each player but also on the coordination and cooperation of the team as a whole.

Futsal players must master several basic techniques such as passing, control, dribbling, shooting, and heading. These techniques form an important basis for building individual and collective abilities in the game of futsal. In the context of education, many schools have formed futsal clubs or extracurricular activities to channel students' interest in this sport. It is also a platform to develop students' sporting talents and fill their spare time with useful activities.

At SMP Negeri 2 Tawangmangu, futsal is part of the extracurricular activities that most students are interested in. Despite challenges such as the pandemic that affected student participation, interest in futsal remained high after the situation returned to normal. The school has been active in participating in inter-school futsal tournaments, where they have been successful in winning several competitions. Nonetheless, there are still challenges in terms of facilities such as the number of adequate equipment and field conditions that are sometimes not fully supportive.

Research on the basic skills of futsal games at SMP Negeri 2 Tawangmangu is relevant to evaluate and improve the quality of training and facilities available to students. This analysis is expected to provide a deeper insight into the technical abilities and readiness of extracurricular participants in facing futsal competitions at local and regional levels.

Futsal sports activities at SMP Negeri 2 Tawangmangu have shown significant development, especially in forming futsal teams that compete in various tournaments. However, challenges in terms of facilities and equipment still need to be overcome to support the optimization of training. The wet field conditions when it rains and the lack of balls and other training equipment are obstacles that must be overcome immediately. Despite this, the spirit and enthusiasm of students in participating in futsal extracurricular activities remains high, showing great potential for further development.

Student participation in extracurricular futsal provides not only physical but also social benefits. By practicing futsal, students learn about teamwork, discipline, and game strategies. In addition, it also helps develop students' interpersonal skills, such as communication and leadership. These activities not only aim to produce skilled futsal players, but also shape students' characters who are resilient and able to work in teams. Thus, futsal becomes an effective educational tool outside the classroom.

Based on initial observations and evaluations, the basic skills of futsal games at SMP Negeri 2 Tawangmangu still need improvement. Aspects such as ball control, accuracy in kicking, and composure in the game need to be improved. Therefore, further research on the analysis of basic futsal skills is important to get a clearer picture of students' abilities. With a deeper understanding, training programs can be adjusted to improve students' skills, so that they can be more competitive in tournaments and bring the good name of the school.

2. METHODS

The research method used in this research is quantitative type with purposive sampling technique. This technique involves selecting a sample based on the researcher's assessment of the selected population. The advantage of purposive sampling is time efficiency during research, because researchers can focus on samples that are considered relevant and representative. This research uses a descriptive research design, which aims to explain an event and then conclude the research results. The method used was a survey, which involved testing the futsal skills of SMP Negeri 2 Tawangmangu students through a series of tests conducted once by testing the sample to assess their futsal skills. The research was conducted at the SMP Negeri 2 Tawangmangu futsal field, which is located in Bandardawung, Tawangmangu, Karanganyar, in May 2023.

According to Sugiyono (2012: 119), population is a generalization area consisting of objects / subjects with certain qualities and characteristics set by researchers to study and conclude. In this study, the subjects were futsal extracurricular students of SMP Negeri 2 Tawangmangu, totaling 25 students, so this research is called population research. The sample used was the entire population at SMP Negeri 2 Tawangmangu, namely 25 students. The tools used in this study include 7 futsal balls, 7 cones, stopwatches, blanks, stationery, whistles, and duct tape for lines. According to Faisal (2021), operational definition is a way to define all the variables to be studied. Independent variables are variables whose factors are measured, manipulated, or selected to determine their relationship with observed symptoms.

Data was collected through field tests conducted on one field with 25 extracurricular participants. Each student performed the test in order according to the attendance list, starting from number 1 to 25. After all participants completed the first test, the test was repeated once again with the same technique. The score given is based on the time taken by the participant from the "yes" signal to completion. The tests carried out include passing the ball (passing), receiving the ball (control), dribbling, kicking the ball (shooting), and heading the ball (heading). The passing test is used to measure the level of passing skills of futsal players by kicking the ball 10 times. The ball receiving test (control) is used to measure the control skills of futsal players by receiving ball passes from friends 5 times using the inside leg and 5 times using the lower leg. The dribbling test is carried out by passing 7 kun using the outer and inner feet. The ball kicking (shooting) test measures the

accuracy of kicking the ball into the target from three different points as far as 12 meters from the goal. The heading test is done by heading the ball towards a friend 2 meters away.

This research is a descriptive statistical study that aims to provide a real picture of the level of basic futsal technical skills of extracurricular participants of SMP Negeri 2 Tawangmangu. The data analysis technique used is percentage, which aims to collect, present, and determine the value of data. The results of the study were divided into 5 categories: very high, high, medium, low, and very low, based on the mean and standard deviation. These categories were inverted into: Excellent, Good, Fair, Poor, and Very Poor according to the inverse data. The percentage of data was calculated using the formula: $(P = \frac{F}{N} \times 100)$, where (P) is the percentage, (F) is the frequency, and (N) is the number of respondents. The results of this study are expected to provide a clear picture of the futsal skills of SMP Negeri 2 Tawangmangu students and become the basis for improving the quality of learning and futsal training at the school

3. RESULT AND DISCUSSION

The results of research on the basic skills of futsal games of students who take part in extracurricular futsal are obtained through five types of test instruments designed to assess the basic technical skills of futsal. These instruments include aspects such as passing, control, dribbling, shooting, and heading. This study aims to evaluate the level of basic futsal skills of extracurricular participants at SMP Negeri 2 Tawangmangu, with the hope of providing a clear picture of students' technical abilities in futsal games.

The description of the research data is based on measurements taken directly from the field, with information including the maximum score, minimum score, mean, and standard deviation for each skill tested. The data was used to compile a frequency distribution table that describes the results of the various tests that have been conducted. In this way, researchers can analyze and present the results in a systematic and structured format.

1. Basic passing skills in futsal,

The test results obtained provide an overview of the level of passing skills of students involved in extracurricular futsal at SMP Negeri 2 Tawangmangu. The resulting data was then used as a reference to compile a frequency distribution table, which illustrates the variation in passing scores among participants. This allowed the researcher to understand more about the students' passing ability and to determine the next steps in the development of their futsal skills.

Table 1. Frequency Distribution Table of Basic Futsal Passing Skills of SMPN 2 Tawangmangu Students

Value	Frequency	Percentage
0	2	8,0%
10	23	92,0%

Based on these calculations, the level of futsal passing skills of extracurricular futsal participants at SMP Negeri 2 Tawangmangu shows that there are 2 players or around 8.0% who get a score of 0, which means they have not succeeded in passing the ball or the ball does not enter the specified target area. Meanwhile, 23 players or around 92.0% got a score of 10, indicating that they managed to pass the ball with a distance of 9 meters and the power of the kick that reached the boundary line from the opposite direction (distance 18 meters). Thus, it can be concluded that the basic futsal passing skills of SMP Negeri 2 Tawangmangu students are optimal and good, because almost the entire sample, namely 23 out of 25 players, have mastered it well.

2. Basic Controlling Skills in Futsal

Based on the test results regarding the level of basic futsal control skills in students who take part in extracurricular futsal activities at SMPN 2 Tawangmangu, general data is used as a reference to determine the values that will be presented in the form of a frequency distribution table based on calculations.

Table 2. Frequency Distribution Table of Basic Control Skills of Futsal Students of SMPN 2 Tawangmangu

Interval Class	Frequency	Percentage
0	3	12,0%
10	22	88,0%

Based on these calculations, the level of futsal control skills of extracurricular participants at SMPN 2 Tawangmangu shows that there are 3 players who get a score of 0, or around 12.0%, which indicates that they are not optimal in receiving the ball, namely the ball is often far from the foot or released. Conversely, 22 players scored 10, or around 88.0%, which indicates that they have mastered the technique of receiving the ball well, as evidenced by their fluency during the test. With these results, it can be concluded that most of the futsal extracurricular participants at SMPN 2 Tawangmangu have good basic control skills, with the majority getting a score of 10.

3. Basic Dribbling Skills in Futsal

Based on the results of tests conducted to assess the level of basic futsal dribbling skills in students who take part in extracurricular futsal activities at SMPN 2 Tawangmangu as research subjects, the data obtained is then used as a basis for determining the values presented in the form of a frequency distribution table.

Table 3. Frequency Distribution Table of Basic Futsal Dribbling Skills of SMPN 2 Tawangmangu Students

Interval Class	Frequency	Percentage
0	5	20,0%
10	20	80,0%

Based on the above calculations, the level of futsal dribbling skills of extracurricular participants at SMPN 2 Tawangmangu shows that there are 5 players (20.0%) who get a score of 0. This shows that these players dribble the ball in a way that is far from the feet and irregularly during the test using 7 kun. Meanwhile, 20 players (80.0%) got a score of 10, which means they managed to dribble the ball correctly and regularly using kun. With these results, it can be concluded that the majority of futsal extracurricular participants at SMPN 2 Tawangmangu have good dribbling skills.

4. Basic Shooting Skills in Futsal

Based on the tests that have been carried out to measure the level of skill of basic shooting techniques in futsal on students who participate in extracurricular futsal activities at SMPN 2 Tawangmangu, the data obtained is then used as a reference to determine the value. The value is presented in the form of a data frequency distribution table according to the calculation.

Table 4. Frequency Distribution Table of Basic Futsal Shooting Skills of SMPN 2 Tawangmangu Students

Interval Class	Frequency	Percentage
0	10	40,0%
10	15	60,0%

Based on the calculations carried out, the level of futsal shooting skills of extracurricular participants at SMPN 2 Tawangmangu shows that there are 10 players, or 40.0%, who get a score of 0, which means their kicks are off target. Conversely, 20 players, or 80.0%, scored 10, indicating that they managed to kick the ball until it hit the score separation rope on the goal. With these results, it can be concluded that the futsal shooting skills of extracurricular participants at SMPN 2 Tawangmangu are generally good, especially in terms of dribbling. However, shooting skills still need attention, because almost half of the players, namely 10 out of 25, have not managed to achieve adequate accuracy during the shooting test.

5. Basic Heading Technique Skills in Futsal

The test results regarding the skills of basic futsal heading techniques on students involved in extracurricular futsal activities at SMPN 2 Tawangmangu were used as research subjects. The data collected is then used to determine the value and presented in the form of a frequency distribution table based on calculations.

Table 5. Frequency Distribution Table of Basic Futsal Heading Skills of SMPN 2 Tawangmangu Students

Interval Class	Frequency	Percentage
0	3	12,0%
10	22	88,0%

Based on the calculations above, the level of futsal heading skills of extracurricular futsal participants at SMPN 2 Tawangmangu shows that there are 3 players who get a score of 0, which is equivalent to 12.0%. This means that they have not been able to reach the target in heading the ball towards friends. In contrast, 22 players scored 10, which accounted for 88.0% of the total, indicating that they had headed the ball correctly to a friend and reached the target. Thus, it can be concluded that most of the futsal extracurricular participants at SMPN 2 Tawangmangu have good basic heading skills, because the majority obtained a score of 10.

6. Basic Technical Skills in Futsal

Based on the results of tests conducted to assess basic technical skills in futsal on students who take part in extracurricular futsal activities at SMP Negeri 2 Tawangmangu, general data is then used to determine class intervals which are presented in the form of a frequency distribution table. The results showed that after being processed into T-score form, the maximum value obtained was 50.00 points and the minimum value was 10.00 points, with a range of 40.80 and a standard deviation (SD) of 9.96.

Table 6. Frequency Distribution of Interval Classes of Basic Technical Skills in Futsal Games of Students Participating in Futsal Extracurricular Activities at SMP Negeri 2 Tawangmangu

Interval	Category	Frequency	Percentage
$X \geq 55.75$	Excellent	0	0,0%
$45.78 \leq X < 55.75$	Good	10	40,0%
$35.82 \leq X < 45.78$	Simply	9	36,0%
$25.85 \leq X < 35.82$	Less	5	20,0%
$X \leq 25.85$	Less than Once	1	4,0%
Total		25	100%

Based on the calculations that have been carried out, the level of basic futsal skills of extracurricular futsal participants at SMP Negeri 2 Tawangmangu shows the following results: there are no players in the very good category (0.0%), there are 10 players in the good category (40.0%), 9 players in the fair category (36.0%), 5 players in the less category (20.0%), and 1 player in the very less category (4.0%). Thus, most of the futsal extracurricular participants at SMP Negeri 2 Tawangmangu are in the good category, namely 10 players. These results can be seen more clearly in the bar chart below:

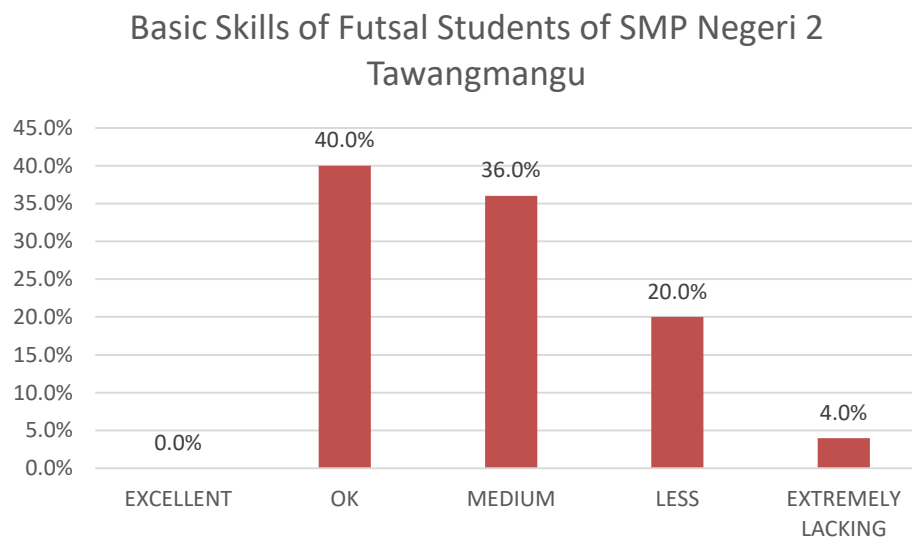


Figure 1. Diagram of Basic Technical Skills Category in Futsal Game Futsal Extracurricular Participants SMP Negeri 2 Tawangmangu

The diagram shows that the basic futsal skills of SMP Negeri 2 Tawangmangu students are categorized into four levels: good, medium, less, and very less. The research indicates that the basic futsal skills of SMP Negeri 2 Tawangmangu students are quite good and optimal, with many students who have mastered skills such as passing, control, dribbling, shooting, and heading. However, to achieve maximum results, players still need to practice more, because there are no

players who are in the excellent category, and some players still have not reached the optimal level in basic futsal skills.

Asmar Jaya in Ibrahim and Kafrawi (2021) states that to play futsal well, a player must have good basic skills and techniques. Not only just able to kick the ball, but also must be proficient in controlling or controlling the ball. In this case, it is important to understand passing, control, dribbling, shooting, and heading techniques. These basic technical skills are needed in a futsal game or match.

The basic futsal techniques mentioned above are skills that every futsal player must master as a provision in every match. The results of measuring students' abilities are also influenced by how diligent they are in pursuing this sport, the level of discipline in practicing, seriousness when following the coach's instructions, developing playing patterns, and flying hours when participating in competitions. Other factors that influence the results of this data collection include errors made by students at certain posts, such as passing that is not smooth, poor control, irregular dribbling, shooting that is not on target, and improper heading.

The results of the futsal basic technical skills test for futsal extracurricular participants at SMP Negeri 2 Tawangmangu are presented in frequency (percent). The "excellent" category was 0 players or 0.0%, the "good" category was 10 players or 40.0%, the "fair" category was 9 players or 36.0%, the "less" category was 5 players or 20.0%, and the "very poor" category was 1 player or 4.0%. With these results, the level of futsal playing skills of extracurricular participants at SMP Negeri 2 Tawangmangu is stated to be in the "good" category, as evidenced by more players than other categories. Students in the "good" and "sufficient" categories at the time of data collection have game credibility that stands out among their peers. Good ball processing ability is a reference that the player has good skills. Meanwhile, children who get "less" and "very less" results are dominated by children who do not have good ball sports or basic techniques that are still low.

In the implementation of the futsal skills test, there are several categories that are tested, namely passing, dribbling, control, shooting, and heading. Passing is tested by passing a low ball 10 times, the ball is placed behind the boundary line, and the kick is considered valid if it enters the target field as far as 9 meters. Dribbling was tested by dribbling the ball using the outside and inside foot, passing kun A to G, and back again. Control was tested by receiving the ball from a friend 5 times using the inside foot and 5 times using the lower foot or shoe bottom. Shooting was tested by kicking the ball into the target 10 times from three different points. Heading was tested by bouncing the ball up and heading it 5 times to a friend's target 2 meters away.

Of these tests, futsal extracurricular participants are required to quickly complete a series of tests, because the best score can be obtained with the fastest time. This allows participants to do the test quickly regardless of the distance when kicking against a wall or wall. In addition, a factor that can affect the results of futsal skill tests is practice. Exercise is an activity to improve skills by using various equipment according to the goals and needs of the sport. The goals and objectives of training in general are to improve basic physical quality, develop special physical potential, add and perfect techniques, develop strategies and playing patterns, and improve the psychological quality of participants in competing. Thus, the largest percentage in the "good" category (40.0%) indicates that several factors such as the learning process, personal, situational factors, and fitness levels affect the futsal playing skills of extracurricular participants at SMP Negeri 2 Tawangmangu.

The factors that influence the level of futsal playing skills of futsal extracurricular participants at SMP Negeri 2 Tawangmangu are very diverse and include various important aspects. First, the learning process factor is one of the key factors affecting participants' skills. A good learning process must support efforts to incarnate learning in each participant. Understanding various learning theories will provide a way on how learning can be incarnated, the essence of which is the occurrence of changes in the knowledge and behavior of individual participants. In movement learning, an effective learning process is based on the stages outlined by recognized learning theories and selected based on their usefulness. Signs and steps that can cause changes in the behavior of learners when learning motion must be sought.

Personal factors are also very influential in futsal playing skills. Each individual has differences in terms of physical, mental, emotional, and ability. Some students may be highly talented in team sports while others may excel in individual sports. One child may master a skill faster than another. This shows that each individual has different characteristics, abilities, interests, tendencies, and talents. These personal factors determine how quickly and how well a student can master basic futsal techniques. Coaches need to understand these differences and provide appropriate attention to the needs of each participant to effectively improve their skills.

Situational factors also play an important role in the process of learning futsal movements and skills. Environmental conditions, the type of task given, equipment used, and learning media are all

included in situational factors. For example, the learning equipment and media used will directly or indirectly affect students' interest and earnestness in the learning process. The surrounding conditions in which learning takes place are also influential. The use of appropriate learning equipment and media will increase students' success in mastering the skills being learned. Adequate facilities and infrastructure are very important to facilitate practice and learning, so that good environmental conditions can support the achievement of optimal learning outcomes.

Routine and structured training also greatly determines the level of students' futsal skills. Training is an activity designed to improve skills by using various equipment according to the goals and needs of the sport. The main purpose of training is to improve basic physical quality in general, develop specific physical potential, add and perfect techniques, and develop strategies and playing patterns. In addition, training also aims to improve the psychological quality of participants in competition. With good training, participants will have better futsal playing skills and be able to compete more competitively in matches.

Thus, the level of physical fitness also greatly affects the skills of playing futsal. Participants who have good physical fitness will find it easier to master basic futsal techniques and have a more consistent performance in every practice and match. Good physical fitness also helps participants to avoid injury during play. Therefore, it is important for extracurricular futsal participants to maintain their physical fitness through regular exercise and a healthy lifestyle. Coaches should also ensure that the training program provided includes aspects of physical fitness that are important to support futsal playing skills. By paying attention to these factors, it is expected that the futsal skills of extracurricular participants.

4. CONCLUSION

Based on the results of this study, it can be concluded that the level of basic futsal skills of extracurricular futsal students at SMP Negeri 2 Tawangmangu is included in the good category with a total of 10 people, 9 people in the sufficient category, 5 people in the less category, and 1 person in the very poor category. With these results, the level of futsal playing skills of extracurricular futsal participants at SMP Negeri 2 Tawangmangu is stated to be in the "good" category. This shows that the extracurricular futsal program at this school is successful in improving basic futsal skills for most of its students.

Regarding the results of the research that has been conducted, there are several suggestions that can be given to related parties. First, the school is expected to increase attention to students who take part in extracurricular activities by adding facilities and infrastructure, training assistance, and increasing the participation of the futsal extracurricular team in futsal tournaments. This step will increase students' flight hours, improve their mentality of competition, and motivate them to continue to develop individual abilities and team cohesiveness. Secondly, futsal extracurricular coaches or trainers are expected to implement the training program in accordance with the predetermined plan. In addition, they also need to introduce new techniques, keep up with the latest developments in the world of futsal, and continue to motivate students to be more disciplined in participating in training and developing their talents.

For students or players, it is hoped that they will be active in practicing and not be lazy in following the schedule and training program that has been programmed by the coach or trainer. Discipline and seriousness in following the training program will help improve and develop individual and team abilities in mastering the basic techniques of playing futsal. Thus, joint efforts from the school, coach or trainer, and students will create an environment that supports the development of futsal skills and better achievements in the future

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