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## Futsal Playing Skills in Futsal Extracurricular at SMK Pembangunan Pacitan

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### ABSTRACT

The problem in the research carried out by group 12 educational intern students at Pacitan Development Vocational School was to identify the level of basic futsal playing skills of futsal extracurricular participants at Pacitan Development Vocational School. The aim of this research is to find out the level of basic futsal playing skills of students who take part in extracurricular futsal. The method used is a survey using sports measurement methods. Sampling used total sampling. The samples studied were 15 students at Pacitan Development Vocational School who participated in futsal extracurriculars with the samples taken namely shooting techniques and dribbling techniques. Data analysis was carried out using descriptive analysis, namely taking real data in the field and processing the data using Microsoft Excel. For the results of basic shooting techniques, the minimum value is 19, the maximum value is 24, the average is 21, and the standard deviation is 1.554858. Meanwhile, dribbling technique has a minimum value of 17.35, a maximum value of 14.57, a mean of 15.93, and a standard deviation of 0.940528.

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### 1. INTRODUCTION

Sport is a series of physical activities involving body movements and certain skills performed with the aim of improving physical fitness and mental health. Sport is also an energetic muscular activity in the athlete demonstrates his or her movement skills (Kristiyandaru, 2015) The history of sport itself has long and varied beginnings across cultures, with sport originally being part of religious rituals and traditions, such as the ancient Olympics in Greece. Over time, sport evolved into entertainment and competition, with countries participating in major events such as the modern Olympics and FIFA world cup. Main components of sport include consistent and repetitive physical activity, skills and some specialised techniques that aim to provide health benefits. Sports also have specific rules to ensure safety and fairness.

Based on the types of sports, they can be classified as competitive sports where matches and competitions are involved, recreational sports, sports that are done for fun and relaxation, and sports that are done in the form of individuals and teams. Sport is not only important in terms of physical health benefits terms of cardiovascular improvement and muscle strength but also in terms of mental health which includes stress reduction anxiety and depression. It also promotes positive moral values in the form of discipline teamwork and sportsmanship. Sport should therefore be an important aspect of a healthy lifestyle and has a significant effect on the well-being of an individual and society as a whole.

Physical activity is basically a necessity for every human being in his life so that physical condition and health are maintained properly. The purpose of people doing sports can be broadly grouped into various purposes, including for: (1) education, (2) achievement, (3) getting a healthy life, (4) therapy, and (5) filling leisure time (recreation).

Sport does not distinguish gender, age, ethnicity, race, religion and class. Anyone is allowed to do sports activities, as long as they are not harmful to themselves or others. One of the activities in schools that aims to support students' skills is extracurricular activities.

Extracurricular activities, especially for students, must be interesting so that students become more like and feel happy in it, in the sense of doing movements that lead to learning but students do not feel burdened by heavy orders and regulations.

Extracurricular activities at school are important for students in improving their ability to perform movements in sports, because in physical education, sports and health subjects at school, the time available is not enough to train students' abilities. In extracurricular activities at school, students can choose the sports they like. One of the schools that organises extracurricular activities for its students is SMK Pembangunan Pacitan. In its extracurricular programme, the sport included is futsal.

Futsal is a form of indoor football played between two teams of 5 players each, including a goalkeeper. Futsal is known as a football game that exists in a smaller field, a faster tempo compared to football in general, and using smaller and heavier ball (Purba et al, 2014). The history of futsal itself dates back to the 1930s in Uruguay when Juan Carlos Ceriani invented this ball game to be played indoors. Since then, futsal has grown rapidly and become popular around the world through international tournaments such as the FIFA world cup and futsal held every 4 years.

The main parts of futsal include highly technical skills such as ball control, passing, and dribbling (Ardianto, 2013). The strategy and tactics in futsal are also very different from football on a large field, with an emphasis on rotating player positions and movement without using the ball to create opportunities (Ilham et al., 2021). Categories within futsal include various levels of play from beginner to professional, as well as official tournaments and domestic leagues in various countries.

Futsal not only serves in the development of better football skills, but also in promoting physical fitness activities, coordination, and teamwork. Therefore, futsal is not only a fun and challenging sport but also an important component in the character and skill building of its players.

In 2002, futsal became popular in Indonesia due to the lack of large open fields, especially in big cities. For example, many sports lovers play football on vacant plots of narrow housing estates, and other open spaces. The limited number of fields encouraged futsal as an alternative to channelling sports hobbies.

The futsal court is a means to develop the basic skills of futsal games, such as dribbling, kicking, heading, and attacking. For students, futsal training is able to develop skills, and instincts to play football. Futsal sport has mushroomed in all regions in Indonesia because this game is very interesting and entertaining. The establishment of futsal clubs indicates that futsal is very popular with all levels of society. Futsal is also very popular with high school students. This is evidenced by the frequent championships held between high school students both at the regional and national levels.

Based on the observations of researchers when learning takes place at SMK Pembangunan Pacitan, there are still shortcomings in the provision of facilities and infrastructure, such as the location of the field merging with the basketball and volleyball courts, due to the narrow land, and the lack of tools that make students have to take turns in the process of practicing basic futsal techniques. The situation of facilities and infrastructure is lacking, so SMK Pembangunan Pacitan needs to improve facilities in order to improve the achievement of futsal games. The need for physical education facilities and infrastructure really needs to be improved so that sports activities can run well. Because without facilities and infrastructure, sports cannot develop.

Based on brief interviews with students at SMK Pembangunan Pacitan who take part in extracurricular futsal, there has also never been a test of basic skills in playing futsal, so it has not been able to identify how well the students' abilities are in playing futsal. So far, what students do after warming up is to immediately play futsal without learning the techniques in playing futsal. In fact, the basic techniques of playing futsal are very important in order to become an outstanding player.

Futsal games can take place smoothly, regularly and interestingly if the player masters the elements in a futsal game, one of which is mastery of basic techniques. The basic techniques that must be mastered by futsal players are dribbling, shooting and passing. Passing the goal is to give or pass the ball to a friend. Good and correct passing is needed in playing futsal, because by mastering this technique it will make it easier for our friends to receive the ball. For mastery of passing, mastery of movement is required so that the desired target is achieved.

Apart from passing the ball, dribbling is also important in futsal games, because it can be used for attack by bringing the ball closer to the opponent's goal. According to Asmar Jaya (2008),

dribbling is kicking the ball intermittently or slowly. Dribbling aims to approach the distance to the target, pass opponents, and inhibit the game. Apart from dribbling, shooting is very important in futsal games because the main goal is to create goals. Players who have good and accurate shooting will find it easy create goals, especially during penalties. Good mastery of shooting will make it easier to create goals or put the ball into the opponent's goal. According to Justinus Lhaksana, (2011) shooting is a way to create goals, this is because all players have the opportunity to create goals and develop games or matches.

Each individual has a different level of technique in playing futsal. For example, there is still a lack of dribbling ability, this can be seen when dribbling the ball is very easily grabbed by opposing players, and the ability to kick the ball is also still weak, when kicking the ball it is easily caught by the goalkeeper and the accuracy of the ball kick is also still lacking. The passing ability of SMK Pembangunan Pacitan students who take part in extracurricular futsal is also still less directed. However, among the students who are lacking there are also students who have good basic playing technique skills. so that the futsal game still looks interesting.

## **2. METHODS**

The research method is a very important factor in research because it is directly related to the data that will be used in research. The method used in this research is a descriptive method using a quantitative approach. Purwanto (2010) descriptive method is, research that only involves one variable in one group, without connecting with other variables or comparing with other groups descriptive method is used because this research is conducted to describe the level of basic skills in playing futsal in students at SMK Pembangunan Pacitan.

Quantitative research is a systematic scientific study of parts and phenomena and the causality of their relationships Karimuddin (2022). quantitative research is defined as a systematic investigation of phenomena by collecting data that can be measured by performing statistical, mathematical or computational techniques.

The population in this study were all students who participated in extracurricular futsal at SMK Pembangunan Pacitan, totalling 15 people. The sampling technique in this study used total sampling so that the sample used was 15 people the data collection techniques in this study were: 1) direct observation techniques, 2) measurement techniques. The data collection tool used is the basic ball playing skills test according to Nurhasan (2000) After obtaining the research data, it was then analysed using descriptive analysis with the help of Ms Excel. The stages of implementation of the analysis include: 1) prerequisite test analysis, 2) hypothesis testing.

## **3. RESULT AND DISCUSSION**

### **a. Test and Measurement of Basic *Shooting* Techniques**

According to Nurhasan (2000: 153-154) The purpose of this test is to measure the skill, accuracy, and speed of footwork in kicking the ball to the target. The procedures and tools used:

Tools used:

1. Ball
2. *Cone*
3. Wicket

Implementation guidelines:

1. Testees are given three opportunities
2. No signal from the tester
3. The kick is taken at the second penalty spot (12 metres from the goal).

The movement is declared a failure if :

1. Ball out of the target area
2. Placing the ball not at the *pinalty* spot.

How to score:

1. The sum of the scores that the ball travelled to the target in three attempts

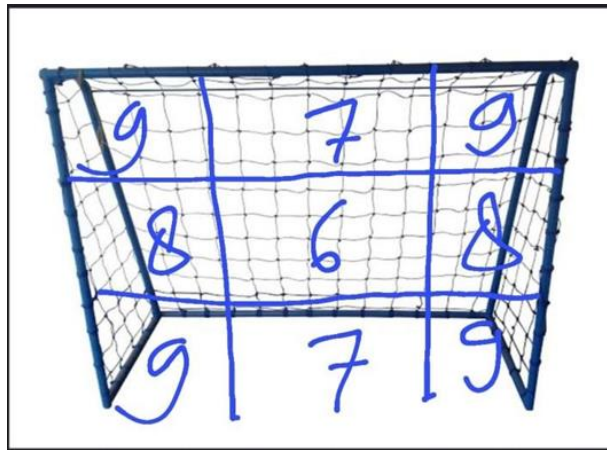


Figure 1. Classification of Scores in Basic *Shooting* Technique Tests and Measurement



Figure 2. Documentation of Test and Measurement of Basic *Shooting* Techniques

Table 1. Basic *Shooting* Technique Measurement Test Data Table

No	Name	Shooting 1	Shooting 2	Shooting 3	Total	Mean
1	FZ	7	9	6	22	7.33
2	FMI	9	8	6	23	7.67
3	NVL	6	7	7	20	6.67
4	FTKHR	8	6	6	20	6.67
5	WW	6	6	7	19	6.33
6	HFZ	9	7	8	24	8
7	DMR	8	7	7	22	7.33
8	FHA	6	9	8	23	7.67
9	RGG	7	6	6	19	6.33
10	KHR	9	6	6	21	7
11	FK	7	7	7	21	7
12	BY	8	6	8	22	7.33
13	RH	9	7	7	23	7.67
14	FRS	6	8	7	21	7
15	KZ	7	7	6	20	6.67
TOTAL					320	7.11

#### b. Test and Measurement of Basic *Dribbling* Techniques

According to Nurhasan (2000) The purpose of this test is to measure skill, agility, and speed of footwork in playing the ball. The procedures and tools used:

Tools used:

1. Ball
2. Cone
3. Stopwatch

Implementation guidelines:

1. The testee is given 1 chance

2. There is a signal from the tester, when the tester says "Yes", the time is shown. has started and the testee starts *dribbling*
3. The testee performs zigzag *dribbling* through 6 *cones* and is carried out alternately
4. Time stops when the testee has crossed the finish line.

The movement is declared a failure if :

1. Dribbling performed by the testee does not pass through the cone
2. Did not cross the finish line.

How to score:

1. Judging from the time taken when conducting tests and measurements of basic dribbling techniques.



Figure 3. Documentation of Test and Measurement of Basic *Dribbling* Techniques

Table.2 Test and Measurement Data for Basic *Dribbling* Techniques

No	Name	Time
1	FZ	15.25
2	FMI	14.77
3	NVL	16.81
4	FTKHR	15.93
5	WW	17.2
6	HFZ	14.88
7	DMR	16.72
8	FHA	15.02
9	RGG	17.35
10	KHR	15.74
11	FK	16.22
12	BY	16.17
13	RH	15.39
14	FRS	14.57
15	KZ	16.92
Mean		15.93

### c. Classification of Basic *Shooting* Techniques

Table 3. Classification of *Shooting* Technique Tests and Measurement

CLASSIFICATION	t-score
EXCELLENT	25 - 27
OK	21 - 24
ENOUGH	17 - 20
LESS	12 - 16
LITTLE	≤11

Table 4. Basic *Shooting* Technique Calculation Results

CLASSIFICATION	t-score	FREQUENCY	PERCENTAGE
EXCELLENT	25 - 27	0	0%
OK	21 - 24	5	33,3%

ENOUGH	17 - 20	10	66,7%
LESS	12 - 16	0	0%
LITTLE	≤11	0	0%

The table above shows that the number of samples in the good category is 5 people with a percentage of 66.7%. While the sample that fell into the sufficient category was 10 people with a percentage of 33.3%.

#### d. Classification of Basic *Dribbling* Techniques

Table 5. Classification of Basic *Dribbling* Techniques

CLASSIFICATION	t-score
EXCELLENT	11.00 - 13.00
OK	13.01 - 15.00
ENOUGH	15.01 - 18.00
LESS	18.01 - 22.00
LITTLE	≥22.00

Table 6. Calculation Results of Basic *Dribbling* Techniques

CLASSIFICATION	t-score	FREQUENCY	PERCENTAGE
EXCELLENT	11.00 - 13.00	0	0%
OK	13.01 - 15.00	3	20%
ENOUGH	15.01 - 18.00	12	80%
LESS	18.01 - 22.00	0	0%
LITTLE	≥22.00	0	0%

The table above shows that the number of samples in the good category is 3 people with a percentage of 20%. While the sample that fell into the sufficient category was 15 people with a percentage of 80%

#### e. Description of Test and Measurement Skills of Basic Futsal Techniques

Table 7. Statistical Description of Basic Skills of Playing Futsal

	N	MINIMUM	MAXIMU M	MEAN	STD. DEVIATION
<i>SHOOTING</i>	15	19	24	21	1.554858
<i>DRIBBLING</i>	15	17.35	14.57	15.93	0.940528
<i>VALID N</i>	15				

Based on the table above, it can be seen that the score for the *shooting* test obtained the lowest score (*minimum*) 19, the highest score (*maximum*) 24, the average (*mean*) 21, standard deviation (*SD*) 1.554858. As for the *dribbling* test, the lowest score (*minimum*) is 17.53, the highest score (*maximum*) is 14.57, the average (*mean*) is 15.93, the standard deviation (*SD*) is 0.940528.

## DISCUSSION

Futsal games can take place smoothly, systematically and interestingly if participants master the elements in futsal games, one of which is *basic techniques* or *basic skills*. The basic techniques that must be mastered in playing futsal are *shooting*, *dribbling*, and *passing*. *Passing* aims to pass or give the ball to a friend. Good and correct passing is needed in playing futsal, because by mastering this technique it will make it easier for our friends to receive the ball. For mastery of passing, mastery of movement is needed so that the desired target is achieved. There are still many students who pass with a hard kick or too weak, so that the results obtained are not in the desired direction, so that when passing the ball to friends, mistakes often occur.

Apart from passing the ball, dribbling is also important in futsal games, because it can be used to attack by carrying the ball to create opportunities to create goals and develop the game or approach the opponent's goal. According to Asmar Jaya (2008: 66), dribbling is kicking the ball intermittently or slowly. Dribbling aims to approach the distance to the target, pass opponents, and inhibit the game. The problem that is often faced by students is how to do dribbling that is not good. When players dribbling the ball is often released so that it is easily controlled by the opponent, most students have not mastered the dribbling technique properly.

Apart from dribbling, shooting is very important in futsal games because the main goal is to create goals. Players who have good and accurate shooting will find it easy to create goals, especially during penalties. Good mastery of shooting will make it easier to create goals or put the ball into the opponent's goal. According to Justinus Lhaksana, (2011: 34) shooting is a way to create goals, this is because all players have a match. The problem that is often faced by students is that shooting is less accurate and optimal so that it is not on target and not directed. This can be seen when students take kicks from the middle of the field and still rarely produce goals.

In this study, the basic techniques tested on participants, namely members of extracurricular futsal at SMK Pembangunan Pacitan, are basic shooting and dribbling techniques. In the tests that have been carried out in the shooting test, the results show that the number of samples in the good category is 5 people with a percentage of 66.7%. while the sample in the sufficient category is 10 people with a percentage of 33.3%. While the dribbling test shows that the number of samples in the good category is 3 people with a percentage of 20%. While the sample that fell into the sufficient category was 15 people with a percentage of 80%.

This research was conducted at SMK Pembangunan Pacitan. This study aims to determine the level of basic skills of playing futsal students at SMK Pembangunan Pacitan. Based on the results of the study, it shows that the number of students who are in the category of good basic futsal skills is 5 people with a percentage of 33.3%, students who are in this good category because students are diligent in doing training, besides being able to channel hobbies, they can also improve fitness in the body and skills possessed by these students. As for the sufficient category, there were 10 people with a percentage of 66.7%. This is because they already got the basic techniques of playing futsal when they were small but there was a lack of coaching so that their basic techniques were still less

#### **4. CONCLUSION**

From the results of data analysis and measurement, description, testing of research results and discussion, conclusions can be drawn, namely the level of basic skills in playing futsal for students in extracurricular futsal at SMK Pembangunan Pacitan is in the good category of 33.3% (5 people) and the sufficient category of 66.7% (10 people). This shows that the level of basic skills in playing futsal in the futsal extracurricular participants of SMK Pembangunan Pacitan needs to be improved. One of the causes is a lack of ability to master the basic techniques of playing futsal or a lack of motivation to go beyond the limits of their abilities.

So that there needs to be an improvement in terms of the training process, motivating extracurricular futsal participants, and there must be a leader or leader who can master all participants in extracurricular futsal at SMK Pembangunan Pacitan so that it can run well and optimally. Technical recommendations that can be used as guidelines are to create a systematic and interesting training system in order to create a harmonious and sustainable atmosphere

#### **AUTHOR'S STATEMENT**

Gratitude and highest appreciation to the coach and extracurricular futsal participants at SMK Pembangunan Pacitan for helping us educational internship students group 12. Not to forget the PJKR group 12 study programme friends have synergised in the process of making scientific articles so that the making of scientific articles

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