

# Developing Independent Football Training Media in Directing Basic Passing Techniques on Beginners Athletes

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**Keywords:** Training, Football, Basic Passing Techniques, Beginners Athlete.

**Abstract:** This research aims to develop IPTP Media (Independent Passing Technique Practice) in football for beginners. This research is a research and development which is done by adapting the steps of development including: (1) introduction study, (2) product making, (3) revision and expert validating, (4) product trials; small scale trials/ revision and big scale trials/ revision, and (6) final product. Small and big scale trials were conducted. The data collected technique used in this research was by using an instrument in the form of a research sheet. The analysis data technique used in this research was qualitative descriptive and quantitative descriptive. This study aims to develop the IPTP Media in football for beginners. IPTP Media which has been developed is feasible to be used as football practice media. This is based on expert judgment, which is media expert percentage of 88% included in the very feasible category and materials experts with the percentage of 85% included in the very feasible category. Based on the small group trials, the percentage of 86% was included in the very feasible category and a large group trial of 88% was included in the very feasible category.

## 1 INTRODUCTION

Nowadays, sport development goes very fast and sport is also one of the supporting tools for the achievement of the nation's progress, so that it ups the good name of the nation, therefore the government considers that it is important to promote sports and exercise the community, so that it will develop into a national movement. The purpose is to be able to grow a whole Indonesian strong, physically and mentally healthy.

The basic unsure as the support for sports achievement is physical, technical and mental conditions. Those are the foundation of a whole of coaching the training process component. To have good athletes, training sport from early age should be conducted. The training young players is essential for the future of national and international football. (FIFA, 2019)

Football is one of sport which is very granted all of the people around the world including Indonesia, start from the big city one until the village one. Sport which using the ball takes 2 x 45 minutes is widely played by many groups, both children, adolescents, adults and even those who are old both men and women, therefore the sport is very popular.

The growth of football interest in Indonesia cannot be separated from the figures inside starting from the players until the coaches or the controversial team manager. It is ranging from the world-class figure until the local one.

We can say the world-class figure, for instance, Cristiano Ronaldo from Real Madrid and Lionel Messi from Barcelona, the figure of coach and world-class manager like Arsene Wenger which dominates one of Europe football clubs especially Arsenal Football Club both as an head coach and team manager which headquartered in England and also the other hundreds of players.

The local player figures are Evan Dimas from Persebaya Surabaya, Bambang Pamungkas from Persija Jakarta, the phenomenal local coach is Indra Safri as Indonesia football national team coach of U-19 and many more.

Those allure interests of Indonesian people whether children or teenagers are mostly about football school, to forget his talent so that later they will become a football player like their idol which has a diversity mental. This sport is the sport which can be used as a sports achievement, recreation and learning at school starting from children to college students.

Football is about the attack, defend and transition, and no other. That is why in football training, these three moments are often called "three main moments". Every moment of football requires football actions that support it. Moment of attack always starts with the phases of building attacks that require a variety of football actions, both actions using the ball such as dribble, passing, heading, control, and others (Danurwinda, 2017).

Generally, the football actions mentioned above is usually called football technique terms. Mastering of basic technical skills for a football player is important because it is closely related to the purpose of the game of football, which is to put the ball into the opponent's goal and defend his own goal from an opponent. Without mastering the proper technique, the goal will not be reached. A player should have a good football basic technique so they can play in a good way too. Mastering the basic technique is an important condition that every player should have. Even the famous player from Netherland, Johan Cryuff, says that "the formation of players mostly occurs before children are 14 years old" (Timo Scheunenmann, 2008).

That there is a relationship between passing accuracy dine by the player so that they can make high ball possession with a victory made by the team (Kemal, 2015). This thing shows how important the basic component, which is a passing component in football. Based on some arguments above, it can be concluded that football basic skill is a level of proficiency of football players.

Stating that more importantly, each drill was a progression from the previous basic exercise into a more advanced movement (Jon Town, 2014).

Nowadays, the practice pattern used should develop as needed and up to date. The coach should have science and technology skills. The coach is required to be creative in the making of practice program, the other is, the coach should use the tools or any technology to support the athlete's development. Considering the theory above, the author thinks that football basic technical skill is very needed. Other than that, the coach's participant to develop the athlete's skill by the sensitivity to existing problems also has an important role.

## 1.1 PRACTICE PRINCIPLE

Bompa in Djoko Pekik Irianto said that training is a process of perfecting the sport done using a scientific approach, especially the education principals

regularly and planned so that it increases the sportsman's skill and readiness (Djoko Pekik Irianto, 2002). Therefore, practice is an important thing for the athlete.

Practice is: 1) A systematic process to perfecting the quality of athlete performance; fitness, skills, and energy capacity, 2) Using an education aspect, 3) Using a scientific approach (Hatmisari, 2007)

The main task in practice is digging, compiling, and developing the practice concept by combining the practice experience and scientific approach, so that the process of practicing training can go well, quickly, effectively, and efficiently (Sukadiyanto, 2011). Therefore, the training process is always characterized by: 1) A process to reach a better level of ability to exercise, which requires a certain amount of time (phasing), and proper and careful planning, 2) The process of practice should go regularly and progressively. Regular means that the practice should be done in steady, advanced, and continuous manners. Whereas progressive means that training material is given from the simple one to the difficult ones, and from the light one to the heavier one, 3) It should have a goal and target in every meeting, 4) The practice materials should consist of theoretical and practical material so that understanding and mastering skills become relatively permanent. 5) Using a certain method which is the most effective method planned regularly consider the difficulty factor, movement complexity, and the emphasis of target practice.

The target practice is needed as a guide both based on the coach and athletes in doing the practice program. The practice target include ".....Technical Factors which is the ability of an athlete's biomotor developed based on the needs of certain sports techniques to improve the efficiency of movement ....."(Hatmisari, 2007)

According to Bagus (2017), practice is a process done by the athletes to prepare the best condition they possible to reach. The skill of the coach is very needed to guide the athlete to reach the achievement through the development and systematic practice planning based on the various scientific disciplines as illustrated below. Bruno Gonc alves and etc (2017) state if the assessment of performance determinants plays an important role in sports sciences, since the derived information will contribute to improve and expand the coaching process.

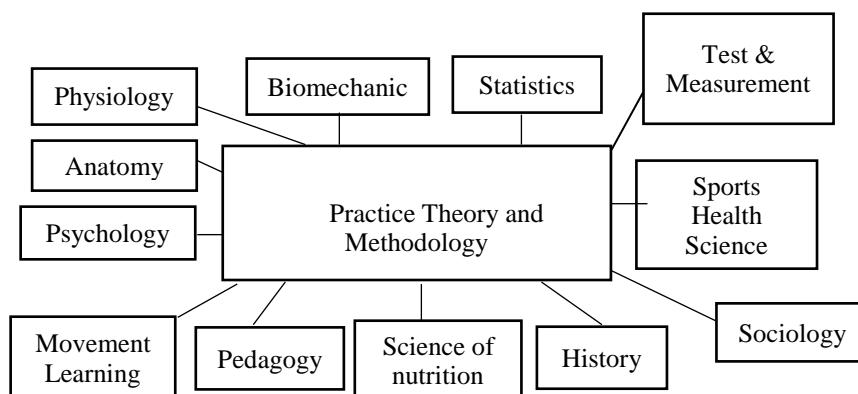


Figure 1: Field of science in exercise theory and methodology (Source: Bompia in Ida Bagus, 2017: 3).

## 1.2 Football Principle

According to Erlangga (2017: 2), football is the sport using a ball played by two teams. Generally, each team consists of eleven players includes one keeper, 2 – 4 defenders, 2 – 4 center, and 1 – 3 striker. A keeper is the only player who allows touching the ball in order to prevent the attack from the opposing team entering the goal.

Sucipto, etc (2000: 7) stated that football has basic techniques, they are: kicking, dribbling, heading.

## 1.3 Football Basic Technique Principle

The football basic technique principle includes “... Kicking technique is one of the football player’s dominant characteristic. The player who has a good kicking technique will be able to play efficiently. The goal of kicking the ball is passing, shooting at the goal, and sweeping...” (Sucipto, etc. 2000: 17).

Fendyka Novan Ulfiansyah, Tri Rustiadi and Mugiyo Hartono (2018 : 130) said as a football player is required to have good basic technical mastery because it is a major requirement to become a quality player and have a high skill in the game of football.

## 1.4 The Football Beginners

The age range of Fun Phase is 5 – 8 years old. In this age, the children are not learning with the same way of the teenager. The

children have no same skill as a teenager. They understand their world with their self-centered

understanding. For children, experiencing togetherness and relating to their friends are still very influential. Also, the understanding of other people’s feelings or thoughts is still very low. In order to help children build their own experiences, many exercises are individual (for example, each player has their own ball). The tactics of the game are simplified in small field games (40 m x 20 m) with few players (4 v 4 or with a keeper 5 v 5). The training time will also highlight sports training in general and not merely football training (Timo 2012: 59).

## 2 RESEARCH METHOD

The research method is research and development, research and development itself is a research method used to produce certain products, and test the effectiveness of these products (Sugiyono, 2011: 297).

Development research commonly called research-based development is research that is on the rise in solving practical problems in the world of research, especially research in education and training.

Products produced in development research include training materials for Trainers and Trainers, training materials for students, software development for training, and others.

Research and development must have a clear flows in its implementation. The flow of the research steps referred to in the study is presented in the following figure 2 below.

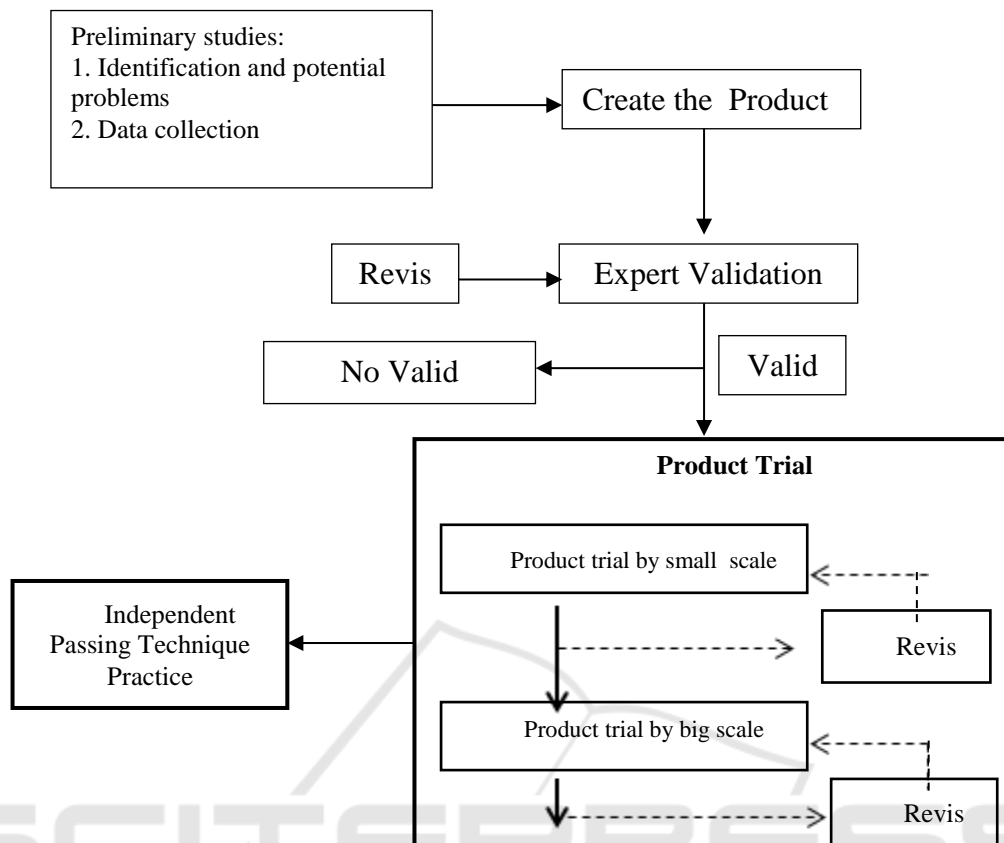


Figure 2: The research flow.

### 3 RESEARCH RESULT AND DISCUSSION

#### 3.1 Research Result

Based on the field study in some schools in Yogyakarta, it shows that the football school basic skill is still very low especially the basic technique and passing accuracy which is very needed in order to support the quality of student's play. Those things are not only happened to the beginners but also the teenager players. Therefore, this result is one of the foundations in developing independent training tools or media for passing techniques in football, especially for beginner athletes.

Likewise the interview result done with the coach of SSB in 5 regency in Yogyakarta, it said that the coach have realized the importance of perfecting basic technical skills in playing football for beginners especially passing techniques. The coach thinks that the beginner players will be better if they add their independent practice outside the club or school.

Jon Town (2014: 1) said if the entire field of players began a series of ball touches in unison while the crew of coaches clicked away with the counters. It did not take too long to figure out what was happening; these players worked through rehearsed ball movements in sets of 100-200 repetitions, at match speed.

However, it is not easy and media outreach or training aids that can be used by the players to do the passing technique independently to support individual training both in the training process at SSB or outside the SSB.

Because of that problems, this research tries to realise to produce the product as for facilitate as the beginner athletes of football to have to Independent training by the IPTP (Independent Passing Technique Practice). The product has produced the Research and Development ways with the first by thinking the idea were from the problem in the field and also as to try make the concept and then realise the concept as be the product with the expertise judgement for validation the product then trial the product with the small scale and big scale to have the mass validation

and after that should have as surely for product as ready to use for the football beginner athlete for Independent training especially passing drills technique.

### 3.2 Discussion

The tool or the media which developed is in form of football training ads. The goal through this development is the effectiveness and efficiency of football for the beginner especially for the passing technique based on their independent (independently).

The media developed has 2 components which can be used as one of passing training ads model, namely:

**Multi-Function Waistband:** It is a waistband made of foam material which is coated with neurophone so it is comfortable to use. This waistband serves to connect training items from the passing technique.



Figure 3: Multi-Function Waistband.

**Independent Passing Drills:** It is an item which helps to increase the technique skills of football such as passing. This tool made from elastic rubber which can extend up to 4.5 m. Then it also consists of ball gloves made from neurophone that can be used using various sizes of football balls.



Figure 4: Independent Passing Drill.



Figure 5: The application of IPTP Media.

This media or tools is consulted to the expert about the appropriateness of the tools developed and also tested the level of appropriateness of the media or tools start from small groups to large groups. The result of the consultation and the feasibility test to the respondent or the tools developed generally get the responses or results worthy of being used as a training medium in training football passing techniques for beginner athletes, it is based on expert judgment, which are the media expert percentage of 88% is in the very feasible category and the material expert percentage of 85% is in the very feasible category.

Table 1: The assessment of the feasibility of an independent practice media for passing football athletes.

No.	Assessor Subject	Category
1.	Material Expert	Very Feasible
2.	Media Expert	Very Feasible
3.	Small Group Test	Very Feasible
4.	Large Group Test	Very Feasible

In assessing the quality of the product qualitatively, information about the strengths and weaknesses of the media or tools that have been developed in full is presented in the following table.

Table 2: The strengths and weaknesses analysis.

The Strengths	The Weaknesses
<p>a. Be able to attract the attention and help players in doing individual exercises, especially in technical and physical training in football.</p> <p>b. Practically used properly in accordance with its function.</p> <p>c. Easy to carry everywhere</p>	<p>a. The minimum of color variations to add display quality.</p> <p>b. Production is still manual so it requires quite a long time.</p> <p>c. Production is still in the small scale (non-factory / home industry).</p>

## 4 CONCLUSIONS

Based on the development result of IPTP Media in the Football sport to beginners, it can be concluded that:

1. IPTP Media product development making in the Football to beginners start from doing an introduction continue with product making, expert validation and revision, product trial and final product. IPTP Media itself is tools which has 2 components, which are Multi Function Waistband and Independent Passing Drills. 2. The feasibility level of IPTP Media (Independent Passing Technique Practice) based on the material experts by 85% is included in the very feasible category and based on media experts, 88% is included in the very feasible category. Based on the small groups trials, it got the percentage of 86% and it includes very feasible category. On the big group trials, it got the percentage of 88% in the very feasible category.

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