

Efforts to Improve Long Distance Kick Techniques in Football through the Squat Jump Training Method

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Abstract

This study aims to improve the learning outcomes of long-distance kick techniques in soccer games through the application of Squat Jump exercises to class VIII students of MTs Al-Mukhlisin Cimanggis Depok in the 2022/2023 academic year. In this study, classroom action research was used and it was carried out in two cycles. The subjects in this study were class VIII students at MTs Al-Mukhlisin Cimanggis Depok with a total of 18 students. Based on the results of the study it can be concluded that through the application of Squat Jump exercises in learning, it can improve learning outcomes of basic long-range kick techniques in soccer in class VIII students of MTs Al-Mukhlisin Cimanggis Depok. In the precycle the percentage of completeness of student learning outcomes only reached 33.33% and in cycle I the percentage of completeness of long distance kick learning outcomes of students reached 61.11% with the number of students who were in the complete category as many as 12 students, while in cycle II the percentage was obtained completeness reached 83.33% with the number of students who were categorized as complete as many as 15 students out of a total of 18 students.

Keywords: Learning outcomes, Long distance kicks, Squat jump training methods.

1 INTRODUCTION

The game of football is one of the most popular sports in the world today (Wolf, Schmitt, & Schuller, 2020; Adiwiyana & Harymawan, 2021; Ma'mun et al., 2022; Orunbayev, 2023). Football has undergone many changes and developments from simple and primitive forms to a modern game of football which is very popular with many people, old, young, children and even women (Riansyah, Lanos, & Handayani, 2023). The rapid development of science and technology in recent times has greatly influenced the development of football (Yunior, 2023).

MTs Al-Mukhlisin Cimanggis Depok is one of the private MTs which is located in Kalimanggis Village, Cimanggis District, Depok Regency. Based on the results of observations made with collaborators at the pre-research at MTs Al-Mukhlisin Cimanggis Depok, it shows that class VIII students at MTs Al-Mukhlisin Cimanggis Depok generally have low learning outcomes in learning basic techniques of long distance kicks.

From the description above, the authors are interested in conducting research on: "Efforts to Improve Long Distance Kick Techniques in Football Through the Squat Jump Training Method".

2 RESEARCH METHODS

The research method used is Classroom Action Research (CAR). According to Arikunto (2021) stated that "classroom action research is research conducted by the teacher in

the classroom or at the school where he teaches with an emphasis on perfecting or improving learning processes and practices.

This research includes tests, observations, and documentation. The success of improving long-distance shooting skills in MTs Al-Mukhlisin's eighth-grade students is determined by observing outcomes before and after class action implementation. An indicator of the success of long-distance kick learning outcomes through the application of the squat jump training model is if in the first cycle there is an increase in the number of students who experience at least 60% mastery of learning outcomes and in the second cycle at least 80% of the number of students in the class, namely 18 students who consisting of 18 male students with the Minimum Completeness Criteria of 75.

3 RESULT AND DISCUSSION

Based on the results of the study it can be concluded that through the application of Squat Jump exercises in learning, it can improve learning outcomes of basic long-distance kick techniques in soccer in class VIII students of MTs Al-Mukhlisin Cimanggis.

After the implementation of cycle I and cycle II and as described above, there are comparisons that occur between cycles, where in each cycle there is an increase in the learning outcomes of basic long distance kick techniques. The average result of learning the basic techniques of long distance kicks between cycles has increased.

3.1 Cycle I

The average score in cycle I was 73, from this value it can be seen that there was an increase in the learning outcomes of the long-distance kick technique through the Squat Jump method in class VIII students, namely with 11 students who had completed and 7 students who had not completed out of a total of 18 students.

Table 1. The average of learning outcomes score in cycle I

Number of Students	Percentage	Completeness	Score	Category
-	0%	Complete	>86	Very Good
4	22.22%	Complete	81-85	Good
7	38.89%	Complete	75-80	Fair
5	27.78%	Incomplete	65-70	Poor
2	11.11%	Incomplete	<64	Very Poor
18	100%	Total		

3.2 Cycle II

Student learning outcomes in learning long distance kicks through the squat jump training method there is an increase, namely with 15 students who complete (83.33%) of the total number of students, namely 18 students, which can be shown in the Table 2.

Table 2. The average of learning outcomes score in cycle 2

Number of Students	Percentage	Completeness	Score	Category
2	11.11%	Complete	>86	Very Good
9	50%	Complete	81-85	Good
4	22.22%	Complete	75-80	Fair
3	16.67%	Incomplete	65-70	Poor
-	-	Incomplete	<64	Very Poor
18	100%	Total		

3.3 The Recapitulated Research Result

After the implementation of cycle I and cycle II and as described above, there are comparisons that occur between cycles, where in each cycle there is an increase in the

learning outcomes of the basic technique of long distance kicks through the squat jump training method. The learning outcomes presented in Table 3.

Table 3. The Recapitulated Research Result

Completion Percentage			Score Interval	Category
Precycle	Cycle I	Cycle II		
0%	0%	11.11%	>86	Very Good
11.11%	22.22%	50%	81-85	Good
22.22%	38.89%	22.22%	75-80	Fair
38.89%	27.78%	16.67%	65-70	Poor
27.78%	11.11%	-	<64	Very Poor

Based on the data obtained, in the initial pre-cycle data the percentage of completeness was 33.33% and in the first cycle the percentage of completeness increased to 61.11% and increased again at the end of cycle II which reached 83.33%, this shows that the application of the training method Squat jumps can improve students' learning outcomes of basic long-distance kick techniques.

3.4 Discussion of Findings

The application of the long-distance kick technique learning model through the squat jump training method which uses a competitive game where in the game performs long-distance kick techniques in football (Korkmaz & Uysal, 2021). By doing this activity students can easily understand the material presented by the teacher. In addition, students also feel happy, excited, and not bored in carrying out the course of learning so that students become more active in carrying out the tasks given by the teacher.

Leg muscle strength makes a small contribution to long distance kicks (Chang et al., 2021). Leg movement speed makes a small contribution to long distance kicks. Leg length makes a small contribution to long distance kicks. Leg muscle strength, leg movement speed and leg length simultaneously provide a moderate contribution to long distance kicks. The amount of contribution of leg muscle strength, leg movement speed and leg length partially to long-distance kicks is classified in the small category. This shows that long distance kicks are not only determined by leg muscle strength, leg movement speed and leg length and the rest, long distance kicks are determined by other factors such as technique of kicking the ball and the elevation angle of the ball (Kamadi, 2020).

Based on the data obtained from the implementation of each cycle, it can be concluded that through the application of squat jump exercises through the long distance kick technique in football can improve the learning outcomes of long distance kick techniques in class VIII students of MTs Al-Mukhlisin, Cimanggis District, Depok City. This can be seen from the percentage of completeness which increases in each cycle. In the initial pre-cycle data, the percentage of completeness was 33.33%, and in the first cycle, the percentage of completeness increased to 61.11%, which then increased the percentage of completeness at the end of cycle II, which reached 83.33%. With an increase in the percentage of completeness, it shows that the application of the squat jump training model can improve the learning outcomes of long-distance kick techniques in soccer.

4 CONCLUSION

Through the squat jump training method, it can improve the learning outcomes of long distance kick techniques in football in class VIII students of MTs Al-Mukhlisin, Cimanggis District, Depok City. This can be seen from the percentage of completeness that increases in each cycle. At the beginning of the pre-cycle the percentage of completeness

was 33.33% and in cycle I the percentage of completeness increased to 61.11% or the number of students categorized as complete was 11 students which then occurred again with the percentage of completeness at the end of cycle II which reached 83.33% or the total 15 students entered the complete category out of the total number of students, namely 18 students.

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