

The Influence of the Drill Method on Futsal Passing Technique Skills Using the Inside of the Foot

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Abstract

The purpose of this paper is to measure the passing skills of futsal using the drill method on a wall target. In group division, they were divided into two groups with 13 experimental students and 12 play method students. The result data obtained from the pre-test contained 3 (23%) students with sufficient assessment criteria, and 10 (77%) students with inadequate assessment criteria. Improvement occurred after being given treatment, and data obtained from post-test observations showed that there were 8 (61.5%) students who achieved adequate assessment criteria and 5 (38.5%) students who achieved good assessment criteria. The results of normality testing in the experimental group showed that $\chi^2_{\text{count}} > \chi^2_{\text{table}}$. And the Homogeneity Test proves that $F_{\text{count}} < F_{\text{table}}$, it can be said that the population is a homogeneous population. This research is said to be successful because students have improved due to treatment.

Keywords: Drill method, Futsal, Inner foot passing.

1 INTRODUCTION

The game of futsal has become a substitute for the game of football in social life, but in general people still use technical techniques in football which tend to be the same but the technical movements are different which makes futsal games in society ineffective in playing futsal. So from here I will discuss passing techniques in futsal which tend to be similar to long ball passes in futsal. Passing is often done in futsal to pass the ball over the opponent's head and give the ball to a friend who is behind the opponent in a tight defensive situation. This technique is almost the same as the passing technique, the difference lies in chipping using the top of the toe of the shoe and prying it right under the ball.

Futsal is a substitute for training basic techniques and conventional football skills, because the field is flat, players can make movements well. With a smaller, flatter field and a smaller number of players, the ball rolls faster and the players move faster, making the game of futsal more dynamic and interesting.

Teachers and trainers stated that training programs to improve passing technical skills already exist, but there is not enough variety of training, especially trainers have not yet thought about improving passing skills. So the researchers provide a solution to improve passing technical skills, which can be done by practicing using passing in pairs and also using wall media. It is hoped that training using this training model chosen by researchers can improve the results of extracurricular participants' passing technique skills and can be used as a variation in training so that participants do not get bored while doing the exercises. From the description above, the researcher is interested in conducting research with the title "The Influence of the Drill Method on Futsal Passing Technique Skills Using Different Feet in MTS Insan Kamil Cibubur, East Jakarta".

2 RESEARCH METHODS

Based on the research objectives, this research is a type of experimental research which aims to compare two different forms of treatment given to research subjects. The experimental method in this research involved a group practicing passing in a fixed position. The research in this case was experimental with a two group pre test post test method and a design with random group selection. The variables to be studied are the independent variable and the dependent variable, where the independent variable is drill method training using wall media and playing method training while the dependent variable is futsal passing skills. An experiment is a research design that provides the most rigorous and thorough testing of a hypothesis. The aim of this experiment is to compare the difference in influence between before and after treatment on futsal passing skills in extracurricular participants.

This research was carried out at MTS Insan Kamil Cibubur, East Jakarta which is located on Jl. Cibubur IV No.29, RT.05/RW.04, Ciracas District, Cibubur Village. The research will take place from March to June 2023 and will be carried out during sports lessons.

The steps of this research consist of the first stage, including (1) planning, (2) implementation, (3) observation, and (4) reflection. The four research steps can be explained as follows: Researchers collected pretest and posttest results related to basic futsal passing technical skills. When a player makes a pass, the researcher assesses how accurate the passing is by giving a score for each pass that is right on target.

In this initial assessment or pretest, the researcher looked at the passing treatment carried out by the participant when the participant kicked the ball with the ball hitting the foot in a good position and the accuracy of the ball hitting the target on the wall provided. This assessment also uses a posttest or final result as the final assessment after treatment. If the results obtained are an increase in passing technical skills, then that is the result of the futsal drill passing training method.

This data was obtained at the beginning of the pretest as initial data and at the end of the posttest as final data. The aim is to be able to determine the effect of treatment results and the differences, which is the ultimate goal of the experiment. The passing ability test that researchers will give to extracurricular participants uses a passing skill test using wall media.

3 RESULT AND DISCUSSION

Based on the results of the research and discussion above, it can be concluded that problems with passing techniques that often occur in the field, especially those related to the passing technique training process, as well as forms of assessment of the implementation of these passing techniques, require various needs analyzes to be carried out. Carrying out passing shot training or training is very important in achieving the achievements of a futsal team, without neglecting other techniques such as dribbling and others. According to the results of observations from this research, the reality is that in the field there is no assessment system that can assess the implementation of passing techniques, which makes passing training or training less effective. Then it can be hoped that from this passing technique performance test, the players will be able to know the correct passing technique and are expected to know the extent of their abilities in passing technique. There is a description of the results of the treatment which can improve the results of good futsal ball passing techniques and movements.

3.1 Result

Of the total of 13 players from the experimental group, of the 13 students, 31% or 4 players fell into the good criteria, 7.5% or 1 player fell into the adequate criteria, and 61.5% or 8 players fell into the less than good criteria. passing test using the inside of the foot. Meanwhile, the control group which had passing techniques and movements above

the average of the experimental group which was not given treatment obtained an average value (mean) of 8.833 with the mode value being in the (X) value, namely 6,6,7,8,8 ,9,9,10,10,11,11, and 11 with a frequency (F) of 11. Of the total 12 players, 41.5% or 5 players entered the good criteria, 33.5% or 4 players entered in the sufficient criteria, and 25% or 3 players fall into the criteria of less than the results of the passing test using the inside of the foot. So the results of the passing test using the inside of the foot require more hard work to improve it to a better level.

Based on the pretest results of the experimental group, Passing using the inside of the foot, it shows that the level of skill in the Passing technique using the inside of the foot got an average value of 4.07 < standard deviation. Therefore, the Mts Insan Kamil futsal team needs to be given treatment to improve passing results using the inside of the foot.

Therefore, from the description above, the researcher created several performance tests that can be used in processing Passing training. Which contains several references in giving grades to the implementation of Passing techniques. Then it can be hoped that from this Passing technique performance test, the players will be able to know the correct Passing technique and are expected to be able to find out the extent of their abilities in Passing technique. And coaches can also provide evaluations and assessments of the players' implementation of passing techniques. There is a description of the results of the treatment which can improve the results of good futsal passing techniques and movements.

From the data on the Passing movement technique using the inside of the foot, the results were obtained that the Passing movement technique of the inside of the foot greatly influenced the results of the Passing technique in the sample. Based on the results of the Passing test using the inside of the foot on the MTS Insan Kamil futsal extracurricular team, criteria were obtained based on interval values.

Based on the calculations, an average value (Mean) of 8.833 can be obtained with the mode value being 11. The results of the Passing test using the inside of the foot are 6,6,7,8,8,9,9,10,10,11. 11, and 11 and then looking for the standard deviation or standard deviation, the number is 9.4 and the median value is recorded at 6.5, obtaining a value of 7 with a lower limit interval value of 5.5 and an upper limit of 11.5 so that the experimental group data can be described in Table 1.

Table 1. Identify the Value of the Experiment

Interval	Criteria	F	%
6-7	Not Enough	3	25%
8-9	Enough	4	33.5%
10-11	Good	5	41.5%
Total		13	100%

Based on Table 1, it shows the results of the Passing test using the inside of the foot for the MTs Insan Kamil futsal team in the criteria of Good, Fair and Poor. Of the 12 students, 41.5% or 5 players were in the good criteria, 33.5% or 4 players were in the adequate criteria, and 25% or 3 players were in the criteria of less than the results of the Passing test using the inside of the foot.

3.2 Discussion

In this research, to find out various kinds of passing technique problems that often occur in the field, especially those related to the passing training process, as well as forms of assessment of the implementation of the passing technique, various kinds of needs analysis are needed. This activity can be carried out by analyzing several training processes that occur in the field, then carrying out observations during the training process.

Carrying out passing training or treatment is very important in achieving the achievements of a futsal team, without neglecting other basic futsal techniques. In futsal games, players or athletes must be able to position themselves while on the field in order

to be able to do extracurricular passes. They need to be given Passing training treatment using the inside of the foot with two training models for 10 meetings.

The problem with this research is that the results of futsal passing training for extracurricular participants are not yet optimal. With the drill method to improve passing technical skills in the futsal game. This was marked by the results of training in carrying out the passing technique using the inside of the foot in the futsal game for extracurricular participants who achieved the target at MTS Insan Kamil Cibubur, East Jakarta, totaling 25 students.



Figure 1. Passing Technical Skills

4 CONCLUSION

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According to the results of observations from this research, the reality is that in the field there is no assessment system that can assess the implementation of passing techniques, which makes passing training or training less effective. Then it can be hoped that from this passing technique performance test, the players will be able to know the correct passing technique and are expected to know the extent of their abilities in passing technique. There is a description of the results of the treatment which can improve the results of good futsal ball passing techniques and movements.

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