

Students' Passing Accuracy Ability Using Inner Feet in Futsal Extracurricular Activities

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Abstract

The ability of students' passing accuracy using the inner foot is important but learning at school is limited. Futsal Extracurricular activities are carried out so that students practice more. This study aims to describe how the accuracy of students' passing ability using the inside foot in Futsal Extracurricular activities. This study used a descriptive qualitative research method involving seventeen students. Data were collected through test and analyzed qualitatively. The results showed 41% (7 students) were in the poor criteria, 18% (3 students) were in the moderate criteria, and 23% (4 students) were in the excellent criteria. The results of this study recommend the importance of extracurricular futsal activities as a means of practicing passing accuracy using the inside of the foot.

Keywords: Futsal, Inside Leg, Passing Accuracy

1 INTRODUCTION

Extracurricular sports activities in SD / MI are determined based on the sports and health education (penjasorkes) curriculum, namely as optional sports material. One of the branches that is currently in great demand is futsal. The sport of futsal is favored by all levels of society, including children, teenagers, and even adults. Futsal games are easy to play by anyone. This game can be played indoors or outdoors.

Mastering the technique of passing with the inside of the foot is an important thing for elementary school students to master in the game of futsal. This is something that is difficult because of students' limitations in practicing during sports lessons.

One branch that is currently very popular is futsal. The sport of futsal is popular with all levels of society, including children, teenagers and even adults. The futsal game is easy for anyone to play.

The game of futsal has so far developed very rapidly. There are many tournament events between students and between futsal clubs. The futsal sport game is played by two squads or teams. This sport is very similar to soccer in terms of technical game rules. Futsal players must be required to have good physical condition and a high level of fitness in order to be able to play futsal for 2 x 20 minutes. Futsal players can also take positive benefits from this game, namely from a social, entertainment, mental and emotional perspective. Futsal is a sport that is very popular among Indonesian people. Interest in futsal is increasing because it is very easy to play and find the means to play futsal. The game of futsal is very widespread, from the old, young, to children also like this sport. The sport of futsal also influences students, one of which is Madrasah Ibtidaiyah (MI) or Elementary School (SD) students. Currently, many schools organize futsal extracurricular activities.

Futsal is a sports game played by two different teams, each consisting of five players who play the match in two rounds.

Futsal is a ball game played by two teams, each consisting of five people. The goal is to put the ball into the opponent's goal, by manipulating the ball with the feet. Apart from the five main players, each squad team is allowed to have reserve players. Futsal is not like other indoor soccer games, the futsal field is limited by lines, not a net or board.

In futsal, the small number of players means that all the players play total football. So when the team attacks, it's not just the forward players who work. Likewise, when defending, the front players also help defend. Therefore, you are required to have excellent stamina, you must always move.

Accuracy is a supporting aspect of basic techniques that every player must have, including its application in futsal. Precision or accuracy passing In futsal it is very important, so efforts need to be made to improve accuracy passing to perfect the skills possessed by players. Technique passing It can be done using one foot and from various sides of the foot, such as the inside of the foot, the outside, toe or heel. Passing is the art of moving the ball from one player to another. Passing which is carried out with high precision and good accuracy, will be able to create opportunities and build strategies and attacks.

Passing is one of the basic techniques of playing futsal that is really needed by every player. On a flat field and a small field size, hard and accurate passing is required because the ball slides parallel to the player's heel. This is because almost all futsal games use passing. Passing is the art of moving the ball from one player to another. Passing which is carried out with high precision and good accuracy, will be able to create opportunities and build strategies and attacks. Steps in performing basic techniques passing is:

a). Place the supporting foot next to the ball, not the running foot passing. b). Use the inside of your foot to do it passing. Lock or strengthen your heels so that they make stronger contact with the ball. The inside foot from above is directed towards the center of the ball (heart) and pressed down so that the ball does not bounce. c). Continue with the follow-up movement, namely after touching the ball while doing it passing, the leg swing should not be stopped.

MI Al Ikhwaniyah is a private school that has futsal extracurriculars in South Tangerang City which was founded in 2008. MI Al Ikhwaniyah has a field which is usually used for futsal practice, precisely on Jl. Orphanage, Kp. Ceger RT 03/05, Pondok Aren District, South Tangerang City, Banten 15423. MI Al Ikhwaniyah has 3 trainers divided into low- and high-class groups. Training schedule every Tuesday and Thursday at 15.30 - 17.00 WIB. The training schedule, which only meets twice a week, means that the Futsal material is not fully understood and mastered by MI Al Ikhwaniyah students, one of the materials is the ability to pass accurately using the inside of the foot. Therefore, this material is not appropriate for practicing this technique. Based on the explanation above, the researcher wants to describe students' passing accuracy abilities using the inside of their feet in extracurricular activities

2 RESEARCH METHODS

This research aims to describe students' passing accuracy abilities using the inside of the foot in extracurricular activities. This type of research is qualitative descriptive research involving 17 students from an MI in South Tangerang (Utami & Vioeza, 2021; Atmazaki et.al., 2023; Dewi et.al, 2021). This research uses tests whose data are analyzed qualitatively. Data collection is carried out by 1 person/officer, namely score keeper, ball bounce supervisor, accuracy observer passing, and ball fetcher. Before taking the test, participants warm up by running around the field and stretching.

The test to obtain data is aimed at determining the passing accuracy ability of extracurricular students in futsal tests quickly and precisely. The scoring method is, a score of 5 for all criteria implemented correctly, a score of 4 for 4 criteria implemented correctly, a score of 3 for 3 criteria implemented correctly, a score of 2 for 2 criteria implemented correctly, and a score of 1 for 1 criterion implemented correctly.

The research procedure begins with the testee standing behind the shooting line at a distance of 3 meters from the wall/board, with the right foot ready to kick or vice versa. In front of the Testee's right/left, a kun (funnel) is kept parallel to the shooting boundary line as an obstacle that must be passed when carrying out the test. On the "Yes" signal, the Testee kicks at the target/wall/board that has been given as in Figure 1.

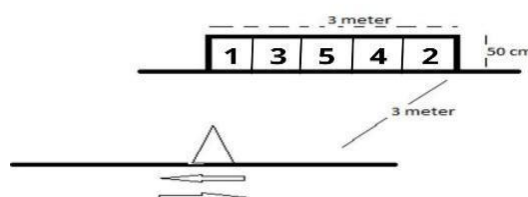


Figure 1. Accuracy Test Passing

In carrying out the assessment, there are three indicators, namely initial steps, implementation attitude, and final attitude which are displayed in Table 1, while the research rubric is presented in Table 2.

Table 1. Instrument Grid Aspects of Capability Assessment Passing Futsal

Variable	Indicator	Score				
		1	2	3	4	5
Passing accuracy ability	a. Initial steps					
	1) Stand looking at the target.					
	2) The foot that keeps the balance is placed next to the ball.					
	3) Feet point to the target.					
	4) The inner leg is placed in a sideways position.					
	5) Focus on the ball.					
	b. Implementation attitude					
	1) Body position is above the ball.					
	2) Knees slightly bent.					
	3) The leg that will kick is swung forward.					
	4) Look at the target.					
	5) Use the inside of your foot to kick the center of the ball.					
	c. Final stance					
	1) Shift your weight forward.					
	2) Continue moving in the same direction as the ball.					
	3) Perform the final movement smoothly.					
	4) After kicking, the leg used lands slightly in front of the supporting leg.					
	5) Keep the balance.					

After knowing the category of accuracy ability passing The inner leg of each student's extracurricular futsal student then looked for the percentage of each student's ability. The data analysis technique in this research uses descriptive percentage data analysis techniques.

$$P = \frac{f}{N} \times 100\%$$

Information:

P = Percentage

F = Frequency

N = Number of students

3 RESULT AND DISCUSSION

Based on direct observations made by the author at MI Al Ikhwanayah, there are differences in the results of inaccurate passing accuracy which grade 5-6 students do in each exercise. The following is data from the author's observations when MI Al Ikhwanayah students did class 5-6 exercises. Evaluation Format and Value description (1 = 6; 2 = 12; 3 = 18; 4 = 24; 5 = 30).

When displayed in the form of a frequency distribution, the accuracy capability passing using the inside of the foot in futsal extracurricular students at MI Al – Ikhwanayah South Tangerang City in 2024 is presented in table 4. The frequency distribution is as follows:

Table 2. Frequency Distribution of Passing Accuracy Ability Using the Inside Foot of Futsal Extracurricular Students at MI Al Ikhwanayah South Tangerang City in 2024

No	Score Range	Frequency	Presentation	Criteria
1	>60	4	23%	Very well
2	47-59	3	18%	Good
3	31-46	3	18%	Currently
4	16-30	7	41%	Not enough
5	0-15	0	0%	Less than once

Based on table 4 above, it shows that the analysis ability is accurate passing using the inside of the foot in futsal games at MI Al-Ikhwanayah is at the "very poor" criterion of 0% (0 students), the "poor" criterion is 41% (7 students), the "moderate" criterion is 18% (3 students), the "good" criterion was 18% (3 students), the "very good" criterion was 23% (4 students). Based on the average value of 44.53, analyze the accuracy ability passing Using the inside of the foot in futsal games at MI Al-Ikhwanayah falls under the "poor" criteria. Based on the results of data analysis, it was found that the majority showed accuracy ability analysis passing using the inside of the foot in futsal games at MI Al-Ikhwanayah is included in the deficient criteria. This is in accordance with the background of the problem that we use as a reference in this research and is indeed a

true analysis of accuracy capabilities passing Using the inside of the foot in futsal games at MI Al-Ikhwaniyah is considered deficient with a percentage of 41%.

Table 3. Data from Observed

No	STUDENT NAME	Observed Aspects															Amount	Mark
		Early Attitude					Implementation Attitude					Final Stance						
		1	2	3	4	5	1	2	3	4	5	1	2	3	4	5		
1	AA			√							√			√			11	66
2	M. K				√			√					√				8	48
3	RI		√								√					√	12	72
4	AF					√					√			√			13	78
5	SA			√						√			√				8	48
6	MA					√		√					√				9	54
7	FA					√			√							√	12	72
8	MF	√						√					√				4	24
9	RA	√						√					√				5	30
10	NR		√				√							√			6	36
11	LA	√						√					√				4	24
12	AA	√						√					√				4	24
13	MA	√						√					√				4	24
14	RF			√				√					√				6	36
15	AZ			√				√					√				7	42
16	MI	√					√							√			5	30
17	MF	√						√					√				5	30
Amount		123															738	
Total		17																

The results of data analysis show that the average passing accuracy ability using the inside of the foot is below the criteria, namely a score of 24.00 out of a maximum score of 78.00, which means a score of >60 for 4 students (23%).

Based on 2 aspects which are indicators in this research, namely: (1) the average passing accuracy ability using the inside of the foot was obtained with a score of 24.00 from a maximum score of 78.00 with a score of >60 for 4 students (23%). This result is included in the less with a percentage of 41%.

The results of data analysis show that the average passing accuracy ability using the inside of the foot with less criteria is 41% (7 students) from a maximum score of 78.00 with a score of >60 for 4 students (23%). Based on 2 aspects which are indicators in this research, namely: (1) the average passing accuracy ability using the inside of the foot was obtained with a score of 24.00 from a maximum score of 78.00 with a score of >60 for 4 students (23%). This result is included in the poor criteria with a percentage of 41% for 7 students.

3.1 Sub Discussion

From the results of research analysis of accuracy capabilities passing using the inside of the foot in the futsal game at MI Al-Ikhwaniyah, research data was obtained which showed that the accuracy ability passing Using the inside of the foot is certainly different between one student and another.

Data from research into the skills of students who have carried out accuracy ability tests passing use The inner leg is then converted according to the assessment criteria of the accuracy ability test criteria passing use inner leg.

Accuracy capabilities passing using the inner leg found in this study showed the criteria "Very good to "Very poor".

There are 4 students who have very good criteria, students who have very good criteria show their ability to be accurate passing Using the inside of the foot is very good when taking part in futsal training sessions, it is also serious and the level of psychological or mental readiness of the students is ready to take part in the process of training accuracy skills. passing using the other foot in futsal. Apart from that, students know accuracy techniques passing Use the inside of the foot properly and correctly, especially in the starting, executing and ending stances. In the initial standing position looking towards the target, the foot that maintains balance is placed next to the ball, the foot points to the target, the inner leg is placed in a sideways position, focusing on the ball. In the execution stance, body position is above the ball, knees slightly bent, the leg that will kick is swung forward, gaze looking towards the target, use the inside of the foot to kick the center of the ball, in the final stance shift body weight forward, continue the movement in the same direction with the ball, make the final movement smoothly, after kicking the leg used lands slightly in front of the supporting leg, maintain balance, most of the time the ball hits the target, so the results are accurate passing done right on target.

There are 3 students who have good criteria, students who have good criteria show their ability to be accurate passing Using the inside of the foot is good when taking part in futsal training sessions, it is also serious and the level of psychological or mental readiness of the students is ready to take part in the process of training accuracy skills. passing Using the inside of the foot in futsal. Apart from that, students know accuracy techniques passing Use the inside of the foot properly and correctly, especially in the starting, executing and ending stances. In the initial standing position looking towards the target, the foot that maintains balance is placed next to the ball, the foot points to the target, the inner leg is placed in a sideways position, focusing on the ball. In the execution stance, the body position is above the ball, the knees are slightly bent, the leg that will kick is swung forward, the gaze looks towards the target, use the inside of the foot to kick the center of the ball, the final stance shifts the body weight to the front, continue the movement in the same direction with the ball, make the final movement smoothly, after kicking the leg used lands slightly in front of the supporting leg, maintain balance, most of the time the ball hits the target, so the results are accurate passing done right on target.

There are 3 students who have medium criteria, students who have medium criteria show accuracy abilities passing using the inside of the foot means that you are taking part in a futsal training session which is also serious and the level of psychological or mental readiness of the students is ready to take part in the process of training accuracy skills. passing Using the inside of the foot in futsal. Apart from that, students know accurate passing techniques using the inside of the foot properly and correctly, especially in starting, executing and ending stances. In the initial standing position looking towards the target, the foot that maintains balance is placed next to the ball, the foot points to the target, the inner leg is placed in a sideways position, focusing on the ball. In the execution stance, most of the ball hits are on target, so that the passing results are good.

There were 7 students who had less criteria, students who had less criteria showed their ability to be accurate passing Using the inside of the foot is less in participating in

futsal training sessions, which can be seen from the lack of seriousness and the level of psychological or mental preparedness of the students is less ready to take part in the process of training accuracy skills. passing using the inside of the foot in futsal, as well as a lack of self-confidence, emotions, motivation and of course the level of skill is still very lacking, due to a lack of mastery of accurate techniques passing so that knowledge about the stages carries out accuracy passing using the inside of the foot is not good. Apart from that, students do not master accurate passing techniques using the inside of the foot properly and correctly, especially in the initial, execution and final stance.

There are no students who have very low criteria, students who have very low criteria show their ability to be accurate passing Using the inside of the foot is very lacking in participating in futsal training sessions and is also not serious enough and the level of psychological or mental preparedness of the students is less ready to take part in the process of training accuracy skills. passing using the inside of the foot in futsal, as well as a lack of self-confidence, emotions, motivation and of course the level of skill is still very lacking, due to a lack of mastery of accurate techniques passing so that knowledge about the stages of accuracy passing using the inside of the foot is not good. Apart from that, students do not master accuracy techniques passing Use the inside of the foot properly and correctly, especially in the starting, executing and ending stances.

Errors and ways to improve accuracy passing using the inside of the foot must be paid attention to by the trainer (Coach). In general, futsal extracurricular students are not able to observe where the mistakes they made are. A trainer must be able to observe every form of movement made by his students, so that they can find out where the mistakes are. Every mistake made, the trainer is immediately able to correct the wrong movement, so that the quality of accuracy is achieved passing Using the inside of the foot, the results were as expected.

3 CONCLUSION

Based on the findings of the study, it can be concluded that the accuracy of students' passing abilities using the inner foot in futsal extracurricular activities varies significantly among participants. Specifically, 41% of students were categorized as poor, 18% as moderate, and 23% as excellent in their passing accuracy. These results highlight the critical role of futsal extracurricular activities in enhancing students' technical skills, particularly in passing accuracy. Therefore, it is recommended that schools continue to support and promote such extracurricular programs to provide students with ample opportunities to practice and improve their futsal skills, which may not be fully addressed during regular school hours.

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