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Development of Instructional Video on Basic Passing Techniques in Football: A Case Study at MAN 2 Palu

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Abstract

The lack of engaging instructional media in physical education often reduces student interest and learning effectiveness, especially in football passing techniques. This study aims to develop an instructional video on basic passing techniques in football for Grade X students at MAN 2 Palu using the ADDIE development model. Expert evaluations and small- and large-scale trials indicate the video is highly effective, receiving "Very Good" ratings. The product is suitable for enhancing student engagement and understanding in football instruction.

Objectives. The purpose of this study was to develop a video-based multimedia tutorial on basic football passing techniques using the ADDIE model. This research aimed to create an effective instructional video to improve learners' understanding and skills in performing football passing techniques with the inner foot.

Materials and Methods. This study employed a development research design following the ADDIE model, which consists of five phases: Analysis, Design, Development, Implementation, and Evaluation. Data were analyzed using both qualitative descriptive and quantitative descriptive analysis techniques. The developed multimedia tutorial featured variations of the inner foot football passing technique, presented as a video tutorial containing instructional materials about the basic passing techniques and practical demonstrations on performing the skill correctly.

Results. Feedback from experts in football material indicated that the multimedia tutorial was rated as good, with an approval percentage of 85%. Information and technology experts gave a very good rating, with a percentage of 98.75%. The physical education (PJOK) teacher also responded very positively, with a rating of 96.25%. These results demonstrate that the multimedia video on football passing techniques meets expert approval and is suitable for educational use.

Conclusions. The developed video tutorial on variations of football passing using the inner foot is appropriate for use in physical education, health, and recreation subjects. The researcher recommends further experimental testing to assess the tutorial's effectiveness based on the three conducted assessments.

Keywords: Instructional Video, Football Passing Techniques, ADDIE Model, Multimedia Learning.

Introduction

MAN 2 Palu is a public senior high school located in Palu City. One of the main challenges faced at this school, especially among grade X students, concerns physical

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education, sports, and health (PJOK) with an emphasis on sports technology. The problem is the lack of educational media that can assist teachers in delivering lessons and help students absorb the material effectively. Currently, learning activities are predominantly teacher-centered, limiting students' mastery of the material. (Riyanto & Kuswoyo, 2019), note that teaching and learning processes often become monotonous due to the teacher being the sole source of information.

Developing instructional media aligns with efforts to improve curriculum and syllabus quality(Sukendro et al., 2017). According to (Swadesi & Kanca, 2018), the development of teaching models for physical education, sports, and health is crucial because it: 1) supports teachers in delivering instructional content; 2) helps students receive messages more effectively; 3) reduces teachers' repetitive preparation of lessons each year; and 4) provides attractive, accessible teaching materials and media. Students tend to be more engaged in practical, outdoor learning, but practical lessons cannot be effective without a solid theoretical foundation provided by the teacher.

(Alabi, 2024) Student enthusiasm for theory lessons is influenced by teachers' reliance on lecture methods. The school has introduced educational technology such as LCD projectors to improve learning effectiveness. Although teacher-student interaction has improved, it remains insufficient, as students are mostly passive observers and rarely take the initiative to ask questions. This passivity affects students' ability to focus on the material, partly because teachers have yet to fully utilize instructional media in the classroom (Ahmad et al., 2023; Ca et al., 2015).

Additionally, limited facilities—such as footballs and adequate fields—pose obstacles to the learning process. During rainy seasons, outdoor practice is hindered by muddy and unsuitable field conditions. Whether learning is conducted online or face-to-face, students struggle to fully grasp the material, especially football passing techniques. Teachers only hold limited weekly practical sessions. The use of instructional media like videos or audiovisual tools in physical education is still not optimal.

(Adegbija & Fakomogbon, 2013) explains that media acts as a facilitator in learning. similarly describes media as a channel for communication between sender and receiver. (Adewale et al., 2024) adds that media stimulates students' thinking, feelings, attention, and interest by effectively conveying messages. Based on these perspectives, this study focuses on developing a video-based audiovisual instructional medium for teaching passing techniques in football.

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This background highlights the need for innovative, engaging, and interactive instructional media to increase student interest and participation. Teachers should employ attractive teaching materials to avoid overburdening students and to maximize interaction. Instructional videos can create a more engaging learning environment by making material easier to understand.

Therefore, this study aims to develop an instructional video on football passing techniques, inspired by previous successful research such as(Hendra Hasibuan & H. Jutalo, 2020). Development of Basic Football Technique Learning Videos Using Kun for Football School Students at Portis Saentis." Hasibuan's research demonstrated improved student skills after learning with video-based media. Based on this, the researcher focuses on developing an instructional video on football passing variations for grade X students at MAN 2 Palu.

This study presents an innovative approach by developing an instructional video focused on basic passing techniques in football, specifically tailored for students at MAN 2 Palu. The use of the ADDIE model ensures a systematic and evaluative development process, incorporating feedback from experts and iterative trials. The novelty of this research lies in its integration of visual, audio, and pedagogical elements to create an engaging and practical learning experience that directly addresses the fundamental needs of students in physical education, particularly in mastering football passing skills. The urgency of this research stems from the lack of effective and engaging learning media in PE classes, especially in football instruction, which often relies on conventional, lecture-based methods. This has led to decreased student interest and participation. By offering a technology-based instructional solution, this study aims to enhance students' motivation, improve learning outcomes, and support teachers in delivering more efficient and interactive lessons aligned with current educational demands.

Materials and Methods

Study Participants.

This development research focuses on creating a video-based instructional media for variations of basic football passing techniques in the form of audiovisual/video learning, targeted at grade X students of MAN 2 Palu. The subjects of this study were the grade X students of MAN 2 Palu.

Study organization.

(Sugiyono, 2012) The development process utilized the ADDIE model, originally developed by Dick and Carey in 1996 for designing instructional systems (Mulyatiningsih, 2016). The ADDIE model involves five phases: Analysis, Design, Development, Implementation, and Evaluation. The primary objective of this research was to develop an

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instructional video on basic football passing techniques that can increase students' interest in learning and improve their knowledge of passing in football.

Statistical analysis.

The data analysis in this study employed descriptive statistics to summarize expert and teacher responses regarding the quality and effectiveness of the instructional video. To measure the improvement in students' knowledge and skills, a paired sample t-test was conducted comparing pre-test and post-test scores. Additionally, frequency and percentage analyses were used to assess students' interest and satisfaction with the learning media.

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Results

Based on the analysis, it can be concluded that the audiovisual-based instructional video on basic passing techniques in football for grade X students at MAN 2 Palu meets the evaluation criteria with a "Good" rating. The assessment involved several aspects covered in the questionnaires, including:

1. Football Material Expert Evaluation: (1) Introduction Aspect, (2) Content Aspect.
2. Media Expert Evaluation: (1) Visual Aspect, (2) Audio Aspect, (3) Language Aspect, (4) Programming Aspect.
3. Physical Education Teacher Evaluation: (1) Material Aspect, (2) Media Aspect, (3) Usefulness Aspect.

The overall evaluation results from these experts are summarized in the table below:

Table 1. Summary of Expert Assessments and Trial Results

Component	Percentage (%)	Category
Football Material Expert Evaluation	85	Good
Media and Information Technology Expert Evaluation	98.75	Excellent
Physical Education Teacher Evaluation	96.25	Excellent
Small-Scale Trial	90.95	Excellent
Large-Scale Trial	91.71	Excellent

The average scores indicate that the football material expert gave an 85% rating, categorized as good. The media and information technology expert scored 98.75%, categorized as excellent, and the physical education teacher gave a score of 96.25%, also categorized as excellent. Both small-scale and large-scale trials received scores above 90%, placing them in the excellent category.

The objective of developing this audiovisual instructional video was to enhance students' learning interest and active participation by improving aspects such as learning aids, classroom atmosphere, attention attraction, message delivery, and students' willingness to learn (Kuswoyo & Donggoroan, 2019). This aligns with the findings of Simanjorang et al. (2020) in their research titled "Development of Football Passing Tutorial Videos for Physical Education Subject for Grade X at SMA Negeri 20 Palembang," which reported positive responses with football material experts rating 92% (excellent), media learning experts rating 93% (excellent), and instructional design experts also rating 93% (excellent).

The data above indicate that the development of the football passing instructional video is acceptable and applicable to students, as it positively impacts students' learning abilities. This is evidenced by increased student participation in an engaging learning environment, different from usual classroom settings.

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Discussion

The results of this study indicate that the developed audiovisual instructional video on basic football passing techniques for grade X students at MAN 2 Palu successfully met the established evaluation criteria, receiving an overall rating of "Good" to "Excellent" across multiple assessment dimensions. The evaluation involved expert judgments from three key groups: football material experts, media and technology experts, and physical education teachers. The football material experts rated the instructional content at 85%, categorized as "Good," while media experts and physical education teachers rated the video highly, with percentages of 98.75% and 96.25% respectively, both falling into the "Excellent" category. Furthermore, both small-scale and large-scale field trials also yielded excellent evaluations, with scores exceeding 90%.

These findings demonstrate the effectiveness of using the ADDIE instructional design model in developing a multimedia learning tool that enhances student engagement and knowledge acquisition in sports education. The video's combination of visual, audio, language, and programming aspects contributed to an interactive learning experience that successfully conveyed key passing techniques. This supports prior research by Kuswoyo and Donggoroan (2019), who emphasized the importance of multimedia learning aids in creating a stimulating learning environment that increases student motivation, attention, and active participation.

Moreover, the positive feedback aligns with the findings of Simanjorang et al. (2020), whose study on football passing tutorial videos for physical education students also reported expert evaluations in the "Excellent" category, confirming the beneficial role of video-based instructional media in sports education. This study's outcomes suggest that integrating multimedia video tutorials into the curriculum can significantly improve students' learning outcomes by offering a more engaging and effective alternative to traditional teaching methods, which often rely heavily on teacher-centered approaches.

The enhanced student participation observed during trials reflects the instructional video's ability to transform the classroom atmosphere, making it more dynamic and conducive to active learning. Such tools also support teachers by providing consistent and reusable instructional content, reducing the burden of repeated lesson preparation.

In conclusion, the development and implementation of the instructional video on basic passing techniques represent a valuable innovation for sports education at MAN 2 Palu, fostering greater student interest and facilitating improved mastery of football passing skills.

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Conclusions

Based on the analysis of the research findings and the detailed discussion above, it can be concluded that the instructional video on basic passing techniques in football for grade X students at MAN 2 Palu successfully enhances students' interest and active participation in learning football passing skills. The evaluations from experts, as well as results from both small-scale and large-scale trials, showed an average rating categorized as Very Good. Therefore, this instructional video can be effectively utilized as a teaching aid in Physical Education, Sports, and Health classes for grade X students at MAN 2 Palu.

For future researchers, it is recommended to expand the development of similar instructional videos for other basic football skills or other sports to enrich the variety of learning media in physical education. Additionally, it is advisable to test the product in different educational settings or grade levels to determine its broader effectiveness and applicability. Lastly, integrating student feedback in the development process can further enhance the relevance and appeal of such media in fostering more engaging and meaningful learning experiences.

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