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The Application of Filanesia Basic Techniques on Football Playing Skills at SSB Pamong Praja Garut

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Abstract

Objective. The purpose of this research is to apply the basic techniques of Indonesian soccer philosophy, namely attacking transition-defending, at SSB Pamong Praja Garut.

Materials and Methods. The research employed an experiment with a one-group pre-test and post-test design, and was conducted at SSB Pamong Praja Tarogong Kidul Garut. The population consisted of 16 players, and the following instruments were used: First Touch test, passing test, dribbling test, heading test, shooting test, and soccer playing skills test (GPAI). SPSS version 26 was used for data processing.

Results. The average values of the pre-test and post-test results are as follows: First Touch (pre-test 52.50 and post-test 69.38), Passing test (pre-test 218.13 and post-test 266.88), Dribbling test (pre-test 44.56 and post-test 52.69), Heading test (pre-test 49.50 and post-test 59.94), Shooting test (pre-test 81.88 and post-test 122.50), and soccer playing skills (0.3379-0.3857).

Conclusion. Based on the analysis of data, it can be concluded that the application of the basic techniques of Indonesian soccer philosophy, namely attacking transition-defending, is a positive and significant influence on the improvement of the average values of the pre-test and post-test.

Keywords: Filanesia Basic Technique, Football, Skill.

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Introduction

Football is a sport loved by many people in Indonesia. Football is a team sport played by two teams facing each other on one field, with each team consisting of 11 players in different field positions (Hidayat *et al.*, 2022). In almost every region, both in cities and villages, you can often see people playing football. Football is a team game, with each team consisting of 11 players. Nearly all aspects of the game involve skillful ball control with the feet, except for the goalkeeper, who can use all parts of their body. According to (Muhajir, 2014) "Football is a game played by kicking the ball and aims to score a goal in the opponent's goal while defending

one's own goal from the opponent's attacks." Football offers numerous benefits for those who play it, including physical and mental health. It also enhances cognitive abilities, socialization, teamwork, and discipline (Permadi & Fernando, 2021). This game is predominantly played using various body parts, including the head, body, and legs, except for the goalkeeper, who is allowed to use their hands within the penalty area.

In playing football, there are basic techniques that every player should possess. Basic football techniques must be mastered by football players, as almost all fundamental techniques are used in football matches, although sometimes off-the-ball movements are necessary to score a goal (Sanusi *et al.*, 2022). Basic football playing techniques involve the ability to perform movements or actions within a game of football (Rifan, Permadi and Arifin, 2023). By having proficient basic techniques, a player can maximize ball control and minimize fundamental errors.

Filanesia: A Curriculum Development in Indonesian Football that serves as the Foundation of Indonesian Football Play. The cultural-geographical and sociological conditions, as well as the strengths of Indonesian players, are unique considerations. Indonesia's geographical location on the equator makes our country have a tropical climate. Therefore, a playing style that suits these conditions is required. The values of togetherness, which are part of the DNA of the Indonesian people, are also taken into account. Another consideration is the strengths of Indonesian players. With an average stature, our players are blessed with remarkable speed and agility. Indonesian players excel in short-distance sprints. By harnessing the potential they possess, the Indonesian Football Association (PSSI) has formulated the Philosophy of Indonesian Football (Filanesia), outlined in the Indonesian Football Development Curriculum. Filanesia is a philosophy that serves as the foundation and distinctive character of Indonesian football play, catering to all levels from youth development to the professional level. Filanesia adopts the Attacking Transition-Defending playing style to elevate Indonesian football to a higher level. In the Attacking phase, the team constructs attacks from the backline to the midfield and forward line, aiming to score goals. Transition is divided into two categories: positive transition and negative transition.

To improve football playing skills, repetitive training is usually conducted on techniques such as kicking, passing, ball control, dribbling, heading, and others. The skills taught in football are not just about playing skills but more about their practical application on the field (Permadi, 2021). Typically, a coach will provide training to their players and then assess whether the training has been successful in enhancing the players' football proficiency. In general, these are standard practices carried out by coaches who are in charge of or training

at football schools because teaching these skills can be considered mandatory for students participating in football schools.

Not only that, the lack of understanding and training in football skills in today's times affects the skills and playing style of children. In the early stages, children should be introduced to and provided with materials on skills. However, the reality on the field is different because in some football schools in Indonesia, especially in the Garut region, football skills for young children are not uniformly taught. Instead, many coaches focus on drills and training that lean towards tactics and strategies in playing football. It's not uncommon for some football schools to allow their students to play without providing any specific instruction. Football skills are crucial to be taught to young students before moving on to tactical and strategic training in football. Pamong Praja Football School (SSB) is one of the platforms that cater to the interests of young children who want to develop their football playing potential. Pamong Praja Football School (SSB) Garut has been in existence since 1993.

Materials and Methods

Study participants

Population in research is the group being studied and will subsequently be generalized, as explained by (Adang, 2015) and (Maksum, 2012). The individual population can include all research subjects. On the other hand, a sample is a representative portion of the population taken to gather information that represents the entire population according to Iskandar, (2013) and Sugiyono, (2018). In this research, the researcher employed non-probabilistic sampling using full sampling, which means that all members of the population, namely, the 16 players from SSB Pamong Pradja U10-12, became the research sample.

Study organization.

In accordance with the research's objective, which is to examine the basic football playing techniques in Filanesia and their impact on the football playing skills of students at SSB Pamong Praja Garut, the research method employed is the pre-experimental designs (nondesigns) experimental method. As stated by Sugiyono, (2012), "The experimental research method can be defined as a research method used to investigate the influence of a specific treatment on something else under controlled conditions. In line with the research problem under investigation, the researcher has chosen the experimental research method as the approach."

Statistical analysis.

The research instruments used in a study are the tools that collect data, which is crucial for obtaining quality research results. In quantitative research, the quality of research instruments is determined by their validity and reliability, while the accuracy of data collection methods determines the quality of the data obtained (Sugiyono, 2018).

In order to assess the effectiveness of the treatment and any differences as per the research goals, two experiments were conducted - an initial and a final one. The tests used in these experiments were the First Touch, Passing, Dribbling, Heading, Shooting, and Playing Skills tests. Each test has specific objectives, equipment requirements, procedures, and evaluation methods. Using these tests consistently and carefully will ensure that accurate and relevant data is collected for this research, especially when it comes to measuring football playing skills.

Results

This research aims to evaluate SSB Pamong Praja's football skills through analysis of attacking, transitioning, and defending techniques in line with Indonesian football philosophy. The results of data analysis are as follows:

Table 1. The result of the Basic Technique statistical test

		<i>Paired Samples Statistics</i>			
		<i>Mean</i>	<i>N</i>	<i>Std. Deviation</i>	<i>Std. Error Mean</i>
<i>First Touch</i>	<i>Pre-test</i>	52.50	16	12.910	3.227
	<i>Post-test</i>	69.38	16	6.801	1.700
<i>Passing</i>	<i>Pre-test</i>	218.13	16	29.489	7.372
	<i>Post-test</i>	266.88	16	34.970	8.743
<i>Dribbling</i>	<i>Pre-test</i>	44.56	16	6.439	1.610
	<i>Post-test</i>	52.69	16	3.979	.995
<i>Heading</i>	<i>Pre-test</i>	49.50	16	8.198	2.049
	<i>Post-test</i>	59.94	16	4.781	1.195
<i>Shooting</i>	<i>Pre-test</i>	81.88	16	41.023	10.256
	<i>Post-test</i>	122.50	16	18.074	4.518

The results of the statistical tests presented in the table above indicate a significant impact from the treatment applied. The First Touch test showed a pre-test mean score of 52.50 and a post-test mean score of 69.38. Similarly, the Passing test had a pre-test mean score of 218.13 and a post-test mean score of 266.88. The Dribbling test showed a pre-test mean score of 44.56 and a post-test mean score of 52.69. The Heading test had a pre-test mean score of 49.50 and a post-test mean score of 59.94. Finally, the Shooting test had a pre-test mean score of 81.88 and

a post-test mean score of 122.50. The sample size of the study was 16, and mean pre-test and post-test values were calculated before and after the treatment.

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Table 2. The results of the T-test for Basic Techniques

		Paired Samples Test								
		Paired Differences			95% Confidence Interval of the Difference		T	df	Sig. (2-tailed)	
		Mean	Std. Deviation	Std. Error Mean	Lower	Upper				
First Touch	Pre-test	-	10.782	2.695	-	-11.130	-6.260	15	.000	
	Post-test	16.875			22.620					
Passing	Pre-test	-	38.622	9.656	-	-28.170	-5.049	15	.000	
	Post-test	48.750			69.330					
Dribbling	Pre-test	-8.125	8.197	2.049	-	-3.757	-3.965	15	.001	
	Post-test				12.493					
Heading	Pre-test	-	6.633	1.658	-	-6.903	-6.294	15	.000	
	Post-test	10.437			13.972					
Shooting	Pre-test	-	32.755	8.189	-	-23.171	-4.961	15	.000	
	Post-test	40.625			58.079					

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Based on the sig (2-tailed) value of 0.000, which is less than the significance level of 0.05, it can be concluded that there is a significant difference in the results of the pre-test and post-test data. This difference can be attributed to the training in the application of the basic techniques of the football philosophy attacking transition-defending.

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Table 3. The results of the Statistical Test of Playing Skills

		Paired Samples Statistics Keterampilan bermain			
		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	Pre-test	.3379	16	.04154	.01110
	Post-test	.3857	16	.04450	.01189

The table above shows the results of a statistical test, indicating that the treatment applied had a significant impact. Before the treatment, the mean pre-test was 0.3379, but the post-test data showed a mean of 0.3857. The sample size was 16.

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Table 4. The results of the T-test for Playing Skills

		Paired Samples Test		T	df
		Paired Differences			

	Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference		Lower	Upper	Sig. (2- tailed)
3 Pair I	Pre-test – Post-test	-.04786	.05466	.01461	-.07942	-.01630	-3.276	13 .006

Based on the sig (2-tailed) value of 0.006, which is less than 0.05, it can be concluded that there is a significant difference in the pre-test and post-test data. This difference can be attributed to the training in the application of the basic techniques of the Indonesian football philosophy, specifically attacking transition-defending.

Discussion

Football is a game widely beloved by the public, and it is the most recognized sport in the world (Sanusi *et al.*, 2022). Football is the most cherished sport and is widely watched by the majority of the population (Effendi, 2016). Football offers a range of competitive activities that aim to promote the development of the sport. This study was undertaken to improve football skills through a pre-designed training program. Training is a methodical process of practice or work that is repeated, with the training load or workload increasing over time (Harsono, 2015). The training program consisted of 16 sessions, featuring various exercises based on the Indonesian football philosophy. The training sessions were held four times a week.

The PSSI has developed the Indonesian Football Philosophy to utilize football potential in the country. The philosophy can be found in the Indonesian Football Development Curriculum book. It includes unique playing characteristics, ideal players, training methods, and exercise formats. Indonesian football is renowned for its hallmark playing style that emphasizes scoring goals and building attacks from the backline. The curriculum uses the 1-4-3-3 formation, which aligns with the Indonesian football style. In this book, training phases are grouped by age to enhance sports ability (Hidayat *et al.*, 2022).

According to (Permadi, 2021), The success of a football player or team in a match depends on four elements: physical, technical, tactical, and psychological aspects. Therefore, it is important to train players based on their positions and implement sports psychology. By following specific training theories and principles, performance can be improved. This training program, which applies the basic techniques of Indonesian football philosophy, has a positive impact on the technical skills of football players during matches. Therefore, it is highly recommended to enhance fundamental football techniques with appropriate training regimens.

Based on the results of this research, it can be confidently concluded that the implementation of basic techniques of the Indonesian football philosophy, namely attacking-

transition-defending, has a significant impact on the proficiency of basic playing skills. This conclusion has been drawn from thorough analysis and processing of the data. Therefore, this training program is highly suitable for improving the basic playing skills of football players in the age group of 12 years old.

Conclusions

After conducting research on the Implementation of Filanesia Basic Techniques on Football Playing Skills at the Pamong Praja Football School in Garut, it has been concluded that utilizing the basic techniques of the Indonesian football philosophy, particularly attacking transition-defending, has a significant and effective impact on the proficiency of playing skills. This suggests that implementing the basic technique program of the Indonesian football philosophy, attacking transition-defending, is highly effective in enhancing the football playing skills of 12-year-old players.

Conflict of interest

The basic technique program of the Indonesian football philosophy, specifically on attacking transition-defending, has a significant and effective impact on the football skills of 12-year-old players. This finding is crucial for the development of youth football. However, it is important to note that this research should be analyzed with consideration of potential conflicts of interest that could affect the results. Therefore, transparency in disclosing funding sources or related support is necessary to ensure research integrity.

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