MJPES
Musamus Journal of Physical Education and Sport (MJPES)
ISSN 2622-7835 (online), ISSN 2622-7827 (print)
Volume 6, No. 1, October 2023 Hal. 166-172
http://ejournal.unmus.ac.id/index.php/physical

Game-Based Basic Running Movement Model for Children U-10 at the BTB-Delapan Futsal Club

Moch Iqbal Yanuar[1*], Taufik Rihatno[2], Eko Prabowo[3]

[1,2,3] Physical Education Program, Universitas Negeri Jakarta, Indonesia

*Corresponding Author: Moch Iqbal Yanuar, e-mail: yanuariqbal044@gmail.com

Received: 12 September 2023, Accepted: 07 October 2023, Published: 31 October 2023

Abstract

Objective. The aim of this study is to develop a basic framework for a running program suitable for children under the age of ten, who are members of the BTB-Delapan futsal club. The program is designed to align with the growth and development aspects, as well as the specific characteristics, of this age group. It is presented as a physical activity game that emphasizes fundamental running movements.

Material and Method. The BTB-Delapan futsal club has successfully implemented a rudimentary running technique for children under 10 years old. This was achieved through R&D research that utilized the ADDIE approach, which involves the following steps: analysis, design, development, implementation, and evaluation.

Result. This research has produced 13 game-based models that focus on the basic running movements of children under the age of 10. These models have been specifically designed to align with the growth and movement development characteristics of this age group, making them highly effective for use in training and improving the running techniques of children under 10.

Conclusion. After undergoing a thorough review and enhancement process by qualified professionals, the fundamental game-oriented running motion model product has been deemed appropriate and fit for employment. Its technical specifications and performance metrics have been scrutinized to ensure its suitability for advanced users.

Keywords: Basic Movement, Running, Games, Futsal, Children U-10

DOI: 10.35724/mjpes.v6i1.5523

Introduction.

Sports education plays a vital role in the education system as it can enhance students' quality of life, motivate them to engage in physical activities, and lower the risk of health issues associated with an unhealthy lifestyle. Sports activities are accessible to anyone, irrespective of their age, gender, ethnicity, or social background (Apriliani et al., 2020). Futsal is the most

popular sport in Indonesia besides football, even futsal is also loved and played by millions of people throughout the country, from amateur to professional level (Basyir, 2019). Futsal is a sport which is a variation of football. This game uses a ball that is smaller in size than football and is usually played indoors or on a smaller field (Himawan, 2022).

According to the Department of Education Western Australia, (Bhayangkara, 2018), Mastering basic movement skills is essential for developing technical skills required in various types of physical activities and sports. Fundamental movements serve as the foundation for acquiring more specific and complex skills in a particular sport. Without good proficiency in basic movements, it becomes challenging to excel in more specialized physical activities. Basic movements include Body management skills, which involve organizing the body for movement. Examples of these skills are static and dynamic balance, rolling, stopping, bending, stretching, twisting, swinging, and climbing. Locomotor skills refer to the ability to move the body in different directions from one point to another. Examples of these skills are crawling, walking, running, jumping, dodging, swimming. Object control skills involve the ability to control tools or objects. Examples of these skills are throwing, catching, kicking, hitting, bouncing, and dribbling (Kesumawati, 2019).

According to Teo-Koh Sock Miang "Running is one of the most basic movement skills required in daily activities. It is also a foundation skill required in many dynamic activities, games and sports" (Miang, 2018). (Running is one of the many movement skills in everyday life. Running is also a mandatory skill for many dynamic activities, games and sports (Maelani & Sukriadi, 2020).

The basic running movements of U-10s in futsal are associated with a game-based approach in teaching and training (Matitaputty, 2019). A play-based approach integrates game elements into practice, providing a fun and meaningful experience for children. In the context of futsal, a game-based approach involves learning through games adapted to teach basic running movements. (Hasim, 2023) This provides an opportunity for children to learn and practice basic running movements in a game context that is more realistic and interesting for them. Every sport has a goal for the game.

Based on the author's observations, which were carried out in the form of direct observations and interviews, the coaches of the BTB Eight futsal club found that problems in children U-10 years old with basic running movements when playing futsal were still not good and the provision of programs related to basic movement training, especially running at this age, was not good enough. coach's attention (Boronson, 2021). It is essential to teach U-10s proper running movements in futsal games to improve their motor skills, physical fitness, and

prevent injuries resulting from poor running techniques. Futsal is a sport that demands speed, agility, and endurance, and basic running movements are crucial in laying a strong foundation for these skills.

Materials and Methods

Study partcipant.

To promote the implementation of product trials, research topics were designed with a focus on encouraging participation. The study involved children who were under the age of 10 or in grades 4 to 5 of elementary school and who participated in futsal training at the BTB-Delapan Futsal Club, North Jakarta. The aim was to evaluate the effectiveness of the product in the context of a real-world scenario and provide valuable insights for future development.

Study organization.

This study endeavors to create a game-based model or method for teaching fundamental running movements to children under 10 years old who are enrolled in the BTB-Delapan futsal club. The ultimate goal of this model is to make learning basic running movements more enjoyable, effective, and motivating for children. The study is based on a product in the form of a game-based model of fundamental running movements that follows a clear sequence to guide the implementation of the research. The model aims to provide U-10 year old children who participate in Futsal extracurricular activities at the BTB-Delapan Futsal Club in North Jakarta with an enjoyable way of learning basic running movements. The research will focus on game-based models of fundamental running movements and their impact on children's enthusiasm for basic movement exercises, particularly running.

Study analysis.

To ensure the smooth functioning of the model design, the researchers have opted to employ the ADDIE model process, as suggested by Albert Maydiantoro. The process outlines the various stages of a game-based running movement model designed specifically for futsal training at the BTB-Delapan Futsal Club located in North Jakarta. The model has been developed using the Research and Development method and the flow of the model is described in detail below:

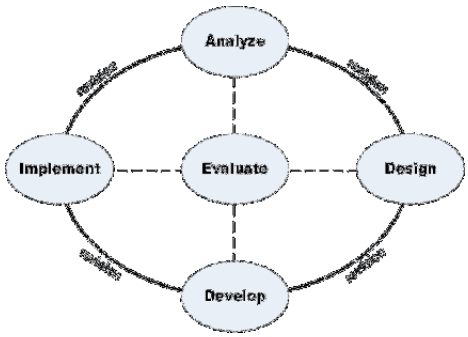

Figure 1. Development Steps ADDIE

Source: (Maydiantoro, 2021) Development Research Model. *Chemistry Education Review (CER)*

Results

In this research, the results of the game-based basic running movement model were presented by the researchers in the form of a script or storyboard, showcasing different variations of the model. The goal is to create a guidebook that futsal coaches in Indonesia, particularly the North Jakarta BTB-Delapan Futsal Club, can use as reference material. This guidebook will contain a game-based basic running movement model that will help coaches improve their players' performance.

As part of this research, researchers were consulted to evaluate the effectiveness of the expert judgments model in gathering input and recommendations for designing a basic running movement model for children under the age of 10 that uses game-based elements. After validating, evaluating and revising the model based on expert input, a total of 13 valid game models were obtained.

Figure 2. Game-Based Basic Running Movement Model Design

The reserachers have evaluated the game-based basic running movement model for children under 10 years old. The evaluation is in the form of scores for objective criteria, facilities and infrastructure of the model, and the appropriateness of the implementation method

presented by the researcher. The assessment uses a Guttman scale of 1-0, with the following criteria: (1) Score 0 if the answer is "not feasible"; (2) Score 1 if the answer is "feasible".

Table 1. The Attractiveness and Convenience

No	Variable	Max Score	Result Score	Percentage
1	Attractiveness	650	592	91%
2	Convenience	650	516	79,3%

Based on the variable test results, the attractiveness value of 91% and convenience of 79.3% are included in the good category. The validation aims to improve the draft by providing an evaluation to equip U-10 year old children who take part in futsal training in implementing a game-based basic running movement model, an evaluation questionnaire, and suggestions for designing a game-based basic running movement model. From the model that has been put forward, it is hoped that it can help the basic game-based running movement training process at the BTB-Delapan Futsal Club, as well as be innovative in developing and creating useful products with maximum results.

Discussion

Before field testing the game-based running movement model for U-10 year old children participating in futsal training at the BTB-Delapan Futsal Club, North Jakarta, the researcher sought validation from three experts in the fields of game, basic movement, and futsal. The experts evaluated the feasibility of the model's design and assessed its suitability for testing in the field. This validation process ensured that the model was suitable for field testing and had not already been created or implemented elsewhere. From the model that has been put forward, it is hoped that it can help the basic game-based running movement training process at the BTB-Delapan Futsal Club, as well as be innovative in developing and creating useful products with maximum results.

Conclusions

The final outcome of the model development research was a game-based model that taught basic running movements to children under the age of 10 at the BTB-Delapapan Futsal Club. The model was later packaged in the form of a book. Based on the research results, which included expert verification tests, group trials, and discussions of the research results, several conclusions were drawn. The research subjects were children under the age of 10 who participated in futsal training at the BTB-Delapan Futsal Club, where they were taught 13 different game-based basic running movement exercises. The experts reviewed and improved

the basic game-based running motion model product, which was categorized as suitable and appropriate for use.

Acknowledgment

The successful completion of this research would not have been possible without the invaluable assistance and support provided by the management of BTB-Delapan Futsal Club. The author is deeply grateful for their unwavering commitment and contribution towards the success of this project.

Conflict of interest

The authors declare no conflict of interest

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Information about the authors

Moch Iqbal Yanuar, S.Pd., : Yanuariqbal044@gmail.com, Pendidikan Jasmani, Universitas Negeri jakarta, Indonesia.
Dr. Taufik Rihatno,. : trihatno@unj.ac.id, Pendidikan Jasmani, Universitas Negeri jakarta, Indonesia.
Eko Prabowo, M.Pd : ekoprabowo@unj.ac.id, Pendidikan Jasmani, Universitas Negeri jakarta, Indonesia.

Cite this article as: Moch Iqbal Yanuar, et al. Game-Based Basic Running Movement Model for Children U-10 at the BTB-Delapan Futsal Club, *Musamus Journal of Physical Education and Sport (MJPES)*, Volume 6, No 1, 2023, 166-171, https://doi.org/10.35724/mjpes.v6i1.5523