



Basic Football Skills among Galaxy U-15 Players in Bima Regency

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Abstract

Objectives

This study aims to analyze the basic football skill levels of U-15 Galaxi players in Bima Regency, which include passing, dribbling, shooting, and ball control skills.

Materials and Methods

This study employed a quantitative descriptive method with a survey approach. The sample consisted of 25 Galaxy U-15 players selected using a total sampling technique. The research instrument used a basic football skills test consisting of passing and stopping, dribbling, shooting, and ball control. Data were analyzed using descriptive statistics in the form of means, standard deviations, frequencies, and percentages.

Results

The results showed that the basic soccer skills of Galaxy U-15 players were in the moderate category. Twenty-four percent of the players were in the very good category, 32% in the good category, 28% in the moderate category, 12% in the poor category, and 4% in the very poor category. The overall average basic skills score was 74.68 with a standard deviation of 8.42.

Conclusions

The basic football skills of the Galaxy U-15 players from Bima Regency were generally good to fair. These results indicate the need for a more structured training program, particularly in shooting and ball control, to improve the technical skills of young players.

Keywords: football; basic skills; young players; sports development; Bima Regency



Introduction

Football is one of the most popular sports in the world and has broad appeal across all age groups. The game not only demands good physical condition but also requires mastery of basic techniques, an understanding of tactics, teamwork, and the ability to make quick decisions in dynamic game situations. In the context of youth development, mastery of basic skills is a crucial foundation, as the quality of technique developed in the early stages will influence a player's readiness for advanced training and competition at the next level.

Basic soccer skills encompass several key components, such as passing, dribbling, shooting, and ball control. Good passing helps players maintain the flow of the game and build teamwork. Dribbling allows players to carry the ball, get past opponents, and create space for attack. Shooting is a crucial skill for converting scoring opportunities, while ball control helps players receive, control, and direct the ball effectively before taking their next action. Therefore, players with good basic skills tend to be better able to adapt to various game situations.

Youth player development is a strategic stage in developing football performance. In the U-15 age group, players are at a crucial developmental stage as their technical, physical, coordination, and tactical understanding begin to develop more complex skills. At this age, training should not only focus on improving physical fitness but also emphasize mastery of basic techniques in a measurable and sustainable manner. Evaluation of basic skills is crucial for coaches to understand players' actual abilities, identify technical weaknesses, and develop training programs tailored to the team's needs.

In the process of identifying and developing football talent, technical skills are an important indicator, alongside physical, physiological, and psychological aspects. Meylan et al. (2010) emphasized that technical skills testing is a crucial part of the process of identifying youth football talent. This demonstrates that technical evaluation is not only useful for determining a player's current abilities but can also serve as a basis for mapping a player's potential future development. Similarly, research on young players indicates that technical skills, such as dribbling, passing, and shooting, need to be systematically analyzed to provide coaches with an objective picture of a player's playing quality.

Several previous studies have shown that basic skills play a crucial role in supporting the performance of young soccer players. Parulian et al. (2026) found that analyzing core soccer skills, such as dribbling, passing, and shooting, can provide empirical information for coaches in designing more systematic and tailored training sessions to players' needs. Other studies have also shown that evaluating passing and control skills in 15-year-old players is important because these two abilities are directly related to the effectiveness of ball control in the game. Furthermore, studies on youth player development emphasize that early-age soccer training needs to be directed in a gradual, planned, and evaluation-based manner so that the coaching process is not only routine but also results in measurable skill development.

Although numerous studies have been conducted on basic soccer skills, research specifically describing the basic skill levels of young soccer players in Bima Regency is still relatively limited. Yet, Bima has potential for youth soccer development that requires objective evaluation data. Without a basic skills mapping, coaches may struggle to prioritize training, including passing, dribbling, shooting, and ball control. Therefore, this study is urgently needed to provide an initial overview of the basic skill quality of Galaxy U-15 players in Bima Regency.

Based on the above description, this study aims to analyze the basic soccer skill levels of Galaxy U-15 players in Bima Regency. The results are expected to serve as evaluation material for coaches in developing more appropriate, targeted, and tailored training programs tailored to the players' needs. Furthermore, the findings are expected



to contribute to the development of youth soccer coaching, particularly at soccer clubs and schools in the Bima area.

Materials and Methods

Study Design

This study employed a quantitative descriptive method with a survey approach. This design was used to obtain an objective picture of the basic football skill levels of the Galaxy U-15 players in Bima Regency. The study did not provide any treatment or training interventions, but instead focused on measuring the players' abilities through a series of basic football skills tests.

Study Participants

The population in this study was all 25 Galaxy U-15 players in Bima Regency. Due to the relatively small population, all members of the population were sampled using a total sampling technique. Thus, the research sample consisted of 25 active Galaxy U-15 players in Bima Regency.

The study participants were male players aged 14–15 years old, registered as active members of the Galaxy U-15 Bima Regency team, and regularly participating in training. All participants underwent a series of basic football skills tests according to established procedures.

Study Organization

Data collection was conducted at a soccer field in Bima Regency in January 2026. The research instrument used was a basic soccer skills test, which included passing and stopping, dribbling, shooting on target, and ball control. These four tests were chosen because they represent the main basic skills required in the game of soccer.

Before the test was administered, the researcher explained the purpose of the study, the test procedure, the sequence of activities, and safety rules during data collection to all participants. Participants were also given the opportunity to warm up to prepare for the test series. Afterward, each participant completed the test according to the specified instructions. The researchers recorded the test results with the assistance of a research assistant to ensure the data obtained was accurate and reflected the participants' performance during the measurements.

The data collected included test results on passing and stopping, dribbling, shooting on target, and ball control. Each test result was then classified into skill categories to determine the basic football abilities of the Galaxy U-15 players in Bima Regency.

Statistical Analysis

The data were analyzed using descriptive statistics. The analysis was performed by calculating minimum and maximum values, means, standard deviations, frequencies, and percentages. The results were used to describe the players' basic soccer skill levels based on each test component.

Basic skill categories were determined based on the distribution of test scores. The data was then presented in frequency and percentage tables to facilitate systematic understanding of the research findings. This analysis was used to determine trends in the basic skill levels of Galaxy U-15 football players in Bima Regency.

Results

Description of Basic Football Skills Results

The results of this study describe the basic football skill levels of Galaxy U-15 players from Bima Regency, including passing, dribbling, shooting, ball control, and total basic skills. A summary of descriptive statistics is presented in Table 1.

Table 1. Descriptive Statistics of Basic Football Skills

Variables	Minimum	Maximum	Mean	Elementary
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				School
Passing	65	92	77.84	7.21
Dribbling	63	90	75.60	8.03
Shooting	58	88	71.32	9.15
Control the ball	60	89	73.95	8.54
Total skills	59	91	74.68	8.42

Based on Table 1, the average total basic soccer skills of Galaxy U-15 players in Bima Regency was 74.68 with a standard deviation of 8.42. These results indicate that the players' basic skills are generally in the moderate to good category. The passing component obtained the highest average score, namely 77.84, while shooting obtained the lowest average score, namely 71.32. These findings indicate that players' passing ability is relatively better than other basic skill components, while shooting still requires more attention in the training program.

Distribution of Basic Football Skills Categories

The distribution of basic football skill levels of Galaxy U-15 players in Bima Regency is presented in Table 2.

Table 2. Distribution of Basic Football Skill Levels

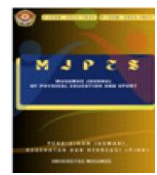
No	Category	Frequency	Percentage
1	Very good	6	24%
2	Good	8	32%
3	Currently	7	28%
4	Not enough	3	12%
5	Very less	1	4%
	Total	25	100%

Based on Table 2, 6 players, or 24%, are in the excellent category, 8 players, or 32%, are in the good category, and 7 players, or 28%, are in the moderate category. Meanwhile, 3 players, or 12%, are in the poor category, and 1 player, or 4%, is in the very poor category. Overall, the majority of players are in the good and moderate categories, with a cumulative percentage of 60%. These results indicate that the basic football skills of the Galaxy U-15 players in Bima Regency have developed sufficiently, but some players still require more intensive technical training.

Discussion

The research results show that the basic football skills of the Galaxy U-15 players in Bima Regency are generally in the moderate to good category. This finding indicates that the training process has positively contributed to the development of the players' technical abilities. In the U-15 age group, mastery of basic techniques is crucial because players are in the skill-building phase that determines their readiness for training and competition at the next level. Technical skills such as passing, dribbling, shooting, and ball control are the main foundation that must be mastered so players can adapt to the demands of a fast-paced and dynamic football game.

The passing component received the highest average score compared to other skills. This indicates that the Galaxy U-15 players from Bima Regency have relatively good passing skills. Good passing is crucial in football because it forms the basis of teamwork, ball possession, and building attacks. Players who can pass accurately will more easily help the team maintain the rhythm of the game and create attacking opportunities. This finding aligns with the view that technical skills, particularly passing, are a crucial indicator of youth player performance.



Players' dribbling skills also showed quite good results. This may be due to training patterns that allow players to frequently carry the ball in game situations, particularly through small-sided games. Game-based training provides players with more opportunities to touch the ball, move in confined spaces, make decisions, and deal with opponent pressure. Clemente and Sarmento (2020) explain that small-sided games can support the improvement of players' technical skills because the training situations more closely resemble match conditions. Therefore, players' dribbling can develop when training is designed to be active, varied, and close to real game situations.

Meanwhile, shooting received the lowest average score compared to other skill components. These results indicate that players still need improvement in the finishing aspect. Shooting requires not only correct kicking technique, but also coordination, leg muscle strength, balance, accuracy, and composure in determining the direction of the target. Poor shooting results can be caused by insufficient finishing practice, suboptimal leg strength, or players' lack of experience in decision-making in the goal-scoring area. Therefore, coaches need to provide a more structured portion of shooting training, for example through training on target accuracy, shooting after dribbling, shooting after combination passes, and finishing in pressure situations.

Ball control skills also need to be improved. Ball control, or the first touch, is a crucial skill because it determines the quality of subsequent actions. Players with good ball control will find it easier to pass, dribble, or shoot effectively. Conversely, poor ball control can slow down play, make the ball easy for opponents to dispossess, and reduce the effectiveness of attacks. In younger age groups, ball control training needs to be repeated through various exercises such as receiving the ball, directing the ball into space, and controlling the ball under pressure.

Overall, the results of this study indicate that the Galaxy U-15 players from Bima Regency have good potential for development. Although most players are in the fair to good category, several aspects still need to be strengthened, particularly shooting and ball control. The practical implication of these findings is that coaches need to develop training programs that balance mastery of basic techniques, small-game play, and specific finishing drills. Training programs should also be developed based on evaluation results to ensure players' needs are more accurately addressed.

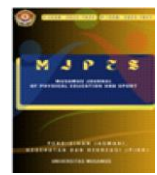
This study has limitations because it only involved Galaxy U-15 players from Bima Regency and used a descriptive approach. Therefore, the results cannot be broadly generalized to all youth football players in other regions. Future research is recommended to involve a larger sample size, compare several football clubs or schools, and add physical and tactical variables to provide a more comprehensive picture of player abilities.

Conclusions

Based on the research results, it can be concluded that the basic football skills of the Galaxy U-15 players in Bima Regency are generally in the moderate to good category, with an average total score of 74.68. The passing component showed the best results, while shooting had the lowest average score and still needs improvement.

The practical implication of this research is the need for training programs that are more focused on improving shooting and ball control skills without neglecting passing and dribbling. Coaches are advised to use the results of the basic skills evaluation as a basis for developing training programs tailored to the needs of young players.

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Conflict of Interest

The author declares that there is no conflict of interest in this research.

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