



Basic Soccer Skill Levels of Students at UPT SMP Negeri 001 Pasar Dolok

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Abstract

Objectives:

The purpose of this study is to determine the proficiency level of basic soccer skills among students at UPT SMP Negeri 001 Pasar Dolok Sanggul.

Materials and Methods:

This study employs a quantitative research approach using a survey method. The study population consists of all 178 students at UPT SMP Negeri 001 Pasar Dolok Sanggul, while the sample comprises the 17 male students at the school.

Results:

The research results indicate that the level of basic soccer technical skills among students at UPT SMP Negeri 001 Pasar Dolok Sanggul falls into the following categories: excellent (0 students, 0%), good (2 students, 11.76%), moderate (9 students, 52.94%), poor (6 students, 35.29%), and very poor (0 students, 0%).

Conclusions:

The basic soccer technical skill level of students at UPT SMP Negeri 001 Pasar Dolok Sanggul falls into the moderate category, with a percentage of 52.94%.

Keywords: Skills; Basic Skill; Football.

Introduction

In accordance with the Law of the Republic of Indonesia, which stipulates that national education aims to develop and shape the character and civilization of the nation with dignity in order to educate the people, education in Indonesia is based on the National Education System. This system seeks to develop students' potential so that they become individuals who fear and have faith in Allah SWT, possess noble character, maintain good health, are knowledgeable, competent, creative, independent, and develop into responsible and democratic citizens.

Formal education, non-formal education, and informal education are the three categories of education in Indonesia (Sudjana, 2020: 22). Formal education is one of the means of improving human resources. According to the law, "Formal education is an organized and hierarchical educational pathway consisting of primary, secondary, and higher education." The formal education pathway, which is carefully designed under the guidance of teachers and other educators, includes learning activities conducted in schools.

1. Physical Education, Sports, and Health is one of the disciplines taught in schools. According to Moh. Rakim in Hartono et al. (2023), Physical Education, Sports, and Health is essentially an educational process that focuses on activities aimed at developing the physical aspects of human beings.

2. Physical Education, Sports, and Health is an educational approach that utilizes sports and physical exercise to achieve comprehensive improvements in an individual's physical, mental, and emotional well-being.

Football is one of the sports taught in Physical Education, Sports, and Health. The first scope, which includes games and sports, incorporates football into Physical Education, Sports, and Health. Games and sports include traditional sports, games, movement exploration, locomotor, non locomotor, and manipulative skills, athletics, baseball,



rounders, kippers, football, basketball, volleyball, table tennis, tennis, badminton, martial arts, and other activities.

Each football team consists of eleven players, including a goalkeeper. Football is a team sport. Except for the goalkeeper, who is allowed to use their hands within the penalty area, most of the game is played using the feet. Football players aim to score as many goals as possible against the opposing team while protecting their own goal. A team wins if it scores more goals than its opponent, while a match is considered a draw if both teams score the same number of goals (Zaki Almunata, 2023).

The most important prerequisite for playing football effectively is having strong basic football skills, as players with good fundamental skills are generally able to perform better. According to Zaki Almunata (2023), basic football skills include kicking, stopping, dribbling, heading, tackling, throw-ins, and goalkeeping.

One of the schools that includes football in its Physical Education, Sports, and Health (PJOK) curriculum is SMP Negeri 001 Pasar Dolok Sanggul. However, the football lessons at SMP Negeri 001 Pasar Dolok Sanggul have not been fully understood and mastered by the students. The material is easily understood only by a small number of students who have previously played football or participated in football training.

Several factors influence the effectiveness of learning, particularly in football, including teachers, students, learning materials, facilities and infrastructure, sports-related aspects, and teaching methodologies. The facilities and infrastructure at this institution are very limited. For Physical Education classes, the school only has two footballs. Distributing these two balls among a class of thirty students is challenging and results in less satisfactory learning outcomes. In addition, the school field is in poor condition because it has many holes and is too small to accommodate the large number of students. This situation creates a high risk of student injury.

The school needs to pay particular attention to facilities and infrastructure in addition to other aspects. Effective learning can be ensured through adequate and appropriate facilities and infrastructure. Footballs, cones, training bibs or jerseys, and other equipment would support the Physical Education program at SMP Negeri 001 Pasar Dolok Sanggul.

The objectives of Physical Education, Sports, and Health, which primarily aim to encourage active movement and improve health and physical fitness, are clearly inconsistent with the fact that some students are still not actively engaged in physical activities. In addition, the researchers observed that some students stopped participating and rested before the lesson had ended. This reduces the effectiveness of learning and hinders students' understanding of the learning materials. Students also show limited interest in learning; some only practice kicking the ball, while others simply play on their own. As a result, teachers have difficulty assessing their students' basic football skills.

Materials and Methods

Study Design

This study employs a quantitative approach using a survey method. Quantitative research is a research method grounded in the philosophy of positivism; it involves studying specific populations or samples, collecting data via research instruments, and conducting quantitative or statistical data analysis, with the aim of testing established hypotheses.

Study Participants

The population of this study consists of all male students at SMP Negeri 001 Pasar Dolok Sanggul, totaling 178 students. The sample for this study comprises 17 male students from SMP Negeri 001 Pasar Dolok Sanggul.

Study Organization

In this study, the instrument used to measure soccer skills is the soccer skills test for the 10–12 age group developed by the Department of National Education.



Statistical Analysis

The data analysis technique employed in this study is quantitative descriptive analysis using percentage data.

Results

Based on the research and analysis conducted on 17 students at UPT SMP Negeri 001 Pasar Dolok Sanggul, the level of basic soccer technical skills among these students can be described as follows:

Table 1. Dribbling Test Results

No	Interval	Category	Frequency	Percentage (%)
1	≥ 66	Very Good	2	11.76%
2	53-65	Good	6	35.29%
3	41-52	Currently	5	29.41%
4	28-40	Not enough	4	23.52%
5	≤ 27	Very less	0	0%
Total			17	100%

Table 2. Short Pass Test Results

No	Interval	Category	Frequency	Percentage (%)
1	≥ 124	Very Good	1	5.88%
2	104-123	Good	6	35.29%
3	85-103	Currently	6	35.29%
4	65-84	Not enough	3	17.64%
5	≤ 64	Very less	1	5.88%
Total			17	100%

Table 3. Throw in Test Results

No	Interval	Category	Frequency	Percentage (%)
1	≥ 70	Very Good	2	11.76%
2	59-69	Good	1	5.88%
3	47-58	Currently	7	41.17%
4	36-46	Not enough	7	41.17%
5	≤ 35	Very less	0	0%
Total			17	100%

Table 4. Running Test Results

No	Interval	Category	Frequency	Percentage (%)
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1	≥ 57	Very Good	4	23.52%
2	48-56	Good	8	47.05%
3	39-47	Currently	3	17.64%
4	30-38	Not enough	1	5.88%
5	≤ 29	Very less	1	5.88%
Total			17	100%

Table 5. Heading Test Results

No	Interval	Category	Frequency	Percentage (%)
1	≥ 82	Very Good	0	0%
2	67-81	Good	1	5.88%
3	52-66	Currently	6	35.29%
4	37-51	Not enough	9	52.94%
5	≤ 36	Very less	1	5.88%
Total			17	100%

Table 6. Shooting Test Results

No	Interval	Category	Frequency	Percentage (%)
1	≥ 67	Very Good	1	5.88%
2	55-66	Good	3	17.64%
3	44-54	Currently	8	47.05%
4	32-43	Not enough	5	29.41%
5	≤ 31	Very less	0	0%
Total			17	100%

The data for each test item above is then aggregated into the norms for the Soccer Skills Test for the 10–12 age group, as presented in the table below:

Table 7. Basic Soccer Technical Skills UPT SMP Negeri 001 Pasar Dolok Sanggul

No	Interval	Category	Frequency	Percentage (%)
1	≥ 479	Very Good	0	0%
2	401-478	Good	2	11.76%
3	323-400	Currently	9	52.94%
4	246-322	Not enough	6	35.29%
5	≤ 245	Very less	0	0%



Total	17	100%
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Based on Table 7 above, the basic soccer skill levels of students at UPT SMP Negeri 001 Pasar Dolok Sanggul are distributed as follows: excellent (0 students, 0%), good (2 students, 11.76%), moderate (9 students, 52.94%), poor (6 students, 35.29%), and very poor (0 students, 0%). It can be concluded that the basic soccer skill level of students at UPT SMP Negeri 001 Pasar Dolok Sanggul falls into the moderate category, with a percentage of 52.94%. The graph below illustrates the basic soccer skill levels of students at UPT SMP Negeri 001 Pasar Dolok Sanggul:

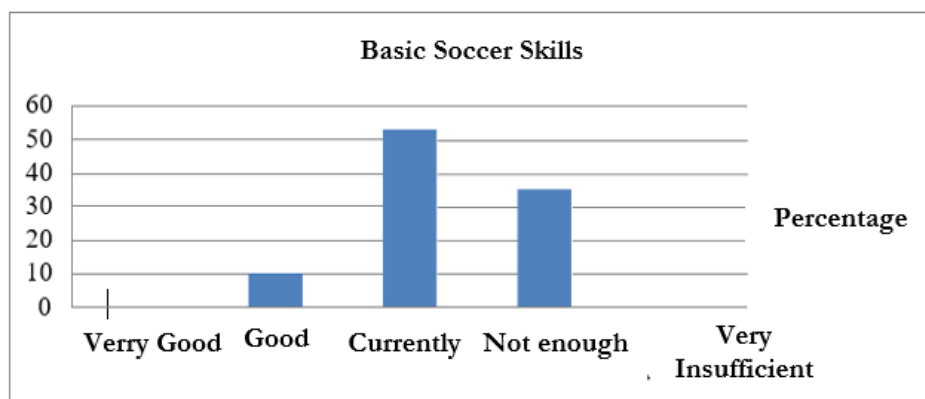


Figure 1. Basic Technical Soccer Skills

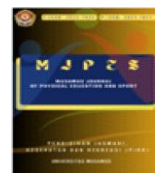
Discussion

Soccer is a team sport played by two teams, with each team consisting of 11 players. A match is played in two halves, each lasting 45 minutes (2×45 minutes), with a 10-minute halftime break. The game may be played using all parts of the body except both arms (hands). The objective of the game is to score as many goals as possible by putting the ball into the opponent's goal in order to determine the winner.

The most important requirement for playing soccer well is that players possess good basic soccer skills, as players with good basic skills tend to perform better overall. According to Sucipto et al. (2000, p. 17), basic soccer techniques include kicking, stopping, dribbling, heading, tackling, throw-ins, and goalkeeping. All of these movements are integrated into a movement pattern that players need to perform their roles effectively during a soccer match.

Mastery of basic technical skills determines an individual's proficiency in performing the overall movements required in a particular sport. Therefore, players need to master basic soccer techniques correctly and effectively to facilitate their efforts to achieve optimal performance. The longer and more consistently basic training is performed correctly, the longer athletes are expected to be able to maintain their skills and performance.

Based on the research results, the level of basic soccer technical skills among students at UPT SMP Negeri 001 Pasar Dolok Sanggul was categorized as follows: 0 students (0%) were in the very good category, 2 students (11.76%) were in the good category, 9 students (52.94%) were in the moderate category, 6 students (35.29%) were in the poor category, and 0 students (0%) were in the very poor category. It can therefore be concluded that the level of basic soccer technical skills among students at UPT SMP Negeri 001 Pasar Dolok Sanggul was in the moderate category, with a percentage of 52.94%.



The level of basic soccer technical skills among students at UPT SMP Negeri 001 Pasar Dolok Sanggul was influenced by several factors that may cause differences in players' abilities to respond to the training material provided. These factors include concentration, enthusiasm or motivation, and physical fitness, all of which can affect the quality of training and subsequently influence players' development (Timo Scheunemann, 2019, p. 61).

Conclusions

The skill level regarding basic soccer techniques at UPT SMP Negeri 001 Pasar Dolok Sanggul falls into the moderate category, with a percentage of 52.94%.

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Conflict of Interest

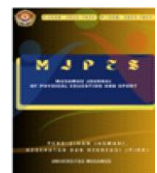
The authors declare no conflict of interest.

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