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The Effect of Small Side Games Training on Passing Skills in Futsal Games at Kayumanis 1 Elementary School, Bogor City

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ABSTRACT

Weaknesses and mistakes in passing are found in the weight of the pass, the strength of the pass which is still poor or weak, the accuracy of the pass or the precision of the pass, the view (head up), foot support, contact with the ball, foot position, and so on. The training model used in futsal passing training is a monotonous training model facing each other when carrying out the training. This research aims to analyze the effect of small-sided games training on passing skills in futsal extracurricular students at Kayumanis I Kota Bogor Elementary School. The method used in this research is experimental, while the research design used is pre-test-post test one group design. The population in this study were active members of extracurricular futsal students at Kayumanis I Kota Bogor Elementary School with a total population of 20 students from the total sample. The data collection technique uses test passing. To analyze the data using the Kolmogorov Smirnov Test, and homogeneity testing with the t-test using SPSS 26.

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A. Conception and design of the study;
B. Acquisition of data;
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INTRODUCTION

Schools are educational institutions that accommodate students to be trained so that they have abilities, intelligence, and skills (Nuryanto, 2017). The curriculum plays an important role in student education. If the nature of society and culture is analyzed, with schools as social institutions, then in carrying out their operations, three curriculum roles can be determined, namely conservative roles, critical or evaluative roles, and creative roles (Amarta et al., 2024). This curriculum consists of extracurricular, co-curricular and extracurricular activities. In the education process, coordinated and directed training is needed (Setiawan & Pebrina, 2019). Education is a learning process that is carried out to develop self-potential in terms of spiritual religion, self-control, personality, intelligence, noble morals, and skills (Risma, 2020). Therefore, in the learning process, not only the knowledge aspect is used as a benchmark in assessment, but it must also be connected to the attitude aspect and movement aspect, especially for physical education subjects.



Initial observations that the author has made on extracurricular futsal game activities, there are still many shortcomings and errors in passing. The shortcomings and errors in passing are in the weight of the passing or the strength of the passing which is still not good or weak, the accuracy of passing or the precision of passing, the view (head up), the foot support, the contact with the ball, the position of the feet, and so on. The training model used in futsal passing training with a monotonous training model. Therefore, the author wants to develop a futsal passing training model based on small-sided games that can be effectively used in futsal passing training and interesting during training, starting from warming up to real games.

The problem of this research was found when the researcher often trained the futsal team of Kayumanis I Elementary School, Bogor City. The researcher found problems in the team, namely passing problems, players often made passing mistakes and the players' passing game in general was not good, still far from perfect. This statement was confirmed by the PJOK teacher of Kayumanis I Elementary School, Bogor City, the PJOK teacher of the Elementary School who was also present at the training. Because they made many basic mistakes such as often making passing mistakes, the opposing team easily stole the ball, making it easier for the opponent to attack which eventually resulted in a goal.

Basic techniques are the foundation or initial steps to achieve the desired goals. (Adi Surya et al., 2019). Common basic futsal techniques include: Receiving the ball, kicking, passing, advancing the ball, dribbling, heading, protecting, and blocking (Abdul Rohman, 2021). Basic futsal techniques are passing, shooting, stooping, heading and dribbling (Anggriawan, 2016). Passing is one of the basic techniques in futsal (Ashari & Adi, 2019) where passing is the movement of passing the ball to a teammate (Wibowo, 2018). Stopping is a basic futsal technique where stopping is a way to stop the ball passed by a teammate (Hamzah & Hadiana, 2018). Dribbling is a basic futsal technique where dribbling means moving the ball from one place to another (Mashud et al., 2019). Shooting is a basic futsal technique by kicking the ball towards the opponent's goal (Nosa et al., 2019). Heading is a basic futsal technique that is done by using the head to pass or score goals into the opponent's goal (Agustan & Hidayat, 2021).

Passing is very important for futsal players. Futsal players must have good passing skills to pass the ball correctly to their teammates. Futsal will not be effective without passing skills (Husyaeri & Saleh, 2022). Several factors that can increase students' basic passing technique skills (Oman Hadiana, 2020) can be given through the right training methods so that the results are maximized (Husyaeri & Saleh, 2022). Small-sided game training is a training method applied to futsal matches that resemble real matches by making changes such as regulations, field size and match participants (Fitrian et al., 2023). The advantages obtained in Small Sided Games training compared to real games are that players touch the ball more and players are more involved in the game (Geovani Akbar, 2024).

Small-sided game training is a training that develops by presenting game situations that allow players to gain mastery of technical, tactical, and physical aspects at once, small-sided game training more directly applies physical, technical, and tactical training in

a game, which means players are required to face pressure situations as if in a real game situation (Mandalika, 2024). Small-sided game training more directly applies physical, technical, and tactical training in a game, which means players are required to face pressure situations as if in a real game situation. Passing is one of the basic futsal techniques that is needed by every player (Imam et al., 2022) because, with a flat field and a small field size, hard and accurate passing is needed because the ball that slides is parallel to the player's heel because almost throughout the futsal game using passing.

When playing futsal, passing and control are very useful so that the game can run beautifully, so that when playing there are no mistakes when doing basic futsal techniques (Kuncoro, 2016). The function of passing is so that the ball that was initially at our feet can reach its destination, namely our friend, control is also very useful when the ball that is passed can be held well (Norifansyah et al., 2024). Passing plays a role in avoiding or breaking through the opponent's defence area (Novianto & Nugraheningsih, 2021). The definition of Passing is the basic technique of passing or passing the ball to teammates to give players space, working together with other players (Widiyono et al., 2022), creating an opportunity that can ultimately result in a goal towards the enemy's goal net. Applying the correct eating technique requires regular and continuous practice so that the accuracy of eating becomes more accurate (Firza Prahestian et al., 2023).

METHODS

This study is an experimental one-group pretest-posttest design, namely an experiment conducted on only one group without a comparison group. The groups in this study were given a pretest, treatment, and posttest.

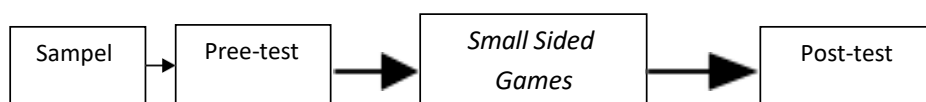


Figure 1
 Research Design

According to (Sugiyono, 2016), "Population is a generalization area consisting of: objects/subjects that have certain qualities and characteristics that are determined by research to be studied and then conclusions are drawn" Population is a larger group whose results are to be applied In this study, the population taken based on the type of limited population, namely the number of data sources that have clear quantitative boundaries so that the number can be relatively calculated. The population used in this study is the extracurricular players of SDN 3 Wangunsari totalling 20 people.

Data collection was carried out in the form of an initial test (pre-test) and an initial test (post-test). The initial test aims to obtain initial ability data before the training is given, while the final test aims to obtain data after the training program. Tools/facilities: Futsal ball, meter, cones, small goal measuring 1.5 meters long and 0.5 meters high. To collect data from research samples, a tool called an instrument is needed.

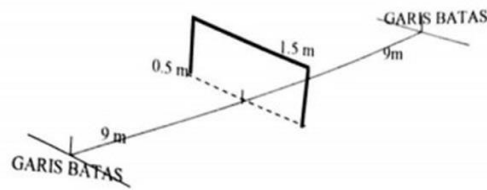


Figure 2.

Form of futsal ball passing test

Purpose, in the game of futsal the most needed is the basic futsal technique. Therefore, this test aims to measure the basic futsal passing technique of futsal extracurricular participants at SD Negeri Kayumanis I, Bogor City. Test equipment, futsal field/flat floor measuring 18 meters with a goal placed in the middle as a target area, plaster/duct tape for the line boundary, cones, futsal ball, and stopwatch.

Instructions for implementing the test, the implementation of the study was 12 meetings with 2 pre-tests and post-tests, and 10 meetings for treatment. With a total of 20 active futsal extracurricular students at SD Negeri Kayumanis I, Bogor City. Continuing into the implementation stage, the ball is placed behind the boundary line, and students stand behind the ball and may take a run-up. A kick is considered valid if it enters the target area and the hardness of the kick must reach the boundary line from the opposite direction (distance 18 meters). Kicks are carried out 10 times.

RESULTS AND DISCUSSION

Results

The results of the pre-test and post-test research on the effect of Small Side Games training on passing skills in futsal games for elementary school children:

Table 1.

Pre-test and post-test results

| No. | Subject | Pre-Test | Post-Test | Difference |
|-----|------------|----------|-----------|------------|
| 1. | IRUL | 6 | 7 | 1 |
| 2. | RAKA | 6 | 6 | 0 |
| 3. | NAZMI | 6 | 7 | 1 |
| 4. | IBNU | 5 | 8 | 3 |
| 5. | OMAR | 5 | 6 | 1 |
| 6. | SONI | 5 | 6 | 1 |
| 7. | FATIR | 4 | 7 | 3 |
| 8. | NAFIS | 4 | 4 | 0 |
| 9. | HAZZAM | 4 | 5 | 1 |
| 10. | IRSYAD | 4 | 4 | 0 |
| 11. | ALFAT | 4 | 6 | 2 |
| 12. | REVAN | 2 | 5 | 3 |
| 13. | FAIREL | 2 | 3 | 1 |
| 14. | IZZA | 2 | 3 | 1 |
| 15. | FATAH | 2 | 3 | 1 |
| 16. | HAFIDZ | 2 | 3 | 1 |
| 17. | ABDURAHMAN | 2 | 2 | 0 |
| 18. | IKHSAN | 1 | 2 | 2 |
| 19. | ZAKI | 1 | 3 | 2 |
| 20. | SHAKILL | 1 | 6 | 1 |

Table 2.

Paired Sample Correlation between pretest and posttest results of small side exercise

| Kicking Into The Goal | N | Correlation | Sig. |
|-----------------------|----|-------------|-------|
| Pre-Test & Post-Test | 20 | 0.753 | 0.000 |

Table 3.

Paired Sample Statistics between pretest and posttest results of small-side exercise

| Kicking Into The Goal | Mean | N | Std. Deviation | Std. Error Mean |
|-----------------------|------|----|----------------|-----------------|
| Pre-Test | 3.40 | 20 | 1.759 | 0.393 |
| Post-Test | 4.80 | 20 | 1.852 | 0.414 |

Based on the output table of the t-test results, the sig value is obtained = 0.000, which means it is smaller than α 0.05. Thus, H_0 is rejected and H_a is accepted.

The purpose of the normality test is to determine whether the data obtained from the test results generally follow a normal distribution or not. The normality test is carried out using the Kolmogorov-Smirnov analysis using SPSS software. The method used to determine whether a data set is normal or not is as follows: if the significant value is more than or equal to 0.05 (significance > 0.05 then the data is normal; if the significant value is less than or equal to 0.05 (significance < 0.05), then the data is not normal (Sarwono, J, 2014).

Table 4.

Results of normality test using Kolmogorov Smirnov

| Unstandardized Residual | | |
|----------------------------------|----------------|----------------------|
| N | | 20 |
| Normal Paramaters ^{a,b} | Mean | 0.0000000 |
| | Std. Deviation | 0.30709281 |
| Most Extreme Differences | Absolute | 0.150 |
| | Positive | 0.150 |
| | Negative | -0.136 |
| Test Statistic | | 0.150 |
| Asymp. Sig. (2-tailed) | | 0.200 ^{c,d} |

The results of the normality test of pre-test and post-test data. Treatment of passing skills with a sample size of 20 people obtained a Kolmogorov-Smirnov value of 0.15 with a Sig value of,200, which is greater than α 0.05. It can be seen that the pre-test and post-test have a significance value of,200. This value is greater than 0.05. It can be seen that the pre-test and post-test data have a sig value greater than 0.05. So the hypothesis that states that the data is normally distributed is accepted. The conclusion that can be drawn is that the pre-test and post-test data are normally distributed.

Hypothesis testing was conducted to determine the effect of small side games training on passing skills in elementary school children's futsal games. This hypothesis test used a t-test with the help of the SPSS program. The results of the analysis can be seen in the following table:

Table 4

T-test results between pretest and post-test data of small side games training

| Paired Differences | | | | | | | | |
|--------------------------|--------|-------------------|--------------------|---|--------|--------|----|---------------------|
| Kicking Into The Goal | Mean | Std. Deviation | Std. Error Mean | 95% Confidence Interval of The Difference | | T | Df | Sig. (2- tailed) |
| | | | | Lower | Upper | | | |
| | | | | | | | | |
| Pre-Test & Post-Test | -1.400 | 1.273 | 0.285 | -1.996 | -0.804 | -4.918 | 19 | 0.000 |

If the Sig. (2-tailed) value < 0.05 , then there is a significant difference between the pre-test and post-test data results on small-side game training on passing ability in futsal games at SD Negeri Kayumanis 1, Bogor City.

If the Sig. (2-tailed) value > 0.05 , then there is no significant difference between the pre-test and post-test data results on small-side game training on passing ability in futsal games at SD Negeri Kayumanis 1, Bogor City

Discussion

Passing or passing in futsal has a very important role. Because good mastery of basic passing, techniques will affect the course of the game in futsal. To improve good passing skills, of course, you have to do well-programmed training and do it continuously. The futsal extracurricular at SDN Kayumanis 1 Kota Bogor is a place for students who have a high interest in futsal which aims to improve students' deficiencies or understanding of futsal, especially in mastering basic futsal techniques. After monitoring the implementation of extracurricular activities, the researcher saw that there were still many students who did not master the basic techniques in futsal, especially in passing skills, so it was necessary to provide a structured training pattern to improve the deficiencies in mastering basic techniques in these students. Therefore, accuracy in passing is needed to improve passing skills.

Judging from the definition and purpose of passing itself, it can be concluded that passing is a basic technique that is very important or even mandatory for futsal players to master. Therefore, the researcher wants to try to examine whether there is a significant influence on passing skills if given a training pattern through Small Side Games. With a structured and varied training pattern, players are enthusiastic about doing training and will provide good benefits for players in mastering the basic techniques given during the training. According to researchers, the passing training pattern using Small Side Games training affects passing skills in players because with a varied training pattern carried out continuously, players will get used to passing or passing the ball properly and correctly. During twelve meetings, players were given a programmed training pattern in passing training through target media and with different training patterns at each meeting. A training program is a very important tool for coaches to direct well-organized training (Gustiawan, 2021).

A training program is an important thing to get good results. According to (Hanafi and Prasatyana, 2020), a training program is an important point for athlete achievement. Therefore, the training program must prepare good planning to achieve the objectives of the training. So that the difference in the accuracy of passing players can be seen before the training pattern is given and after the passing training pattern is given through Small Side Games Training. Therefore, conducting passing training using the Small Side Games method in futsal games helps players to understand training more easily and to determine the success of players in training faster.

CONCLUSION

It is concluded that the Small Side Games training on passing skills followed by students of SD Negeri Kayumanis 1, Bogor City shows a significant influence. There is an influence of small-games training on passing skills in elementary school children's futsal games. Thus, H_0 is rejected and H_a is accepted, so it can be concluded that "there is a significant influence of small side games training on passing skills of students of SD Negeri Kayumanis 1, Bogor City.

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