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Basic Futsal Game Technique Profile at MAS Muhammadiyah Palu (Grade X)

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ABSTRACT

This study aims to determine the profile of basic techniques of futsal games, especially in the aspects of passing and ball control, grade X students at MAS Muhammadiyah Palu. This study used a quantitative descriptive approach with a sample size of 12 students who participated in extracurricular futsal activities. The instrument used was a basic passing and ball control skills test of 10 items each, then classified into five categories using the average value and standard deviation. The results showed that in the aspect of ball control, 58% of students were in the very low category, and only 25% were classified as very high. Meanwhile, in the passing aspect, 50% of students were in the very low category, and only 17% were in the very high category. There were no students in the medium or high categories for both aspects. These findings indicate that the majority of students have not mastered the basic techniques of futsal optimally, and require a structured and systematic training program to improve their ability to control and pass the ball.

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INTRODUCTION

Futsal, a dynamic indoor variant of football, has experienced rapid growth across the globe, particularly in developing nations like Indonesia. As a modified version of football played on a smaller pitch with fewer players, futsal emphasizes agility, quick decision-making, and technical precision over physical dominance (Stanković et al., 2022). Its growing popularity among youth stems from the accessibility of the sport, the reduced need for space, and the increased ball touches per player, making it ideal for technical development and skill acquisition (Castagna et al., 2019).

Futsal is now widely embedded in school curriculums, sports clubs, and extracurricular programs, particularly within the Indonesian education system (Nugroho et al., 2022). The Ministry of Youth and Sports Affairs in Indonesia promotes futsal not

only as a competitive sport but also as a vehicle for youth character building, discipline, and teamwork (Wahyudi et al., 2021). The development of basic techniques such as passing, shooting, dribbling, and ball control is considered crucial in nurturing young players who can progress to higher levels of the sport.

At the high school level, particularly in Grade X students (approximately 15–16 years old), the mastery of basic futsal techniques is an expected competency. These techniques serve as the foundation for more complex tactical and strategic gameplay. The four primary basic techniques in futsal include: (1) passing, which allows fluid team coordination; (2) dribbling, which enables players to bypass opponents; (3) shooting, which determines goal-scoring ability; and (4) ball control, which ensures possession retention under pressure (Reis et al., 2021).

In formal education settings such as Madrasah Aliyah Swasta (MAS) Muhammadiyah Palu, the assessment of students' technical abilities in futsal is typically integrated into physical education and extracurricular programs. However, unlike formal sports academies, most schools lack standardized mechanisms for profiling technical abilities. Profiling here refers to a systematic evaluation of students' technique execution, consistency, and effectiveness in match or game-simulation environments (Silva et al., 2020).

Evaluating technique profiles is crucial to inform training interventions, monitor progress, and identify strengths or weaknesses in student-athletes. Such data-driven profiling also supports evidence-based physical education instruction, ensuring that PE teachers tailor exercises to student needs and development stages (Nakamura et al., 2020).

Despite futsal's integration into school programs, there are numerous challenges in developing basic game techniques among students. These include inconsistencies in PE instruction, lack of qualified coaches, limited facility access, and minimal use of assessment tools (Junaidi et al., 2020). In many schools, especially outside major urban centers, futsal training is often informal and lacks pedagogical structure. As a result, students may engage in gameplay without acquiring proper techniques, reinforcing poor habits and hindering long-term development (Putra & Susanto, 2022).

At MAS Muhammadiyah Palu, Grade X students regularly participate in futsal activities both in class and through school teams. However, preliminary observations suggest varying levels of technical proficiency among students. Some demonstrate effective passing and ball control, while others struggle with basic dribbling and shot execution. These discrepancies raise concerns about the effectiveness of instructional strategies and the need for systematic skill profiling to inform teaching practices.

Although several studies have explored futsal technique training in youth and adolescent athletes, most focus on elite or academy-level players, overlooking the school-based context where the majority of players develop foundational skills (Silva et al., 2020; Lima et al., 2021). Furthermore, existing research tends to evaluate the outcomes of training programs rather than offering baseline assessments of current technical abilities in regular school environments (Nakamura et al., 2020).

In Indonesia, there is a lack of research that specifically profiles the technical futsal abilities of high school students in madrasah settings, such as MAS Muhammadiyah Palu.

Most national studies concentrate on urban schools, sports clubs, or university-level athletes, leaving a void in understanding the technical competencies of students in religious-based institutions or smaller cities (Rahmatullah et al., 2022). Consequently, there is limited data available to support the development of localized coaching models, physical education strategies, or competitive preparation programs.

This study provides a novel contribution by conducting a comprehensive technical skill profile of Grade X students at MAS Muhammadiyah Palu, focusing on the four fundamental techniques of futsal: passing, dribbling, shooting, and ball control. Unlike previous research that generalizes across age or skill levels, this study offers a grade-specific, contextual analysis rooted in the local education and cultural environment of Palu, Central Sulawesi.

Furthermore, this research employs a mixed-method approach, combining quantitative assessment (e.g., performance-based scoring, video analysis) with qualitative feedback from students and instructors. By integrating technical measurement with pedagogical reflection, the study bridges the gap between assessment and instruction, providing actionable insights for PE teachers and school administrators.

Additionally, this is among the first studies in the Indonesian madrasah education system to link Islamic school environments with sports performance profiling, opening avenues for further exploration into how religious and academic priorities intersect with athletic development.

Based on the importance of technical development in futsal and the existing challenges in instructional delivery, this study aims to profile the basic futsal game techniques—passing, dribbling, shooting, and ball control—among Grade X students of MAS Muhammadiyah Palu. The central research questions are: (1) What is the current level of technical proficiency in the basic futsal techniques among Grade X students at MAS Muhammadiyah Palu? And (2) Are there significant differences in technique performance between students based on playing experience or participation in extracurricular activities?

The study adopts a descriptive quantitative design, supported by observational and analytical tools, to provide an objective snapshot of student abilities. The outcomes are expected to inform teachers, coaches, and curriculum developers in enhancing instructional strategies and training models tailored to student needs.

METHODS

This research is a quantitative descriptive study, which aims to describe or portray the actual conditions of mastery of the basic techniques of futsal games, especially in the aspects of passing and ball control. This approach is used to obtain numerical data that can be analyzed statistically to classify student abilities into certain categories.

According to Arikunto (2019), descriptive research aims to describe systematically and accurately the facts and characteristics of a particular population or phenomenon. With this approach, researchers can find out the level of mastery of basic futsal techniques of students based on the results of observations and skill assessments.

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Because, in principle, research is to make measurements, there must be a good measuring tool. The measuring tool in research is usually called a research instrument.

The population in this study were all grade X students of MAS Muhammadiyah Palu who participated in extracurricular futsal activities. The sample was taken using the total sampling technique, namely, all members of the population who met the criteria were used as research samples. The sample size was 12 students who were active in extracurricular futsal activities.

The instrument used was an assessment sheet for basic passing and ball control techniques. The assessment uses a numerical scale of 0-1 per item. The final results were converted into a total score, then categorized based on the average (mean) and standard deviation (standard deviation) as follows:

Categorization is divided into five categories, namely, very high, high, low, and very low. Categorization based on Mean and Standard Deviation is as follows:

Table 1.
Categorization based on Mean and standard deviation.

Very good	M + 1.5 SD and above
Good	M + 0.5 SD – M + 1.5 SD
Pretty good	M – 1.5 SD – M 0.5 SD
Not good	M – 1.5 SD – M 0.5 SD
Very less	Down – M – 1.5 SD

RESULTS AND DISCUSSION

Based on the categorization results, the ball control techniques of class X students of MAS Muhammadiyah Palu show a fairly unequal distribution of abilities. Most students are still in the lower category, with the following details:

A total of 7 students (58%) were in the very low category, namely: Lienel, Javier, Ryan, Ricardo, Frido, Steven, and Nextavios. This shows a weak mastery of basic ball control, such as in controlling the ball after receiving a pass. Most likely, the ball control is done with the wrong part of the body (for example, the sole or instep is not maximized), or the body position is not ideal when receiving the ball. 1 student (8%) was in the low category, namely Zagar. Although slightly better than the very low category, this student still showed inconsistencies in basic techniques, especially in keeping the ball close and ready to play.

The moderate category was not filled by a single student (0%), indicating a gap in basic technical ability in this group. The absence of students at the medium level suggests that the process of learning or training in control techniques may not have been evenly and systematically distributed. 1 student (8%) was in the high category, namely Henry Pilo. This student showed a fairly stable mastery of control techniques, being able to control the ball with the appropriate part of the foot and in a good body position.3 students (25%) were in the very high category, namely Aldo Worang, Agil Ramli, and Whendy. They showed consistency and accuracy in receiving the ball from various directions and were able to keep the ball within reach well. This indicates that a small number of students already have mature basic techniques and can become role models in group training.

Table 2.
Sample distribution table control

Value Range	Category	Frequency	Percent
x < 51	Very Low	8	67%
51 < x ≤ 61	Low	0	0%
61 < x ≤ 72	Currently	0	0%
72 < x ≤ 83	High	2	17%
83 > x	Very High	2	17%
Total		**12**	**100%**

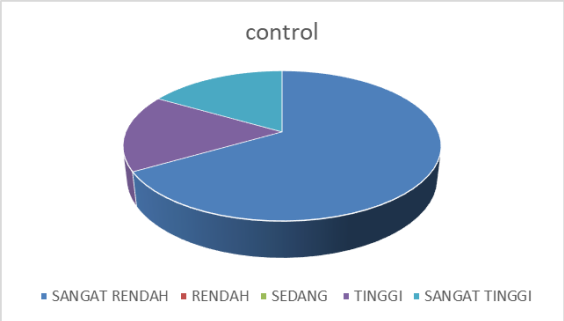

Diagram 1.
Persentase Control

6 students (50%) were in the very low category, namely: Frido, Ryan, Lienel, Javier, Zagar, and Steven. They often make mistakes in passing the ball, both in terms of direction, strength, and foot technique. This shows that students do not have a strong understanding of the basic principles of short passes and accurate passes in futsal; 3 students (25%) were in the low category, namely Henry Pilo, Ricardo, and Aldo Worang. Students in this category showed slightly better passing ability, but still unstable. Perhaps they have understood the basic techniques, but have not been able to do it consistently. 1 student (8%) was in the moderate category, namely Nextavios. His ability shows a fairly good passing technique in terms of precision, but may still be limited in terms of strength or speed of decision when passing. The high category (70-80) was not filled by a single student, showing almost the same gap as ball control. The absence of students in this category emphasizes that passing ability has not yet reached the ideal level as a whole. 2 students (17%) were in the very high category, namely Agil Ramli and Whendy. They have been able to pass well: the direction of the pass is right, the strength is sufficient, and the decision-making is fast. Most likely, they already have more playing experience or regularly practice outside of class hours.

Table 2.
Sample distribution table Passing

Value Range	Category	Frequency	Percent
x < 50	Very Low	7	58%
50 < x ≤ 60	Low	3	25%
60 < x ≤ 70	Currently	0	0%
70 < x ≤ 80	High	0	0%
80 > x	Very High	2	17%
Total		**12**	**100%**

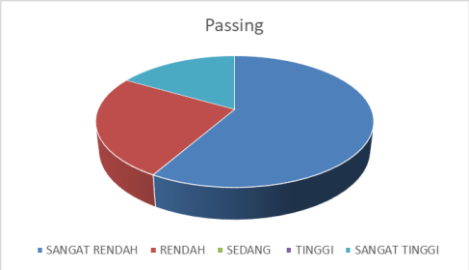

Diagram 2.
Persentase Passing

CONCLUSION

Based on the results of research and data analysis on the ability of basic futsal game techniques, especially in the passing and ball control aspects of class X students at MAS Muhammadiyah Palu, it can be concluded as follows:

The ability of basic ball control techniques of students is still relatively low. Of the 12 students studied, 58% (7 students) are in the very low category, 8% (1 student) are in the low category, 0% are in the medium category, 8% (1 student) are in the high category, and 25% (3 students) are classified as very high. This shows that the majority of students have not mastered the basic techniques of ball control well.

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