

## Analysis Of The Defensive Tactics Of The Bintang Timur Surabaya Team In The Professional Futsal League In The 2023-2024 Competition Year

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### ABSTRACT

This study aims to analyze the defensive tactics of the Bintang Timur Surabaya team in the Indonesian Professional Futsal League for the 2023-2024 season, focusing on defensive organization and variations in defensive lines. The method used is a descriptive qualitative approach through match observation, interviews, and documentation. The results showed that BTS applies a zone defense system with the main formation of 1-2-1 and adaptations to 2-2, as well as a flexible defensive line ranging from the first to the fourth line depending on the match situation. This strategy has proven effective in minimizing conceded goals. These findings can serve as a reference for coaches and academics in developing futsal defensive tactics.

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

Futsal is a team sport that demands high speed, coordination, and technical skills. Due to the small playing area and high game intensity, futsal requires appropriate tactical strategies, both in attacking and defending phases. In modern games, defense becomes one of the crucial aspects that determine a team's success. Successful defense relies not only on individual skills but also on collective team defensive organization (Badaru et al., 2022).

One of the most common defensive strategies in futsal is zone defense, a system where players guard specific areas on the court rather than marking opponents directly. This system is considered effective because it can limit the opponents' movements and close passing lanes in dangerous areas (Pizarro et al., 2020). Besides the defensive

system, adjustments to the defensive line—whether in the form of high press, mid block, or low block—are also key to success in controlling the game’s dynamics (Sannicandro & Raiola, 2021). These line adjustments allow the team to control the intensity of pressure on opponents according to the current game context.

In practice, good defensive coordination requires effective communication among players, proper positional rotations, and the ability to read opponents’ attacking patterns. The goalkeeper also plays a vital role in organizing the defense and giving instructions to the back players (Corrêa et al., 2014). On the other hand, the use of spatial and temporal analysis in team sports such as futsal shows that successful defense is strongly influenced by collective player positioning and responsiveness to game situations (Gudmundsson & Horton, 2017).

The Bintang Timur Surabaya (BTS) team is one of the professional teams that consistently demonstrates excellent performance in the Indonesian Professional Futsal League. The team’s success is not only determined by the individual quality of the players but also by the implementation of an organized and adaptive defensive system. However, scientific studies regarding BTS’s defensive strategy are still limited, especially in the context of the latest professional competitions.

Therefore, this research aims to analyze the defensive tactics of the Bintang Timur Surabaya team in the Indonesian Professional Futsal League for the 2023–2024 season. The study focuses on two main aspects: the application of defensive organizational systems and the variations of defensive lines. This research is expected to provide both theoretical and practical contributions to the development of futsal defensive strategies, particularly in coaching and sports education.

## METHODS

This research uses a qualitative approach with a descriptive method to describe in depth the application of defensive tactics by the Bintang Timur Surabaya (BTS) team in the Indonesian Professional Futsal League for the 2023–2024 season. Descriptive qualitative research is conducted to explain the current research without altering the studied variables through direct interviews (Hanyfah et al., 2022). This approach was chosen as it aligns with the research objective of revealing tactical phenomena contextually and naturally without manipulation of the studied variables.

The research subjects consist of the coach, players, and technical analysts from the BTS team. The data sources used include both primary and secondary data. Primary data were obtained through in-depth interviews with the head coach, defensive players, and the team tactical analyst. Meanwhile, secondary data were collected from documentation in the form of official BTS match videos throughout the 2023–2024 season, analyzed to observe formations, defensive systems, and defensive lines used by the team.

Data collection was carried out through three main techniques: observation, interviews, and documentation. Direct observations were conducted on BTS matches

to visually identify defensive patterns. Semi-structured interviews were conducted to gain tactical explanations from the perspective of the coach and players. Meanwhile, documentation studies were conducted by reviewing match videos and relevant team technical notes.

The main instrument in this study is the researcher himself, with the aid of observation guidelines and interview guidelines as tools to ensure that the collected data aligns with the research focus. All obtained data were analyzed using qualitative data analysis techniques consisting of three stages: data reduction, data display, and conclusion drawing. To ensure data validity, triangulation between data sources and techniques was conducted. With this approach, the research results are expected to provide a comprehensive overview of the defensive tactics applied by the Bintang Timur Surabaya team in professional competitions.

## **RESULTS AND DISCUSSION**

### **Results**

This study aims to analyze the defensive tactics applied by the Bintang Timur Surabaya (BTS) team in the Indonesian Professional Futsal League for the 2023-2024 season. The main focus of the study includes two aspects: the use of defensive organizational tactics and the variations of defensive lines applied by the team in different match situations. Data were obtained through direct observation of five matches, interviews with the coach, defensive players, and a tactical analyst, as well as video documentation of the matches.

### **Defensive Organizational Tactics**

The observations and interviews show that BTS consistently applies a zone defense system as the main defensive tactic. The dominant basic formation used is 1-2-1, with adaptations to the 2-2 formation when facing the opponent's fast attacks. This strategy allows players to focus on guarding specific areas rather than marking opponents directly, thus strengthening spatial control in the midfield and reducing the opponent's penetration opportunities.

Player coordination is carried out through a team block approach, especially when the ball is in their defensive area. Pressing is applied situationally and in a measured manner, depending on the pressure from the opponent. Communication is an important aspect that the coach continues to emphasize to ensure that the transition from attacking to defending is effective and does not create gaps in the backline.

### **Variations of Defensive Lines**

Regarding the defensive line, BTS shows a high degree of flexibility. The team uses various defensive lines, from the first line (high pressing) to the fourth line (low block), depending on the match conditions. When leading or facing teams with high penetration, BTS tends to use the third or fourth line to avoid the risk of conceding goals and to create opportunities for counterattacks. Conversely, when trailing or wanting to press from the start, they apply the first line to force opponent errors in their defensive area.

This defensive line is executed collectively with active communication among players, including the important role of the goalkeeper in directing the backline positioning. This shows that BTS's defensive system is not only well-planned but also implemented with a high level of tactical discipline.

**Table 1.**

Distribution of 40-Meter Sprint Test Results

No	Pre test	Defensive Formation	Type of Defense	Defensive Line	Effectiveness (Goal Conceded)
1	Unggul FC	1-2-1	Zone Defense	Line 3 (Half Court)	1 Goal
2	Electric PLN	2-2	Zone + Man	Line 2 (Mid Pressure)	0 Goal
3	Cosmo FC	1-2-1	Full Zone	Line 1 (High Press)	2 Goal
4	Giga FC	2-2	Man-to-man	Line 2-3 (Dynamic)	1 Goal
5	Halus FC Jakarta	1-2-1	Zone Defense	Line 4 (Low Block)	0 Goal

The table above shows that the 1-2-1 formation and the zone defense system are the main combinations used by BTS in facing various opponents. The use of the defensive line also varies according to the match context. This strategy proved quite effective, with only 4 goals conceded in the last five matches.

Overall, the research results show that the Bintang Timur Surabaya team has implemented a structured, adaptive, and efficient defensive system in facing various match scenarios. This demonstrates a high level of tactical maturity and a good collective understanding of defensive organization.

## Discussion

The results of this study show that the Bintang Timur Surabaya (BTS) team implements an effective defensive system through a combination of the 1-2-1 formation, a zone defense approach, and variations in defensive lines adjusted to match conditions. The application of this tactic shows a high level of strategic understanding by the team, both in technical and tactical aspects.

The 1-2-1 formation used by BTS becomes the main choice because it provides a balance between defense and attack. In this system, each player is responsible for a certain area rather than marking the opponent directly. This is in line with the basic principles of zone defense, where space control is the main focus in stopping the opponent's movements. The adjustment to a 2-2 formation in certain conditions also proves that BTS has high tactical flexibility in maintaining defensive stability.

The implementation of dynamic defensive lines (from the first to the fourth line) is another strength of BTS. This strategy allows the team to adjust the intensity of pressure on the opponent, whether when chasing a deficit or when defending a lead. This finding is consistent with the concept of modern defensive tactics in futsal, where flexibility, coordination, and fast transitions are important aspects of successful defense.

The effectiveness of BTS's strategy is reflected in the low number of goals conceded in the five analyzed matches. This strengthens the argument that good defensive organization, supported by intensive communication and tactical discipline,

is a key success factor in professional competition. Tactical adjustments based on match analysis and opponent characteristics also become a strategic advantage that distinguishes BTS from other teams. Thus, the results of this study support previous theories and findings that emphasize the importance of tactical adaptation in professional futsal. BTS successfully combines classical defensive principles with modern data-based analysis and direct observation.

## CONCLUSION

Based on the research results, it can be concluded that the Bintang Timur Surabaya team implements a systematic and adaptive defensive tactic in the 2023-2024 Indonesian Professional Futsal League. The team uses a zone defense system with a dominant 1-2-1 formation and flexibly transitions to the 2-2 formation. Additionally, the variations in defensive lines from the first to the fourth line are part of the team's dynamic strategy in facing various match situations. The effectiveness of this strategy is proven by its ability to minimize the number of goals conceded and maintain overall game stability.

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