

## Level Of Basic Futsal Skills In The Boys' Futsal Team Of State Junior High School 10 In Jambi City

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### ABSTRACT

The extracurricular sports program at SMP Negeri 10 Kota Jambi has not shown optimal results. Based on this problem, the researcher decided to conduct a study on the basic skills of playing futsal. The purpose of this study was to determine the basic technical skills of playing futsal among the boys' futsal team at SMP Negeri 10 Kota Jambi. This study was descriptive in nature and used a survey method. The population in this study was all 20 students on the boys' futsal team at SMP Negeri 10 Kota Jambi. The instrument used was a futsal skills test. To determine the level of futsal skills, three test items were used, namely: 1) Short Pass 2) dribbling, 3) shooting. The results of the study showed that the basic futsal skill level of students on the boys' futsal team at SMP Negeri 10 Kota Jambi who participated in the mayor's cup was categorized as very good (10% or 2 students), good (15% or 3 students), 80% in the adequate category with a total of 8 students, 30% in the poor category with a total of 6 students, and 5% in the very poor category with a total of 1 student.

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A. Conception and design of the study;  
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D. Manuscript preparation;  
E. Obtaining funding

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## INTRODUCTION

Exercise is one way to maintain physical fitness. It is common to see men and women, young and old, exercising in fields and on streets. All of this is done to maintain good health and physical fitness, which are essential for a happy and meaningful life. One sport that is quite popular around the world, including Indonesia, is futsal.

Futsal, which originates from the Spanish or Portuguese words "futbol" and "sala," meaning soccer and indoor, is a variant of soccer that became popular earlier. Although futsal is defined as a ball game played in a closed room, it can also be played in an open space depending on the situation and conditions. Marhaendro (2009: 146-147) argues that futsal is a standardization of mini soccer around the world by FIFA, adopting the rules of soccer in an adapted form.

Not only adults, but children also enjoy playing futsal, and it is not only played by men, but this game has also begun to be popular among women. Futsal developed and

entered Indonesia around 1998-1999. Then in the 2000s, futsal began to be known to the public. According to Mulyono (2014: 2), futsal is a sport played by two different teams, each consisting of five players who play the game in two halves.

According to Justinus Lhaksana (2001: 21), there are several basic techniques in playing futsal, such as receiving (receiving the ball), shooting (kicking the ball into the goal), passing (passing the ball), chipping (lobbing the ball), heading (heading the ball), and dribbling (dribbling the ball). According to Thomson in (Irianto, 2002: 80), technique in sports is defined as the most efficient and simplest way to fulfill physical obligations or solve problems encountered in a match that are permitted by the rules.

With the introduction of futsal in schools, many futsal matches are held at the district, provincial, and national levels, so almost all junior high schools and high schools offer futsal as an extracurricular activity. Permen (2014: 2) explains that extracurricular activities are curricular activities carried out by students outside of intraschool and cocurricular activity hours, under the guidance and supervision of the educational unit. Extracurricular programs are intended for students who want to develop their talents and interests in sports and become more accustomed to a healthy lifestyle.

Extracurricular coaches only teach passing, control, and then games. This proves that the training sessions are boring. As a result, students are less motivated to participate in training. In addition, extracurricular coaches often neglect to teach shooting techniques and confidence when shooting. The confidence of extracurricular participants is considered lacking due to the absence of mental training for extracurricular participants. Therefore, the researcher wants to investigate the level of basic futsal playing skills in the men's futsal team.

## METHODS

This study was conducted at the Regen Kota Jambi futsal field. The population in this study consisted of 35 players from the SMP Negeri 10 Kota Jambi Boys' Futsal Team. The sampling technique used in this study was purposive sampling, with samples taken based on the criteria of SMP Negeri 10 Kota Jambi players aged 15 years. Thus, the sample taken in this study consisted of 20 people.

This study is a quantitative descriptive study with one variable without making comparisons or linking it to other variables. According to Arikunto (2005: 234), descriptive research is not intended to test specific hypotheses but only to describe "what is" about a variable, phenomenon, or condition. The method used in this study is a survey method by conducting tests. In this study, the researcher sought to determine the level of basic futsal playing skills. Instruments In this study, existing instruments were used to collect data. The instrument in question was the Futsal Skill Test developed by Marhaendro (2013). The test was designed to measure basic futsal playing skills, including short passes, dribbling, and shooting. These skills ignore the specific skills of goalkeepers, as they are assumed to be specific players, not general players.

The assessment standards for the soccer skills test are shown in the table below:

**Tabel 1.**  
 Asesment Standard

Formula	Category
$X \leq (M - 1,5 \text{ SD})$	Very Good
$(M - 1,5 \text{ SD}) \leq X < (M - 0,5 \text{ SD})$	Good
$(M - 0,5 \text{ SD}) \leq X < (M + 0,5 \text{ SD})$	Enough
$(M + 1,5 \text{ SD}) \leq X < (M + 0,5 \text{ SD})$	Less
$X \geq (M + 1,5 \text{ SD})$	Very few

This study is a descriptive study that aims to provide an overview of the current reality regarding the basic technical skills of the futsal team at SMP Negeri 10 Kota Jambi. The data analysis used is percentage, which aims to collect data, present data, and determine values.

## RESULTS AND DISCUSSION

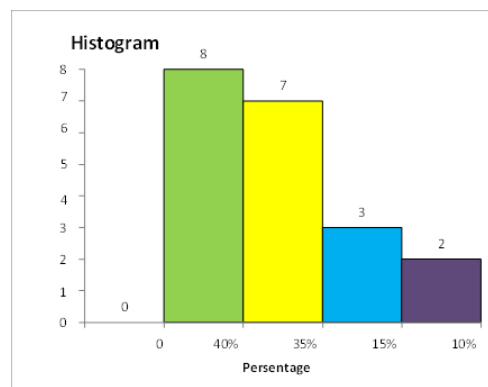
The variable in this study was the level of basic futsal skills of the boys' futsal team at SMP Negeri 10 Kota Jambi who participated in the Walikota CUP. The data obtained from the test was used to categorize the players into five categories, namely excellent, good, average, poor, and very poor. The test results were in accordance with the norms for each test item, namely:

### Test Short Pass

The data in the table below shows that the short pass skills of the SMP Negeri 10 Kota Jambi Boys' Futsal team are categorized as good for 8 players with a percentage of 40%, adequate for 7 players with a percentage of 35%, poor for 3 players with a percentage of 15%, and very poor for 2 players with a percentage of 10%.

**Table 1.**  
 Result Short Pass

Category	Overall	Frequency	Percentage
Very Good	$\geq 123$	0	0.00%
Good	108-123	8	40.00%
Enough	92-107	7	35.00%
Less	77-91	3	15.00%
Very Less	$\leq 77$	2	10.00%



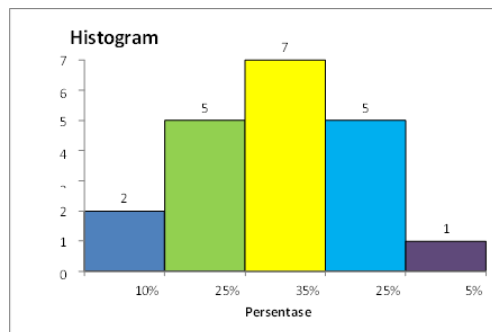
**Figure 1.**  
 Histogram Result Test Short Pass

## Test Dribbling

The data in the table below shows that the dribbling skills of the boys' futsal team at SMP Negeri 10 Kota Jambi are as follows: 2 players are in the excellent category with a percentage of 10%, 5 players are in the good category with a percentage of 25%, 7 players in the adequate category with a percentage of 35%, 5 players in the poor category with a percentage of 25%, and 1 player in the very poor category with a percentage of 5%.

**Table 2.**  
Result Test Dribbling

Catagory	Overall	Frequency	Percentage
Very Good	$\leq 11.59$	2	10.00%
Good	13.61-11.58	5	25.00%
Enough	15.63-13.60	7	35.00%
Less	17.65-15.62	5	25.00%
Very few	$\geq 17.65$	1	5.00%

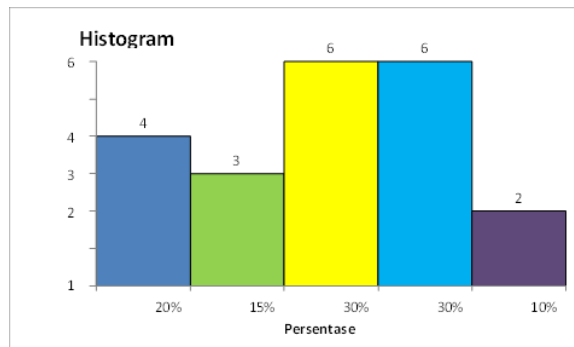


**Figure 2.**

Histogram Result Test Dribbling

## Result Test Shooting

The data in the table above shows that the shooting skills of the boys' futsal team at SMP Negeri 10 Kota Jambi are as follows: 4 players are in the excellent category with a percentage of 20%, 3 players are in the good category with a percentage of 15%, 6 players are in the fair category with a percentage of 30%, 6 players are in the poor category with a percentage of 30%, and 1 player is in the very poor category with a percentage of 5%.



**Figure 2.**

Histogram Result Test Shooting

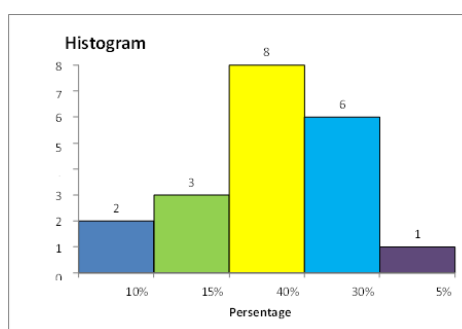
The data for each test item above is then accumulated into the basic futsal technical skills test norms in the table below:

**Table 3.**

Basic Technical Skills in Men's Futsal at State Junior High School 10 in Jambi City

Catagory	Overall	Frequency	Percentage
Very Good	$\geq 230$	2	10.00%
Good	210-230	3	15.00%
Enough	190-209	8	40.00%
Less	170-189	6	30.00%
Very few	$\leq 170$	1	5.00%
		<b>20</b>	<b>100.00%</b>

The data in the table above shows that the basic technical skills of male futsal players at SMP Negeri 10 Kota Jambi are as follows: 2 players are in the excellent category with a percentage of 10%, 3 players are in the good category with a percentage of 15%, 8 players are in the fair category with a percentage of 40%, 6 players are in the poor category with a percentage of 30%, and 1 player is in the very poor category with a percentage of 5%.



**Figure 3.**

Basic Technical Skills in Men's Futsal at State Junior High School 10 in Jambi City

Based on the results of the above research, the researcher analyzed that the small number of children who fell into the categories of very good and good was influenced by several factors, namely: teaching and learning processes, personal factors, and environmental factors. The teaching and learning process factor, in which teachers play an important role in learning, greatly influences the success of futsal learning. Teachers use a variety of methods or modify futsal games to make them interesting so that students will enjoy learning, and of course, learning will run well. This will certainly affect motor skills. Personal factors also greatly influence learning, as each student has different talents. In addition, there are environmental factors, which include facilities and infrastructure and the surrounding conditions where learning takes place. Adequate facilities and infrastructure will facilitate the learning process for teachers and students.

According to Lhaksana (2011: 30), on a flat field and a small field size, hard and accurate passing, dribbling, and shooting are required because the ball rolls parallel to the player's heel. The success of a pass is determined by its quality, which consists of three elements: power, accuracy, and the ability to be received by our team. To master the basic skills of futsal, it is necessary to master the movements so that the desired goals can be achieved.

## CONCLUSION

Based on the results of the research and discussion, it can be concluded that the basic futsal skills of male students in the upper grades of SMP Negeri 10 Kota Jambi are categorized as very good (10% with a total of 2 students), good (15% with a total of 3 students), 80% in the adequate category with a total of 8 students, 30% in the poor category with a total of 6 students, and 5% in the very poor category with a total of 1 student.

Basic skills in playing futsal include short passes, dribbling, and shooting. Futsal players can be said to have good basic futsal skills if they have mastered these techniques. Based on the results of research on basic futsal skills among male students in the upper grades of SMP Negeri 10 Kota Jambi, it was found that the futsal skill levels of male students at SMP Negeri 10 Kota Jambi were as follows: 10% were in the very good category with a total of 2 people, 15% were in the good category with a total of 3 people, 80% in the adequate category with a total of 8 students, 30% in the poor category with a total of 6 students, and 5% in the very poor category with a total of 1 student. The suggestion for future researchers is to develop this research by adding other elements such as research subjects and adding basic futsal techniques to the basic skills of playing futsal to further improve the results of this research.

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