

Survey of mastery of basic skills of playing futsal in 15-17 year old futsal athletes

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ABSTRACT

This study aims to determine the level of physical condition of Vasco Futsal Academy players in Lamongan Regency. This research is a type of quantitative descriptive research. The subjects of this study were Vasco Futsal Academy players, totaling 20 people. The data collection process was taken using one FIK Jogja battery tes instrumen which included passing, dribbling, and shooting. Overall, the results of the Vasco Futsal Academy's basic futsal tes results showed 10% "very good", 15% "good", 40% "moderate" and 30% "poor", and 5% "very poor". The conclusion obtained in this study is that the level of mastery of the basic skills of playing futsal by Vasco Futsal Academy players generally shows sufficient results, which is indicated by 40% being in the "enough" category.

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Introduction

Sports is one of the platforms that can be utilized to improve human quality aimed at shaping character and personality. Not only for health, but many sports are also carried out by the community as a means of education and obtaining achievements. Along with the rapid development of science and technological advances in the field of sports, there is a need for efforts to foster and develop the lot of sports, to achieve optimal performance in a sports competition both at the regional or national level and even at the international level.

One example is in the sport of futsal. Futsal is a variant of soccer played worldwide at amateur, semi-professional, and professional levels. The sport has a long history, dating back to the 1930s in South America, where it originated, and is still known as 'futebol de salao' (translated from Portuguese as 'room football' (Hermans & Engler, 2016)). The sport of futsal is increasingly growing and has its own audience. In an effort to achieve achievements in the sport of futsal, good physical condition mental condition, futsal playing techniques, adequate nutrition, and competition experience are needed. To be able to play futsal well, a player must be equipped with a good mastery of the skills or basic techniques of the game, not only limited to being able to kick the ball but also the ability to master or manipulate the movement of the ball (Jaya, 2008) a futsal player needs to have good physical fitness and basic techniques. For a player with the good physical condition but needs to be equipped with basic technical skills, his futsal game may be less than optimal.

Mastery of the basic skills of playing futsal owned by players is an important factor in achieving futsal achievements. There are several basic techniques in futsal games, such as ball reception, passing, dribbling, shooting, feinting, and goalkeeping (Hermans & Engler, 2016). To be able to master basic techniques in a qualified manner requires disciplined and repeated training (Lhaksana, 2011). In order to maximize the achievement of futsal achievements, it is necessary to have coaching that starts early, futsal coaching that starts at an early age determines the success rate of achieving maximum achievement in futsal sports.

Another study that analyzed all semifinal matches of the Indonesian professional futsal league in 2019, showed that the number of uses of passing techniques was 2181 times or 44%, control was 1853

times by 37%, dribbling was 422 times or 9%, shooting was 238 times or 5%, feinting was 92 times or 2%, heading was 25 times or 1%, shielding was 56 times or 1%, turning was 17 times or 0%, and chipping was 37 times or 1% (Kusuma, 2021). The data analysis above shows that passing, control, dribbling, and shooting techniques are the most widely used techniques. Therefore, the basic techniques of passing, control, dribbling, and shooting need to be trained in coaching futsal athletes so that these athletes have qualified basic techniques.

In order for a team to get maximum achievement, it is important for the coach to know the level of ability to play futsal on the team itself. By knowing the basic skill level of a team, a coach can use the data as material for evaluating the training program that has been implemented. The evaluation process must be carried out comprehensively so that the information obtained is valid and reliable. This information is then used to develop a coaching program. Therefore, sports coaching programs need to be evaluated so that sports achievements can be known to increase from year to year. By evaluating the program, the facts of the implementation of the training program that has been implemented will be found (Safiuddin, 2017).

There are several reasons why training evaluation is necessary, namely: (1) to determine the effectiveness of the training program and obtain information to develop future training programs; (2) to determine whether the training program is continued, changed, or stopped, (3) to provide tangible evidence by showing its contribution to predetermined goals and target results (James, Laura, & Hawthorn, 2006). By knowing the condition of the basic skills of playing futsal on his team, the coach can get an overview of the development of basic futsal skills in his players. In addition, the coach can also determine which players are worth playing. The coach can also use the results of existing research to evaluate the results of the training process that has been carried out.

However, at Vasco Academy Lamongan Regency, the basic futsal skills have never been tested. The ability to play futsal can be seen from mastering the technique (Festiawan, 2020). So that the level of basic skills of the players is still being determined, which makes the coach unable to evaluate the training program that has been implemented. With the urgency of holding a basic ability test to play futsal, described above, the researcher is interested in conducting a study entitled "Survey of Mastery of Basic Skills Playing Futsal in Futsal Athletes aged 15-17 years 2021".

Method

Research Design

This research is a type of quantitative descriptive research, which aims to describe the level of basic skills of playing futsal in detail and systematically. The variables to be studied are the condition of the basic technical abilities of the Vasco Academy team futsal Lamongan Regency.

Participants

In this study, the sampling technique used was the total sampling technique. The subjects taken as samples are 100% of the total population, namely Vasco Academy Lamongan Regency players aged 15-17 years with a total of 20 players.

Instrument

The test instrument used in this study is the Futsal FIK Jogja Test (Figure 1), a battery test prepared to measure the mastery of basic passing, controlling, dribbling, and shooting skills in futsal with a validity level of 0.666 and reliability of 0.691 (Marhaendro, Saryono, & Yudanto, 2009). This test instrument does not include goalkeeping skills because goalkeeping is assumed to be a more specialized skill, not a general skill. It also excludes other basic futsal techniques as they differ from the dominant methods used. Thus, it is assumed that players who can pass, control, dribble, and shoot are skilled players. It is

assumed that whether a player is skilled or not can be seen from how fast and precise the player is in practicing the basic techniques of passing, controlling, dribbling, and shooting. So that the level of basic skills in playing futsal can be seen from how fast the player is in performing these techniques.

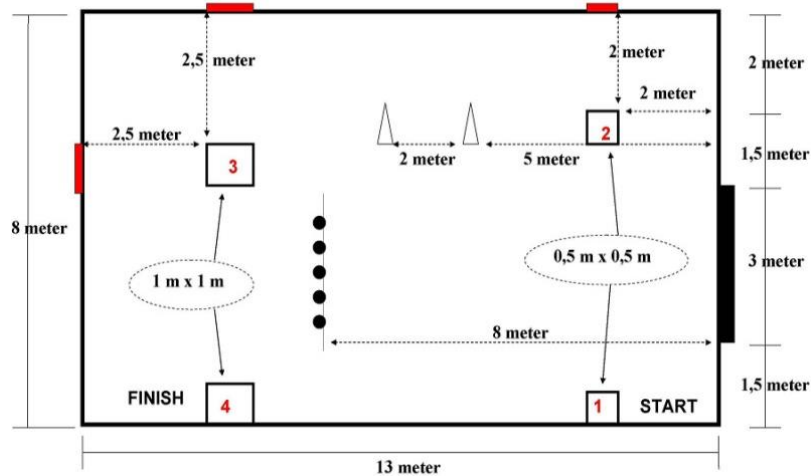


Figure 1. Futsal Skills Test of FIK Jogja

Data Analysis

This research uses quantitative descriptive analysis techniques with percentages which will collect, present, and determine the value of the data obtained.

Results and Discussion

From the existing test results, a categorization of test results is made which is divided into five categories. These categorizations include the categories of very good, good, enough, less, and very less. With the results of the tests that have been carried out, categorization of the level of basic skills of playing futsal for VASCO Futsal Academy players in Lamongan Regency is carried out. The scores and categorizations are presented in the table as follows:

Table 1. Test Results Level of Basic Technical Skills Playing Futsal

Score	Frequency
$51,29 \geq X$	2
$51,29 < X \leq 60,01$	3
$60,01 < X \leq 68,73$	8
$68,73 < X \leq 77,45$	6
$77,45 < X$	1
Total	20

Because the Futsal FIK Jogja test instrument used in this study does not have its own norm, this study uses a categorization formula that is modified into an inverse formula because the units in this study use seconds (Sudjiono, 2012). The results of the research in the table above can be seen more clearly in the following Figure 2.

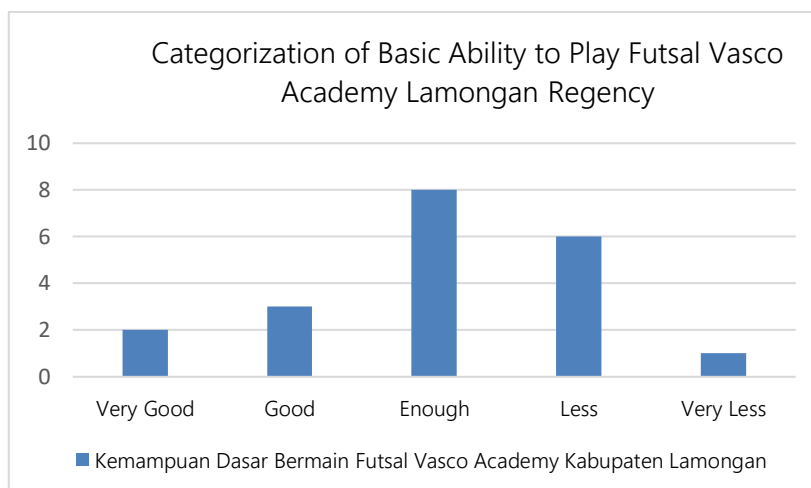


Figure 2. Categorization of basic ability to play Futsal Vasco Academy Lamongan Regency

The data analysis above shows that the mastery of basic technical skills of playing futsal on VASCO Futsal Academy players in Lamongan Regency is sufficient, which is taken from the frequency of the most scores in the sufficient category with a total of 8 players or 40%. VASCO Futsal Academy players of Lamongan Regency who master the basic technical skills of playing futsal in the Very Good category are 2 players or 10%, the good category is 3 players or 15%, the Enough category is 8 players or 40%, the Less category is 6 players or 30%, and the Very Less category is 1 player or 5%.

From the results of the data analysis of the research conducted. In general, it can be seen that the level of mastery of basic techniques of playing futsal for VASCO Futsal Academy players in Lamongan Regency with an average of 64.37 seconds; the middle value is 65.3 seconds, and the standard deviation is 8.72. It can also be observed that the highest score is 46.41 and the lowest score is 78.05 seconds. The results of data analysis in the above study are clarified in the following table 2.

Table 2. The results of data analysis of research on the level of basic technical skills playing futsal

N	Maximum	Minimum	Mean	SD
20	46,41	78,05	64,37	8,72

From table 2 it can be seen that if the average value in this study is entered into the categorization formula, then the average value will be incorporated in the "sufficient" category. The middle or median value of the test results will also be included in the "sufficient" category.

From the description of the results of the research conducted. The level of basic technical skills playing futsal Vasco Futsal Academy players Lamongan Regency is "enough" with 8 players or 40%. The level of basic technical skills playing futsal VASCO Futsal Academy Lamongan Regency which is categorized as very good 2 people or 10%, good category 3 people or 15%, enough 8 players or 40%, category less 6 players or 30%, and category very less 1 player or 5%. With this, it is hoped that players whose mastery of the basic skills of playing futsal still cannot be said to be good can improve their mastery of the basic technical skills of playing futsal by increasing the portion of training during training at the academy or outside academy training hours, so that the player's own abilities can increase.

Test is one way that can be used as an instrument that can be used for the purposes of measuring a variable. The results of a test will be compared with the test norms used to determine the level of ability of the respondent. The norm here is a range of numbers accompanied by status information made to find out which position the athlete's condition is in. The test norms made can also be used as a coach's guide in making decisions on test results. Thus, the athlete's condition can be monitored by the coach and improvements can continue to be made to achieve excellent physical and technical

conditions. However, the basic skills test of playing futsal FIK Jogja used in this study does not have its own test norms. Therefore, the results of the basic skills test playing futsal sports of the Vasco Futsal Academy Team, Lamongan Regency need to be compared with the results of similar studies with different subjects to find out the differences and similarities in mastery of basic skills playing futsal.

Similar research on extracurricular futsal participants at Senior High School 3 Sragen which also examined the level of basic technical skills of playing futsal on 20 subjects showed the results of the level of mastery of basic techniques of playing futsal which was in the good category with 10 students or 50% (Kuncoro, 2016). Meanwhile, 64 students participating in extracurricular futsal at State High Schools in Surakarta City in 2015 had a level of basic technical skills playing futsal in the sufficient category with 23 players or 35.94% of players (Prabowo, 2016). Meanwhile, the level of basic technical skills in 12 players of the Senior High School 9 Surabaya futsal team shows the results of basic futsal skills in the good category with the most frequency consideration of 5 players with 41.66% (Almukhdlor, 2019).

When compared with similar studies above, two of the three similar research results show results that are in the "good" category and one study is in the "sufficient" category. Although the research subjects were in relatively the same age group, because Vasco Academy Lamongan Regency is a team with a caresidenan level, the skill level should be the same or even better when compared to extracurricular level players. This comparison shows that the level of basic skills in Vasco Academy Lamongan players still needs to be improved.

While the results of other studies comparing the performance of professional and U-15 category futsal players in passing skills in open and closed context tests show that players aged 15-17 years already have motor development in the special motor phase and have mature motor development, this study shows the results that players aged 15 already have the same passing ability when compared to the passing ability of professional players. The difference is only seen in passing ability in an open context. From the above research, it can be analyzed that the passing ability of players aged 15-17 years must be at a good level (Pazetto et al., 2020). With the results of this study, it is assumed that the level of passing, control, dribbling, and shooting skills in athletes aged 15-17 years must be in the good category because they already have mature motor development.

In futsal games, passing is the most dominant basic technique used. Hard and accurate passing on a smaller sized field with the ball rolling parallel to the player's heel is a much-needed passing (Lhaksana, 2011). In passing, players can make contact with the ball with the inside or outside foot, the heel of the foot, or the sole of the foot. However, passing in a horizontal direction using the inside foot is the best type of passing, because this passing has better accuracy when compared to other passing (Kurniawan, 2011). A team whose players have good and correct passing skills evenly will have many advantages, besides being able to control the game, the team will also get many opportunities which will later be converted into a goal. From the results of other studies, it is described that the high use of the number of accurate passes of the Vamos Mataram team has a positive influence on victory, because the average correct passing technique reaches 88% (Atmojo & Bulqini, 2019).

Dribbling is an important technique in futsal games. The speed of a player who is in good condition will greatly support the dribbling technique performed by that player (Irawan, Soniawan, & Lesmana, 2019). Dribbling is said to be an act of inducing weakness in defenders through one-on-one situations with details of forward dribbles being the most common type of dribbling, followed by dribbles to protect the ball, dribbles to pass, and finally dribbles to shoot at goal (Amaral & Garganta, 2005). In dribbling, decision making is influenced by several things such as the variability of the passing angle, the shooting distance to the goal and the distance between players (Corrêa et al., 2016).

In a futsal game, shooting is one of the basic techniques that is dominantly used, shooting is very reliable for scoring goals because the futsal field which is relatively smaller in size when compared to

the soccer field benefits the players because this makes the players have a closer shooting distance to the goal. However, scoring goals through shooting in a futsal game is not an easy thing, to have a hard shooting there are several aspects of physical components that players must have to shoot hard. Physical components such as balance are important for players when shooting so as not to fall, strength in the leg muscles is important to provide kicking power, and coordination is an important physical component in shooting (Rosita, 2019). There is a significant relationship between knee angular velocity and force on ball speed, this shows that the greater the angular velocity and also the force exerted by the foot when performing the shooting kick technique, the faster the ball speed will be (Hidayat & Rusdiana, 2018).

The achievement of skills by a player is influenced by teaching and learning process factors, internal player factors, and external player factors (Ma'mum & Saputra, 2000). These factors determine the success of a person in the learning process to master a particular skill. The skills learned by a person will be mastered when the skills are learned or practiced with several requirements, one of which is the process of learning or practicing mastery of these skills must be carried out continuously within a certain period of time. In addition, the skills of each individual are different influenced by how the training process goes, the personality of the individual himself, and the surrounding environment. Mastery of basic techniques owned by players will be useful when it can be used as a provision for these players in the process of achieving maximum futsal achievement. Achieving maximum achievement is an important goal in futsal training activities in addition to the aim of increasing and improving mastery of basic techniques.

A futsal coach must have insight into the preparation of physical and technical training programs (Irawan, Soniawan, & Lesmana, 2019). The training program compiled by the coaching staff must be in accordance with the characteristics and needs of the players according to their age. U 15-17 players themselves are teenage players whose training programs need to be prepared according to the Long-Term Athlete Development (LTAD) of teenagers their age. LTAD is a training, competition and recovery program based on the athlete's biological age (individual maturity level) and not based on chronological age (Nurjaya, 2012). In LTAD, U17 players are in the Train to Compete phase where the player trains to compete and must master basic individual abilities and the basic abilities of his playing position (Balyi & Hamilton, 2014). Mastery of the basic techniques of playing good futsal is the initial foundation of a player to master individual abilities and basic playing position abilities, for this reason Vasco Academy Lamongan Regency players need to improve their basic skills of playing futsal to a good category to be able to master individual abilities and playing position abilities to the maximum.

In addition, the coach must also understand the characteristics of U17 players in order to achieve maximum futsal achievement. The ability to play in the 15-18 age group is not influenced by the Relative Age Effect (Figueiredo et al., 2021), which means that players in this age group players aged 15 to 17 years will have relatively the same ability when compared to players who are 18 years old. U17 players have better tactical adaptation than the age group below (Travassos et al., 2018) which makes this age group able to use their basic abilities to adapt to tactical changes that occur in game situations.

Conclusions

The results of the findings can be concluded that the level of basic technical skills of playing futsal for Vasco Futsal Academy futsal players in Lamongan Regency is in the sufficient category with the most frequency consideration. However, players whose mastery of the basic skills of playing futsal still cannot be said to be good can improve their mastery of the basic technical skills of playing futsal by increasing the portion of training during training at the academy and outside of academy training hours, so that the player's own abilities can increase and exceed the basic skill standards of players his age.

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