

Basic Technical Skill Level Playing Futsal Extracurricular Students In High School Futsal Inshafuddin Banda Aceh School Year 2021/2022

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Abstrak

The sport of futsal has become one of the most popular sports among the Indonesian people after the sport of football. The increase in futsal sports is because futsal is very easy to play because futsal is a modification of outdoor football sports modified indoors. This research is a quantitative descriptive study with one variable without making comparisons and linking with other variables. This study aims to determine the level of basic technical skills of futsal students in extracurricular futsal at Inshafuddin High School Banda Aceh. This research is a quantitative descriptive study. The population of this study was all futsal extracurricular students at Inshafuddin High School Banda Aceh. There are 20 students who take part in this futsal extracurricular. The setting of this research took place in the futsal field of Inshafuddin High School Banda Aceh. The data collection technique that will be used in this study is a survey method with a test technique. The instruments in this study used standard instruments adopted from the Journal of Sports Science and Technology (2009) Basic Skills Test for Playing Futsal. Tests compiled to measure the basic skill level of playing futsal include dribbling, passing, controlling, and shooting. The data is analyzed statistically descriptive in the form of a percentage. The results of this study showed that the level of basic technical skills of playing futsal for extracurricular futsal students in the futsal sport at Inshafuddin High School Banda Aceh as many as 3 students (15%) were declared Very Good, 4 students (20%) were declared Good, 9 students (45%) were declared "Enough", 3 students (15%) were declared Less, 1 student (5%) was declared Less Once. The average score of 73.24 is located at intervals of $69 < X \leq 78$, so the level of futsal playing skills of extracurricular futsal students in the futsal sport at Inshafuddin High School Banda Aceh is stated in the Sufficient category.

Keywords: tests, skills, futsal, extracurricular

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I. INTRODUCTION

Ardianto (2013) explained that, "Futsal is a team sport that is carried out indoors and played by 5 people from each team". The game of futsal is a very fast and dynamic game. The game of futsal is the same as football, what distinguishes these two games is the number of players, the size of the ball, the size of the field and there are several basic technical points that are also different (Purba et al, 2014). One of the advantages of futsal sports games is that the field size is small so that it does not require a very large area like a football field.

There are several Inshafuddin High School students who participated in futsal extracurriculars using the basic techniques of futsal games with techniques that are still wrong in these extracurricular activities. Most

of the extracurricular students do not understand and some do not understand what basic techniques are more dominantly used in the sport of futsal. When viewed deeply, there are many techniques that are indeed a little dominant in the game of futsal. There are several skill techniques in the futsal game that are still wrong, the first of which occurs when passing (passing), many students participating in extracurricular participants still use the instep in passing the ball to teammates. The second is in the technique of controlling (controlling), and the third is that there are some students who still use the inner foot when kicking the ball (shooting) towards the opponent's goal, students use their inner legs more. Passing in futsal playing uses more of the inner leg because it requires a shorter and horizontal passing range in this futsal game. When controlling the ball (controlling) in the futsal game also looks a little different because players use the soles of the feet more to control the ball when controlling the ball, this is due to a lot of horizontal passing in the futsal game. However, students must still adjust to the direction of the ball when the player receives the pass. The last technique in the futsal game is when shooting the ball (shooting), the shooting technique in the futsal game generally uses a lot of the technique of shooting the ball at the end of the foot.

The futsal extracurricular program held by the Inshafuddin Banda Aceh High School is also dominated by games (games) in its implementation material so that many are mistaken. Therefore, extracurricular participants lack knowledge about the dominance of techniques used in the sport of futsal.

Based on the description above, researchers want to know how good the level of basic futsal engineering skills of the students participating in extracurricular at Inshafuddin High School Banda Aceh is. Therefore, the researcher took the title "Basic Technical Skill Level of Playing Futsal Extracurricular Students of Futsal Sports Branch of Inshafuddin Banda Aceh High School for the 2021/2022 Academic Year".

II. RESEARCH METHODS

This research is a quantitative descriptive study with one variable without making comparisons and linking with other variables. Suharsimi Arikunto (2006: 234) explains that, "Descriptive research is not intended to test a specific hypothesis, but only describes what it is about something variable, symptom or circumstance". The method used in this study was a survey. The survey was conducted to determine the level of futsal playing skills of extracurricular futsal students at Inshafuddin High School Banda Aceh. Arikunto (2010:115) explains that, "Population is the entire object of study". Population is a generalized area consisting of objects or subjects that have a certain quantity and characteristics that are determined by the researcher to be studied and then concluded (Sugiyono, 2007: 55). In this study, the population was all futsal extracurricular participants of SMA Inshafuddin Banda Aceh, which amounted to 20 students and was taken all to be the subject of research, so it was called population research. Sugiyono (2007: 63) the sample is part of the number of characteristics possessed by the population. Samples taken as experiments must be considered carefully, in this study researchers used the total sampling technique. According to Arikunto (2010: 7) total sampling is a retrieval equal to the number of populations. The sample of this study was all extracurricular participants in the futsal team of Inshafuddin Banda Aceh High School, totaling 20 students. Data collection techniques are techniques or methods used to collect data to be researched by researchers. The data collection technique that will be used in this study is a survey method with a test technique.

The instruments in this study used standard instruments adopted from the Journal of Sports Science and Technology (2009) Basic Skills Test of Playing Futsal on behalf of Agus Susworo Dwi Mahendro, Saryono and Yudanto. Tests compiled to measure the basic skill level of playing futsal include dribbling, passing, controlling, and shooting. The following are the instructions for the implementation of the futsal skills test:

1. At the "ready" aba-aba, the testee stands outside box number 1 (post 1) with the ball placed on the box. At the "yes" time, the testee started dribbling the straight ball as quickly as possible towards box number 2 (post 2).
2. After reaching post 2, the testee passed without controlling to the wall 10 times at a distance of 2 meters from the wall.
3. After finishing from post 2 then go to post 3 by dribbling a twist, namely turning left and turning right on the cone that has been provided. Or dribbling as if making the number 8.
4. Until post 3, the testee passed with controlling 10 times with the right foot and left foot alternately on 2 sides of the wall with a distance of 2.5 meters. Right foot to the left side wall and left foot to the right side wall.
5. After 10 times number 3 (post 3), followed by shooting to the goal must be done with 1 right foot and 1 left foot and the ball goes into the goal from the goal from the same time as 5 balls. If 2 balls have entered the goal with 1 right foot and left foot, then the shooting is complete.
6. But if you can't put 2 balls into the goal, you are still given a chance up to 5 balls. If 5 balls have not been entered, then the shooting has also been completed. Finished shooting, the testee took back the ball on post box 3.
7. Then dribbling straight as quickly as possible towards number 4 (post 4). Until post 4, the testee

stopped the ball on box number 4. Along with the ball stopped, the time also stopped from the officer's stopwatch. Testee mendapat kesempatan melakukan sebanyak 2 kali.

The data analysis technique used is percentage, aiming to collect data, present data, and determine values. Furthermore, the proposed meaning can be carried out by referring to the standard level of basic futsal skills that have been determined.

Calculating percentage values

Once the data is grouped in each category, then look for the percentage of each record with the percentage formula. According to Suharsmi Arikunto (2007: 245- 246) the percentage formula used is as follows:

$$F \times 100\%$$

$$P = \frac{F}{N}$$

Information:

P=Percentage searched

F= Frequency

N= Number of respondents

III. RESULTS OF RESEARCH AND DISCUSSION

Research Results

Research Results The following are the results of research on the level of basic technical skills playing futsal for extracurricular students in futsal at Inshafuddin High School Banda Aceh for the 2021/2022 school year to be held on Tuesday, February 22, 2022. This data is still raw data recorded by researchers when carrying out research, raw data being preliminary information collected from several facts in the field. This raw data set is then used to pull key information or search for research data, the following is the research raw data:

Table 4.1 Raw Data of Test Research 1(First)

No.	Name	Class	Test 1 (First)						Score (Unit of Time)
			Item Test						
			Straight Dribbling of Post 1-Post 2	Passing Without Control 10 Times	Dribbling Zig-Zag	Passing With Control 10 Times	Shooting	Straight Dribbling of Post 3-Post 4	
1.	WildyRiskyansyah	XIIPA2	00'04"14	00'10"78	00'08"67	00'17"61	00'17"41	00'06"23	01'02"23
2.	T.Aditya	XIIPA2	00'04"76	00'13"35	00'07"60	00'19"88	00'20"47	00'12"66	01'18"66
3.	MuhammadZiadi	XIPA	00'05"56	00'13"87	00'06"13	00'16"63	00'19"66	00'08"92	01'12"92
4.	NazarAjimi	XIIPS	00'06"43	00'18"78	00'09"48	00'16"47	00'17"64	00'09"24	01'18"24
5.	SutanMulia	XIIPS	00'04"28	00'10"44	00'07"93	00'20"91	00'13"09	00'07"58	01'03"58
6.	AndikaMaulanaPutra	XIIPA2	00'04"63	00'14"23	00'06"19	00'20"98	00'17"74	00'12"21	01'14"21
7.	AhlulFikri	XIIPS	00'04"11	00'09"48	00'07"41	00'15"10	00'13"74	00'12"07	01'00"07
8.	MuliaYasir	XIPA	00'06"32	00'13"14	00'06"75	00'23"29	00'20"52	00'08"44	01'16"44
9.	DalfinLabiqTJ	XIIPA	00'08"68	00'21"77	00'12"42	00'23"72	00'10"09	00'06"83	01'20"83
10.	T.FaridAmanda	XIIPA	00'04"82	00'16"67	00'08"60	00'17"98	00'09"28	00'07"48	01'01"48
11.	AhmadHariadi	XIIPA2	00'05"06	00'10"16	00'07"85	00'23"76	00'14"26	00'10"32	01'09"32
12.	AkbarMaulana	XIIPA2	00'06"34	00'09"97	00'10"17	00'19"16	00'14"47	00'07"76	01'05"76
13.	AwangAzizan	XIIPA	00'06"69	00'15"16	00'08"24	00'24"92	00'15"90	00'09"28	01'17"28
14.	M.HanifAlMubarak	XIIPA2	00'09"02	00'19"89	00'09"91	00'30"73	00'09"66	00'09"97	01'25"97
15.	M.AlhafizUmara	XIIPA2	00'04"50	00'14"60	00'07"07	00'24"94	00'16"32	00'10"82	01'15"82
16.	Muammar	XIIPA2	00'07"29	00'22"44	00'12"99	00'16"32	00'12"53	00'10"41	01'19"41
17.	MukhilsSuddin	XIIPS	00'09"52	00'17"31	00'12"52	00'31"49	00'13"07	00'09"35	01'31"35
18.	AlfiAlzaWahiri	XIIPA2	00'05"72	00'15"43	00'09"17	00'22"63	00'14"99	00'12"67	01'17"67
19.	M.RahmatulUlya	XIIPS	00'08"87	00'19"14	00'07"20	00'31"27	00'11"29	00'12"73	01'28"73
20.	MuhibbanI	XIPA	00'04"84	00'10"31	00'06"27	00'19"08	00'15"23	00'09"19	01'03"19

Source: Raw Data Research Test 1

Table 4.2 Raw Data of Test Research 2 (Second)

No.	Name	Class	Test 1 (First)						Score (Unit of Time)
			ItemTest						
			Straight Dribbling of Post 1-Post 2	Passing Without Control 10 Times	Dribbling Zig-Zag	Passing With Control 10 Times	Shooting	Straight Dribbling of Post 3-Post 4	
1.	WildyRiskyansyah	XIIIPA2	00'04"97	00'08"09	00'05"62	00'17"00	00'14"90	00'09"76	00'57"76
2.	T.Aditya	XIIIPA2	00'05"45	00'13"43	00'07"75	00'19"66	00'20"30	00'10"41	01'14"41
3.	Muhammad Ziadi	XIPA	00'05"56	00'14"08	00'07"58	00'18"20	00'19"35	00'12"46	01'15"46
4.	Nazar Ajimi	XIIPS	00'06"08	00'14"22	00'06"61	00'21"55	00'19"51	00'09"58	01'15"58
5.	SutanMulia	XIIPS	00'04"58	00'13"26	00'05"72	00'24"97	00'14"59	00'08"29	01'08"29
6.	Andika Maulana Putra	XIIIPA2	00'07"44	00'20"86	00'12"45	00'25"23	00'10"53	00'07"33	01'21"33
7.	Ahlul Fikri	XIIPS	00'04"76	00'11"49	00'06"64	00'19"13	00'15"29	00'06"93	01'03"93
8.	MuliaYasir	XIPA	00'05"42	00'12"32	00'07"17	00'23"48	00'19"01	00'09"60	01'14"60
9.	DalfinLabiq TJ	XIIPA	00'09"07	00'18"36	00'07"99	00'25"82	00'17"38	00'10"95	01'26"95
10.	T. Farid Amanda	XIIPA	00'04"70	00'10"16	00'06"31	00'19"53	00'18"44	00'07"75	01'03"75
11.	Ahmad Hariadi	XIIIPA2	00'05"72	00'13"38	00'07"63	00'19"43	00'20"54	00'10"90	01'14"90
12.	Akbar Maulana	XIIIPA2	00'04"84	00'09"46	00'06"69	00'17"75	00'14"26	00'09"68	00'59"68
13.	AwangAzizan	XIIPA	00'07"61	00'20"07	00'12"49	00'25"54	00'12"50	00'07"42	01'23"42
14.	M. Hanif Al Mubarak	XIIIPA2	00'08"50	00'19"81	00'09"66	00'30"47	00'13"16	00'09"63	01'28"63
15.	M. AlhafizUmara	XIIIPA2	00'05"82	00'13"38	00'06"19	00'16"72	00'18"27	00'08"24	01'11"24
16.	Muammar	XIIIPA2	00'09"98	00'17"25	00'12"52	00'30"37	00'13"82	00'09"88	01'30"88
17.	MukhilsSuddin	XIIPS	00'07"38	00'20"86	00'12"56	00'25"30	00'12"53	00'08"04	01'24"04
18.	Alfi Alza Wahiri	XIIIPA2	00'09"99	00'19"46	00'09"07	00'30"44	00'10"74	00'09"09	01'26"09
19.	M.Rahmatul Ulya	XIIPS	00'09"33	00'17"14	00'12"79	00'30"50	00'13"76	00'09"07	01'30"07
20.	Muhibban I	XIPA	00'06"25	00'09"09	00'10"63	00'19"19	00'16"15	00'07"93	01'07"93

Source: Raw Data Research Test 2

From the raw data, the researcher conducted 2 tests and took the best time then converted to seconds. The following is a descriptive of the results of research data that have been processed by researchers:

Table 4.3 Descriptive Research Data Results

No.	Name	Class	Best	Units of Seconds	Ranking
1.	WildyRiskyansyah	XIIIPA2	00'57"76	57.76	1
2.	AkbarMaulana	XIIIPA2	00'59"68	59.68	2
3.	AhlulFikri	XIIPS	01'00"07	60.07	3
4.	T.Farid Amanda	XIIPA	01'01"48	61.48	4
5.	MuhibbanI	XIPA	01'03"19	63.19	5
6.	SutanMulia	XIIPS	01'03"58	63.58	6
7.	Ahmad Hariadi	XIIIPA2	01'09"32	69.32	7
8.	M. AlhafizUmara	XIIIPA2	01'11"24	71.24	8
9.	MuhammadZiadi	XIPA	01'12"92	72.92	9
10.	AndikaMaulanaPutra	XIIIPA2	01'14"21	74.21	10
11.	T.Aditya	XIIIPA2	01'14"41	74.41	11
12.	MuliaYasir	XIPA	01'14"60	74.60	12
13.	NazarAjimi	XIIPS	01'15"58	75.58	13
14.	AwangAzizan	XIIPA	01'17"28	77.28	14
15.	AlfiAlzaWahiri	XIIIPA2	01'17"67	77.67	15
16.	Muammar	XIIIPA	01'19"41	79.41	16
17.	DalfinLabiqTJ	XIIPA	01'20"83	80.83	17
18.	MuklisSuddin	XIIPS	01'24"04	84.24	18
19.	M. HanifAlMubarak	XIIIPA2	01'25"97	85.97	19
20.	M.RahmatulUlya	XIIPS	01'28"73	88.73	20

Source: Data results processed by researchers

This research is a quantitative descriptive study with one variable without making comparisons or linking with other variables. From the results of the study using the survey method of basic skill level test techniques for futsal students extracurricular futsal at Inshafuddin High School Banda Aceh, it is necessary to describe the results of this study.

Table 4.4 Descriptive Statistics

	N	Min	Max	M	SD
Valid futsal skills N	20	57,76	88,73	73,24	9,15

Information:

N :Number of Students
 Min : Minimum Value
 Max : Maximum Value
 M :Mean
 SD :Standard Deviation

In descriptive statistics there is no significance test, no degree of error, because the researcher does not intend to make generalizations, so there are no generalization errors. In this study, researchers measured futsal skills in seconds, without including values below the second unit. This is done to make calculations easier. Researchers calculated with Microsoft Excel 2007 media to make it faster and more efficient. The results of the study obtained a maximum value (the longest) of 88.73, then the minimum value (the fastest) of 57.76 and the average value obtained of 73.24 and the standard deviation value of 9.15.

Furthermore, the data will be categorized according to the predetermined formula into 5 categories, namely: Very Good, Good, Enough, Less, and Less Once.

Table 4.6 Frequency Distribution of Basic Technical Skill Levels Playing Futsal For Extracurricular Students in Futsal Sports at Inshafuddin High School Banda Aceh.

Interval	Category	Frequency	Percentage(%)
60≥	Very good	3	15%
61-69	Good	4	20%
70-78	Enough	9	45%
79-87	Less	3	15%
87<	Less Than Once	1	5%
Sum		20	100%

Based on the table above, the basic technical skill level of playing futsal for extracurricular futsal students in futsal at Inshafuddin High School Banda Aceh, as many as 3 students (15%) were declared Very Good, 4 students (20%) were declared Good, 9 students (45%) were declared Enough, 3 students (15%) were declared Less, and 1 student (5%) was declared Less Once. The average score of 73.24 is located at intervals of $69 < X \leq 78$, so the level of basic technical skills playing futsal for extracurricular futsal students in futsal at Inshafuddin High School Banda Aceh is declared "Sufficient". Below is a bar chart of the results of the Basic Technical Skill Level Test for Futsal Students in Extracurricular Futsal Sports at Inshafuddin High School Banda Aceh.

V. Discussion

Based on the results of the futsal skill level test conducted on Tuesday, February 22, 2022, as many as 20 students participating in the extracurricular futsal sport of Inshafuddin Banda Aceh High School received the following data; as many as 3 students (15%) were declared Very Good, 4 students (20%) were declared Good, 9 students (45%) were declared Sufficient, 3 students (15%) were declared Less, and 1 student (5%) was declared Less Once. While the maximum value (the longest) was 88.73, then the minimum value (the fastest) was 57.76 and the average value was obtained at 73.24.

The futsal extracurricular program at Inshafuddin High School Banda Aceh is dominated by game programs in the implementation of its material, rarely conducting basic futsal technique exercises and strategic tactics in playing futsal. So there are many mistakes in futsal training to perform basic futsal techniques. To be able to play futsal well and have good skills, players must be equipped with good basic skills or techniques, not only can they kick the ball but also skills are needed in mastering or controlling the ball (Jaya, 2008: 62). So it can be concluded that the basic skills of playing futsal are one of the basic abilities that must be mastered so that basic technical skills are needed once as a provision for players in a game or match. Ma'mun and Yudha M Saputra (2000: 70) argue that, "The achievement of a skill is influenced by factors. These factors are generally divided into 3 main things, namely teaching and learning process factors, personal factors, and situational (environmental) factors". These three factors must be believed by all coaches and athletes from their respective teams as the main determinants for achieving success and learning skills. A skill can be mastered or acquired if learned and then applied or trained with certain factors, one of which is that the skill learning activity must be carried out continuously in a certain adequate time. The skill abilities of each individual are also different depending on how the process of learning, then how the personality is in the environment around them.

Thus, the results of the overall research can be discussed and concluded that, the level of basic

technical skills of playing futsal for extracurricular students in futsal sports at Inshafuddin Banda Aceh High School for the 2021/2022 Academic Year is stated to be "Enough" as many as 9 students (45%). This means that the futsal skill level of futsal students in the sport of futsal is between "Good" and "Less" while the average score of 73.24 is located at intervals of $69 < X \leq 78$. Furthermore, this can give consideration to extracurricular coaches or coaches in order to improve basic techniques, develop tactics or strategies in futsal playing patterns, and improve the quality of their skills in futsal extracurriculars at Inshafuddin Banda Aceh High School in 2021/2022 so that they can improve.

VI. CONCLUSION

Based on the results of the research and discussion that has been presented, it can be concluded that the level of basic technical skills of playing futsal for extracurricular students in futsal at Inshafuddin High School Banda Aceh is "Enough" with the reason and consequences, the unit of seconds is at 70 seconds with an interval of 70 - 78 and an average score of 73.24 with the most frequency considerations in the category of enough as many as 9 students with a percentage of 45%. The level of basic technical skills of playing futsal for extracurricular futsal students at Inshafuddin High School Banda Aceh as many as 3 students with a percentage of 15% was declared very good on the grounds that the unit of seconds was at 60 seconds with an interval of 60 with a frequency consideration of 3. 4 students with a percentage of 20% were declared good, on the grounds that the unit of seconds was at 61 seconds with an interval of 61 - 69 with the consideration of frequency 4. 9 students with a percentage of 45% were declared Sufficient. 3 students with a percentage of 15% were declared less, on the grounds that the unit of seconds was at 80 seconds with an interval of 79 - 87 in consideration of frequency 3. and 1 student with a percentage of 5% was declared less once, arguing that the unit of seconds was at 84 seconds with an interval of 87 with a frequency consideration of 1.

Based on the research that has been carried out, below are the implications of the research as follows:

1. The emergence of awareness of extracurricular coaches in improving the quality of the exercise programs implemented, especially exercises related to.
2. The ability to play futsal so that futsal extracurriculars at Inshafuddin Banda Aceh High School has improved well and well.
3. The encouragement of coaches, especially in futsal extracurriculars at Inshafuddin High School, is to improve basic technical skills of playing futsal such as dribbling, passing, control, and shooting in students, as well as an effort to achieve maximum results.

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