

Development of Passing Technique Training Model in Private Junior High School Extracurricular Athletes in Medan

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Abstract - In research on the development of basic futsal passing techniques for athletes in the Private Middle School extracurricular club in the city of Medan. This is a process used to develop and validate learning products. Research and development in this study uses the development model Subject analysis needs of small groups of 10 athletes Medan Heroes Middle School. Phase I trials, the subjects of the trial were 20 athletes at Muhammadiyah 57 Middle School Medan. The purpose of this study: 1) Effective, meaning that it is a completeness in increasing the effectiveness or ease for athletes in mastering training material. 2) Efficiency, which means completeness of learning assistance, where with minimal cost and time so that maximum results can be obtained in mastering the basic techniques of passing. 3) Attractive, meaning that it is a complete exercise that has an attraction so that athletes can be motivated to use it.

Keywords: *Development, Futsal, Passing.*

I. INTRODUCTION

In the current era of globalization, many people do not care about the importance of sports because they are more busy with their work. Sport is an activity to train one's body, not only physically but also spiritually. Original sports from various regions in Indonesia may not be famous at the national level but are quite popular in their home regions. The treasures of the nation's culture which should be kept in mind and nurtured before they become extinct are affected by the current of globalization, especially by the game of the digital era using computer devices. Futsal, indoor soccer, this sport allows an area with a narrow area to provide facilities that are almost similar to soccer turf. Futsal is a solution for big cities with limited open areas. Even futsal has been contested internationally recently.

According to Agus Susworo D.M & Saryono (2012: 1), futsal is the uniforming of mini soccer games around the

world by FIFA, by adopting soccer games in the form of adjusted law of the game. Futsal is a team invasion game activity played by five against five people in a certain amount of time played on a field, goal, ball relatively smaller than a soccer game which requires speed of movement, fun and safe to play and the winning team is the team that scores more goal against his opponent.

Futsal sports are now a trend that interests various groups because it is an alternative to fill leisure time on weekends. Initially just a hobby, but it became interesting to be seriously studied. Interest in indoor soccer has increased greatly. However, many do not understand the rules of the game because it is complicated and not easy like big field football. For that I will give a little review about the sport of futsal which is more current trend of interest in playing futsal.

Although relatively new, its development is quite rapid. This sport can be an option for leisure and leisure, especially holidays. Many advantages can be gained by playing futsal. Besides the land required as a field is not too broad, the game can also be done at any time without being disturbed by weather conditions because it is indoors. The rules are relatively the same as soccer in general. only slight differences such as in the number of players and the size of the ball. (David Watt, 2003: 6) However, the rules of the game of futsal can be learned easily because most of them adopt large field football. Futsal can be a place to develop the ability of football talent. Players can better master the technique of ball game, combination of play, and defense.

For children and adolescents, futsal will greatly help them to develop their soccer instincts and skills. therefore, many soccer school children (SSB) learn futsal and participate in various futsal tournaments. Now with the availability of more complete and modern facilities in the room, futsal will continue to develop as well as large field football.

But with its rapid development, there are still weaknesses in its development. Where that futsal clubs only exist at the time of the tournament, it means that all people are free to make their club without any clarity from the person in charge of the club so that many clubs only practice just before the match and only formed when going to join the tournament. Especially in clubs that are in school. So the coaching goals are difficult to achieve.

The above problem is a global problem that occurs in areas, especially in the city of Medan, so it appears that the defending champions of school clubs are usually clubs that are able to be consistent with their training time and have a club person in charge. This problem will have an impact on every club that just goes along in the match. It could be observed during the match that there were inaccuracies in passing techniques in playing, lacked confidence, the patterns applied in the game were also in shambles.

Researchers observed in every school match by interviewing their coach who was also a research fellow that there were a lot of problems in school clubs, namely: 1) the recruitment of school representative players was usually not due to selection but because of teacher monitoring (only based on learning carried out daily), 2) many schools that do not support the formation of futsal extracurricular at school, 3) athletes usually practice at the time of the match around \pm 2 weeks, 4) lack of understanding of Physical Education teachers who also work as trainers in the special training of futsal, so the application of soccer-like exercises only, 5) based on the observation of researchers that the implementation of the techniques carried out by athletes in an average game is problematic in passing where most athletes often do dribbling so that accuracy for passing to friends is usually not able to be achieved properly, so in question The ball is usually when you reach the top will be able to be taken by the opposing defender. 6) the lack of application of passing exercises developed by their physical education teachers / futsal trainers so that the training seems monotonous, 7) the training application is still the same as soccer, even though football and futsal have different physical conditions so that the implementation of the technique also means the game is different futsal requires players who are able to make decisions that are fast and precise just like passing. Basic technique is the first step in achieving a goal or target to be achieved. The goal of the game of futsal is to win by scoring goals and trying to prevent opponents from scoring goals in accordance with regulations (Robert, 2007: 12). According to Andri Irawan (2009: 21) Never discuss tactics and game strategies to win a match, if the player does not master the basic techniques in the game of futsal. Because in a futsal game situation, every player must be in contact with the

ball, if the player does not master good basic techniques, the opponent will easily seize and master the game. The technique used in the game of futsal is not much different from football. However, due to several factors including, a smaller pitch, shorter time and a flat floor surface caused differences in the use of the technique.

Passing is one of the basic techniques of futsal game that is needed and must be mastered by every futsal player, because with a flat field and a small field size required fast, hard and accurate passing, because the ball that flows parallel to the heel of the player, because almost as long futsal game using passing. To master the passing skill, mastery of movement is needed so that the desired target is achieved. Passing is one of the basic techniques of futsal that is needed by every player. On a flat field and a smaller size, of course hard and accurate passing is required. Because the ball is sliding in line with the heel of the player. This is due almost almost all futsal games using passing. To master passing, mastery of movement is needed so that the achieved target can be achieved. Success in baiting is determined by its quality, three things in the quality of baiting are Hard, Accurate, Flat.

Based on the description of the problem above, the researcher is interested in conducting a study entitled "Development of a Passing Technique Training Model for Extracurricular Athletes in Private Junior High Schools in Medan"

II. RESEARCH METHODS

In research on the development of a basic futsal passing technique for athletes at the Private Middle School extracurricular club in the city of Medan. This is a process used to develop and validate learning products. Research and development in learning uses the Research & Development (R&D) development model of Borg & Gall (1983: 776) which consists of ten steps including: 1) Conducting research and information gathering (literature review, subject observation, report preparation main issues) (2) Planning (defining skills, formulating objectives, determining the order of teaching, and small-scale trials) (3) Developing the initial product form (preparing teaching materials, preparing handbooks, and evaluation equipment) (4) Conducting tests the starting field (using 6-12 subjects) (5) conducting a revision of the main product (in accordance with the recommendations of the initial field test results) (6) conducting the main field test (with 30-100 subjects. (7) conducting a product revision (based on suggestions and results of main field trials. (8) Field tests with 40-200 subjects (9) Revision of the final product (10) Making a report on the product in a journal, working with the nerbit which can distribute commercially.

III. DISCUSSION OF RESEARCH RESULTS

Research and development of this basic futsal passing technical training model to improve passing techniques, specifically there are several objectives including:

1. To obtain in-depth information about the futsal training process of school-assisted athletes (extracurriculars)
2. Developing and applying a passing technique training model to produce outstanding athletes.
3. Obtain empirical data about the effectiveness, efficiency and attractiveness of athletes to the models developed.

The final goal of this development research is to produce a product in the form of a module that contains a model of futsal passing technique training, so that it can complement the existing training at this time, namely so that in athletes training can:

1. Effective, which means completeness in increasing effectiveness or convenience for athletes in mastering training material.
2. Efficiency, which means the completeness of learning assistance, where with minimal cost and time so that maximum results can be obtained in mastering the basic techniques of passing.
3. Attractive, meaning that it is a complete exercise that has an attraction so that athletes can be motivated to use it.

The usefulness of the results of this study can be described as follows:

- 1) Developing a passing technique training model in a futsal game with the aim of a futsal club being able to excel.
- 2) Developing a passing technique training model in futsal for reference to train physical education teachers who are also futsal trainers at school.
- 3) Develop a passing technique training model in futsal as a reference for pre-match training.
- 4) The results of this study are expected to contribute scientific thought to scientists and other researchers to develop better basic passing techniques.

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