

# Innovation Of The Speed Model Using Running With The Ball Techniques In Football

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**Abstract--** The purpose of this research is to develop the model of speed training in football using the technique running with the ball. This study was conducted on football athletes aged 15-18 years. So treatment location located at Medan Sakti Junior, PPLP North Sumatra, Siantar FC Junior and Harjuna Putra Junior with a sample size of 70 athletes. This research uses purposive sample and qualitative and quantitative techniques. Data collection techniques in this study using the speed test for qualitative and questionnaires for experts in the form of quantitative data. Data analysis techniques using t-test statistical procedures. The results of this study indicate that the development of speed training model using running with the ball technique affect the results of the speed running football athletes aged 15-18 years.

**Keywords:** Speed, Football, Running

## I. INTRODUCTION

The Indonesian nation is one of the developing countries in the fields of science and technology and in other fields, including sports. Sports is a real manifestation in developing human resources and improving human dignity and dignity to realize the ideals of the nation. In general, people want to succeed in various sports disciplines, and the success gained in one sport is an accumulative result of various aspects of business, said to be because the success of sports achieved by a person is the result of a combination of various types of business aspects that contribute to achieving success the sport.

Sports as a physical activity is very popular among teenagers, because at this age it is considered the most suitable for developing talent and potential to become an accomplished athlete. To make athletes perform well, it takes a long time through a planned, tiered and sustainable process.

Likewise, as in other developing countries, soccer in Indonesia is one of the most popular sports among the children, teenagers and adults, both from the bottom of the economic community, middle-class and even upper-class society. We can easily find soccer sports in all directions and even in rural areas.

Football games are always constantly evolving according to the needs of the community for sports that are so interesting to watch. Football in modern times always presents matches that are good in terms of physical, technical, tactical and mental. The progress of the football sport requires every player to show their true abilities or qualities so that the soccer match deserves to be watched widely by the public. For this reason, each team plans regularly and planned so that the players who will be coached must be in accordance with the criteria of football itself. One of the criteria that must be met by every soccer player is a good and excellent physical condition. This criterion must be possessed by every football player because football matches take place for a long time and are played with a wide place.

Football, like sports that prioritize relentless movement when running to receive operands in certain circumstances or dribbling towards the target must always pay attention to the improvement in physical condition of speed. According to Verheijen (2014: 41) that "Every action in football must have a speed component that serves to support other players so as not to lose in possession of the ball". This means that football players must still be able to master the ball for a long time without having to reduce speed.

Speed is absolutely needed by a football player. Bompa (2009: 315) also expressed the same opinion that "in many sports, such as football the ability to move quickly underlies the success of a game". The faster the ball is taken from the opponent, the greater the chance to master the match for a long time. Mastery of the game against opponents continuously will provide convenience in planning opportunities for the occurrence of goals. In addition, players who have speed can take advantage of opportunities to score goals by moving as quickly as possible or unexpectedly breaking away from obstacles and guarding opposing players. During full-speed matches it is very necessary with certain game conditions that require players to react to opponents and balls (Frank 2009: 21).

Seeing this condition certainly the development of physical conditions must begin at an early age and junior. The development of young players is a very important priority to create reliable football players to form football teams that excel on the international stage. One of them has been carried out by the government is to develop a system of training young athletes through a forum called the Student Training and Education Center (PPLP) in various provinces. The government in North Sumatra province has had a Student Education and Training Center (PPLP) for a long time. For this reason, the test results at PPLP are always a benchmark for improving football in a province both physically, technically, tactically and mentally.

Based on the results of physical tests for the last 5 years at PPLP North Sumatra as a place to coach athletes in their teens or junior age in accordance with data obtained from the Youth and Sports Service of North Sumatra Province supporting the statement of the previous trainer which showed that the physical condition of the player was very bad. The most decreased physical tests occurred on the 30-meter run test and ran 20 meters. The ability of players is always in the category enough in every year of all players who are in PPLP North Sumatra.

Looking at the data, the author made observations to several football clubs in Medan. During speed training, the trainer only focuses on providing training methods without using balls such as training intervals and ladder drills. Interval training with a lot of repetition and varying distances makes players often tired and tired of the condition of the exercise while the ladder drill uses a ladder-shaped tool that is more focused on footwork.

Players do a lot of speed training by running a certain distance over and over again and the same movements result in fast boredom. Moreover, the speed training method that rarely changes makes many players not so eager to attend training sessions. Players are always in a hurry to complete this exercise program so that the rest time between repetitions is not enjoyed regularly to restore the body's condition to be better prepared to start training. Furthermore, this condition is not very good if left continuously. As a result the quality of the exercise is not maintained and the appearance of the athlete actually decreases due to fatigue and boredom. The form of speed training provided by the trainer looks less attractive to athletes when the training process lasts a long time.

Based on these factors, researchers are interested in developing a ball speed training model. Exercises that use the ball are expected to make it easier for athletes to increase speed without losing touch techniques to the ball. Researchers try to develop a speed training model using a technical approach, namely dribbling techniques. This technique was developed into the ability to dribble but touches the ball very

little. Researchers developed a speed training model for children aged 15-18 years. This age was chosen because in the age-old football branch there were many young players who were ready to go through a continuous training program and towards specialization to achieve high achievement. According to Bompa (2009: 33) suggests "specialization programs begin at the age of 15 to 17, without neglecting previous sports and activities". Then he also explained "Top performance is achieved after 5 to 8 years in the specialization sports stage". Moreover, many famous athletes are starting to organize training at the junior level, namely ages 14-18 years (Bompa 2009: 33)

The technique of running with the ball is one form of exercise that requires the player to run as fast as he can while mastering the ball. This exercise not only focuses on running speed but requires that players can stay balanced to control the ball so that it is not captured by the opponent. This exercise will be different from the form of speed training that has been provided by the trainer. Exercises that only focus on running to a particular area are developed through the ball as the target so that it provides another motivation for the athlete to chase the ball without realizing that he is running after him at full speed. The main reason the writer gives this model of training is in accordance with the guidelines of the Indonesian football curriculum. According to Scheneumann (2014: 156) "one way to improve the speed of using the ball"

With a varied training model through a combination of technical and physical aspects can make the athlete's physical condition continues to increase and the atmosphere of training is fun for athletes so that athletes can not always feel bored and bored quickly.

#### A. *Speed*

Speed is one element of physical condition. Bompa in Imran Akhmad (2013: 133) states that "to achieve an achievement for an athlete, the main factor that must be addressed is the physical condition factor. A team will be able to achieve good performance if it has good physical condition and good mastery of technique. Having a good physical condition has not guaranteed to be able to achieve, because achievement is not only determined by physical conditions but also because of the maturity of mastering the technique so that it can contribute greatly to high achievement.

Speed can be defined as the ability to carry out similar movements in a row in the shortest time to travel a distance. Lumituarso (2007: 62) states speed is the ability to move places or move on the entire body or part of the body in a short time.

### B. *Running With The Ball*

In the era of modern football, running with the ball is always equated with dribbling. Atiq Ahmad (2012: 35) argues that the basic techniques that have been carried out have a unity in the game of soccer, such as dribbling techniques with running with the ball aiming to counterattack with maximum speed so that it can contrude other techniques. The running with the ball technique has its own distinctive movement with dribbling. The touch of the foot to the ball through a constantly changing direction is evident when the player is dribbling. This is not the case with running with the ball techniques that prioritize running speed with little touch to the ball.

According to Sneyers (2007:250) that the purpose of running with the ball is :

- 1) Learn to see something regionally (panoramic)
- 2) Develop an instinct where an object (ball) is located, how it moves, where it will stop (so that a player can easily master it)
- 3) Perform movements automatically..

## II. METHOD

In this development researchers used research and development methods. Where to develop a product in the form of Running With The Ball training techniques in Football. In the research process, it has three stages that must be done, namely pre-development, development and field trials. In the pre-development stage, what is done is collecting information consisting of literature, data, preliminary studies that include field observations related to the needs analysis of the products to be developed and drafting a draft football material. During the development phase, the first draft was the draft manuscript to expert experts who are competent in the field of Football, Sports Exercise Programs and audio-visual media. After being tested by experts, the next step is to revise the manuscript and then take a picture of the training model that matches the script and do the editing and prototype making. After the editing process and the making of the prototype, the next step is the second trial by experts consisting of soccer experts, audio-visual media and sports academics. After conducting expert test II, the next step is to make improvements to the advice given by the expert so that the products are ready to be tested in the field. The last stage is a field trial in the Football Club aged 15-18 years. The trial was carried out during the training process by using the Running With The Ball technique product developed. After that, researchers conducted interviews with coaches and athletes how they thought about the products that had been used. After obtaining information about the product being developed, the final step is to repair the product so that it is better and more suitable for use.

The type of data used in this study is qualitative and quantitative data. Data sources that will be obtained in this study consist of several sources, namely, tests, and experts. Data obtained from teachers and students covers how they think about the speed training model using the Running With The Ball technique.

Data collection techniques that will be used are using triangulation data consisting of test data and expert opinions. The form of data analysis that will be used is qualitative descriptive analysis. And quantitative. Interviews were conducted to experts and after conducting product trials by asking about the opinions of experts about the use of the Running With The Ball technique. Then the test was conducted for athletes aged 15-18 years using a 20-meter running test.

With the development of a speed training model using the Running With The Ball technique in football. Running With The Ball technique, can help coaches and athletes to increase speed and develop speed training models in football. For trainers, this exercise model can be used during the training process for athletes so that the training process can run well. As for athletes, this exercise model can be used to increase running speed.

## III. CONCLUSION

Based on the explanation above it can be concluded that it is necessary to develop an exercise model in order to help coaches and athletes to increase running speed in football. One exercise model that can be developed to increase running speed is the exercise model using the running with the ball technique. Using this running with the ball technique can help the trainer to increase running speed during the training process and for athletes to be used as self-training materials.

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