

## Futsal future: exploring the skills of junior high school 18 Semarang players

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### ABSTRACT

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*This study aims to find out how and to what extent the Basic Skills of Futsal Techniques are. This research uses an observation method with a test and measurement approach. The population in this study was 50 students participating in the futsal extracurricular at Junior High School 18 Semarang city and 24 students were taken as samples. Taking samples for this research, the author took samples using purposive sampling where 24 futsal extracurricular students who actively participated in futsal matches represented the school. This research instrument uses the Basic Futsal Technical Skills Test and Measurement instrument. After knowing the basic technical skills of futsal, which are categorized as very good, good, fair, poor and very poor. Then you will be able to find out how big the percentage is using the formula. Based on data processing, the results of this research are: 2 students (8.3%) were declared very good, 4 students (16.7%) were declared good, 7 students (29.2%) were declared sufficient, 9 students (37.5%) were declared inadequate, and 2 students (8.3%) were declared very poor. The average value of 40.8983 is located in the interval  $37.91932 \leq X < 43.27152$ . In the sufficient category. With these results it can be concluded that the level of basic futsal technical skills of students participating in extracurricular activities at Junior High School 18 Semarang City is stated to be lacking. Thus, as for the benefits of this research so that it can be a reference or foundation for coaches, and extracurricular participants as evaluation material for students in practicing after knowing the level of basic futsal technical abilities possessed by extracurricular participants, can make students who have less ability to study more actively, practice, learn techniques well and for students whose abilities are quite good can continue to improve their ability to play futsal by learning variations of the latest techniques.*

**Keywords:** skills, basic futsal techniques, extracurricular activities

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## INTRODUCTION

Sports activities are activities that are closely related to body movements so that the body can sweat. The types of sports vary greatly. One of them is futsal. Futsal sport is one of the most favored sports by people in modern times ([Denhas & Wahadi, 2021](#)). This futsal game, which is played by two opposing teams, can be played by anyone, both young and old, men and women ([Muhamad Teguh Sakti dkk., 2021](#)). Futsal is a fast and dynamic team sport with accurate passing where both teams compete for the ball to put it into the opponent's goal so that many goals are possible ([Dyky & Kusuma, 2020](#)). Futsal is an indoor and outdoor mini sport with a pitch of 3842 meters. 1.525 meters wide played by five players, including the goalkeeper ([Irawan & Limanto, 2021](#)). The game of futsal requires a player to always move, this game

requires ingenuity and determination which is relatively high. Based on skill, the game of futsal is almost the same when compared to the game of soccer, but the futsal playing field is relatively smaller than the soccer playing field, while the surface of the futsal field is flatter, this is what causes differences in performing basic technical skills. Futsal basic technical skills are the foundation or first action to achieve a goal to be achieved, this proves that in a team or individual players with better abilities will look very efficient and effective. Basic futsal techniques such as passing, dribble, control and shooting are very important ([Yogi Ferdy Irawan & Indra Prayoto, 2021](#)).

Passing is one of the basic techniques of futsal that every player needs. A flat field and small field size require hard and accurate passing because the ball slides parallel to the player's heel. Passing is very important in a futsal game, because if we dribble continuously without continuing to pass the ball to a friend, the opponent will easily read our movements, and cut the ball quickly. In other words, passing is the breath of the futsal game. To master passing skills, it is necessary to master the movements so that the desired target is achieved. Dribbling technique is an important skill and absolutely must be mastered by every futsal player. Dribbling is the ability that each player has in controlling the ball before giving it to his friend to create opportunities to score goals. Basic techniques in control skills (holding the ball) must use the sole of the foot. In performing the basic control technique movements must be carried out in a sequence or movement steps that are good and correct in order to become a good and correct control movement as well. Shooting is one of the important techniques because Shooting Techniques in futsal playing skills are needed for team victory can be seen from the total goals put into the opponent's goal. To be able to do a goal a player must master the basics of shooting well and correctly ([Ginting dkk., 2019](#)).

Extracurricular activities are activities outside of intracurricular hours, the purpose of holding extracurricular activities is as a place to channel students' talents and interests according to their favorite fields ([Herlan dkk., 2021](#)). Junior High School 18 Semarang City has a variety of extracurricular activities that are facilitated by the school in accordance with the interests, talents and achievements of students in both academic and non-academic fields such as volleyball, basketball, scouts, pmr, paskibra, band, choir, dance, art reading al qur'an, futsal, science, robotic, tambourine, and editorial team. Of these activities, extracurricular futsal is one of the favorite activities for students. Basically, the futsal extracurricular activities of Junior High School 18 Semarang City have been running quite well. Based on observations

made by researchers on Monday, January 29, 2024 during training, researchers obtained information that extracurricular participants had never received tests and measurements related to the level of basic futsal technical skills, so it was not yet known how much the level of basic futsal technical abilities possessed by futsal extracurricular participants so that this research was the first research conducted on futsal extracurricular participant students at Junior High School 18 Semarang city and the first time for students to conduct tests and measurements related to the level of basic futsal technical skills.

Therefore, based on the description above, the researcher feels interested in conducting research on extracurricular futsal participants of Junior High School 18 Semarang city into a study with the urgency of the problem that tests and measurements have never been carried out on students, students in participating in tournaments have not been able to achieve the targeted achievements. so that this is the first test and measurement of basic technical skills carried out by extracurricular futsal participants of Junior High School 18 Semarang city and it is not yet known how the level of ability of basic futsal technical skills in extracurricular participants.

Thus, the researcher will raise this research with the title "Futsal Future: Exploring the Skills of Junior High School 18 Semarang Players". From the information that researchers can get, participants who take part in extracurricular activities and often attend training are around 50 students. of these 50 students, only 24 students are active in participating in matches or tournaments representing the school. This study aims to determine the level of basic technical skills of extracurricular futsal participants at Junior High School 18 Semarang. From the research that will be conducted by researchers, there are two benefits that researchers expect, namely theoretically, this research can be used as information and reference for sports students who will conduct similar research related to the ability of basic futsal techniques. And practically, namely for coaches, the results of this study can be used as a source of reference and information in compiling student training programs according to their needs. For students, students can know the level of ability of basic futsal technical skills they have. And the benefits for researchers, this research can be an experience, increase the knowledge of researchers in tests and measurements of basic futsal technical skills

## **METHODS**

The method in the research used is quantitative method. With a quantitative descriptive approach that aims to describe the level of basic futsal technical skills of extracurricular futsal

participants at Junior High School 18 Semarang City. population is a generalization area consisting of objects or subjects that have certain qualities and characteristics set by researchers to study and then draw ([Sugiyono, 2019](#)). The population in this study amounted to 50 students. The sample is part of the number and characteristics possessed by the population. If the population is large, and it is not possible for researchers to study everything in the population, then researchers can use samples taken from that population ([Sugiyono, 2019](#)). In this study, researchers or writers took samples using purposive sampling. Purposive sampling is a sampling technique with certain considerations. The reason for using this sample is because not all samples have criteria that match what has been determined by the researcher, therefore the researcher chooses purposive sampling technique by determining certain considerations or criteria that must be met by the sample used in the study is extracurricular futsal students of Junior High School 18 Semarang City who actively participate in matches/tournaments representing schools with a total of 24 students. This research was conducted on February 05, 2024 at the Walisongo University GSG. Data collection was carried out using test and measurement techniques. Using test instruments and measuring basic technical skills of futsa FIK uny.

The instrument used to assess basic futsal skills in this study is a futsal skills test consisting of several techniques, namely passing, control, dribbling, and shooting. The test used is not a battery test with several test items, but one test that has combined a series of movements of basic skills to play futsal. The skill techniques that are prioritized include passing, controlling, dribbling and shooting. Thus the skill can be described from the speed of the player in performing the series of movements. The series of movements include: straight dribbling as far as 6 m, passing without controlling 10 times with a distance of 2 m, dribbling around 2 cones (one cone rotates to the left, one cone rotates to the right), passing with controlling 10 times with a distance of 2.5 m (alternating right and left feet by controlling), shooting at the target goal with 1 with the right foot and 1 with the left foot or 5 balls provided, and straight dribbling as far as 5.5 m.

Data analysis techniques, statistical analysis with quantitative descriptive methods, while for the percentage of variables will be analyzed using a computer application, namely SPSS. In the data analysis technique used to describe and determine the category is categorization using a statistical formula based on mean and standard deviation.

## RESULTS AND DISCUSSION

### Results

This study uses quantitative descriptive research with one variable without making comparisons or relationships with other variables. From the results of research on basic futsal technical skills in extracurricular futsal participants of Junior High School 18 Semarang city can be described the results of this study. Based on the results of research related to data analysis of the level of basic futsal technical skills of extracurricular futsal participants at SMP Negeri 1 Semarang conducted with one test that has combined a series of basic skill movements playing futsal, this research will be presented in the form of a statistical description which can be seen in table 1 below:

**Tabel 1.** Descriptive statistics results

	N	Minimu m	Maximu m	Mean	Std. Deviation
Basic futsal technique skill test results	24	28.65	53.20	40.8983	5.84647
Valid N (listwise)	24				

The results of tests and measurements on extracurricular futsal students at Junior High School Semarang City obtained a maximum value of 53.20 seconds and a minimum of 28.65 seconds, with an average or mean value of 40.8983 seconds and a standard deviation of 5.84647 seconds. The results of research related to the frequency distribution of the level of basic futsal technical skills of extracurricular futsal participants of Junior High School 18 Semarang can be reviewed in table 2. the following:

**Tabel 2.** Percentage of the results of the basic futsal technical skills test for futsal extracurricular participants of Junior High School 18 Semarang City

	Freque ncy	Percent	Valid Percent	Cumulative Percent
Valid	Very Poor	2	8.3	8.3
	Poor	9	37.5	45.8
	Below Average	7	29.2	75.0
	Good	4	16.7	91.7
	Excellent	2	8.3	100.0
	Total	24	100.0	100.0

Based on the presentation of data in the table and graph, it shows that the results of research on the level of basic futsal technical skills of extracurricular futsal participants at Junior High School 18 Semarang are divided into several categories. The category is very good as many as 2 students (8.3%) declared very good, 4 students (16.7%) declared good, 7 students (29.2%) declared sufficient, 9 students (37.5%) declared deficient, and 2 students (8.3%) declared very deficient. The average value of 40.8983 lies in the interval  $37.91932 \leq X < 43.27152$ . This category cannot be generalized, but only applies to the group studied. With these results, it can be concluded that the level of basic futsal technical skills of extracurricular students at Junior High School 18 Semarang City is still lacking.

## **Discussion**

Based on the results of the research analysis conducted by the researcher, it was found that most students in conducting tests and measurements of basic futsal technical skills fell into the category of less with the value obtained was (37.5%). In conducting tests and measurements of basic futsal technical skills, the examiner tests students by dribbling the ball 6 meters, Passing without controlling 10 times to the wall with a distance of 2 meters, dribbling around 2 cones 1 to the left & 1 to the right, Passing with controlling alternating right-left, 5 right feet & 5 left feet, Shooting target goals 1 right foot 1 left foot, or 5 balls, then dribbling straight 5.5 meters. The results of this study when associated with previous research have similarities, namely in the game of futsal the need for mastery of basic futsal technical skills so that it will support the success or maximum achievement of students in playing futsal and participating in futsal matches..

The results of research conducted by [\(Raibowo dkk., 2021\)](#) The introduction and mastery of basic techniques is the main thing besides physical condition coaching in achieving a sporting achievement. [\(Pizarro dkk., 2019\)](#) also explained that the determinant of the success of futsal players is to see the basic abilities possessed in mastering the basic skills of futsal sports, such as basic passing, dribbling, controlling, & shooting techniques. The basic technical skills of playing futsal for extracurricular futsal participants at Junior High School 18 Semarang City are still lacking because there is no mastery of good basic futsal techniques as a whole, which includes: passing, controlling, dribbling, and shooting techniques, while to realize achievements in futsal sports, mastery of basic futsal skills is needed. Futsal is not just being able to kick the ball but also requires expertise in controlling or controlling the ball [\(A. Hutomo](#)

[dkk., 2019](#)). Furthermore, apart from mastering basic techniques, researchers also found that there are several other factors including: training factors, physical condition factors, facilities and infrastructure factors, psychological factors. In this case, the training factor is an important part because it will have an effect on improving skills, especially basic skills ([Festiawan dkk., 2019](#)). Then according to ([Hidayat dkk., 2022](#)) that more complex training patterns can improve player skills progressively. Thus, in this invention, trainers need to increase the effectiveness of training time in order to improve futsal skills. Regular and disciplined practice is needed in order to master the basic technical skills of futsal properly and correctly. Meanwhile, the training time for extracurricular futsal participants of Junior High School 18 Semarang city is only once a week, so this is one of the factors for the lack of basic technical skills of the participants due to the lack of training intensity. Furthermore, the physical condition factor is the basic foundation in a person's achievement ([Purnomo, 2019](#)) physical condition is also one of the important aspects to achieve an achievement ([Kusuma dkk., 2020](#)) because with good physical condition students are able and easy to learn futsal skills and have good body condition and monitored students will concentrate more on doing training or facing matches by not getting tired easily and having good endurance.

Then the facilities and infrastructure factor, ([Zainudin dkk., 2019](#)) explains that supporting facilities and infrastructure will motivate users to be more enthusiastic in participating in training. Adequate facilities and infrastructure will also motivate athletes to remain diligent in training, besides that adequate facilities and infrastructure will help athletes in training or in matches to run smoothly, facilities and infrastructure or facilities are one of the things that must be fulfilled by a sports organization, However, futsal extracurricular activities at Junior High School 18 Semarang city are not running well. This is due to shortcomings in the provision of infrastructure, such as inadequate and limited fields. Making students experience limitations in practicing. Furthermore, psychological factors, ([Sivrikaya, 2019](#)) explain psychology in sports is an important part of soccer or futsal and a factor in the success or failure of athletes in competition. Psychological aspects include focus, student confidence, motivation and kecemasan, self efficacy which affects student performance when competing.

## **CONCLUSION**

Based on the results of the research conducted by researchers, it is known that the majority of extracurricular participants have a poor level of basic futsal technical skills. then it can be seen that the implications of this research are three aspects. First, coaches need to

develop a structured training program in fostering the training process, increasing the time or intensity of training for students related to basic futsal technical skills. Second, students need to maintain good physical condition, and train mentally. Third, the school needs to add facilities or facilities and infrastructure. The benefit of this research is that the results of this study can be useful as evaluation material for students in practicing. This study has limitations, namely the lack of research samples, limited time, and lack of researcher knowledge.

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