SKILL TRAINING MODEL DEVELOPMENT OF SLALOM DRIBBLING, PASSING AND BANANA SHOOT IN FOOTBALL TECHNIQUES

Irfandi¹, Zikru Rahmat²

¹,² STKIP Bina Bangsa Getsempana

irfandihusein@gmail.com

ABSTRACT

This research aims to develop various models of design skills training techniques, develop initial product, test a small group, large group test, and implement test the effectiveness of the product. The process of implementation of product effectiveness test conducted in the School of Football Real Madrid Foundation and the Young Stars. The results of the model exercise mastery of technical skills leads slalom, passing and kicking banana is: 1) Percentage of the questionnaire and validation by experts obtained an average score of 67% and 73%, it was included in the category of valid, which means that the product model can be used and applied as guidelines for this type of training at Real Madrid Football School Foundation son of middle-level athletes. Percentage of outcome data were tested on a small group that comes from mastering the technical skills of the model athlete at 81.10%, which means the user is valid, and a large group obtained 85.34% of the valid means that the product can be used, so it can be interpreted that model developed capable of providing extraordinary results, especially in mastering the technical skills training model. The results amounted to 62.27% in the try, then there is the impact of a significant increase in the control group by 27%.

Key Words: Design, slalom, treatment and development research.

INTRODUCTION

Football is one of the sport's top and most popular all over the world, almost every country, has a field of equipment, tools, the game of football itself. The game of football has gone through many dynamic changes ranging from simple primitives to move to the level and form of international, modern as today, so the enthusiasts of the game were
increasingly numerous and not only among adults only, children, the elderly, the rich, poor, traders, farmers, employees, politicians, academics, and even women were loved and played a game of football, it is influenced by the times and technology is rapidly increasing lately so often influenced the development of the game of football. Millions of mankind fascinated with the game on this one, (Agussalim, 2008).

According Dupeux, G. (2001), stating that football is one of the important instruments as unifying the nation in the world. As rightly favorite sport football brings hope of such magnitude. The game of football itself for a purpose as a means of unifying the nation, the state should have the rules of the game or the rules of the game. Rules/ games should be understood, understood, mastered fully, and implemented by every member of the football and together so well will need to learn the rules of the game and the game rules. As for the people who understand the game rules are like: gym teachers, referees, trainers, coaches, instructors, practitioners, academics, advices football, observers of sports and soccer players themselves are expected to understand the laws and norms in force, so that football can achieve a desired destination namely as a means of unifying the nation. Especially understanding the early and middle age athletes as initial capital for the provision of being a professional athlete.

Based on observations conducted by researchers on September 2 s/d October 28, 2015 occurred in the School of Football (SSB) Real Madrid Foundation and the Young Stars SSB Banda Aceh. In this case, to guide, and the findings during the observation of a number of pegamatan researchers in the field are: 1) Lack of understanding, mastery of techniques, particularly the technique herding, kick and pass in football, 2) Some models of training techniques that do still conventional, and the majority of athletes are still using their own techniques. 3) At the time of execution of the training of athletes, not guided exercise program, even the training program is not running. 4) Lack of infrastructure, facilities and infrastructure, as long as the researchers saw in the football stadium used by several other clubs, so this form of exercise and play are awarded not run optimally. Although berpodoman on a predetermined schedule but the implementation process of the exercise and the play was not as expected. Because the other clubs already lined up outside.

Following up the results of these observations that: 1) In the SSB Real Madrid Foundation and the SSB Bintang Muda, it is necessary to
apply a model Preliminary Practice (stretching) especially technical skill slalom, pass and kick bananas which aims to tackle on a number of technical mastery experienced athletes during this 2) There needs to be an effort that is more structured and systematic way to create a model of practice that is considered to be able to cope with the athlete in terms of technical mastery that engineering skills led slalom, pass and kick bananas in football, 3) required a manual exercise scheduled and systematic, a program of exercises start, exercise programs daily, weekly, and monthly, aims to improve exercise capacity, especially in the mastery of technical skills leads slalom, pass and kick bananas in football, 4) Steps and final attempt I think it needs to be to make a proposal to the government to launch a program and plotted a number of budget for Infrastructure development in the form of football stadiums, and arenas, sports arena. With the hope olahgara in Aceh in particular be able to perform well in national and international level.

LITERATURE REVIEW

The game of football is a sport that requires perfect mastery of basic techniques as capital in making the game of football, besides the players also desperately need an understanding of the things that are very basic in football. According to Eric C. Batty (2007: 4) that: "Football is a simple game, and the secret of a good game of football which is doing the simple things as well as possible".

Dian Sucipto (2000: 7) says that: "Football is a team game, each team consists of 11 players and one goalkeeper". The game is almost entirely played with legs, except the goalkeeper is allowed to use his arm in the penalty kick. In the development of this game can be played outside the field (out-door) and in a closed (in-door) ". Football is played on grass rectangular with a width of 65-74 meters and a length of 100-110 meters. A ball made of leather also required by both teams to play together. Led by a referee and two assistant referees. The goal of each team is to enter kegawang opponent's ball as much as possible and trying to avoid conceding a goal the ball.

Laws of the Game (2008: 27) says that: The match lasts two equal half the time that is 2 x 45 minutes, unless there is another agreement between the referee and the two teams that will compete. Each persetujuan to change the game time (for example, to reduce the time a round of the
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game into 40 minutes because of insufficient light) should be performed before starting and competition rules should be adjusted. Players are entitled to resting time between the two rounds. Resting time should be no more than 15 minutes. Competition rules should state resting period of the first half. The length of resting time can be changed only with the consent of the referee.

Basic Techniques Play Soccer. According Kushandoko (2002: 52) basic technical training for football players include: herding, lure, shooting, heading, throwing, feeling the ball, and exercise the keeper. Meanwhile, according to Muarifin (2001: 16) exercise basic techniques for soccer player include: (1) Ball feeling (forms if the ball), (2) dribble (dribble slalom), (3) free kick (passing or shooting), (4) control (control), (5) heading (heading), (6) seize and put the ball, and (7) technique goalkeeper.

Exercise Techniques Banana Kick

Besides the banana trajectory, there are some tracks a ball that can happen in the game of football, like straights and parabolic trajectory. There are three forces that affect the trajectory, the force of gravity, lift (elevator) and drag (drag). To analyze the trajectory that happens then we can not be separated from physical principles in the fluid (air). Football in the Journal of Curves expressed about the famous goal by Brazilian player Roberto Carlos against France in 1997. Gol that originated from a free kick was shot from a distance of 35 m. Roberto Carlos kicked the ball firmly (velocity $U_0 = 38 \text{ m / s}$), with an angle of about 120 relative to the wicket, with the rotational speed of the ball ($\omega_0 = 88 \text{ rad / s}$), originally trajectory ball moves straight side of the net and then suddenly bend toward the goal and into the net. The ball deviated as much as 4 m and is enough to make kipper confusion. The ball trajectory resembles the shape of a banana. Kick was then known as the banana kick. Gustav Magnus in 1852 has examined the case of a ball moving while rotating. The ball movement causing air flow. As a result of the rotation of the ball, the air flow in the direction of rotation of the ball (A) to move relatively cepatdibandingkan airflow on the other side of the ball (B). Based on the Bernoulli principle, the faster the air flows, the less pressure. As a result, the pressure at B is greater than the pressure in A. This pressure difference raises the force diverting the ball towards A. Membeloknya ball due to differences in air pressure is often called the magnus effect in honor of Gustav Magnus, (Dupeux, 2001).
Mechanical Motion Analysis Skills Dribbling, Passing and Kicking in Football

The series of events motion engineering skills of herding systematically arranged, stage by stage by stage in the movement engineering skills of herding, passing and kicking, a series of these movements will be more effective and efficient when fully supported by and based on the study of the science of studying movement and biomechanics. The following will be elaborated on motion analysis technique that ushered in football in terms of learning science and biomechanics motion.

Analysis of Physical Condition for Slalom Dribbling, Passing and Kicking in Football. Optimal achievement in the game of football is not only necessary technical skills, but requires some knowledge of tactics and winning mentality as well as excellent physical condition must also be owned by any soccer player. Techniques and tactics in the game of football, could not be applied perfectly, if not supported by good physical condition and adequate owned by a soccer player. Although elements of the physical conditions required for each sport is different, but the element of physical condition is required by all sports. This is consistent with the statement Sajoto (1995: 8) that "physical condition is a requirement that is indispensable in efforts to increase achievement an athlete can even be regarded as a basic necessity that can not be postponed or being shopped again". With excellent physical condition, the player will be easier to display the game quickly and dynamically as required in modern football era like today.

METHODS

This type of research is the development of research or better known as the research and development is a process used to develop and validate a product design research and to validate and evaluate the model by a number of experts (expert judgment) in the field of education. The development model used by researchers is the development model of skill training techniques (research and development of technical and exercise) version of the Borg and Gall (1983: 775). The steps of research and development models, namely:

a. Research and information collecting
b. Planning
c. Develop a preliminary form of the product
d. Preliminary field testing
e. Main product revision
f. Main field testing
g. Operational product revision
h. Operational field testing
i. Operational field testing
j. Dissemination and implementation

Of the ten step (phase) development proposed by Borg and Gall there are several stages of a partially modified by the researchers themselves, with consideration for time efficiency, power, adapts to the place and the costs incurred are limited to produce a product development model of skill training techniques to improve skills slalom technique, passing and banana kicks in football at the intermediate level athletes sons Social School Football (SSB) contained in Banda Aceh. As well as to determine the increase of understanding and mastery of the technique is the result of the application of product development, so in this case, the researchers conducted experiments on products in the form of models of vocational training techniques to increase the skills and understanding slalom, pass and kick banana male athlete middle level School Football (SSB) in Banda Aceh.

Data Collection Technique
The data collection techniques in this study are as follows:
1. Mechanical interview (interview)
2. Techniques quitionary
3. Mechanical tests
4. Technical documentation

RESULT AND DISCUSSION
Following a number of research data development are:
1. Needs Analysis
Based on data from the observation of a needs analysis (outlier) conducted by researchers at two Schools Football (SSB), the SSB Real Madrid Foundation and the Young Stars SSB. Based on the initial findings of facts and data in the field that: 1) Some technical training exercises performed particularly models of athletes still use the conventional way. 2) Model herding skill training in technique, passing and kicking a ball are still using
their own techniques means the technique performed by athletes and ignoring the advice, guidance training of trainers, as well as training programs. Then, more specifically, a picture that this type of training done by athletes so far not been able to stimulate and increase the strength of the rhythm of exercise, especially in the mastery of skills herding techniques, passing and kicking in football. Based on the findings of the observation of the needs analysis in the field, then the next step taken by the researchers is to develop (prototype) product design models slalom skills training, pass and kick bananas in football at the intermediate level SSB male athlete in the city of Banda Aceh.

2. Draft Initial Product

Based on the observation and analysis of needs (outlier) reached the stage of theoretical study, the next step is the manufacture of initial product (prototype) model development Preliminary Practice, developed a model of technical skill slalom, pass and kick bananas in football, as well as developing training programs, ranging from program exercise daily, weekly, and monthly. To improve the ability slalom technique, passing and banana kick product development starts from making scope. The contents in the development of products consists of:

a. The theoretical study as a foothold, and the initial basis for modeling a preliminary exercise.

b. Develop a model of skill training slalom technique, passing and banana kicks in football.

c. Develop a training program daily, weekly, and monthly on techniques slalom skills, passing and banana kicks in football.

3. Validation Expert

Early product development prior to test small groups and large groups, the first necessary to test and validate a model by a number of experts who are competent in the field of football, in this case, involving four experts. The data validation results are as follows:

<table>
<thead>
<tr>
<th>No</th>
<th>Data Source</th>
<th>Test Results Experts</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Football expert academics</td>
<td>80%</td>
</tr>
<tr>
<td>2</td>
<td>Football expert practitioners</td>
<td>85%</td>
</tr>
</tbody>
</table>
4. Results of Trial Model Products
The process of testing the model implemented as much as 2 times that test a small group and large group test. In principle pengujicobaan performed on the pilot phase in small groups together with the trial dilakukan large group, while the implementation of material models are as follows:

a. Trial Small Group
Small group trial was held on October 18, 2015, Sunday at 8.00 s / d 10:30 pm, held at the Stadium Soccer Field Blang Padang Banda Aceh with research subjects SSB 22 athletes from Young Stars, the implementation of the research carried out during 4 meetings. During field trials take place there are some remarks which are important for researchers. Based on test data then obtained a small percentage of 81.10% means that model of development valid product is used so that it can be interpreted product models can be expanded into a large group trial.

b. Trial Large Group
Trials large groups held at the School of Social Football (SSB) Real Madrid Foundation RMF-Aceh and in collaboration with the School of Football Rampagoe FC with research subjects amounted to 44 athletes, its implementation starting from the date of 18 November 2015 till December 9, 2015, to coincide in Sunday at 8.00 - 10:30 pm, took place at the stadium Lhong Raya Banda Aceh. Based on data from a large group of test results then obtained a percentage of 85.34% means that model of development valid product is used so that it can proceed to the stage of dissemination or test the effectiveness of the product.

5. Product Effectiveness Test Results
The results of product effectiveness test implementation skills training models slalom technique, passing and banana kicks in football in athletes SSB middle level are as follows:

a. Experiments Test Products
1) Group Try
Implementation of the initial tests performed on the group try on Friday, December 13, 2015 at (SSB) Real Madrid Foundation RMF-Aceh followed by 22 athletes using a test instrument skill slalom technique, passing and
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banana kicks in football. Implementation of the final tests were conducted in groups to try (SSB) RMF-Aceh, the final test, followed by 22 athletes on February 14, 2016, using the skills test leads slalom technique, passing and banana kicks in football.

2) Control Group
Implementation of the initial tests performed in the control group which coincided on Friday, December 15, 2015 at (SSB) Bintang Muda, followed by 22 athletes using engineering skills test instrument leads slalom, pass and kick bananas, in football. Implementation of the final test is performed in the control group Bintang Muda, final test, followed by 22 athletes was held on February 21, 2015, using the skills test leads slalom technique, pass and kick bananas, in football.

From the results of the calculation of percentages there are a number of very significant difference occurs between each group before and after treatment in the form of (a number of training programs) model of skill training herding techniques slalom, pass and kick bananas, in football the data is as follows:

<table>
<thead>
<tr>
<th>Young Stars</th>
<th>Percent</th>
<th>Category</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pre-test</td>
<td>63.18%</td>
<td>Good</td>
</tr>
<tr>
<td>Post-test</td>
<td>64.54%</td>
<td>Good</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>SSB Real Madrid Aceh</th>
<th>Percent</th>
<th>Category</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pre-test</td>
<td>62.27%</td>
<td>Good</td>
</tr>
<tr>
<td>Post-test</td>
<td>67.27%</td>
<td>Good</td>
</tr>
</tbody>
</table>

(Source: Research data 2015)

By looking at these results it is there are a number of very significant difference that occurs between each group before being given treatment to be given after treatment. The discrepancy could indicate that the effect of the application of the product model, and gives a very positive impact on the application of the product model engineering skills led slalom, pass and kick bananas, in football. Thus it can be concluded that the model of the engineering skills training can help athletes and trainers as practice guidelines to improve the mastery of technique, especially herding slalom
technique, passing and banana kicks in football, so it is very effective to implement. Therefore, the model of skill training techniques led slalom, pass and kick bananas, in football can be a reference, guidelines exercises that can be used coaches, especially in improving peguasaan engineering skills lead pass and kick bananas especially male athlete intermediate level of SSB in Banda Aceh

CONCLUSION

Based on the results of research and discussion of research data that has been described, it can be given some important conclusions are as follows: The first figure of a model exercise has been successfully developed is "Model Skills Training Techniques Slalom Dribbling, passing and Banana Kick in Football". The characteristics of this type of training are:

1. Use of this type of training leads slalom, pass and kick bananas, in football are considered to be effective and efficient.
2. The model is suitable exercises, effectively carried out by a number of mid-level male athlete SSB in Banda Aceh and its surroundings.
3. Use of the exercise program is suitable and in accordance with the capacity of the athlete.

The second is based on the data of athletes success in implementing skills training herding techniques slalom, pass and kick bananas, in football at the secondary level male athlete SSB, is obtained based on the findings of the expert validation, test results of the effectiveness/implementation of the product are as follows:

1. Validation, herding skills training models slalom, pass and kick bananas, in football, where to gain confidence and suitability of the design of the model that is tailored to the needs of research subjects, then in this case involving a number of experts, and the conclusion that this type of training herding techniques slalom skills, pass and kick bananas, in football can be used as a reference model of training at intermediate level athletes SSB.
2. Implementation, based on the experimental test result data model products herding techniques slalom skills training, pass and kick
bananas, in football. In the implementation and assessment conducted trials small groups and large group trial, in fact able to give positive contribution in enhancing the ability of mastering technical skills of athletes. The form of contribution in accordance with the wishes, expectations and needs of the athletes in order to improve and increase their desire, in this case as: in terms of knowledge, the mastery of technical skills, lead, pass, and kick the participation of athletes has been as expected.

3. Third effectiveness of training models assessed the extent to which the level of understanding, mastery of technical skills training models, before and after participating in the process of treatment. From the results of the data are then analyzed qualitatively and quantitatively. By looking at the results from each group before treatment is given, then there is a significant difference between before and after the action. The discrepancy could indicate that the effect of the application of the product model, where the effects of the development model provides a very positive impact on the level of mastery of the technique leads slalom, passing and banana kicks in football.

REFERENCES


