



**Skill Level of Control Passing, Dribbling and Shooting Futsal in Extracurricular
Participants of Public Elementary School 1 Guntung Payung Banjarbaru**

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Abstract

The purpose of this study was to determine the level of passing control, dribbling and shooting futsal skills in extracurricular participants of Public Elementary School 1 Guntung Payung Banjarbaru. This research method is descriptive quantitative with a test measuring passing control, dribbling and shooting skills in extracurricular participants of Public Elementary School 1 Guntung Payung Banjarbaru. The results of the analysis of the passing control research with a low category of 13.33%, medium 73.33%, high 13.33%. The results of the analysis of the dribbling research with a low category of 0.00%, medium 80.00%, high 20.00%. The results of the shooting research analysis with low category 13.33%, medium 73.33%, high 13.33%. The conclusion of the results of the futsal control passing research on extracurricular participants of Public Elementary School 1 Guntung Payung Banjarbaru is "moderate". The conclusion of the results of the futsal dribbling research on extracurricular participants of Public Elementary School 1 Guntung Payung Banjarbaru is "high". The conclusion of the results of the futsal shooting research on extracurricular participants of Public Elementary School 1 Guntung Payung Banjarbaru is "moderate". It can be concluded from the three instruments above that the level of control passing, dribbling and shooting skills of extracurricular participants of Public Elementary School 1 Guntung Payung Banjarbaru is in the "moderate" category.

How to Cite

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INTRODUCTION

Physical education plays an important role in strengthening the implementation of education as a lifelong human development process (Mahdiansyah et al., 2023) including through sports such as futsal. Students not only improve their physical fitness, but also develop values such as cooperation, discipline, and leadership.

Futsal is one of the most popular sports for various groups, including high school for children. Futsal not only offers many benefits, including: improving physical fitness, training teamwork, and developing children's talent abilities.

The field used for futsal is smaller than a soccer field, and is an indoor version of football. The words *futbol* (football) and *sala* (room) in Spanish are the origins of futsal. Similar to soccer, futsal is played by two teams, but the difference is that Futsal consists of five people and has different rules, while soccer consists of 11 players (Prasetyo Widiyanto & Mudiono, 2021).

However, (Kurniawan, 2017) emphasizes that the only significant difference between soccer and futsal is the width of the field and the number of players. Kicking the ball back and forth, passing it to friends, and fighting for the ball between players with the aim of getting the ball into the opponent's goal or defending your own goal from conceding are playing techniques.

Playing Futsal has basic skills that are very important for all players, such as passing, controlling, dribbling, and shooting. These four skills play an important role in supporting the smooth implementation of game strategies and the effectiveness of the team's attacks and defenses. Good futsal players must have excellent technical knowledge and skills (Arif Setiawan et al., 2021). If any of this basic knowledge is not obtained, the futsal game will not be successful and will cause losses for the team (Wahyudi Angga et al., 2020).

The purpose of passing and control in futsal is to pass the ball to teammates in order to build an effective attack. Good passing control is very much needed in futsal, because with this ability, the flow of the game becomes more organized. In addition, proper passing and ball control can make it easier for the team to create opportunities and dominate the game.

A balanced body helps players to get past opponents in front of them, and also makes it easy to open up space and shoot (Prasetyo Fajar Arif & Mudian Deni, 2023). Shooting is one of the main strategies used in futsal. In futsal, shooting techniques can be done with various parts of the foot, such as the instep for hard kicks, the toes

for fast shots, the inside of the foot for accuracy, and the back leg for deceiving movements (Aunilah et al., 2024) This is very important because every player has a chance to score. Because the ball often misses the goal area, players often stop when kicking. In order for players to use power and accuracy when kicking the ball in such situations, their ability and accuracy must be good (Maulana Reza Akhmad et al., 2024).

The components of playing futsal consist of Physical, Technical, Tactical and Mental. Elements of physical fitness related to health and mobility, such as endurance, are very important for futsal athletes. The following are elements of physical fitness related to the physical condition of futsal: The body's capacity to engage in athletic activity for a long period of time without experiencing severe fatigue is known as endurance. Players must have a high level of endurance. The obligations and responsibilities of futsal players, who must continue to move, are the basis for this need. The capacity of the leg muscles to work quickly and powerfully to produce the most power is known as leg muscle explosiveness. Players with strong leg muscles can compete with their opponents in fighting for the ball. Furthermore, a strong and fast kick can be produced by the leg muscles with explosive power, increasing the possibility of setting the target

Speed is very important for short passes, through balls, and anticipating opponent counterattacks in futsal. One type of skill movement that requires a lot of speed to be explosive is agility. Accurate players will have no trouble outwitting opponents and dribbling the ball. with the aim of breaking down the opponent's defense and maximizing control of the game (Arifin & Warni, 2019).

A person's fitness level is greatly influenced by physical activities such as playing, exercising, and learning motor skills. One form of exercise that is effective in improving fitness is futsal (Hayati et al., 2023). Basic futsal skills are very important for players to have on the field. There are several rules that a player must understand to maintain the smoothness of the game such as passing, control, dribbling and shooting techniques.

Passing Technique Use all parts of the foot—inside, outside, top, back, and side—when playing futsal. To help the opponent organize the opponent or score a goal, the goal of passing is to pass the ball to a teammate (Wibowo Tri Antonius, 2019). The goal of controlling is to prevent the ball from getting close to the player. The method is the same as the overhead pass while control-

ling the ball with the inside of the foot. The inside of the foot faces the direction the ball is coming from because the leg is bent.

The dribbling technique is to move the ball from one location to another. Both the outside and inside of the foot can be used, and it is usually easier to dribble with the back of the foot than the inside. Usually, a kicking strategy is used to set the target. The first thing to decide when kicking is where the ball will be kicked. Using the tip of the foot to kick Shooting in futsal requires full effort and strength. Because the distance between players is small in futsal, players must kick with a lot of foot power (Ikhsan Pratama et al., 2024).

Tactics In futsal, effective tactics and formations can help a team achieve victory. There are several tactics that a player must know, namely: Attack tactic score as many goals as possible in 2x20 minutes, defensive tactics Reading the opponent's movements and disrupting the opponent's attacking movements, Formation tactics are chosen according to the team's needs, such as 2-1-1, 2-0-2, or 3-0-1., Strategy Utilizing the one-two touch principle to break down the opponent's defense.

Mentality is an important aspect in playing futsal, besides physical, technique, and tactics. Having a strong mentality can help players cope with pressure, help them stay focused while playing and show their best performance. Of the four components, the most important in futsal skills is technique, namely passing, control, dribbling and shooting techniques.

In an educational environment, facilitating futsal success is usually determined by extracurricular activities. These activities are assessed by the talent and potential of students with futsal training to achieve success (Ikhsan Pratama et al., 2024). Extracurricular futsal activities are an important means to channel students' interests and talents in the field of sports, while also forming a character of discipline and sportsmanship.

Research that is relevant to this research is as an illustration by the author to solve problems with a context that is almost the same as the problems in the author's article below: According to (Narlan, Juniar, & Millah, 2017). Futsal extracurricular activities in schools are the right place to develop students' potential and interest in this sport. Through regular and systematic training, participants are expected to improve their technical skills and tactical understanding of futsal. However, the level of skill possessed by each extracurricular participant certainly varies, depending on the frequency of training, training methods,

and individual motivation.

There are several studies on the level of futsal playing technique skills as follows: 1) "The Level of Basic Futsal Playing Technique Skills of the Senior High School Negeri 9 Surabaya Futsal Team" (Almukhdlor Mahdi Abil, 2019), 2) "Analysis of the Level of Basic Futsal Passing Control Technique Skills of Extracurricular Students at Senior High School 1 Negeri Sidrap" by (Adil Ahmad et al., 2024), 3) "Basic Skill Level of Futsal Playing for Extracurricular Students of Junior High School Negeri 6 Kandis" by (Hibban, 2023).

Based on a number of recent studies, it seems that high school and junior high school students are the main focus of research on the level of basic technical skills. This shows that basic futsal technical skills are starting to receive more serious attention, especially from young people. However, there is still little research on elementary school students' proficiency in basic technical skills. In fact, understanding basic futsal techniques from an early age can be the first step in shaping children's playing character.

The purpose of this study was to assess the futsal skills of extracurricular members of Public Elementary School 1 Guntung Payung in terms of passing, control, dribbling, and shooting.

This study offers novelty compared to previous studies with a more structured approach in analyzing futsal skills in extracurricular participants of Public Elementary School 1 Guntung Payung Banjarbaru. While previous studies may only focus on general technical aspects, this study introduces a more objective data-based evaluation to measure improvements in passing, control, dribbling, and shooting skills.

In addition, more adaptive training method modifications were integrated to understand how learning styles and instructional approaches can influence students' skill development. Furthermore, this study also compared the results of futsal extracurricular activities in this school with other schools, providing a broader perspective on the supporting factors and challenges faced in the futsal coaching program. With a more in-depth analysis and the use of more systematic evaluation techniques, this study provides an important contribution to the development of more effective training strategies to improve the performance of young players in futsal.

METHODS

There is only one variable in this quantitative descriptive study, and no comparisons or

relationships with other variables are made. According to (Rachman, 2024). A strong foundation for gaining a comprehensive understanding of measurable phenomena is quantitative research. The purpose of this research is to ensure the level of futsal playing skills.

Testing and measurement methods are used in the data collection procedure of this study, the test tools used to measure passing control skills using a rebound board with a distance of 3 meters in 30 seconds, a zig-zag test to measure dribbling skills, and a shooting test using a number target with a distance of 12 meters with 10 opportunities.

The purpose of this study was to assess the futsal playing ability of extracurricular students of Public Elementary School 1 Guntung Payung in the aspects of passing control, dribbling, and shooting. Furthermore, the results were analyzed statistically and presented in the form of percentages.

This sampling uses purposive sampling technique. According to (Sugiyono, 2013). One of the sampling methods that has special attention is deliberate sampling. A total of 15 students from Public Elementary School 1 Guntung Payung who play futsal as an extracurricular activity were used as samples for this study.

The purpose of research instruments is to collect and obtain research data to determine research findings or conclusions while maintaining the standards required to create a suitable instrument (Arifin & Asfani, 2014). This study uses futsal sports skills instruments that have been tested for their validity and reliability, as quoted from previous research according to (Narlan, Juniar, Millah, et al., 2017) with the title "development of futsal sports skills instruments". This test is designed to assess basic futsal skills, such as kicking, dribbling, passing, and controlling the ball. Because the focus is only on the players, this test ignores the unique abilities of the goalkeeper.

This research was conducted on April 20, 2025 located in North Loktabat, North Banjarbaru District, Banjarbaru City, South Kalimantan at the Fernando Dua futsal field

RESULTS AND DISCUSSION

Before entering into the discussion of the research data, data verification was carried out. Data collection involved 15 participants of the futsal extracurricular at Public Elementary School 1 Guntung Payung Banjarbaru. The data included all participants who participated in the research on the specified day. The research results

assessed were shooting, dribbling, and passing control abilities. The norms for the test data collection categories used are as follows **Table 1**.

Table 1. Passing control test assessment results

Category	Frequency	Percentage
Low	2	13,33%
Currently	11	73,33%
High	2	13,33%
Amount	15	100,00%

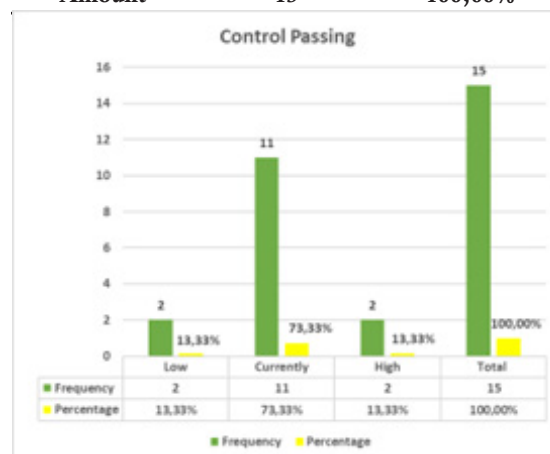


Figure 1. Bar Chart of Control Passing Skill Level

After data collection, it was clear that 13.33% of the participants, or two, fell into the low category, 73.33%, or eleven, fell into the medium group, and 13.33%, or two, fell into the high category.

Table 2. Dribbling Assessment Results

Category	Frequency	Percentage
Low	0	0.00%
Currently	12	80.00%
High	3	20.00%
Amount	15	100,00%

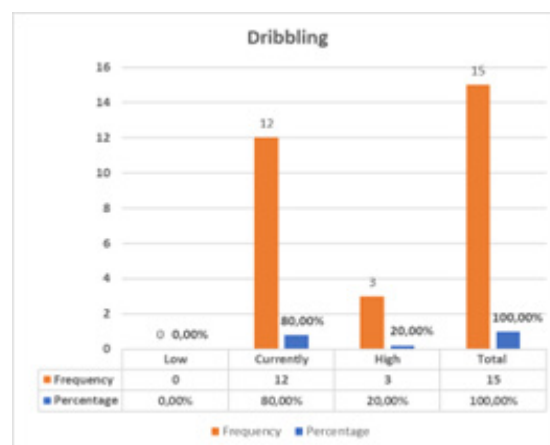


Figure 2. Bar Chart of Dribbling Skill Level

Based on the results **Table 2** of data collection, no participants were included in the low group, while 80.00% or 12 people were included in the middle category and 20.00% or 13 participants were included in the high category.

Table 3. Shooting Assessment Results

Category	Frequency	Percentage
Low	2	13,33%
Currently	11	73,33%
High	2	13,33%
Amount	15	100,00%

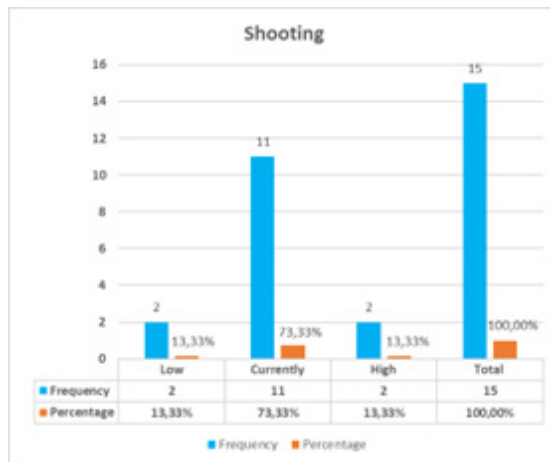


Figure 3. Shooting Skill Level Bar Chart

Data collection **Table 3** can be seen that there are 13.33% of participants or 2 participants included in the category, 73.33% of participants or 11 participants in the medium category, 13.33% of participants or 2 participants in the high category.

Based on the **Figure 3** data above, among the children who participated in extracurricular activities with a total of 15 students included in the “Medium” category according to the results of the test of the level of passing control, dribbling and shooting skills. It is stated that the ability of children in performing basic futsal playing techniques with this category needs to be more active in practicing in order to get a high category.

It takes practice to achieve goals, especially in futsal, where basic skills and strong team cohesion are essential. Especially in futsal, physical condition is a very important factor in almost all sports. Since technique is also difficult to regulate when physical fitness is low, the functional potential of students is increased and their biomotor abilities are developed to the maximum (Kahri et al., 2022).

According to (wahyudi et al., 2024) Futsal

is a type of sport that requires collaboration between team members. Therefore, it is important to have a basic understanding and skills of futsal so that a player can collaborate well when defending or attacking. According to (Norifansyah et al., 2024) Every futsal player must master basic skills, especially passing and control, so that the game becomes interesting and enjoyable to watch and minimizes or does not make mistakes when using these skills. Based on the research findings, it can be concluded that the level of futsal control passing skills in extracurricular participants at Public Elementary School 1 Guntung Payung Banjarbaru is categorized as “moderate”. in the Low, Moderate, Good categories, in the level of control passing technique skills there are two students who are categorized as “low” this is because students when doing control passing lack coordination of movement, inability to control the speed of the ball, or lack of awareness of body position and the ball. Students who have the “Moderate” category are eleven people this is because many students have the wrong or inappropriate body position when passing, a body that is too upright or leaning, or an arm position that is not ready to ward off the ball can make it difficult to control the direction and strength of the pass. Meanwhile, the other two students are in the “high” category, which shows that they have mastered the passing and control techniques well, are able to synchronize foot movements properly, and have focus and accuracy in passing to the target.

Dribbling the ball can be used for various purposes, including to avoid opposing players and to build attacks or when defending (Hutama Dwi Alif, 2021). Based on the research findings, it can be concluded that the level of futsal dribbling skills of extracurricular participants at Public Elementary School 1 Guntung Payung Banjarbaru is categorized as “moderate”. In the Low, Moderate, Good categories, in the level of dribbling technique skills there are twelve students who get the “moderate” category because students lack confidence and their foot movements are too stiff when doing the specified obstacles. There are three students who have the “High” category because during the assessment, the students have mastered the dribbling technique and are agile when passing the specified obstacles. While the “Low” category has no participants in that category.

According to (Maharani Anggitaning Rosa et al., 2021) Shooting is a basic skill that all futsal players must learn. To score a goal and win the game, one must be able to kick the ball

accurately and powerfully. Effective shooting techniques involve strength, accuracy, and high concentration, because a weak or off-target kick can provide an opportunity for the opponent to block the ball. Based on the research findings, it can be concluded that the level of futsal shooting skills in extracurricular participants of Public Elementary School 1 Guntung Payung Banjarbaru is categorized as "Medium". In the Low, Medium, Good category, in the shooting technique skill level there are two students who have the "Low" category due to lack of concentration and accuracy when shooting the ball at the target. Lack of confidence and lots of joking around during the assessment test. Meanwhile, there are eleven students who have the "Medium" category due to lack of concentration and lack of leg strength. While there are two students who have the "High" category because these students have mastered good shooting techniques, are confident and focused during the assessment test.

Basic futsal techniques are very important to develop and practice, especially because futsal is identical to fast and unpredictable ball movements. For this reason, futsal players must have a good mastery of basic techniques in order to be able to control, dribble, kick, run, and stop suddenly effectively. Mastering basic techniques allows players to adapt to the fast dynamics of the game and limited space. Basic futsal techniques include several important aspects, such as controlling the ball, dribbling, kicking the ball, and passing the ball. Controlling the ball well allows players to receive the ball properly and prepare for the next move. Dribbling the ball helps players to move past opponents and create opportunities. Kicking the ball accurately and powerfully is important for scoring goals, while passing the ball precisely ensures a smooth flow of play between players (Theofani et al., 2023).

According to (Solihin, 2020) Therefore, the coaches and extracurricular instructors of Public Elementary School 1 Guntung Payung Banjarbaru have prepared a training program that follows the futsal extracurricular activities. This is because the futsal game can run smoothly, orderly, and interestingly if the players master the basics of the game. Futsal playing skills are shown by the extent to which students can perform the following techniques: passing control, dribbling and shooting, namely passing, controlling, dribbling and shooting. score 9.35, 73.33% or 11 participants are included in the medium category with results smaller than the score 14.51, 13.33% or 2 participants are included in the high category with results smaller than or equal to the

score 14.51%.

CONCLUSION

Based on the research results which show that the level of basic technical skills of students at Guntung Payung 1 Elementary School, Banjarbaru, that the control passing technique is in the moderate category, the level of dribbling technique skills is in the moderate category, and the level of shooting technique skills is in the moderate category. To improve basic futsal technical skills such as passing, ball control, dribbling, and shooting in students participating in extracurricular activities at State Elementary School 1 Banjarbaru, a structured and directed training program is needed. This program must be designed systematically by considering the level of individual ability and development needs of each student. The approach used in training must be sustainable, starting from mastering basic techniques to applying them in real game situations. Through the implementation of a consistent and targeted training program, students will not only be more skilled in playing futsal, but also have the potential to excel at a higher level, both in competitions between schools, clubs at the city level, and up to the provincial level. Thus, this program is an important step in fostering and developing the potential of young athletes from an early age in the school environment.

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