



## Analysis of Football Academy Students Skill: Using The David Lee Proficiency Test

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### Abstract

The background starts with the acceptance of Safin Pati Sports School Students based on interest, because the registration process is not through selection, anyone who is interested in practicing and excelling in football can attend Safin Pati Sports School. Safin Pati Sports School students who were born in 2009 when conducting trials with other teams, some students still made many mistakes in basic football skill, namely when passing the ball, dribbling, shooting the ball at goal and students had never done a basic skills test in football. The research method used a sampling technique using purposive sampling and descriptive a statistical analysis used in this study involving 33 students born in 2009 as research subjects. Data collection was carried out through the David Lee skills test developed by Subagyo Irianto. Results of research on the level of basic football skills among Safin Pati Sports School students born in 2009, there were 14 Students (42.2%) who got good grades, 10 students (30.3%) got fair grades, 5 students (15.15%) got good grades low, 4 students (12.1%) got very low scores, and no students got very good scores. The conclusion based on the research results shows that the basic football skill level of Safin Pati Sports School students born in 2009 is in the good category, with 42.42% (14 students) having a good proficiency test. These good results can be obtained by having a training program according to aspects, namely physical training, tactical training, technical training and mental training. Research suggests that coaches should not only provide technical, tactical and physical programs, but also provide mental training.

### How to Cite

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## INTRODUCTION

Football is a sport that has gained high popularity and become an attraction for people all over the world (tarju & wahidi, 2017). It's presence attracts interest from various age groups, including in indonesia. In the homeland, football has also gained high popularity and is widely favored by various circles. Especially among the young generation, football has become one of the most popular sports. This phenomenon reflects the significant impact and influence of football as one of the most beloved and cherished sports in the world (komarudin, 2021).

Basic skills in football play a crucial role in building a solid team cooperation (Erfayliana & Wati, 2021). Skills are actions that require movement activity and must be learned in order to obtain the correct form. Another opinion states that skills are motor skills at a high level (Kiram, 2016). Factors that influence team success are player attitude, player motivation, and student fitness which greatly undermine the quality of instruction to the detriment of player growth, all of these factors contribute to differences in player performance during the lessons given (Kiram, 2016).

Football players must possess the ability to perform passing, ball control, shooting on goal, dribbling, and heading the ball effectively. In a match, accuracy and proficiency in using these skills become the key for the team to achieve victory. Therefore, it is essential for football players to master these basic skills from an early stage, enabling them to contribute maximally to the team and achieve desired outcomes (Hawindri, 2016). The basic abilities of each player are very important in the sport of soccer (Irfan et al., 2020). Football is a sport with a healthy and physically rich sporting structure (Saputra et al., 2023). Football can be defined as a sport that has a wide range from a sports perspective, starting from basic movements that create complete movement patterns to movement patterns that are locomotor, non-locomotor and manipulation (Soemardiawan & Yundarwati, 2019). Football playing skills are the practice of mastering the basic techniques of the game to play the game effectively and efficiently (Santoso, 2014).

According to Sucipto et al (2000) there are many components of football, namely kicking, dribbling, heading, controlling, passing and catching the ball. Thus it can be concluded that basic football skills are the ability and competence of a player in controlling basic football skills

and applying them in the game optimally and efficiently. Therefore, football players must be required to master football skills, because this will significantly improve the players performance on the field.

Moreover, basic football skills also influence the overall team performance. By mastering these skills effectively, players can enhance coordination and synergy among each other (Naldi & Irawan, 2020). A team that can play well by utilizing fundamental skills will have a competitive advantage against their opponents. The ability to communicate and understand each others movements on the field is also influenced by the basic skills possessed by each player (Wicaksana & Rachman, 2018). Thus, basic football skills are not just about individual abilities but also impact the overall team dynamics during the game.

Football is a game as well as a sport that has various technical beauties both during training and during matches, which requires players to have strategic skills, technical and physical, emotional and tactical abilities (Festiawan et al., 2019). Football players with good basic techniques tend to be able to play football well too. Football techniques can be divided into two parts, namely basic techniques without the ball and basic techniques with the ball.

In training and coaching, the focus on developing basic skills becomes crucial. Football players, especially those in the developmental stage, need proper guidance to hone their basic skills. Through continuous and directed training, players can develop their basic skills optimally (Satria & Desandra, 2016). This routine training will build a strong foundation and boost players confidence in competitions. Thus, investing in honing the basic skills of football players becomes highly crucial for the team's success in achieving the desired achievements (Mubarok & Mudzakir, 2020).

The implementation of tests and measurements in sports branch training, especially in football, has a significant impact on player development (Pakaya & , Franning Deisi Badu, 2020). Tests and measurements provide a clear picture of the abilities and potential of each individual in the team (Pasaribu, 2020). By knowing the strengths and weaknesses of each player, coaches can design specific and tailored training programs to meet individual needs. This enables each player to focus on aspects that need improvement and enhancement.

Tests and measurements also play a crucial role in monitoring players development over

time. By conducting regular evaluations, coaches can assess the effectiveness of the training programs undergone by the players (Aldapit, 2019). If there are any deficiencies or necessary changes, coaches can adapt the training programs according to the players' progress. Thus, tests and measurements become essential tools in achieving optimal outcomes in football training (Amansyah, 2019).

Furthermore, the results of tests and measurements also provide motivation and encouragement for players to continuously improve their performance (Nugraha & Hadinata, 2019). When players see progress and positive developments from the test results, they become more motivated to work harder and further develop their skills. With this encouragement, the maximum potential of each player can be well explored, and they can contribute positively to the team's goals in the sport of football (Akbar1 & Alismi2, 2022).

The researcher is interested in examining the level of basic football skills at Safin Pati Sports School, a prominent boarding football academy in Central Java. With 7 training fields available, the school admits students based on interest without any selection process. Safin Pati Sports School accepts new students through specialization or only through specialization, there is no selection, so students go to school with interest, but not necessarily sufficient skills. When students were conducting trials with other teams, some students, especially students born in 2009, still had many who had not mastered and knew the football skill techniques when passing, dribbling the ball, shooting the ball into the goal, and heading the ball. During the internship at Safin, the researcher also made observations where students born in 2009 had never tested and measured their skills in playing football. Skills are very influential and it is very important to know how much skill you have in playing football. The subjects of this study are students born in 2009, who have never undergone any previous skills tests.

Safin Pati Sports School has a stadium that is well known to the public, Gelora Soekarno Stadium which has a training ground of 7 fields. 4 grass fields, 2 synthetic grass fields, 1 sand field. Apart from that, Safin Pati Sports School also has a dormitory where the dormitory is integrated from primary education to university and has other facilities such as a gym center. Students' daily activities train with very high intensity. Where training every morning and evening, almost 6-8 times a week, consisting of physical,

tactical, technical and mental conditioning training. The training program is attacking when to pass to feet when to pass to space, speed endurance, physical fitness and finishing, ball possession under pressure, conditioning training, attacking possession, and once a week sparring or trials. Safin Pati Sports School also has 12 coaches with national licenses

In this study, the researcher intends to analyze the level of basic football skills among students at Safin Pati Sports School. In this study, researchers used instruments simultaneously and practically, namely using the David Lee development test and proficiency test instruments developed by Subagyo Irianto (Subagyo Irianto, 2010), where the tests and measurements were simple both in terms of equipment, staff, time and area used. In David Lee's research, the focus was on time speed, namely a student carried out a series of tests consisting of basic techniques, namely juggling, passing, dribbling, stopping and running with the ball, on a predetermined field. Therefore, this research is worth doing. A descriptive method is employed to analyze the data, with a total of 33 students born in 2009 being the subjects of the study. Data collection is conducted by measuring speed tests to assess their basic football skills. The results of the analysis are expected to provide an overview of the level of basic football skills at the school, which can serve as a basis for improving and developing more effective training programs for the students.

Previous research by Abbas (2020) utilized a partial assessment instrument, while this study employs the development test and David Lee's proficiency test. This research is expected to provide input to enhance the training programs at Safin Pati Sports School. After reviewing the background of the problem, the researcher was interested in conducting the study with the title Analysis of Basic Football Skills Level of Safin Pati Sports School Students.

## METHOD

This study employs a survey research design with a quantitative approach. The objective of this research is to determine the level of football skills among students at Safin Pati Sports School born in 2009. Data will be collected through tests and measurements to assess the students' football skills. Subsequently, the gathered data will be analyzed using statistical methods to produce the percentage of skill levels in numerical form.

The sampling technique in this research is purposive sampling, this method uses criteria that have been chosen by the researcher in selecting

the sample. Purposive sampling is a method used by researchers to determine the criteria for which respondents will be selected as samples. Researchers must carry out an assessment of the population used and discard those that are not suitable to be used as samples (Lenaini, 2021). The criteria for selecting part of the sample are inclusion criteria and exclusion criteria. The inclusion criteria for this research are Safin Pati Sports School students who graduated in 2019, have participated in training for at least 6 months, are willing to be respondents, have taken tests during the research, and have not experienced any injuries or are sick. Exclusion criteria: birth under 2009 or over 2009, not willing to be a respondent, did not take the test during the study, was sick or had an injury. In this study, the large sample based on inclusion criteria and exclusion criteria was obtained by 33 students.

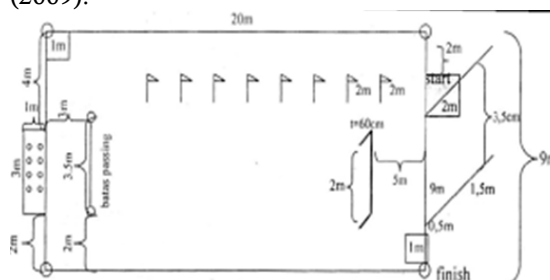
The instruments used in this research are tests and measurements of basic skills for playing soccer. The development and proficiency of the David Lee test developed by Subagyo Irianto was used to collect data for this research, and was declared valid, reliable, and objective, meaning that it can be used as a standard test to measure the level of soccer playing skills for Soccer School Students (SSB) KU 14-15 year olds who can play football (Subagyo Irianto, 2010b). Using the David Lee proficiency test instrument developed by Subagyo Irianto, because this instrument is practical, practicability is a practical test, a test that is easy to carry out, easy to check, and has clear instructions so that it can be given or initiated by other people (Subagyo Irianto, 2010b).

Before carrying out the test, the researcher prepares the equipment used for the test. Data collection was carried out at the Gelora Soekarno Stadium. When collecting data, the researcher explained how the test was carried out and gave direction to the stages of conducting the test. Before carrying out a warm-up test, the testee is not permitted to attempt the test, and the testee can get information and advice on how to carry out a valid and reliable test from a particular institution or examiner.

Data collection was carried out sequentially from the start/first box, juggling, then dribbling through the stakes, stopping the ball in the second box, then taking the ball, then passing down, then passing over the top, then leading the ball that had been provided quickly to the finish box/ third box. Students are given 2 opportunities. This test focuses on speed or time, that is, the tester must be really careful and precise in carrying out the task. The data collection method used in this re-

search was a survey with tests and measurements of Safin Pati Sports School students born in 2009.

The data obtained will be analyzed using quantitative descriptive statistics by collecting raw data through the development test and skill test by David Lee, developed by Subagyo Irianto (S. Irianto, 2011). The test results will be classified into a rating scale to determine intervals in 5 categories: excellent, good, sufficient, poor, and very poor. This calculation will produce the achievement percentage, which will be further interpreted with a discussion based on the standardization of basic football technique skills that already exist. The values will be applied to the norm table categories according to Sudijono (2009).



## RESULTS AND DISCUSSION

Data collection on Safin Pati Sports School students from born in 2009 was carried out completely and accurately by 33 students in research carried out on Wednesday, May 31 2023 at the Safin Pati Sports School field under the guidance of David Lee's test, where the score was obtained from the speed of time in take the David Lee test respectively. The results of the descriptive analysis are shown on the **Tabel 1**.

**Tabel 1.** Description Data

Statistic	Time
Mean	43,215
Median	40.97
Minimal	34,79
Maksimal	58,29
Stdev	6,474
Range	23,5

**Tabel 2.** Category Table

Category	Criteria
Very Good	$X < 36,741$
Good	$33,503 < X \leq 39,977$
Enough	$39,977 < X \leq 46,451$
Not Enough	$46,451 < X \leq 52,925$
Very Less	$52,925 \leq X$

**Table 3.** Frequency Distribution

Category	Frequency	Presentation
Very Good	0	0%
Good	14	42,42%
Enough	10	30,3%
Not Enough	5	15,15%
Very Less	4	12,12%
Total	33	100%

The results of the David Lee test conducted by 33 students show several statistical values. The descriptive analysis indicates that the mean value of the test is 43.215 seconds, with a median value of 40.97 seconds. The fastest recorded time achieved by a student is 34.79 seconds, while the slowest recorded time is 58.29 seconds. The level of data variability is measured by the Standard Deviation value of 6.474 seconds, and the standard error value is 1.126 seconds. The sample variance is 41.91 seconds. The data range between the fastest and slowest students is 23.5 seconds, with a total of 33 students participating in the test.

After obtaining the results from the research, the next step is to convert the data into a norm table and perform categorization. The norm table is used to compare the test scores with the established standards, thereby identifying the position or category of proficiency for each individual within the sample. Thus, this research provides a more comprehensive overview of the development and proficiency of the students in the David Lee development and proficiency test.

The results of the categorization that describe the distribution of scores on David Lee's development and proficiency tests are visible. There are five categories used to classify student scores. In the very good category, students with a score  $< 36.741$  seconds were not found in the sample. The good category consists of 14 students with a score of  $(33.503 < X \leq 39.977)$  seconds. Furthermore, there were 10 students with scores  $(39.977 < X \leq 46.451)$  seconds in the sufficient category. The poor category has 5 students with a score of  $(46.451 < X \leq 52.925)$  seconds. Lastly, there were 4 students with a score of more than  $> 52.925$  seconds which were included in the very poor category.

Based on the research results, the level of football skills among students of Safin Pati Sports School born in 2009 can be seen in Table 4.4. The table illustrates the classification of the number of scores in the David Lee's skill test into five categories. There are 4 students (12.12%) classified as very less, 5 students (15.15%) classified as not

enough, 10 students (30.3%) classified as enough, and 14 students (42.42%) classified as good. There were no students classified as very good. These results indicate that students of Safin Pati Sports School born in 2009 have good basic skills, but not all students have the same level of basic skills. To achieve a higher level of football skills, mastering fundamental technical skills and improving the players' physical abilities are required as part of the basic skills in football.

The research results above show a graph indicating that the level of basic football skills among students of Safin Pati Sports School born in 2009 falls into the category of good. This assessment is based on various technical elements, including juggling in the first box, dribbling the ball through cones at a distance of 2 meters, stopping the ball in the second box, kicking the ball to the target using both right and left feet, as well as retrieving the ball in the second box and dribbling it towards the third box or finish line. Each test participant was given two opportunities, and their fastest time was recorded. The study involved 33 students, and the highest scores were obtained from the analysis of data from David Lee's skill test developed by Subagyo Irianto.

Based on the research results, it can be concluded that the basic football technical skills of students at Safin Pati Sports School born in 2009 are categorized as good. The analysis shows that 42.42% of students fall into the good category, while there are no students in the very good category. Based on the results of the discussion, David Lee's proficiency test which was carried out at Safin Pati Sports School showed good results. This is due to the existence of a training program that has been designed comprehensively by taking into account four aspects of training that are important in developing football skills. The training program includes physical exercises, sports experts argue that ideal physical conditions, including endurance, strength, agility, speed, and coordination, are needed to maintain the basic techniques of playing football (Hamdi et al., 2019).

Technical training, to play football well, players must understand the basic techniques of football and players who master these basic techniques also tend to play football well (Eki, 2017). Tactics practice to understand the game strategically, the game as a whole can be significantly influenced by the right tactical approach, which can also increase the chances of a team winning, even in situations where the team does not have its best players (Beal et al., 2020). As well as mental training which is related to cog-

nitive abilities and is generally known as imagery (Beal et al., 2020).

In order to enhance the skills of students falling into the categories of average, below average, and very poor, more intensive training is required. Factors such as concentration, motivation, and physical fitness also influence the development of students' skills. Therefore, comprehensive coaching focusing on the four aspects of physical, technical, tactical, and mental training is essential to achieve quality training and improve students' skills. This study aligns with previous research indicating that students in the good category demonstrate dedication and seriousness in participating in extracurricular activities, and some students possess natural talent in football. The coaching at Safin Pati Sports School begins at an early age, and the three-stage coaching system has contributed to students' success in achieving good skills.

From this situation, many students are able to do it successfully with good results. However, it is still necessary to carry out and improve training in basic football skill techniques to reach the very good category, and study basic skill techniques thoroughly, so that the results for the basic skills of Safin Pati Sports School students born in 2009 can reach all good categories, because in football Teamwork with other players includes important things that go beyond individual performance. If in a team there are players in certain positions who are weak or cannot control the ball poorly, this will be a point of weakness for the team. In addition to the factors mentioned above, to maximize the current course of instruction, students should engage in visible grouping of their ability levels in relation to completed test results. Overall, Safin Pati Sports School football students born in 2009 who were in the good category in mastering skills did not result in the student's level of basic technical skills being poor during the match, but this was caused by factors that required players to have skills, technical abilities and physically, mentally emotionally and strategically tactically (Festiawan et al., 2019).

Students who fall into the sufficient, poor, or very poor categories still need to practice harder to develop students' basic skills. This is due to a number of factors, such as player attitude, player motivation, and student fitness which greatly compromise the quality of instruction to the detriment of player growth, all of these factors contribute to differences in player performance during a given lesson (Festiawan et al., 2019). In conclusion, the development and skill test by David Lee provide a comprehensive overview of

students' progress and abilities in football skills. These results serve as a guideline for sports coaching at Safin Pati Sports School to continuously improve the quality of training and develop students' potential in football. Thus, this research contributes to the efforts in enhancing the level of students' football skills at the school

## CONCLUSION

Based on the research findings and discussion regarding the basic football skills level of students at Safin Pati Sports School born in 2009, it can be concluded that 15 students (42.2%) obtained a "good" score, 10 students (30.3%) obtained a "satisfactory" score, 5 students (15.2%) obtained a "low" score, 4 students (12.1%) obtained a "very low" score, and no students obtained an "excellent" score. Many students are able to do it successfully with good results. However, it is still necessary to carry out and improve training in basic football skill techniques to reach the very good category, and study basic skill techniques thoroughly, so that the results for the basic skills of Safin Pati Sports School students born in 2009 can reach all good categories, because in football teamwork with other players includes important things that go beyond individual performance. Therefore, the basic football skills included in the good category.

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