



Games-Based Needs Analysis of Futsal Skill Exercise for Junior High School Student

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Abstract

Futsal is a game that is almost the same as football in general, but some basic techniques are different from football, especially for the young player. They need a fun game and it is easy to understand without written theory. This study aimed to know the needs analysis of the games-based model of futsal skill exercise for Junior High School student. The method used a descriptive qualitative method. The process of collecting data used observation, interview, and questionnaires. The result of the analysis shows that there is no standard guide and less variation of games in futsal playing. The exercise is still conventional. Students need basic techniques to play futsal through the principles of exercise using a variety of games and the correctness of good motion.

How to Cite

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INTRODUCTION

Futsal is a popular sport in several countries including Indonesia which is played in schools, communities or universities. Futsal is a global sport in its own right and is very different from football in terms of game rules and tactical action. But there is a lack of research exploring the relationship between them, which is surprising given that futsal is used in some countries as a football development tool, to develop technical and tactical behaviour of young footballers. There is a knowledge base in futsal especially concerning the physiological aspects of sport; physical and psychological demands on futsal players and research around sports injuries, especially their emergence in big competitions (Moore, Bullough, Goldsmith, & Edmondson, 2014).

In essence, the game of futsal is influenced by the development of football. Futsal is a combination of football, basketball, handball, and water polo which can facilitate social interaction between players in one team, between players and other teams, and between two teams that oppose each other. Football, futsal and beach soccer are modalities classified as Team Sports. Within this category, these modalities are still classified as invasion games (Leite, 2016). However, the game of futsal has similarities in terms of technique, tactics and also physical as well as similarities with the existence of the goalkeeper. Seeing from some of these similarities, it is not impossible that the abilities needed by futsal games also require quite serious attention.

Physical fitness greatly affects the appearance of a player on the field. The results of the analysis in the field showed that the exercise process which had been undertaken by the Junior High School futsal team in Kendari developed the talents and interests of students by organizing extracurricular activities using futsal was known to physical fitness training that is not physically well programmed. This was increasingly seen when the observation activities for two months showed that the performance decreased and many factors influenced it. From the results of the initial study, many players experience fatigue so that the coaches are confused about overcoming their students. Whereas physical exercise to improve physical fitness becomes an important requirement in futsal, because each individual has differences in physical abilities possessed.

Physical fitness is a person's ability to do activities without fatigue (Irfandi & Rahmat, 2016). Components of physical fitness are determinants of the degree of each condition (Prasetyo, Sutisyana, & Ilahi, 2017). Sports activities

greatly affect one's physical fitness, moreover, it does contribute directly to the component of physical fitness (Prativi, Soegiyanto, & Sutardji, 2013). Physical exercise can affect the condition of players who are not good can be improved. After doing well-programmed physical exercise, the results of physical training can be seen from the improved appearance of a player which ultimately has a positive impact on team performance.

Therefore, in futsal games require a fun exercise model. The game becomes an exercise model that can provide variations of futsal exercise for students in First Level Schools. To find a game model that suits students' needs in playing futsal, a needs analysis is needed, so that the types of games can meet their needs in futsal extracurricular activities.

The design of the needs analysis is due to problems encountered in futsal extracurricular activities in schools. Some of the problems found were 1) the basic principles in futsal exercises were relatively rarely used, 2) the exercise still focused on the efficiency of the training program and did not yet lead to the quality of the training, 3) the training that was done was not similar to the situation of the match, 4) the lack of variation in training giving rise to a sense of boredom, 5) the lack of guidance in the training provided by the trainer, and 6) there is no variation of the game.

The previous research shows that physical fitness is important in futsal exercise. In this study focus on the concept of needs analysis of the game-based model in futsal playing for students in Junior High School. Because the young player needs fun games in futsal exercise. Thus, this study aims to find the students' need about games in futsal playing.

METHODS

The research used a qualitative approach. Qualitative research focused on understanding social phenomena from the perspective of the human participants in natural settings (Ary, Jacobs, Sorensen, & Razavieh, 2010). The method is a descriptive qualitative method. The qualitative descriptive research method described a variety of general qualitative research resources (Parse, 2001).

The participants were students in Junior High School Grade at Kendari, Sulawesi Tenggara. There were 40 participants whose roles were to fill in the questionnaire. The interview is for the coach. The student has an interest in Futsal as an extracurricular in school. Process of collecting data used observation, questionnaire, and

interview. The technique of data analysis used data reduction, data presentation, and taking conclusions (Miles & Huberman, 1994). Data is presented in the form of a percentage.

RESULTS AND DISCUSSION

The observation process did find some information about futsal needs for students. The results of observations found that the trainer still relies on intuition in exercise activity, the trainer does not yet have a standard guideline to train futsal, and the exercise does not comply with the principle specifications of the futsal game. Here is the finding of observation for the game-based model in badminton playing for a student in Junior High School.

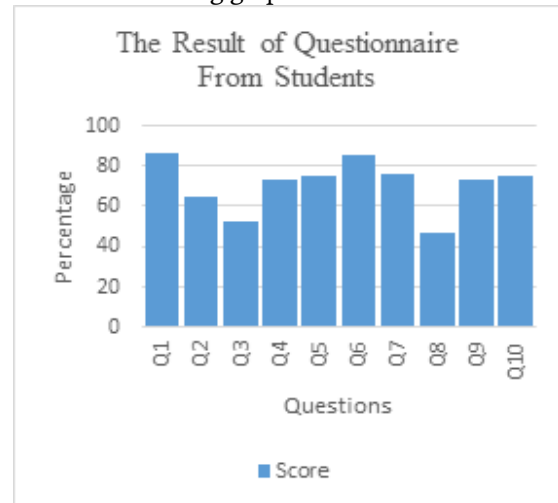
Table 1. Observation Finding

Object	Conclusion
Warming up	Futsal athletes warm up by active and passive stretching
Coach Preparing Equipment	The coach puts cones in several places as a means to train.
Futsal Athletes	The facility is used by athletes are quite comprehensive and must be owned by every player.
Coach and Athlete Activities in the Exercise Process	The process of exercise runs normally. The coach gives instructions and the athlete executes the instructions. Two-way communication is normal in practice.
Futsal Coach	The coach gives a futsal skill exercise menu. It's just that the trainer relies on intuition, what is remembered at that time is what is trained right then.
Method	The coach does not use methods in his training activities.
Specifications for Futsal Exercise	Futsal exercise has not fully characterized futsal characteristics. This is contrary to the principle of specification, where the stimulation of the exercise must be similar to the real thing.

From **Table 1** the results of these observations also confirmed the results of interviews with futsal coach. The interview results concluded that

the coach has been training futsal for 10 years and has provided training through the course. So, the exercise guidelines used by the coach are by the material which they have obtained during the course activities. The coach does not apply specific exercises to futsal skills. During this time, exercise activities refer to intuition, there are results from self-taught and also based on experience. The difficulty experienced by the coach is actually in the guidelines used. So far, there is still minimal material to train futsal skills. Thus, the coach needs different models for futsal skills because the need for exercise guidelines can help futsal activities become more interesting and quality.

While the result of needs analysis is taken from a questionnaire that did by students presented in the following graph.



Graph 1. The Result of Need Analysis Data About Futsal Exercise Based on Game

Graph 1 concluded that the average of data is 70,70%. It means that all students agree to develop futsal exercise using games. Question 1 asks the students about their enthusiastic in futsal exercise. The second question has been concluded that futsal exercise is important because students feel happy and like playing futsal, moreover this game gives a different colour from football. The third question asks about the futsal exercise that has been given so far as they wish. The students think that coach should provide variations of exercises that are appropriate for their age, for example by providing various types of games. The fourth question about the impact of futsal exercise which is considered to have a positive influence on physical fitness. The fifth question assessed students agree to develop variations of the exercise. Moreover, it is known so far, the exercise given is quite monotonous. The sixth question is the development of a training model needs to be done so that futsal exercise activities become interesting. The seventh question concludes that

the exercise developed should be a new game and by current life or needs. The eighth question concluded that the exercise so far has not been able to improve futsal playing skills because exercise activities are not supported by the facilities and diversity of exercise methods. The ninth question concluded that the coach should develop exercise guidelines which have national and international standard values. The tenth question concluded that students need futsal skills to exercise models with various types of games. The game method can improve futsal dribbling skills (Firmansah, Hernawan, Wasan, & Widiastuti, 2019). Game-based exercise is very suitable for young players in middle school age like Junior High School Students. The development of a basic technical exercise model heading based soccer ball playing for beginner athletes can be accepted according to the character of players aged 8-12 years (Atiq, 2018).

In brief, the basic techniques of playing futsal, among others, passing techniques can be done with a variety of sides of the foot, namely the inner side of the foot, the outer side of the foot or instep, the bottom or soles of shoes, and the toe or heel of the foot. But it is better to use the side of the inner leg in the horizontal direction or a long flat along with the bait because it has the best accuracy when compared to the others. The technique of controlling in playing futsal can be done with a variety of sides of the foot, namely the inside or outside of the foot, the sole using the soles of shoes, and using the thighs, chest or head. The control technique is very important, so it must be mastered by every futsal player.

Dribbling techniques in playing futsal can be done with a variety of sides of the foot, namely the inner side of the foot, the outer side of the foot or instep, the lower side or the soles of shoes. The feet have a very important role in futsal exercise. Effendi has concluded that there is an increase in the learning of passing skills using the inside legs in the soccer game by using the drill method in grade VIII E students of SMP Negeri 02 Pontianak (Effendi, 2017). This technique must be mastered by every futsal player to get past an opponent by outwitting him so that he has the opportunity to pass the bait right on a friend.

Kicking techniques (shooting) in playing futsal can be done with a variety of sides of the foot, namely the inside of the foot, the outside of the foot or back or toe. But what is better is to use the outside side of the foot or back, so that the ball streaks tight and this technique is easier. Shooting practice model in the form of a target game model developed can be an alternative for practitioners to improve shooting skills in football

games (Widodo, 2018).

The technique of moving without the ball or with the ball, for movement without the ball can be done by running fast and changing direction, jumping and jumping, motion deception with the body. Whereas, for movements with the ball can be done by knowing the ball, kicking the ball, receiving the ball, burying the ball, heading the ball, throwing the ball, trickery with the ball, grabbing or seizing the ball.

Kinds of games in the practice of futsal skills that can be applied. First, functional exercises can be done with movements that are easy and repetitive. This play activity can also be done with or without playing aids, and without using your opponent or by using your opponent, for example, running, jumping or jumping.

Conditional games are carried out with fun movements are moderate or simple and are repeated over and over through a modified form of play with requirements or rules which are used remain focused on the form of exercise and skills that are lived and will be trained, using assistive devices. play, for example, running, spinning, jumping, etc. with certain modifications and variations.

Tactical games are carried out with movements that are more complex and are also repeated, more complicated because players are encouraged to develop their sports skills with the challenge of making decisions like in real matches, thus the more they begin to learn to anticipate. The study provided insights that allow coaches to better plan suitable tactical training according to the requirements of each category. Futsal teams in different categories organize themselves distinctly in official matches. It was possible to verify that players of younger categories play more compactly concerning the professional category, which demonstrates the different behaviours and tactical demands in each category analyzed (Bueno et al., 2018).

Another game shows that the traditional game of ball cats in the basic practice of passing futsal gives a pretty good influence on the quality of playing futsal (Danu, Sahputra, & Wakidi, 2015). A method has been used by Sugiyanto, Ilahi, & Defliyanto (2019) who concluded that the game with the rondo method provides an increase in the basic passing technical skills in futsal. While Sabdon, Sutapa, & Phytanza (2019) had using small game-side 3 VS 3 to improve basic skills in futsal exercise. Thus, a drill is one important component to play the futsal. Exercise activities have a considerable influence on the accuracy of shooting balls in futsal games (Romadhon & Alwy, 2017).

CONCLUSION

The results of data analysis from observations, interviews, and the distribution of questionnaires about the need for variations in playing in futsal training found several important points which refer to that the model of futsal training with game variations needs to be developed to meet the needs of players. The conclusions are;

The exercise that was undertaken did not pay attention to the basic principles contained in the exercise.

The exercise still attaches great importance to the efficiency of the exercise program and does not yet lead to the quality of the exercise

The exercise is still conventional, as evidenced by the lack of variation that is done when the exercise takes place.

Informants stated that there was no guidebook to train specifically futsal sports.

It was difficult to find exercise methods used in adding exercise variations.

It needs a model of skill exercise based on game patterns for futsal sports

Questionnaire results obtained from players/students as research subjects showed a percentage of 65.25%. From the results of the questionnaire, distribution can be interpreted that the development of a pattern-based skill exercise model for futsal sports agreed to be developed.

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