



Effectiveness of The Futsal Passing Exercise Model Based on Small-Sided Games for The Middle School Levels

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Abstract

The study was conducted to find out the results of the effectiveness test of the futsal-based small-sided games training model at the high school level. This type of research used research and development with pre-test and post-test. The research subjects used were 30 futsal players at the high school level in the city of Bandung. The type of data collection method in this study uses quantitative and qualitative methods. The research resulted in the effectiveness of the calculation results using SPSS 16 with the mean pre-test = 6.3667 and the mean post-test = 8.4000, the difference in the results of the pre-test and post-test or mean difference = -2.03333, t-count = -15.503, df = = 29 and p-value = 0.00 <0.05. then there is a significant difference in value between the previous value and the value after being treated with a model of futsal passing training based on small-sided games. These results show that the model of futsal passing training has effective small-sided games used for futsal passing exercises.

How to Cite

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INTRODUCTION

Futsal is a very dynamic sport, where players are required to always move and need good technical skills and have high intelligence in making decisions. Exercise is done to improve the appearance of the sport in order to reach the peak of good performance. Training is a process in which athletes are prepared for the highest level of performance possible (Tudor O. Bompa and G. Gregory Haff, 2009). Carrying practice is a process carried out by an athlete to achieve maximum ability and highest performance in training.

Things that need to be trained in futsal are basic techniques in playing futsal in which there is a futsal passing technique. Passing is one way to move the ball from one place to another to build an attack (Gilang Ramadan, et al., 2018). Passing in the futsal game is considered so vital in the continuation of the game, to start the game, start the attack and adjust the rhythm of the game.

Gede Noviada, et al (2014) revealed that when passing in playing futsal, players must keep moving to make passes so that almost ninety percent (90%) of futsal games are filled with passing.

Good and correct passing players must consider the three principles of TWA in passing, namely timing, weight, and accuracy. The three principles of passing are the key to success in producing good and quality passing in futsal games.

To support good quality on futsal passing, thus creating a futsal passing training model based on small sided games. According to Almeida, et al (2012) in the form of small-sided games more relevant to the acquisition of skills and abilities types of activities that involve physical training and technical skills practice.

According to Komarudin (2013), small-sided games are a fun training for game sports with the use of physical training and techniques in the form of games with a size that is minimized in size by the number of players who are matched to that size. So that it can be seen in the table below age grouping with duration of training, set of exercises and breaks in training according to West Contra Costa Youth Soccer League in komarudin (2013) as below **Table 1**:

Table 1. Duration of the model of small-sided games based on age group

Exercise age period	Duration	Number of sets	Recovery
8 to 14 years	2 minutes	3-5 sets	3 minutes

15 to 19 years old	4 minutes	5-8 sets	5 minutes
20 years and above	5 minutes	9-10 sets	6 minutes

Furthermore, regarding the size of the field used in small-sided games according to Adam Owen, et al (2004) are as follows **Table 2**:

Table 2. Size of field used in small-sided games

Size of field used in small-sided games					
Size	1v1	2v2	3v3	4v4	5v5
small	5x10	10x15	15x20	20x25	25x30

According to Katis and Kellis (2009) also stated that the small-sided games that have been described can be meant that when players do small sided exercises with a number of 3 vs 3 they have more chance of passing, dribbling and shooting, compared to 5 vs 5 in small-sided games.

Therefore this study raises the title of the effectiveness of the futsal passing training model based on small-sided games at the high school level.

METHODS

The research method that was carried out using research and development methods to test the effectiveness of the futsal passing training model based on small-sided games which was proven to improve passing techniques in playing futsal. In the research carried out using the concept of training model proposed by Borg and Gall which consists of several processes in the stages of research carried out. The concept of the development of the training model carried out in this study uses 10 steps of borg and gall stages in research and development methods, including the following steps: 1) Research and information collecting, 2) Planning, 3) Develop preliminary form of product, 4) Preliminary field testing, 5) Main product revision, 6) Main field testing, 7) Operational product revision, 8) Operational field testing, 9) Final product revision, and 10) Dissemination and implementation (Meredith D. Gall, Joyce P. Gall & Walter R. Borg, 2007). From the results of the stages of the research process above, the validation of the training model will be tested for effectiveness in futsal passing exercises with the small-sided games in the futsal game.

The research was conducted using the research subject of futsal players at the High School

level in the area of Bandung City. In the process step of the validation stage of the final model up to the effectiveness test of the training model using several training subjects including, 20 players in the initial test subjects, 60 players in the main field test subjects, and 30 players in the test model effectiveness test.

In research carried out using the method of retrieving data or results, namely by quantitative and qualitative methods. The results of the quantitative method data were obtained through the pre-test (initial test) and post-test (final test) using the one group pre-test post-test design research design. While the results of qualitative data are obtained through the results of the needs analysis, material expert test questionnaire, and the media expert test of the training process. Research instrument futsal passing training model based on small-sided games using futsal passing instruments such as in the picture listed below

Figure 1:

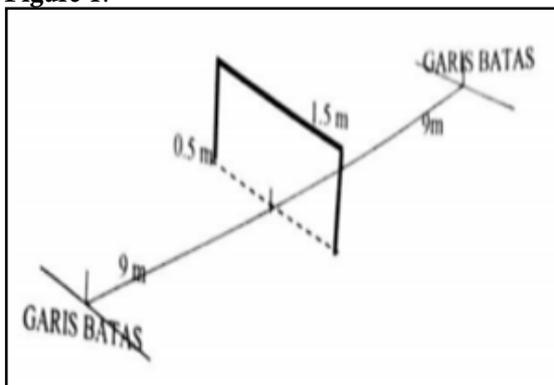


Figure 1. Instrument Research for Futsal Passing

Description: The assessment is that the player is given the opportunity of 10 passes, the number of passes that are entered and is considered valid from 10 passes when entering the target field and reaching the boundary line from across the direction.

RESULTS AND DISCUSSION

The results of this study produced a model of futsal passing exercises based on small-sided games for high school level with the results of validation tests and significant effectiveness tests used for futsal passing exercises. The results of the validation assessment of futsal experts to produce an exercise model that can be used in futsal passing exercises which totaled 28 items passing training models from the initial number of 35 training model items validated by experts. After completing the validation stage of the experts, then the items on the model of futsal passing training based on small-sided games were carried out in the next stage, namely testing the effectiveness of the training model with the pre-test and post-test. At the stage of the research research effectiveness the subjects used were 30 futsal players with the effectiveness test results calculated using SPSS 16 with the mean pre-test = 6.3667 and the mean post-test = 8.4000 then the difference in the comparison of the results of the pre-test and post-test or the mean difference = -2.03333, t-count = -15.503, with a value of df of = 29 and a p-value of = 0.00 < 0.05, which means that there are significant differences between before and after being treated by small-sided futsal passing training models games.

The value of the effectiveness test results from the pre-test and post-test from the calculation using SPSS 16 of them below **Table 3**.

On the results of the mean difference test with SPSS, the mean = 2.03333 obtained there is a difference in the difference between the results of the pre-test and post-test results, with the results of t-count = -15.503, the value of df = 29 and the value of p-value = 0.00 < 0.05 so there were significant differences in values before and after being given treatment for the futsal passing practice model based on small-sided games.

Table 3. Results of Assessment of the Effectiveness of the Futsal Passing Test

		Paired Samples Test Value							
		Paired Differences							
		Mean	Stdardt Deviation	Std. Error Mean	95% Confidence Interval of the Difference		t	df	Sig. (2-tailed)
					Lower	Upper			
Pair 1	PRE-TEST-POS-TEST	-2.03333	.71840	.13116	-2.30159	-1.76508	-15.503	29	.000

The statistical value of the pre-test and post-test in the study can be seen in the **Table 4** below.

From the results obtained above it can be explained that the results of the average value obtained at the time before being given a model of futsal passing training based on small-sided games and after being given the treatment model of the exercise. There are significant differences from the results of both the pre-test value of = 6.3667 and the post-test value of = 8.4000 so that there is an increase that can be seen from the results of the pre-test and post-test results of futsal passing training models based on small-sided games above.

This can be shown in the graph image, the increase in the results of the pretest and post-test on the effectiveness test of the passing futsal training model can be seen from the **Figure 2**.

Based on the results shown above, it can be concluded that the futsal passing training model based on small-sided games is effective in improving the passing skills of futsal. The model of futsal passing training that has been developed has a significant effectiveness test value.

CONCLUSION

The results of the research conducted that the development of a model of futsal passing training based on small-sided games at the high school level has a value of effectiveness that can be utilized and applied in the futsal passing training process.

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Table 4. Results of the pre-test and post-test statistical values in the study

Paired Samples Statistics					
		Mean	N	Standart Deviation	Standart Error Mean
Pair 1	PRE-TEST	6.3667	30	1.09807	.20048
	POST-TEST	8.4000	30	.85501	.15610

Figure 2. Product Effectiveness Test Graph

