



Circuit-Based Football Heading Exercise Model in Football School Ages 14-17 Years

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Abstract

This research aims to produce heading soccer based training models to improve the accuracy of headings in soccer games. The research method used in this study is the research and development method (Research and Development) of Borg and Gall by using 10 stages and with the research subjects are soccer athletes aged 14-17 years in football schools in Jambi Province. This research begins with needs analysis, planning, product making, testing, revision and final products. The effectiveness test of the model using the Main Field Test is used to determine the level of athlete's heading ability before and after the treatment of the training model based on circuit-based soccer skills developed. The results of the study show that the product model of this exercise is feasible to use, in the results of small group trials and large groups can explain that the model as a whole can be done well. In the results of the effectiveness test showing an increase in heading training results from the initial tests and final tests after being given a training model treatment, these results indicate that the resulting circuit based soccer heading training models can be used and can effectively improve the heading ability of athletes aged 14-17 years. Based on the results of the output using SPSS 16 that the average value of soccer heading before being given a training model is 18.04 and after being given treatment with a training model 23.78 means that the average value of soccer headings is increased.

How to Cite

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INTRODUCTION

The rise of the government's efforts in promoting the sport as part of their daily activities through the slogan "mengolahragakan society and promote sports", then it should sport be given to children so that it will create people who are aware of the importance of exercise. It has become clear that exercise is an important thing that became routine every person healthy exercise which is the goal of every person who exercise. According to Prasetyo (2013) states that "Health is very important for humans, because without good health, every human being will be difficult to carry out their daily activities" (Prasad, 2013, 4).

Sports are part of the human activities that are useful for forming physically and mentally healthy, but in addition, each person in the exercise certainly is different purpose, and also some people often incorrectly use sport to test event courage even to some use as a medium for gambling besides sports can also be the name of nation in the international world. According to Bambang Priyono (2012) states that "sports industry is an industry That creates added value per share New Articles produce and provide sports" (Priyono, 2012.112). This shows that coaching in sport is very important and can not be ignored because it has a very large role in realizing the ideals of national development. In addition to being a necessity to achieve physical fitness, exercise is also developed for achievement in each sport to be fostered and developed. Advances in science and technology experts found the sport a lot of new discoveries, both in terms of theories of sport, exercise techniques and the discovery of sophisticated equipment to support improved performance sport confidence.

According to Yamagata (1949) states that "the entire knowledge, and values possessed by humans as social beings" (Yamagata, 1949.78) sporting achievement is a word that is very easy to say and it is everyone's dream, but it is quite difficult to achieve , Achievements in the field of sports, it takes good coaching, coaching includes physical, technical, tactical, and mental. Therefore, to achieve that players must have four components of a good performance, especially in the physical and technical conditions. Technique is one component that should receive serious attention from the coaches because the technique is an important thing to be a player in other capacity building in order to achieve high performance.

Seeing the wide range of sports that exist, one of the branches that can support the achievement is football. According Ardianto & Junaidi

(2015) states that "Football in Indonesia is still in the stage of achievement" (Ardianto & Junaidi, 2015, 32). Efforts to improve the quality of human resources continue dilakukukan through coaching athletes from an early age are expected to create the athletes perform optimally. Football became a sport that is popular and became one of the most popular sports in the world, a wide variety of world football matches be an attraction and entertainment that is in demand by everyone. Values and beauty contained in football makes this sport has its own charm.

How to play the game of football and the rules are quite simple and not too complicated. Nowadays football has become a part of the people of Indonesia, from Sabang to end marauke end. If down from the end of Sabang to marauke has certainly many people who likes or loves to play the game of football, this is evidenced by the football field whether it is an international standard or tidak.Terdapatnya football championships both at the national level until peda corners pesesaan , this shows the ball that the sport of soccer has been equally recognized and played by the public. Besides the game and sport of soccer introduced and taught at the school or School Football contained in Indonesia,

Football in Indonesia is now a sport that has grown in popularity and popping up kepelosok over Indonesia. Fans, both men and women even to people tuasekalipun. This sport evolved menjadiolahraga professional enough to guarantee the future of an athlete. But football achievements Indonesia has yet to get a result to be proud of, where a State would be proud if the State of entry into the world cup final match.

Coaching of players of the future is an important issue in the development of football from any country. A football game that requires a lot of energy, ingenuity in the field spur the spirit of play while providing excitement through togetherness in the team.

According to Nugroho Susanto (2016) states that "The main thing that needs to be done is to provide a quality workout young age for children and adolescents involved in the School of Football" (Nugroho Susanto, 2016, 99). Unfortunately, in the midst of a flood School Football in Indonesia, not many football schools to provide quality workout young age. Children practice with a lot of moving and get practicing progress with age.

Therefore, the builder young age need to change the perspective of the duties and responsibilities include the exercise of quality and attractive, the organization matches a flexible format games that are innovative, fun activities non

football and there is no best way other than break stride towards a reliable professional football into small steps.

Playing the sport of football can not be separated with a mastery of basic techniques in playing the sport and not less important is the influence of the mental, physical, and psychological player itself. The basic technique is one of the foundations for a person to be able to play football. Understanding of the basic techniques are all activities that underlie so with such capital was already able to play football. All activities in the play is done with movements, both movements are performed without the ball and with the ball. Some basic techniques that need to be owned by football players among others Juggling, Dribbling, Passing, Heading, Trapping, Heading, Throwing. In accordance with the growth of age, because biologically, physiologically and psychologically, children and adolescents in each age level has its own characteristics and traits. So scrimmage must adjust to these conditions, especially padalatihan heading (heading) for effective training materials that will be applied to the player.

In a football game heading (heading) ball is the ball using head movement and is one of the basic techniques in playing ball. According to Alexander (2016) states that:

"In the game of football if we observe carefully the most frequent is the technique of heading the ball. Heading the ball is a movement to control the ball with the usual kepala. Heading Or we call Kopen ball, well this technique frequently used by the football pengegol that produces beautiful goals "(Alexander, 2016).

As the player is required to master the technique because it is not uncommon goal heading is produced by disundul. Pharmaceutics opponent's defense made it difficult players to make shots on goal. Thus, one way to put the ball into the goal is to disundul otherwise it could secure defense headed goal area or avoid the goal of the opponent's attack by air.

The basic technique heading coached through the process of training at the School of Football or soccer club, thus the basic techniques of heading the ball into one of the basic techniques required to be trained in the training process. Provision of training portion is also adapted to the characteristics of children who are trained.

Given training materials have diverse variations in accordance with the level of creativity in making variations latihan. Variasi coach heading drills made such that it can be useful for the technical mastery of the ball that well. Various forms of exercise variations ball given from

levels easy to difficult to achieve the objective of the exercise headings (heading) ball.

Fact ball field training process often focus only coach repeated movement principles just so monotonous, regardless of any other circumstances which affect the physical and psychological condition of children he coached. It is also supported by research conducted by Muhammad Rifki (2019) states that "SSB player's skill is related headings 46.55 which lies in the range of 46-52 which means less" (Muhammad Rifki, 2019, 46). Based on observations conducted by researchers, children often had complaints of pain in the head as the ball used during training too hard, attitude diperlihat child in the process of training is not serious or lazy because of this type of training is given boring. This of course will interfere with attainment of the objectives of the exercise ball. Based on these experiences to model a given heading must exercise can create an interest for children. The training approach is designed to create a growing child's motivation so that they do with pleasure and joy that children can easily practice to conduct the exercise ball is taught. Through the circuit approach is believed to make the exercise ball activities can be run well. Model exercises designed with the aim of improving the mastery of technique as well as the growing interest in the ball so that exercise is not boring activities that exercise goals can be realized. heading given practice models should be able to create interest for the children. The training approach is designed to create a growing child's motivation so that they do with pleasure and joy that children can easily practice to conduct the exercise ball is taught. Through the circuit approach is believed to make the exercise ball activities can be run well. Model exercises designed with the aim of improving the mastery of technique as well as the growing interest in the ball so that exercise is not boring activities that exercise goals can be realized. heading given practice models should be able to create interest for the children. The training approach is designed to create a growing child's motivation so that they do with pleasure and joy that children can easily practice to conduct the exercise ball is taught. Through the circuit approach is believed to make the exercise ball activities can be run well. Model exercises designed with the aim of improving the mastery of technique as well as the growing interest in the ball so that exercise is not boring activities that exercise goals can be realized. The training approach is designed to create a growing child's motivation so that they do with pleasure and joy that children can easily practice to conduct the exercise ball is taught. Through the circuit approach is

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Taught headed training activities can be given to modifying the model of practice, with the usual context is only done by repeatedly that certainly can create child saturation. Through the approach of circuit recognition techniques ball can be provided by directing the child to move the ball well, creating an atmosphere that happy because in the approach to this circuit terdapat different exercises on each post, which can cause motivasi child in following the exercise and can improve the skills of ball required in playing football.

Achievement of objectives in the training process can not be separated from the role of coaches in creating a harmonious atmosphere within the practice exercise. Coaches are required to have professionalism in training, creativity and the ability to master highly influence the courts in order to achieve the goal in training activities. The coach is expected to present an effective and varied material so as to enhance the ability and motivation of children in activities, especially exercise ball. Based on the problems mentioned above, researchers concluded that it required the development of a variety of exercises ball that can provide motivation in training activities interesting, effective and provide benefits to the child,

Football-related research in Indonesia has been very much done. for example, just a previous study conducted by Marta Guntur Sima (2017) states that "further training model of the basic techniques of football provides effective value by 85%" (Thunder Marta Sima, 2017, 2). In the previous penelitian only focused on basic engineering capabilities in general that is passing, control and shooting. Still very little is discussed related heading (heading). therefore, researchers create a model of practice devoted to heading with the aim of heading ability is developed further, because a goal can also be created with a header. In addition, researchers made a model of a different exercise that is based circuits meaning that a

more varied workout and can explore all the movements heading.

The purpose of this study that soccer athletes who are in the School of Football is passion workout heading for a variety of exercises that are very interesting, namely heading practice models based circuits. Products produced a total of 20 models of practice headings based circuits that have been through validation experts.

METHODS

The subject that I used was 50 soccer athletes aged 14 to 17 years old. The examined football schools are SSB Sailun Salimbai and SSB Bintang Jambi Timur located in Jambi Province

This research into football school attack training development uses a qualitative approach and uses the Research & Development (R&D) development method which consists of "ten steps, among others" (Abdul Ghofur, 2015, 177)

1. Conducting research and information gathering (literature review, observation of subjects, preparation of reports on issues).
2. Doing planning (defining skills, formulating goals, determining the order of teaching, and small-scale trials).
3. Develop initial product forms (preparation of teaching material, preparation of handbooks, and evaluation equipment).
4. Carry out an initial field test (using 6-12 subjects).
5. Revise the main product (in accordance with the recommendations of the initial field test results).
6. Conduct major field tests (with 30-100 subjects).
7. Conduct product revisions (based on suggestions and results of key field trials).
8. Field test with 30-200 subjects.
9. Revision of the final product.
10. Make a report about the product in a journal, working with publishers who can distribute commercially.

The data analysis technique used is the researcher before analyzing the data, the Normality test uses the lillofers normality formula. Furthermore, if the data are normal, it will be continued with the effectiveness test by calculating the T value using SPSS16.

RESULTS AND DISCUSSION

Based on the results of the above table above, the correlation coefficient of training before and after the circuit-based soccer heading model is given is 0.107 with a p-value of 0.458 <0.05 so

the conclusion is significant.

In the significance test of the difference with SPSS 16, the results obtained t-count = 19.624, df = 49 and p-value = 0.000 < 0.05 which means that there are significant differences in heading practice before and after the treatment of the circuit-based soccer heading training model at football schools for ages 14-17 years old.

From these data it can be said that, the circuit-based soccer heading training model at soccer schools for ages 14-17 can effectively increase soccer headings.

Following is the average comparison of the level of heading tests before giving treatment and after giving treatment with the heading practice models with bar charts in the following **Figure 1**.

After a small trial and a large trial, an exercise model that can improve the accuracy of heading soccer school athletes is obtained, namely:

1. ROMLI Circuit Model 1
2. ROMLI Circuit Model 2
3. ROMLI Circuit Model 3
4. ROMLI Circuit Model 4
5. ROMLI Circuit Model 5
6. ROMLI Circuit Model 6
7. ROMLI Circuit Model 7
8. ROMLI Circuit Model 8
9. ROMLI Circuit Model 9
10. ROMLI Circuit Model 10
11. ROMLI Circuit Model 11
12. ROMLI Circuit Model 12
13. ROMLI Circuit Model 13
14. ROMLI Circuit Model 14
15. ROMLI Circuit Model 15
16. ROMLI Circuit Model 16
17. ROMLI Circuit model 17
18. ROMLI Circuit Model 18
19. ROMLI Circuit Model 19
20. ROMLI Circuit Model 20.

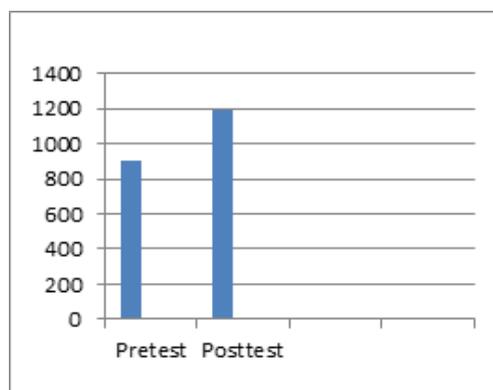


Figure 1. Before giving treatment and after giving treatment with the heading practice models

CONCLUSION

Based on the data obtained, from the results of field trials and discussion of research results it can be concluded that:

Using the circuit-based soccer heading training model in soccer schools for ages 14-17 years effectively and efficiently.

With the Heading Training Model that researchers have applied, novice soccer athletes aged 14-17 can master headings with good accuracy.

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