

DEVELOPMENT OF SHOOT THE BALL AFTER DRIBBLE PRACTICE TOWARDS SOCCER SCHOOL STUDENT ATHLETES

Sabaruddin Yunis Bangun*, Amir Supriadi, Ahmad Tarmizi

Correspondence: Universitas Negeri Medan, Medan, Indonesia

E-mail: unisbgn@gmail.com

Abstract

The focus of this research is how the development of the shoot the ball after dribble practice for soccer school student athletes. This study aims to find out how the benefits of the shoot the ball after dribble training model for soccer school student athletes. This research uses research and development methods. The subjects in this study were 10 soccer school student athletes in Medan, namely Sejati Pratama Medan, a small scale test and 20 PPLP student athletes in North Sumatra Province on a large scale test. The technique used for data collection in this study was a questionnaire. The questionnaire was used to find out respondents' opinions on the shoot the ball after dribble training model for soccer school student athletes. Questionnaire is a data collection tool that contains a number of questions or statements that must be answered by research subjects. The data analysis technique used is the data from the results of the questionnaire which are classified into two groups of data, namely quantitative data. Quantitative data through field trials, analyzed with quantitative descriptive analysis. To find out whether the development of the shoot the ball after dribble practice on soccer school student athletes is effective. The development of the shoot the ball after dribble practice model for soccer school student athletes can help coaches during the training process, and can be applied in soccer training student athletes, especially when training soccer shooting skills.

Keywords: *Shoot Training, After Dribble, Student*

Introduction

Soccer is a very popular sport in community all over the world. Not only young people, parents are also much idolized for this worldwide game. Popular soccer has been known in the country for a long time. It stands to reason that soccer is a game full of amazing actions which are played and watched by millions of people. Great soccer players become world stars. However, everyone can improve their skills and help their team win the game.

Soccer is a sport which uses a ball played by two teams, each with 11 (eleven) members. Entering the 21st century, this sport has been played by more than 250 million people in 200 countries, which makes it become the most popular sport in the world. Soccer aims to score as many goals as possible using a leather ball against the opponent's goal. Soccer is played on a rectangular field, on grass or synthetic grass.

In the game of soccer is absolutely necessary some basic techniques which are very closely related to one another. The basic techniques in question are passing, dribbling, controlling, and shooting. To get the basic techniques of good and right soccer, good practice is required, programmed, and carried out routinely and with full discipline. In addition it requires coaching, attention and serious

handling to achieve the highest achievements in the game of football both in terms of physical, technical, tactic and mental.

Sucipto, et al (2000) basic techniques in the game of soccer are as follows:

1) Kicking, 2) Stopping, 3) Dribbling, 4) Heading, 5) Tackling , 6) Throw-in, 7) Keeper.

The principle in soccer is to make as many goals as possible against the opponent's goal and prevent the opponent from making a goal against his own goal. In soccer, teamwork is also needed in attacking or in defense. The ability to master soccer game is kicking, receiving, dribbling, and heading the ball, trickery and goalkeeper.

Researchers' observations of SSB Sejati Pratama Medan, especially at the age of 15-16 in March 2018, with details of this club practicing 3 times in a week which is Monday, Wednesday and Sunday, the researchers found a problem in Soccer School (SSB) athletes of Sejati Pratama Medan age 15-16 this year. The problem that researchers had is shooting at the goal. When researchers observed SSB Sejati Pratama aged 15-16 years doing game practice sessions, the ball shooting was more often deviated than it was aimed at the goal so that no goals were created. Athletes were more focused on the ball so they didn't look at the goal area when shooting. Always in a hurry in shooting so the ball often strayed to the left and right side of the goal and sometimes the ball even goes over the goal. From the results of the shooting process that athletes did, namely the imposition of foot to the ball was also not right because the ball ran too fast when the athlete dribbling before shooting. Some did the right kick at the bottom of the ball which caused the ball to float upwards, and then the rest kicked was the side of the ball so the ball strayed to the side of the goal. This was due to several factors, one of which was the lack of specific training stages for shooting practice and less varied training.

Variations in shooting practice by the coaches are still small. It seems there are still many techniques that are not right for shooting. To do the right shooting is to pay attention to the initial attitude, position of the ball, the imposition of the ball on the foot, swing of the foot, the direction of the kick and the view on the target. Danny Mielke (2007) "Shooting is very important when the player and the ball are in the opponent's penalty area unless a player is blocked or heavily guarded by the opposing defender, the right course of action in the penalty area is to shoot". Robert Koger (2007) expertise in netting the ball into the goal is very important to score. If a player cannot shoot the ball right into the goal, they cannot win the match. Cliffe Gifford (2007) when you shoot, there is no point in kicking the ball very hard if it is not on target. Near the goal you can shoot with the side of the foot, for longer distances try to use a way of shooting with foot turtles. Based on the opinion above, it was concluded that shooting is the ability of kicks carried out to produce a goal against the opponent who was the goal of the soccer game.

Shoot the ball after dribble practice itself is the result of the development of previous research of researchers, where researchers examined the results of

shooting with the method of shooting after a dribble practice which researchers quoted from the book Jose Segura Rius (2001). In that study the examiners provided input to the researchers to develop a form of shooting after a dribble practice that had been when the ball was still running directly in shooting now the ball stopped first and then shot. The objective of the input given by the examiner at the time was to the researcher so that the form of shooting after a dribble practice was the same as when he was going to do the shooting test, that is, like when he did a penalty kick on goal with the ball stopped.

Shooting the ball after dribble practice is a form of development of shooting after a dribble practice where shooting the ball to the goal which previously dribbled first, then passing the ball to a friend to stop the ball then chasing the ball for shooting. A man passes in a diagonal shape to a friend and controls, dribbling toward the goal, passing to a friend so the ball stops and shooting. Emphasis practices so that players concentrate more on determining the right direction in shooting on goal.

The aim of this practice was for athletes to concentrate more on determining the right direction for shooting on goal because this practice presents the actual form of the game. So there are diverse forms of shooting practice the ball after dribble. It all depends on a coach to modify the form of the exercise.

Harsono (1998) "Training/practice is a systematic process of practicing or working which is conducted repeatedly, with more and more days increasing the amount of practice or work load". Tom Fleck (2007) "states that practice should be carried out in stages from simple to complex methods including warm-up, main training activities, small group play and cooling". Based on the above opinion, it was concluded that the exercise is a process of activities or activities carried out by a person or athlete systematically by means of certain techniques which aimed to improve the function of organs so that they were better and more organized in order to achieve optimal performance.

In this case the researchers made considerations that shooting was one of the most important elements in the game of football, because without good mastery of shooting it was impossible for a goal to be created.

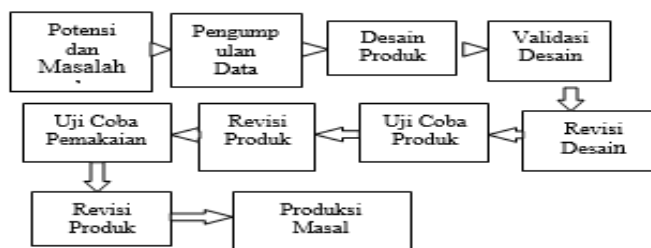
Method

This research used the Research and Development (R&D) method, R&D is a research method used to produce certain products, and test the effectiveness of these products. Research and Development), Borg WR & Gall MD (1983) simplified into 6 steps, including: 1) Potential problems, (2) Collection of information / data, (3) Product design, (4) Expert validation, (5) Design revision, (6) Small-scale product trials, (7) Product revisions, (8) Trial use, (9) Final products, and (10) Mass products, in this study only reached stage 9, the final product.

The population and sample in this study were 30 soccer school student athletes (SSB). Small-scale trials were 10 people at the Soccer school of Sejati Pratama Medan, and large-scale trials were 20 people at the North Sumatra Province PPLP athletes in soccer.

Research and development is a process or steps to develop new products or improve existing and accountable products. The following is an overview of the research steps:

Figure 1. Steps of the Research and Development (R&D) method



Data collection techniques are used to obtain the data needed in this study which is then analyzed. The technique used in data collection is by:

1) *Literature Study*

Data is also taken from the study of literature relating to the object of research so that later it is expected to help researchers to make decisions on the results of research which has been done.

2) *Functional Test*

This functional test is carried out to find out whether each athlete who was sampled in the development of shooting the ball after dribble practice for soccer school student athletes works according to their function correctly or not. Includes: Testing of shooting the ball after dribble practice model for soccer school student athletes. The development model of shooting the ball after dribble practice for soccer school student athletes used for data collection in this study is a list of questions. The questionnaire was used to find out the respondents' opinions about the development of shooting the ball after dribble practice for soccer school student athletes. Data from the results of the questionnaire collected will then be analyzed.

Data analysis from the results of the questionnaire was collected, and then analyzed descriptively. The questionnaire used in the form of answers "Agree" and "Disagree". Based on a number of opinions or answers, each answer used a formula. The formula for calculating eligibility, Sugiyono is as follows: $P = \frac{X}{Xi} \times 100\%$

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Information:

P = Percentage of evaluation results of trial subjects

X = Number of answer scores by test subjects

Xi = Maximum number of answers in the assessment aspect by the test subject

100% = Constantan

The results of the questionnaire were analyzed with criteria as in table 1: Likert Scale:

Table 1. Likert Scale Category, Sugiyono (2017)

Category	Score
Very appropriate	4
Appropriate	3
Enough	2
Inappropriate	1

Data obtained through a questionnaire were then tested using a percentage test. Percentage tests was tested by using the following formula:

$$P = F / N \times 100\%$$

Information:

P = Percentage

F = Amount obtained

N = Number of respondents

The collected data were analyzed by using quantitative descriptive analysis techniques which were found in the distribution of scores and percentages in the specified rating scale category. After presenting it as a percentage, the next step was to describe and draw conclusions about each indicator. The appropriate aspects of developing in shooting the ball after dribble practice for soccer school student athletes used the following table:

Table 2. Percentage categories, Suharsimi Arikonto (2006)

Percentage	Interpretation
76-100%	Worthy
56-75%	Decent enough
40-55%	Inadequate
0-39%	Not feasible

Table 2 Percentage Categories above stated that the percentage of achievement, value scale and interpretation. To determine the feasibility of using shoot the ball after dribble practice model for athletes in soccer school students of Sejati Pratama Medan for small scale tests and PPLP student athletes for soccer sports for large scale tests. The table above was a reference to assess the data generated from expert validation

Discussion

The concept of this study was to analyze shooting the ball after dribble practice model for soccer school student athletes. Based on the results of research in the concept of the implementation of shooting the ball after dribble practice on soccer school student athletes can be applied at the student level, especially at

soccer schools, a description of the data can be seen in each of the small scale and large scale tests below:

From the results of small group tests conducted after researchers evaluated the products which have been made. A small group test was carried out on the soccer school of Sejati Pratama Medan, with a total of 10 athlete samples obtained by the conclusion that: 1) 100% of the soccer school athletes of Sejati Pratama Medan in the small group test stated that Shooting The Ball After Dribble practice model in first variation which was easy to do and implement where the model can also be used as an exercise to improve shooting skills, 2) 100% of the soccer school athletes of Sejati Pratama Medan in a small group test stated that Shooting The Ball After Dribble in second variation of practice model is easy to do and implement where the model can also be used as an exercise to improve shooting ability, 3) 100% of the soccer school athletes of Sejati Pratama Medan in a small group test stated that Shooting The Ball After Dribble in third variation of practice model is easy to do and carried out where the model can also be used as an exercise to improve shooting ability, 4) 100% of the soccer school athletes of Sejati Pratama Medan in a small group test stated that Shooting The Ball After Dribble in fourth variation of practice model is easy to do and implemented where the model can also be used as an exercise to improve shooting skills, 5) 100% of the soccer school athletes of Sejati Pratama Medan in the small group test stated that, the fifth Shoot The Ball After Dribble practice model is easy to do and carried out where the model can also be used as an exercise to improve shooting skills, 6) 100% of the soccer school athletes of Sejati Pratama Medan in the small group test stated that, Shooting The Ball After Dribble practice model in sixth variation is easy to do and implemented where the model can also be used as an exercise to improve shooting skills, 7) 90% of the soccer school athletes of Sejati Pratama Medan in a small group test stated that, Shooting The Ball After Dribble practice model in seventh variation is easy to do and do where the model can also be used as an exercise to improve shooting ability, 8) 100% of the soccer school athletes of Sejati Pratama Medan in a small group test stated that Shooting The Ball After Dribble practice model in eighth variation is easy to do and carried out where the model can also be used as an exercise to improve shooting ability, 9) 100% of the soccer school athletes of Sejati Pratama Medan in a small group test stated that Shooting The Ball After Dribble practice model in ninth variation is easy to do and implemented where the model can also be used as an exercise to improve shooting ability. 10) 95% of the soccer school athletes of Sejati Pratama Medan in a small group test stated that Shooting The Ball After Dribble practice model in tenth variation is easy to do and implemented where the model can also be used as an exercise to improve shooting skills, 11) 95% of the soccer school athletes of Sejati Pratama Medan in a small group test stated that, Shooting The Ball After Dribble practice model in eleventh variation is easy to do and implemented where the model can also be used as an exercise to improve shooting skills, 12) 95% of the soccer school athletes of Sejati Pratama Medan in a small group test stated that the variation of Shooting The Ball After Dribble practice

model in twelveth varian was easy to do and implemented where the model can also be used as an exercise to improve shooting skills, 12) 100% the soccer school athletes of Sejati Pratama Medan in a small group test stated that the model of Shooting The Ball After Dribble in thirteenth variation was easy to do and carried out where the model can also be used as an exercise to improve shooting skills, 13) 100% of the soccer school athletes of Sejati Pratama Medan the small group test stated that Shooting The Ball After Dribble practice model in fourteenth variation was easy to do and implemented where the model can also be used as an exercise to improve shooting skills, 14) 100% of the soccer school athletes of Sejati Pratama Medan in the small group test stated that Shooting the Ball After Dribble practice model in fifteenth variation was already conducted and implemented where the model can also be used as an exercise to improve shooting skills.

From the results of a small group test on the soccer school athletes of Sejati Pratama Medan where after doing 15 variations of shooting the ball after dribble practice model, a questionnaire was given to be filled in accordance with the understanding of student athletes. From the results of a small group trial of 10 student athletes it was concluded that shooting the ball after dribble practice model with a total of 15 variations had met the criteria to be continued in the large group test because the percentage of each exercise variation reached 100%.

From the results of large group tests conducted after researchers evaluated the products that have been made. Large group test conducted on PPLP student athletes in North Sumatra Province of soccer sport with a total of 20 samples obtained the conclusion that: 1) 100% PPLP student athletes in North Sumatra Province in the large group test stated that, the practice model of Shooting The Ball After Dribble in first variation was easy to do and implemented, where the model can also be used as an exercise to improve soccer shooting ability, 2) 100% PPLP North Sumatra Province student athletes in a large group test stated that, Shooting the Ball After Dribble in second varian of practice model was easy to do and implemented, where the model can also be used as an exercise to improve soccer's shooting ability, 3) 97% of PPLP student athletes in North Sumatra Province in the large group test stated that in third variation of Shooting Ball After Dribble practice model was easy to do and implemented, where in the model it can also be used as an exercise to improve chemistry women shooting soccer, 4) 100% PPLP student athletes in North Sumatra Province in the large group test stated that Shooting The Ball After Dribble practice model in fourth variation was easy to do and implemented, where the model can also be used as an exercise to improve soccer shooting abilities , 5) 100% of PPLP student athletes in North Sumatra Province in the large group test stated that, the fifth variation of Shooting The Ball After Dribble practice model was easy to do and implemented, where the model can also be used as an exercise to improve soccer shooting abilities, 6) 97 % of PPLP student athletes in North Sumatra Province in the large group test stated that Shooting The Ball After Dribble in sixth Variation practice model was easy to do and implemented, where the model can also be used as an exercise to

improve soccer shooting abilities, 7) 97% PPLP student athletes in North Sumatra Province in the large group test stated that Shooting The Ball After Dribble practice model in seventh variation was easy to do and implemented, where the model can also be used as an exercise to improve soccer shooting ability, 8) 100% PPLP student athletes in North Sumatra Province in the large group test stated that, Shooting The Ball After Dribble practice model in eighth variation was easy to do and implemented, where the model can also be used as an exercise to improve soccer shooting ability, 9) 100% PPLP student athletes in North Sumatra Province in the large group test stated that, Shooting The Ball After Dribble practice model in ninth variation was easy to do and implemented, where the model can also be used as an exercise to improve soccer shooting ability, 10) 100% PPLP student athletes in North Sumatra Province in the large group test stated that Shooting The Ball After Dribble practice model in tenth variation was easy to do and implemented, where the model can also be used as an exercise to improve soccer shooting ability, 11) 97% PPLP student athletes in North Sumatra Province in the large group test stated that Shooting The Ball After Dribble practice model in eleventh variation was easy to do and implemented, where the model can also be used as an exercise to improve soccer shooting abilities ball, 12) 100% PPLP student athletes in North Sumatra Province in the large group test stated that Shooting The Ball After Dribble practice model in twelveth was easy to do and implemented, where the model can also be used as an exercise to improve soccer shooting abilities, 13) 100% PPLP student athletes in North Sumatra Province in the large group test stated that Shooting The Ball After Dribble practice model in thirteenth variation was easy to do and implemented, where the model can also be used as an exercise to improve soccer shooting abilities, 14) 100% PPLP student athletes in North Sumatra Province in the large group test stated that Shooting The Ball After Dribble practice model in fourteenth variation was easy to do and implemented, where the model can also be used as an exercise to improve soccer shooting ability, 15) 100% PPLP student athletes in North Sumatra Province in the large group test stated that Shooting The Ball After Dribble practice model in fifteenth variation was easy to do and implemented, where the model can also be used as an exercise to improve soccer shooting ability.

Based on the results of the study, the researchers conducted an analysis, the development of shooting the ball after dribble practice model for soccer school student athletes can be applied to training in SSB specifically for student athletes, so that soccer shooting skills improve. Edi Rustendi et al (2014) Shooting in a soccer game is done at the time of the game and shoot when entering the ball into the goal. The ball that is kicked must be right in the direction of the target, today; shooting can be used as an initial attack on the opponent. It should be noted in the practice shoot the ball after dribble so that the maximum training, namely; 1) When shooting practice adjusts to the conditions on the field / actual, 2) Note the distance between the kicker and the ball, especially in shooting practice, (3) Difficult or almost similar exercises do not use.

Conclusion

The development of shooting the ball after dribble practice model for soccer school student athletes can help coaches during the practice process, and can be applied in students of soccer athlete for practice, especially when practice soccer shooting skills.

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