

DEVELOPMENT OF THE DOWN PASSING EXERCISE TOOL FUTSAL EXTRACURRICULAR JUNIOR HIGH SCHOOL STUDENTS

¹Sabarudddin Yunis Bangun, ²Raja Syaifullah Sihombing, ³Rafli Hadinata

Correspondence: Universitas Negeri Medan, Medan, Indonesia
E-mail: unisbgn@unimed.ac.id

Abstract

The purpose of this study was to develop a tool for passing down training for junior high school students in extracurricular Futsal. The subjects in this study were extracurricular Futsal students at Harapan Mekar Middle School, Medan. The research instrument used was a questionnaire/questionnaire. The results of the development research data were obtained through expert evaluations and group trials through filling out questionnaires. The results of the material expert validators as a whole in Phase I obtained results of 86% and in Phase II obtained results of 90%. Categorized as "Eligible" and the results of the media validators as a whole in Phase I obtained results of 88% and Phase II obtained results of 86 % categorized as "Eligible". The results of student questionnaires in the small group trial obtained results of 90.1% categorized as "Very Eligible" and the results of student questionnaires in the large group test obtained results of 88.8% categorized as "Eligible". The final assessment of this product as a whole is "Eligible" as a medium or a means to help under-passing practice for Futsal extracurricular junior high school studen

Keywords: *Passing Aid, Futsal Extracurricular*

Introduction

Sport occupies one of the most important positions in human life, in today's modern life humans cannot be separated from sports activities either as a special job, spectacle, recreation, livelihood, health or culture. One of the sports that is currently in great demand by all levels of society, especially young people is futsal. This is because futsal only requires simple equipment and brings pleasure to those who play. Adi Surya et al (2019) in the game of futsal, the movement of the ball and players must take place very quickly. A player is not advised to hold the ball for long like in football. What players need to do is keep moving to find a place, pass the ball, and move again. Passing is the main factor in the game of futsal. For that, a player must master the passing technique well.

Passing can be done well if players master the correct technique. When a player carries the ball and will enter the ball towards the goal, while the position

of a friend is far away, then he must pass to a friend in one team. Players who do not master the passing technique, the ball can be easily taken by the opponent so that the possibility to attack is getting smaller. Most balls in a match can be captured when a player passes the ball, it is because the player does not master the correct passing technique. To be able to master the passing technique well, it is necessary to have coaching starting from an early age, namely since the child is sitting in school. Researchers have conducted interviews and observations in the field to students and coaches at one of the schools in the city of Medan, namely the Harapan Mekar Private Middle School in Medan, especially in the practice of passing down. There are still many shortcomings when students do passing under each other. This is due to the lack of media tools in the practice of lower passing.

It is the hope of the researchers that the development of futsal sports aids, especially for underpassing exercises, can help coaches to maximize the tools to be used in the under-passing practice of the students of the Harapan Mekar Medan Private Junior High School so that the exercise can run smoothly, achieve the objectives of the under-passing exercise and produce good achievement for the students of Harapan Mekar Private Junior High School Medan. Development is an effort to create tools (instruments) that are used to explore information related to basic abilities. Development is directed at instruments that are expected to make a useful contribution to users or prospective teachers.

An instrument is something that can be used to make it easier for someone to perform a task or achieve a goal effectively or efficiently. Instruments are also called tools, Arikunto (2010). Development which is a process or steps for developing a new product or perfecting an existing product, which can be accounted for, Ade et al (2020).

Aruf S Sadiman (2006) Media is anything that can channel information to recipients of information. The term media is very popular in communication. The teaching and learning process is basically also a communication process so that the media used in the learning process is called learning media. Big Indonesian Dictionary (2005) Tool is an object that is used to do something, utensil, furniture, which is used to achieve a purpose.

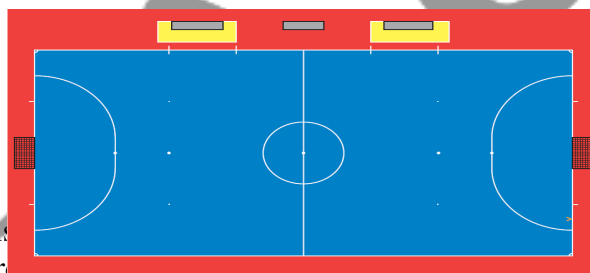
Sudjana (2009) teaching aids are tools used by teachers in the teaching and learning process so that the students' teaching and learning process is more effective. A training aid is a tool used to assist in the training process which plays a major role in supporting the training activities carried out by the trainer.

Rusli Lutan (2006) extracurricular programs are an internal part of the learning process that emphasizes meeting the needs of students. In fact, intracurricular and extracurricular activities cannot be separated, even extracurricular activities are complementary extensions or strengthen intracurricular activities to channel talents or encourage the development of students' potential to reach the maximum level.

Harsono (1988) exercise is a systematic process and practice or work, which is done repeatedly, by increasing the amount of training or work load day by day. From this understanding it can be explained, systematic is the training process carried out regularly, planned, using certain patterns and systems, methodical, continuous from simple to complex, from easy to difficult, from a little to a lot, and the exercise lasts several times. times in one week.

Futsal is a word used internationally for indoor football games, the word comes from the word futbol or futebol (from Spanish or Portuguese) and sal or sala means indoor. The word futsal was officially first mentioned by the world football body FIFA in 1930 and was played in Montevideo, Uruguay, Murhananto (2008). Futsal, a variant of soccer, is a sport played all over the world at amateur, semi-professional and professional levels. Futsal is a variant of soccer which is played on a smaller field (40x20 m.) and is mainly played indoors. Futsal is played between two teams of five players, one of whom is a goalkeeper, two defenders and two forwards. Unlimited substitutions per team are allowed. García-Jiménez, J. V., et al (2014). Roeslan Hatta (2003) also explained that futsal is a mini sport that is carried out indoors with a field length of 38-42 meters and a width of 15-25 meters. Played by 5 players including the goalkeeper.

Figure 1. Futsal field



The ball is used in a football game, both regarding the size, weight, diameter and material of the ball. Futsal ball according to the rules of FIFA is that the ball must be round, made of leather, the circle of the ball has a minimum size of 62 cm. and a maximum of 64 cm, the weight of the ball during the match is a minimum of 400 grams and a maximum of 440 grams, the pressure is equal to 0.4 – 0.6 atmospheres (400 – 600 g/cm³). The bounce of the ball is not less than 50 cm and cannot be more than 65 cm when the first bounce is dropped from a height of 2 meters.

Figure 2. Futsal Ball



Passing is one of the basic techniques of futsal game that is needed by every player. On a flat field and a small field size requires hard and accurate passing because the ball is sliding parallel to the player's heel. This is because almost all futsal games use passing. To master passing skills, it is necessary to master the movement so that the desired target is achieved, Justinus Lhaksana (2011).

Method

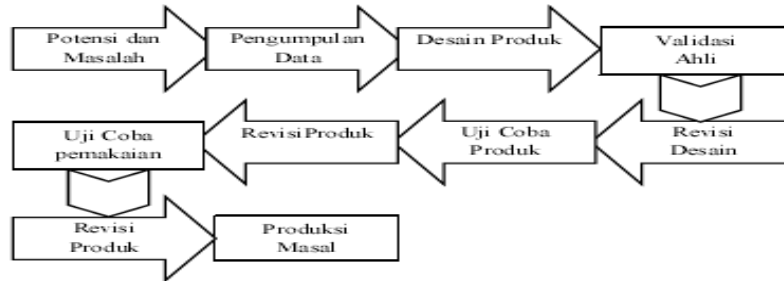
The method used in this research is product development research. Research and development is a research that aims to produce a product in the form of a medium for passing down training in a futsal game. Sugiyono (2008) research and development method is a research method used to produce certain products, and test the effectiveness of these products.

The subjects in this study were extracurricular Futsal students at Harapan Mekar Middle School, Medan. The research sample was 45 students. In the first phase of the trial, the researchers in this study involved 15 extracurricular students in small group trials. In the second phase of the experiment, the researchers in this study involved 30 extracurricular students in a large group trial.

The final result of this research and development activity is the development of underpassing training media thereby producing a new training medium that can greatly help coaches and athletes, equipped with product specifications, so that they can be used in training to improve underhand passing skills in Futsal games. used in the study using the Research and Development (R&D) method Sugiyono (2012), the research and development steps are shown in the following figure:

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Figure 3. Steps to Use Method *Research and Development*, Sugiyono (2012)



The research procedure used in this study is in accordance with the steps in using the Research and Development (R&D) method of Sugiyono (2012). Data collection techniques in this study (1) observation of the field where the research subjects were carried out, (2) interviews with coaches who had trained at the Futsal Club. a. Observation: Conducted to find out and observe the equipment for passing down training at the research site. b. Interview: Conducted on extracurricular Futsal coaches, to obtain information directly from coaches who are directly involved in the training process so that they know the capabilities and completeness of the club's facilities and infrastructure.

The instrument used is in the form of a questionnaire to obtain feasibility data from the development of the lower-passing bouncing tool as a medium for lower-passing training. The questionnaires included: (1) a questionnaire on the feasibility of developing a downward-passing bouncing tool as a medium for down-passing training for media experts, material experts and (2) a questionnaire on the response of players and coaches to the development of a lower-passing aid as a medium for lower-passing training. The instrument used is a Likert scale

Table 1. Likert Scale, Sugiyono (2017)

No	Score	Information
1.	5	Strongly agree/always/very good/very decent
2.	4	Agree/often/good/decent
3.	3	Hesitant/sometimes/good enough/decent enough
4.	2	Disagree/almost never/not good/less worthy
5.	1	Strongly disagree/never/not good/not worth it

Data analysis technique is a way to find out the results of research conducted. Data analysis includes all activities of clarifying, analyzing, using and drawing conclusions from all data collected in action. After the data is collected, the data will be processed. The types of data obtained are qualitative data and quantitative data. Qualitative data obtained from interview data and suggestions for improvement from media experts and material experts. Meanwhile, quantitative data were obtained from the results of a feasibility questionnaire from the development of the lower passing aid as a medium for the lower passing exercise.

The quantitative data analysis technique in this study uses descriptive statistics using a Likert scale which is described in the table as follows:

Table 2. Presentation Category Eligibility, Arikunto (2010)

No	Score in percentage	Eligibility Category
1	0-20%	Very Less Worthy
2	20,1%-40%	Less worthy
3	40,1%-70%	Decent enough
4	70,1%-90%	Worthy
5	90,1%-100%	Very Worthy

The results of the next data calculation are made in the form of a percentage multiplied by 100%. After obtaining the percentage with this formula, then the feasibility of developing media for the downward passing aid in this development research is classified into four feasibility categories using the following scale: The questionnaire used in this research is an assessment or response questionnaire in the form of answers and descriptions of the assessment 1: Very less feasible, 2: Less feasible, 3: Fairly worthy, 4: Decent, 5: Very decent.

Discussion

This research first conducts observations regarding the futsal material/science plus supporting references through print media or online media. Researchers also observe and analyze the potential or problems that occur in the field. The development design of the lower passing exercise uses a reflective device designed with wood and plywood in the form of a beam under which a floor header is placed to be able to stick to the surface of the futsal field so that it is not easy to shift when the ball bounces off the extracurricular students of Harapan Mekar Middle School, Medan.

The Development of Lower Passing Training Aids in Futsal Extracurriculars at Harapan Mekar Middle School in Medan is designed and produced into a product in the form of training aids to improve the ability of lower passing in futsal, which is called the Bounce Box, which can bounce the ball so that it goes well with lower passing exercises. The development process follows the R&D research and development procedure, through some planning, production and evaluation.

Then the product is developed with the help of someone who is an expert in the field, after the initial product is produced, it needs to be evaluated to experts through expert validation and needs to be tested on extracurricular students. The research phase was carried out by evaluating the tools aimed at material experts and media or tool experts, then tested in small groups, and then proceeded to the large group trial phase.

Testing to the Material Expert is carried out in two stages. The results of the material expert validators as a whole are categorized as "Fair", where the results are obtained from the material validator's assessment of the developed tool,

seen from the Physical, Design and Use aspects. The validator gives an assessment that the tool can be used as a medium to assist in the practice of passing down in futsal. Furthermore, the validator gives an assessment that this development is expected to improve the quality of his passing, better and more directed. Thus the training aids developed are suitable to be used in assisting in the practice of passing down in futsal. Submission to Media Experts is carried out in two stages.

The results of the media validator as a whole are categorized as "Eligible", where the results are obtained from the assessment of the developed media validator, seen from the physical aspect, design / appearance aspect, and usability aspect. The validator gives an assessment that the overall physical form is in accordance with the tools/media that can be used in assisting the practice of passing down in futsal. In the design aspect, the validator gave an assessment that the form and material developed had the appropriate shape and material when performing underhand passes in futsal. Furthermore, on the aspect of use, the validator provides an assessment that this training tool can help and facilitate the practice of passing down in futsal.

The results of student questionnaires on small group trials regarding "Development of Lower Passing Exercise Aids" indicate that user ratings are categorized as "Very Eligible". The results of student questionnaires on the large group test regarding "Development of Development of Lower Passing Exercise Aids" indicate that the assessment is categorized as "Appropriate".

This research and development is the development of a lower-passing training tool to help lower-passing practice in futsal, where the Bounce Box can help bounce the ball so that it goes well for the lower-passing exercise.

The implementation of this research has been carried out and strived as much as possible, but almost every research is inseparable from the limitations both in planning and in the process so far. These limitations include the following: 1. The existence of the Covid-19 pandemic which resulted in limited permission from the research location in carrying out research. 2. The area of the field is partially uneven which makes the floor header at the bottom of the tool a vital function so that the tool does not shift and is difficult to glue on the futsal field.

Conclusion

Based on the results of the research and discussion that have been described, it can be concluded that the Development of Lower Passing Exercise Aids is declared "Eligible" this is based on the implementation of large group trials conducted on students with an overall assessment as follows: Student assessment on Physical Aspects 88.6%, Design Aspects /Display 90.3%, and Usage Aspect 86.8% with a total score of 88.8% in the "Eligible" category. The

overall assessment of this product is "Eligible" as a medium or means to assist the practice of passing down in futsal.

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