

Development of *Passing* Training Variations for 10-13 Year Old Children at SSB Dendi Santoso Soccer

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ABSTRACT

The purpose of this development research is to create various variations of basic passing technique exercises using the inside of the foot for children aged 10 to 13 years, which will be packaged in the form of a special book for SSB Dendi Santoso Soccer School. The product development process refers to the procedural model proposed by Sugiyono, which includes several steps: needs analysis, product design, expert evaluation, small group trials, product revision, large group trials, to produce the final product. The results of a series of validity tests conducted by experts and field testing indicate that this product is valid and ready to be used as a learning medium at SSB Dendi Santoso Soccer School. In small group trials, this product achieved an acceptance rate of 92%, while in large group trials, the figure increased to 94%. Many students at SSB Dendi Santoso Soccer School stated that the variations of basic passing technique exercises using the inside of the foot were not only easy to understand, but also interesting and effective in improving the quality of their basic techniques.

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INTRODUCTION

Exercising is now a top choice for people around the world to undertake daily activities that support health and fitness. Sports are basically divided into several categories, including game sports, race sports, and competition sports, with soccer as one example of a competition sport. The development of soccer athletes' achievements from an early age is needed to improve the level of soccer in Indonesia. Performance sport is a professionally managed field with the main objective of achieving the best results in various sports. Progress in this field is largely determined by the quality of coaching; if the coaching process is carried out optimally, brilliant achievements will be the result commensurate with the efforts made (Keo et al., 2022) . Performance sports coaching is the practice of instructing athletes while considering the physical, technical, tactical, and mental needs of players (Mubarok, M. Z., & Ramadhan, 2019) . In sport, training variation is very important, training variation is intended to improve and support abilities. Athletes may find it easier and more interesting to exercise when there are changes to their routine (Mahardika, A., & Heynoek, n.d.) . With effective training variations athletes will be enthusiastic in practicing (Wahyudi, 2015) .

Soccer is a sport that requires high stamina, smart strategies on the field to attract players, and thrilling cooperation. In this sport activity, there are various supporting factors that play a role in achieving achievement, including physical condition, technical skills, tactical strategies, and mental stability (Ridwan, 2020). A soccer match is divided into two halves, each lasting 45 minutes. Therefore, in order to play optimally, you must be proficient in a number of basic movement skills and tactics (Hartono, D., & Saefudin, 2017). Soccer is a team sport where eleven players form a team and compete on the field. There are four main classifications of player positions in soccer: goalkeepers, defenders, midfielders, and attackers (Nirwandi, 2017). One aspect that is key for soccer players is mastery of basic techniques. Mastery of technique is very vital and needs to be developed properly, because it has a close relationship with achievement in the sport of soccer.

The most fundamental aspect of playing soccer well is the mastery of basic techniques, which is the first step before learning physical, mental, and tactical exercises in the game (Kurniawan et al., 2024). In the world of soccer, basic technical training is a component that cannot be ignored, because it is able to form instincts towards ball control. The importance of this basic technique training lies in the way of repetitive training, which aims to achieve optimal results and improve overall skills, because the technique will produce soccer games in accordance with the tactics and strategies of what we want. Football has one of the basic techniques, namely *passing* the ball or *passing*. As a soccer player in various lines must be able to master the basic technical skills of passing using the inside leg. The very strong pressure from the opponent causes the complexity of the player to launch short passes so that it can cause slowness in a team game. The quality of the soccer team will increase if each player is able to *pass* with high precision and accuracy (Arrosyid et al., 2023). All soccer players are very important to master this technique to pass to friends with the right target (Basri et al., 2014). There are two kinds of passing in soccer, namely short passing and long *passing* (Qoriban, F., & Hariadi, 2020). Passing the ball to teammates using the outside of the foot, the instep, or the inside is called *passing*. This technique is often used by players, especially by attackers or attacking midfielders (Sucipto, 2000).

Passing is a way of sending or feeding the ball to a teammate. During the match, it is an important soccer tactic to pass the ball from player to player (Arisdianto et al., 2014). In a soccer game, passing the ball between players is done with effective *passing* techniques (Yulianto et al., 2023). *Passing* or passing the ball is a major element in soccer, which allows the game to flow smoothly. This technique involves testing the accuracy of sending the ball to another player by kicking with the foot, and can be improved through practice (Wargadinata, 2013). Football requires an understanding and use of several techniques, one of which is passing the ball or passing with the inside of the foot. In game situations, the ball is not always *dribbled* but will also require passing the ball to teammates if the player is tightly pressed by the opponent. The objectives of passing the ball with the inside foot are as follows: (1) Delivering the ball to teammates in a game where short passes require strategy and tactics. (2) divert

the ball from the player's crowded area. To achieve the perfection of these exercises, it is necessary to vary the right training to achieve these goals.

Therefore, in coaching, especially in sports such as soccer, there are various variations of training to improve ball mastery. The role of the coach must and must create a training program that focuses on improving ball mastery. The results of the needs analysis obtained during observation by observing SSB Dendi Santoso Soccer School Malang City students obtained data, namely the number of students aged 10-13 years who are active in training totaling 24 players. While the needs analysis given to the SSB Dendi Santoso Soccer School coach obtained the following data: (1) The coach needs variations of passing training using an effective inner foot, (2) The coach agrees if there is development for training variations. Analysis of student needs 80% of students need a variety of passing exercises using the inner foot.

METHODS

This research uses the research and development (R&D) method, which follows a procedural approach in developing a product or concept (Sugiyono, 2016) . The steps taken in this research include: (1) Needs Analysis: as an initial process that must be carried out in development research. This analysis is intended to collect and about the problems encountered in the training process obtained by observation, coach interviews and questionnaires for students. (2) Product Design: Making initial products at this stage of the activity is carried out by compiling a product plan in the form of a variation of passing training using the inner foot for children aged 10-13 years at SSB Dendi Santoso Soccer School. (3) Expert Evaluation: the product design that has been made is carried out product validation involving 3 experts, namely 1 academic media expert and 2 soccer coaching experts. (4) Small Group Trial: conducted a small trial with 10 SSB Dendi Santoso Soccer School students. (5) Product Revision: revising the product after the small trial. (6) Large Group Trial: conducting the main product trial that has been revised by experts involving 20 SSB Dendi Santoso Soccer School students. (7) Final Product: the final step will be to revise the final product until there are no more improvements from the experts and the subjects studied. These steps are illustrated in the following figure.

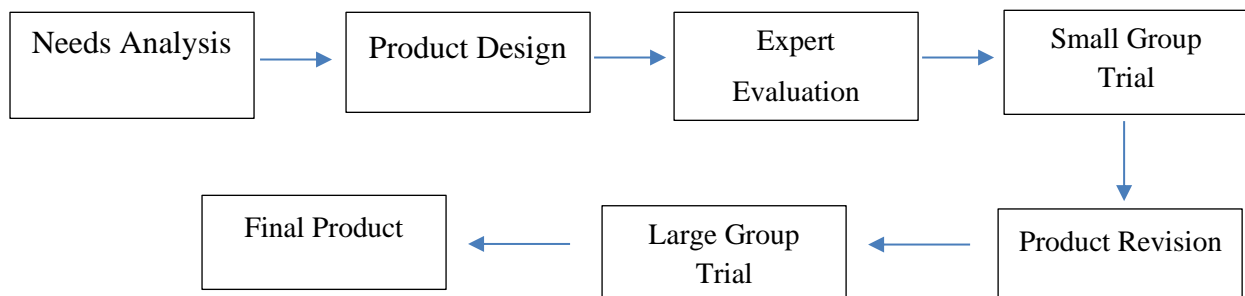


Figure 1: Research steps

RESULTS AND DISCUSSION

Research Results

The following table 1 is the result of evaluation by two soccer coaching experts and soccer academic media experts. The number of questions on the expert evaluation *instrument* is 30 questions, where each answer has a qualifying score of a = 4, b = 3, c = 2, and d = 1. The following is a presentation of the soccer expert evaluation in tabular form.

Table 1. Results of Overall Data Evaluation of Media Experts Football Academics, Football Experts.

Expert	TSEV	S-Max	V%	Description
Football academic media expert	107	120	89%	Very Valid (can be used without revision)
Football coaching expert 1	109	120	91%	Very Valid (can be used without revision)
Soccer coaching expert ball 2	107	120	89%	Very Valid (can be used without revision)
Total	323	360	90%	Very Valid (can be used without revision)

The assessment data of the product trial (small group) with 30 questions is the basis for data analysis as follows; the requirements for each response are a = 4, b = 3, c = 2, and d = 1.

Table 2. Data on the Results of Product Trials (Small Group) on Product Development Variations of Basic *Passing* Techniques Using Inner Feet at SSB Dendi Santoso Soccer School.

No.	Variables	Result Score	Maximum Score	%	Category
1.	Attractiveness	373	400	93%	Very Valid
2.	Ease	361	400	90%	Very Valid
3.	Compatibility	368	400	92%	Very Valid
Total		1102	1200	92%	Usable Without Revision

According to the table above, the small group test data. Thus, basic passing skills using the inner foot can be developed with the help of variations of basic passing technique exercises contained in this book. A total of 92% of SSB Dendi Santoso Soccer School students stated that the variations of passing exercises with the inner foot are interesting, easy to understand, and suitable for improving basic passing technique skills.

Based on the evaluation data of the large group product trial consisting of 30 questions, data analysis was carried out. The qualification score for each answer is a=4, b=3, c=2, and d=1.

Table 3. Data from Product Trial Results (Large Group) on Product Development Variations of Basic *Passing* Techniques Using Inner Feet at SSB Dendi Santoso Soccer School.

No.	Variables	Result Score	Maximum Score	%	Category
1.	Attractiveness	748	800	94%	Very Valid
2.	Ease	742	800	93%	Very Valid
3.	Compatibility	755	800	94%	Very Valid
	Total	2245	2400	94%	Usable Without Revision

The results of the trial showed that 94% of students at SSB Dendi Santoso Soccer School, stated that the basic passing method training using the inner foot has interesting variants that are also easy to understand and suitable for honing basic passing technique skills. Thus, basic passing skills using the inner foot can be developed with the help of the variations of basic *passing* technique exercises contained in this book.

Discussion

Researchers want to make a variation of basic *passing* technique training using the inner foot interested in training the use of basic passing techniques SSB Dendi Santoso Soccer School. The focus of the research is SSB Dendi Santoso Soccer School. Researchers used the inside of the feet of Dendi Santoso Soccer School soccer players to analyze and observe the ability of basic *passing* techniques. Students were given a questionnaire that was completed with a questionnaire to conduct a needs analysis. SSB Dendi Santoso Soccer School has three training sessions per week. The sessions include physical training as well as passing exercises that utilize the inside of the foot. Variations in training should be appropriate for use by coaches and players to keep them more engaged and productive during training (Hariyanti, W., Astra, Ketut Culture, & Suwiwa, 2016).

Schneumann (2008: 33 - 75) argues that the basic elements in soccer include *passing*, *dribbling*, *shooting*, *heading*, and controlling the ball. Basic *passing* techniques involve several types, including: 1) *Passing* using the inside of the foot; 2) *Passing* using the outside of the foot; 3) *Passing* using the instep (Febiani, 2019).

The researcher intends to expand the product development to include basic passing technique training using the inside of the foot. This product is designed to be more easily accessible and understood by students and coaches, using media that can be easily carried. The research aims to develop a variety of basic *passing* technique exercises using the inside of the foot with 10 variations of exercises packaged in book form.

The book also includes explanations of what soccer is, drills, and basic passing techniques using the inside of the foot. Here are ten variants of basic passing technique exercises using the inside of the foot; instructions are included with pictures. These variations of *passing* exercises using the inside of the foot are packaged in media in the form of a book to make it easier for coaches to get various variations of *passing* exercises using the inside of the foot to improve the quality of basic techniques, especially basic *passing* techniques using the inside of the foot. Media serves as a means that allows

money to be used as an intermediary to stimulate various aspects of child development, including motor aspects (Zaini, H., & Dewi, 2017) . In addition, the media can be made with attractive colors or shapes according to (Supriyono., 2018) .

Research conducted by Bambang Triaji Asnoto (2020) said that the variation of the passing training model in the form of a book is very effective and improves the ability of basic *passing* techniques by experiencing small and large group trials. Research by Dwi Jatmiko (2021) on the basic passing technique training model at SSB Kharisma Elang Muda shows that the trial on 12 students resulted in a percentage of 87.8%, with the category very valid and ready to use. The large group trial with 30 students produced 88.75%, also in the category of very valid and ready to use. Dedy Putranto (2019) conducted a similar study with a small group trial involving 10 students resulting in a very valid category with a percentage of 89.9% and can be used without revision. In the large group trial involving 30 students, the percentage reached 82.7% with a very valid category and can also be used without modification. Evaluations from soccer academics' media experts showed 89%, from the first soccer expert 91%, and from the second soccer expert 89%. After validation, the product was tested on SSB Dendi Santoso *Soccer School* students. The results of the small trial were 92% while the large group trial obtained data of 94%. The products produced by researchers in the form of books are very useful for children aged 10-13 years.

This research provides an in-depth focus on developing variations of basic passing technique training using the inner foot for SSB Dendi Santoso Soccer School students. This is based on the needs of students and coaches to get more effective and varied training methods. Through needs analysis conducted using questionnaires, interviews, and field observations, researchers tried to design relevant products to improve basic passing techniques. Training using the inside of the foot is one of the important techniques in soccer, which also includes the motor aspects of students. The use of media in the form of a book which is equipped with instructions and pictures of exercise variations aims to make it easier for coaches to understand and apply these exercises. In this case, the variations developed not only serve as a guide, but also as a stimulus that stimulates the development of students' motor abilities in accordance with the theory expressed by Zaini & Dewi (2017).

In the product development process, evaluations from media experts and soccer coaching experts provided validation that the designed product was very suitable for use. The results of the small and large group trials showed a high validity rate, where this product was able to reach the "very valid" category and was ready to use without significant revision. Support from previous research by Asnoto (2020), Jatmiko (2021), and Putranto (2019) strengthens the relevance and effectiveness of the training model in the form of a book to improve students' passing skills. With results showing a trial success rate above 80%, this product is proven to be the right solution for coaches in providing interesting variations of training, so that it is expected to increase student involvement and performance in mastering basic passing techniques using the inner foot.

CONCLUSION

This study aims to develop a series of variations of basic passing technique training using the inner foot, specifically designed for children aged 10 to 13 years at SSB Dendi Santoso Soccer School. Through a rigorous testing process, both in terms of validity by experts and product trials, the resulting book was found to be highly valid and effective. This demonstrates a commitment to providing quality and interesting learning methods for students. The results of the small group trial showed a percentage of 92%, while in the large group it reached 94%. Students stated that this exercise variation was interesting, easy to understand, and effective in improving basic passing technique skills. The final product in the form of this exercise book proved to be usable without revision and made a positive contribution to the development of basic passing techniques among children aged 10-13 years. The continuation of this research is expected to make a long-term contribution to the learning of soccer techniques, as well as open up opportunities for the development of other more innovative and diverse training models to support the growth of young players' skills.

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