

Analysis of Basic Soccer Technique Skills of SMP Negeri 3 Jenawi Satu Atap Students

Azkal Azkiya Nur Sihaq^{1*}, Gatot Jariono², Nurhidayat³

Universitas Muhammadiyah Surakarta, Jl. A. Yani, Mendungan, , Central Java, Indonesia

¹a810200036@student.ums.ac.id *; ²gj969@ums.ac.id; ³nur574@ums.ac.id

* corresponding author

ARTICLE INFO

ABSTRAC

Article history

Received 2024-11-12

Revised 2024-12-24

Accepted 2025-01-14

Keywords

Skills
Basic Techniques
Football

The purpose of this study is to determine the mastery of basic football technical skills of students of SMP Negeri 3 Jenawi Satu Atap for the 2024/2025 school year. This research is a quantitative descriptive research. The research population is all students who participate in football extracurriculars, with a sample size of 20 students. The data collection technique uses test instruments and measurements of basic football techniques that are limited to passing and stopping the ball, dribbling and shooting the ball to the target. Data analysis uses descriptive statistics. The results of the study showed that the basic technical skills of passing and stopping the ball of SMP Negeri 3 Jenawi Satu Atap students who participated in the football extracurricular for the 2024/2025 school year were in the good category with a percentage of 50%. The dribbling technique is 45% in the sufficient category and in the sufficient category in the technique of shooting the ball to the target by 35%. To improve their skills, students should practice regularly outside of extracurricular activities and it is recommended to do self-study. Students' mastery of basic techniques will increase if they play and practice soccer more often

This is an open access article under the [CC-BY-SA](https://creativecommons.org/licenses/by-sa/4.0/) license.



INTRODUCTION

Soccer is a popular sport among the public. Today, the game of soccer is experiencing rapid development. Chinese traders brought soccer to Indonesia in the early 20th century. In 1915, the first soccer club was established in Indonesia which was led by the Chinese. The Indonesian Football Association (PSSI) was established in 1930 to oversee the development of . The PSSI continued to strive to expand football competitions despite frequent declines in player quality and organizational problems, football remained popular and thrived.

Soccer is known as a team sport in which two teams play each other with eleven players, including the goalkeeper. Soccer matches usually refer to teams. The term comes from the number of players in each team. According to Ozuak(2019) that playing soccer requires a combination of player attributes such as strength, speed, agility, agility, balance, stable and conditioned endurance. Team collaboration contributes important (Nurhawa et al.,2022) . Attention to soccer needs to be developed in all circles, including soccer schools and extracurricular development in schools. Coaching potential players is important to improve soccer sport achievements (Prabowo,2014) supported by programmed training (Ma'ruf & Annas, .2023)

Through the assistance of the sports teacher at school, extracurricular soccer at SMP Negeri 3 Jenawi Satu Atap helps develop students' talents and interests in . This extracurricular activity is held at Sidomukti field every Thursday at 15.00-17.00 WIB. The results of observations that have been made on May 4, 2023 show that students are very enthusiastic about participating in every practice. At the start of the match, they played well in terms of tactics. However, the lack of physical condition of the players makes the opposing team often score goals in the final minutes of the match. Basic soccer technique skills are also unknown in this extracurricular activity.

If the entire team of players masters the basic technical skills, the quality of the team's game can be said to be good. Dribbling, passing the ball, heading the ball, and kicking the ball are the basic techniques of playing soccer (Akhmad & Suriatno,2018) . However, the techniques and tactics of playing must be balanced. The physical, tactical and mental conditions of players affect the mastery of basic player techniques in order to optimize player potential (Erianti,2020) . Therefore, research on the analysis of the basic soccer skills of SMP Negeri 3 Jenawi Satu Atap students needs to be done.

METHOD

This descriptive research was conducted in May 2024 and involved all students of SMP Negeri 3 Jenawi Satu Atap who participated in extracurricular soccer in the 2024/2025 school year, the sample size was 20 students. The purpose of this study was to determine the mastery of basic soccer techniques of students. Data collection techniques using tests and measurements are limited to passing and stopping the ball, , and shooting the ball at targets (Winarno, 2006) . Data analysis using descriptive statistics. Using the *SPSS version 25* program, the recorded test results were converted into a *T-score*. To get an idea of how the level of basic soccer skills of SMP N 3 Jenawi Satu Atap students, the *T-Score* data is summed up then categorized and determines the percentage. The assessment criteria are as follows.

Table 1. Categories of Basic Soccer Technique Skills

No.	Category	Score
1	Very good	$M+1.5 SD \leq$
2	Good	$M+0.5 SD \leq X < M +1.5 SD$
3	Simply	$M - 0.5 SD \leq X < M +0.5 SD$
4	Less	$M - 1.5 SD \leq X < M - 0.5 SD$
5	Not at all	$X < M - 1.5 SD$

Source: Sudijono (2009)

RESULTS AND DISCUSSION

The skills of passing and stopping the ball of SMP Negeri 3 Jenawi Satu Atap students are in the good category with a percentage of 50%, dribbling the percentage obtained is 45% in the sufficient category and the skill of shooting the ball at the target is classified as sufficient, the percentage is 35% (Figure 1).

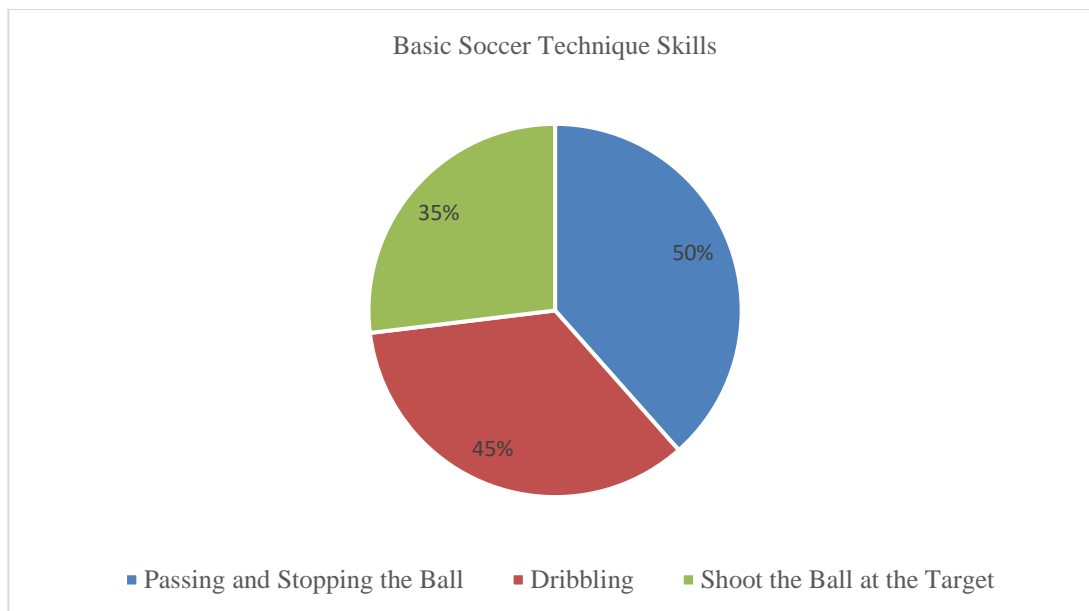


Figure 1. Basic Soccer Technique Skills of SMP Negeri 3 Jenawi Satu Atap Students

Descriptive analysis of the passing and stopping techniques of SMP Negeri 3 Jenawi Satu Atap students shows that the average obtained is 12.25 (Table 2). Frequency distribution of passing and stopping skills of SMP Negeri 3 Jenawi Satu Atap students (Table 3).

Table 2. Descriptive Analysis of Passing and Stopping Ball Techniques

No.	Descriptive Analysis	Results
1	Mean	12.25
2	Standard Deviation	2.80
3	Highest test result	16
4	Lowest test result	8

Table 3. Frequency Distribution of Passing and Stopping Techniques

Class interval	Category	Frequency	Percentage
>16.45	Very good	0	0%
13.65-16.44	Good	10	50%
10.85-13.64	Simply	2	10%
8.05-10.84	Less	7	35%
<8.05	Not at all	1	5%

Table 4 shows an average of 19.56 for dribbling techniques of SMP Negeri 3 Jenawi Satu Atap students, and Table 5 frequency distribution of dribbling skills

Table 4. Descriptive Analysis of Dribbling Technique

No.	Descriptive Analysis	Results
1	Mean	19.56
2	Standard Deviation	1.54

3	Highest test result (seconds)	23.92
4	Lowest test result (seconds)	17.23

Table 5. Frequency Distribution of Dribbling Techniques

Class interval	Category	Frequency	Percentage
>21.87	Very good	1	5%
20.33-21.86	Good	4	20%
18.79-20.32	Simply	9	45%
17.25-18.78	Less	5	25%
<17.25	Not at all	1	5%

The average results of the skills of shooting the ball into the target are 13.35, can be seen in Table 6 and Table 7 shows the frequency distribution of the skills of shooting the ball into the target of SMP Negeri 3 Jenawi Satu Atap students.

Table 6. Descriptive Analysis of Ball Shooting Techniques to Target

No.	Descriptive Analysis	Results
1	Mean	13.35
2	Standard Deviation	3.18
3	Highest test result	19
4	Lowest test result	8

Table 7. Frequency Distribution of Ball Shooting Techniques to the Target

Class interval	Category	Frequency	Percentage
>18.12	Very good	1	5%
14.94-18.12	Good	6	30%
11.76-14.93	Simply	7	35%
8.58-11.75	Less	5	25%
<8.87	Not at all	1	5%

Of the three test items and measurements of basic soccer technical skills performed, passing and stopping the ball showed the lowest results with an average of 12.25. The technique of shooting the ball to the target showed an average result of 13.35, and dribbling showed an average result of 19.56. The mistake they often make is that when they pass the ball the kick is not straight forward and the ball falls to the ground. Students have sufficient skills in *dribbling*, and they know how to play the ball on the *dribbling* track. However, some students had difficulty doing so, although the ball often went off the track they remained focused and adjusted the movement quickly. Research by Ayu (2022) and Mudian (2023) shows that there is a significant correlation between agility and speed with *dribbling* ability. One way to improve dribbling ability is to practice running 20 meters (Insan et al., . 2022)Mustafa (2023)also states that dribbling ability is influenced by the level of trained agility

Factors that influence the mastery of basic soccer techniques of SMP Negeri 3 Jenawi Satu Atap students because extracurricular activities are carried out only once a week, so they don't practice much. According to Utama (2019) said that one of the factors that cause players not to master basic soccer techniques is lack of practice. The coach's license is also considered (Gilbert,2023) . Coaches play an important role in learning. How the coach can modify interesting strategies so that they are interested in playing in the hope of improving their basic abilities.

Each student has different talents, their motivation to practice is also different and impacts their drive to play. *Skills* develop and remain conditioned due to a fit body condition and a high desire to practice. According to Jariono(2020) states that during training players need motivation. Motivation is even considered an important component to encourage players to reach their potential and best performance (Rodrigues et al.,2023) . Player mentality also affects playing performance (Munir et al.,2023), their abilities will definitely be strengthened by exercises that are carried out regularly and programmatically. addition, students' lack of basic skills can be caused by training programs that are not planned by the coach. Coaches should develop a training schedule that includes basic technical, physical, and tactical training. The coach's strategy is also important to explore their enthusiasm (Munir et al.,2022) . Players' basic technical skills can be optimized through training with various methods and physical conditions (Rambe et al.,2024)

To improve their skills, students should participate in regular practice outside of extracurricular activities such as joining community soccer and joining a local soccer club. It is highly recommended that students also do independent exercises, such as juggling and bouncing the ball against the wall. Students' mastery of basic techniques will improve if they play and practice soccer more often (Santoso et al.,2022) . If players can provide competitiveness to the skills they have with a comprehensive and patterned training program, players will have more potential (Atiq & Budiyanto, .2020)

CONCLUSION

The basic technical skills of passing and stopping the ball of SMP Negeri 3 Jenawi Satu Atap students who take part in extracurricular soccer in the 2024/2025 school year are in the good category with a percentage of 50%. The percentage of dribbling technique obtained is 45% with a sufficient category and is in the sufficient category in the technique of shooting the ball at the target of 35%. Students must practice regularly outside of extracurricular activities and are advised to do independent training. Students' mastery of basic techniques will improve if they play and practice soccer more often.

REFERENCES

- Akhmad, N., & Suriatno, A. (2018). Analisis Keterampilan Dasar Sepak Bola Pemain Klub Bima Sakti. *JUPE : Jurnal Pendidikan Mandala*, 3(3), 48. <https://doi.org/10.58258/jupe.v3i3.517>
- Atiq, A., & Budiyanto, K. S. (2020). Analisis Latihan Keterampilan Teknik Dasar Sepak Bola untuk Atlet Pemula. *Gelanggang Olahraga: Jurnal Pendidikan Jasmani Dan Olahraga (JPJO)*, 4(1),

- 15–22. <https://doi.org/10.31539/jpjo.v4i1.1482>
- Ayu, N. R., Perdima, F. E., & Mesterjon, M. (2022). Hubungan Kecepatan Terhadap Keterampilan Dribbling Sepak Bola Pada Siswa Smp Negeri 08 Lebong. *Educative Sportive*, 3(2), 176–182. <https://doi.org/10.33258/edusport.v3i02.2502>
- Erianti, Astuti, Y., . Z., . D., & . K. (2020). Studi Keterampilan Teknik Dasar Sepakbola Siswa Smp Negeri 3 Kota Padang. *Jurnal Ilmu Keolahragaan Undiksha*, 8(2), 92. <https://doi.org/10.23887/jiku.v8i2.29828>
- Gilbert, M. R., & Kafrawi, F. R. (2023). Evaluasi Kursus Pelatih Sepakbola Lisensi “D” Nasional Di Kabupaten Sidoarjo. *Jurnal Ilmu Keolahragaan*, 22(2), 225–235. <https://doi.org/https://doi.org/10.24114/jik.v22i2.51437>
- Insan, J., Iyakrus, I., & Yusfi, H. (2022). Pengaruh Latihan Lari (Sprint) 20 Meter Terhadap Kecepatan Menggiring Bola (Dribbling). *Jendela Olahraga*, 7(1), 132–139. <https://doi.org/10.26877/jo.v7i1.10367>
- Jariono, G., & Subekti, N. (2020). Sports Motivation Survey And Physical Activity Students Of Sport Education Teacher Training And Education Faculty FKIP Muhammadiyah University Surakarta. *Kinestetik : Jurnal Ilmiah Pendidikan Jasmani*, 4(2), 86–95. <https://doi.org/10.33369/jk.v4i2.12449>
- Ma'ruf, M. A., & Annas, M. (2023). Analisis Pembinaan Prestasi Cabang Olahraga Sepak Bola di Sekolah Sepak Bola (SSB) Se-Kabupaten Pati. *Indonesian Journal for Physical Education and Sport*, 4(1), 146–155. <https://doi.org/10.15294/inapes.v4i1.51805>
- Mudian, D., & Prasetyo, A. F. (2023). Korelasi Kecepatan Dan Kelincahan Terhadap Keterampilan Dribbling Futsal. *Biormatika : Jurnal Ilmiah Fakultas Keguruan Dan Ilmu Pendidikan*, 9(1), 59–67. <https://doi.org/10.35569/biormatika.v9i1.1433>
- Munir, A., Nasrulloh, A., Suharjana, S., Wali, C. N., & Kerihi, E. C. G. (2023). The Relationship Between Motivation and Mentality towards Athletes' Psychology in Supporting Football Achievement : A Literature Study. *JOSSAE (Journal of Sport Science and Education)*, 7(2), 107–116. <https://doi.org/10.26740/jossae.v7n2.p107-116>
- Munir, A., Qurtubi, A. Z. Al, & Wahyudi, A. N. (2022). Peningkatan Hasil Belajar Passing Sepak Bola Pada Siswa Sekolah Dasar dengan Metode Sport For Development. *Jendela Olahraga*, 7(2), 119–129. <https://doi.org/10.26877/jo.v7i2.12004>
- Mustafa, I., & Fadlih, A. M. (2023). Analisis Kelincahan dan Keseimbangan Terhadap Kemampuan Menggiring Bola pada Permainan Sepakbola SDN 243 Jerrung II Sinjai. *Musamus Journal of Physical Education and Sport (MJPES)*, 5(02), 118–129. <https://doi.org/10.35724/mjpes.v5i02.5167>
- Nurhawa, W. O., Rosalia, M., Anggur, I., & Agustanti, R. N. (2022). Analysis of biology students ' problem-solving skills using the PBL model through Lesson Study (LS) online. *Journal of Learning Improvement and Lesson Study*, 01(02), 1–5. <https://doi.org/10.24036/jlils.v1i2.18>
- Ozuak, A., & Çağlayan, A. (2019). Differential Learning as an Important Factor in Training of Football Technical Skills. *Journal of Education and Training Studies*, 7(6), 68. <https://doi.org/10.11114/jets.v7i6.4135>
- Prabowo, A. (2014). *Survei Tingkat Kemampuan Teknik Dasar Dan Kondisi Fisik Pada Siswa Sekolah Sepak Bola (SSB) Rantai Baja Kota Purwodadi Tahun 2013* *Journal of Physical Education , Sport , Health and Recreations*. 3(11), 1420–1425. <https://doi.org/https://doi.org/10.15294/active.v3i11.4278>
- Rambe, A. Z., Yanuar Kiram, P., Arsil, A., Bahtra, R., & Ockta, Y. (2024). Improvement of basic soccer techniques with training methods and physical condition. *Jurnal SPORTIF : Jurnal Penelitian Pembelajaran*, 10(1), 76–89. https://doi.org/10.29407/js_unpgri.v10i1.21575
- Rodrigues, F., Monteiro, D., Matos, R., Jacinto, M., Antunes, R., & Amaro, N. (2023). Motivation

- among Teenage Football Players: A Longitudinal Investigation throughout a Competitive Season. *European Journal of Investigation in Health, Psychology and Education*, 13(9), 1717–1727. <https://doi.org/10.3390/ejihpe13090124>
- Santoso, T., Andibowo, T., Sulistyono, J., Santoso, A. B., & Budiyo, K. (2022). Survei Kemampuan Kondisi Fisik Dan Keterampilan Bermain Sepakbola. *Jendela Olahraga*, 7(2), 193–203. <https://doi.org/10.26877/jo.v7i2.11945>
- Sudijono, Anas. 2009. Pengantar Statistik Pendidikan. Jakarta: PT Raja Grafindo Persada.
- Utama, M. W., Insanisty, B., & Syafrial. (2019). *Analisis Kemampuan Teknik Dasar Bermain Sepakbola pada Pemain Usia 16 Tahun*. 3(1). <https://doi.org/https://doi.org/10.33369/jk.v3i1.8813>
- Winarno, M. E. (2006). *Tes Keterampilan Olahraga*. Laboratorium Jurusan Ilmu Keolahragaan, Universitas Negeri Malang.