

DEVELOPMENT OF BASIC INNER FOOT PASSING TECHNIQUE TRAINING MEDIA IN SOCCER

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ABSTRAK

Penelitian ini bertujuan untuk menghasilkan sebuah media pembelajaran passing sepak bola menggunakan kaki bagian dalam untuk siswa. Desain Penelitian yang digunakan adalah penelitian pengembangan (*research and development*). Dengan menggunakan pendekatan Brog and Gall. Melibatkan 3 validasi ahli, diantaranya: ahli materi ahli perkembangan gerak, dan ahli media. Uji skala kecil dan uji skala besar dilaksanakan di MI Swasta Miftahul Ulum. Sungai Bemban. Kubu Raya. Instrumen pengumpulan data menggunakan angket dengan kisi-kisi pertanyaan berkaitan dengan aspek tampilan, aspek materi, aspek kegunaan, dan aspek praktis ekonomis. Hasil penelitian uji skala kecil sebesar 83,28%, uji skala besar persentase sebesar 80,17%, dengan kriteria baik.

Dapat disimpulkan bahwa inovasi pengembangan media latihan teknik dasar passing kaki bagian dalam sepak bola ini layak untuk digunakan sebagai aktivitas untuk mengembangkan motorik keterampilan gerak dasar dan koordinasi gerak passing sepakbola.

ABSTRACT

This research and development aim to produce a learning media for passing in soccer using the inner part of the foot for students. The research design employed in this study is the research and development approach by Brog and Gall. It involved three expert validations, namely: a subject matter expert, a motor development expert, and a media expert. Small-scale and large-scale tests were conducted at MI Swasta Miftahul Ulum in Sungai Bemban, Kubu Raya. The data collection instrument used a questionnaire with questions related to the aspects of appearance, content, usability, and practical economic aspects. The results of the small-scale test showed a percentage of 83.28%, and the large-scale test resulted in a percentage of 80.17%, both classified as good. It can be concluded that the innovative development of media for basic inner foot passing technique training in soccer is suitable for use as an activity to enhance motor skills and coordination in soccer passing.

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INTRODUCTION

Physical education is a part of education that aims to develop aspects of physical fitness, motor skills, and moral actions (Samsudin, 2014). Physical education also aims to introduce students to a healthy lifestyle and environmental cleanliness. Essentially, physical education is an educational process that utilizes physical activities to bring about holistic changes in the individual's quality, encompassing physical, mental, and emotional aspects. Supriatna & Suhairi, (2021) state that physical education is a phase of the overall education program that contributes, particularly through movement experiences, to the holistic growth and development of each student. Physical education is defined as education through movement and must be implemented in appropriate ways to have meaning for students.

Physical education activities involve physical activity where students are required to actively engage in movement activities during learning, resulting in the development of motor skills ingrained in each student for engaging in physical activities to enhance body fitness (Suhairi et al., 2022). One of the learning activities in physical education is soccer. In the passing drill of soccer, a common challenge for students is making passes inaccurately to the target and the lack of tools to facilitate the process of learning. When making passes, many students often fail to deliver the ball accurately to their teammates, causing the ball to go astray. The use of instructional media in the form of modification tools involves utilizing learning tools to help students better understand the material (Stefanus et al., 2022). Through this instructional method, teaching materials are presented through physical activities using modified tools, making the learning process more engaging and challenging for students. The use of tools as intermediaries is highly essential in learning to enhance basic skills, which are the learning objectives that will be achieved through repetitive practice (drill) (Suhairi et al., 2020).

The problems identified include the stages involved in performing passes, which often pose difficulties for students in mastering the basic techniques of soccer passing (Khalifa et al., 2021). The varying motor skills of students make it challenging for them to grasp the comprehensive stages of passing instruction provided by teachers, as it is not tailored to individual abilities or motion stages. Therefore, the author suggests the need for new innovations in soccer learning, especially to maximize the effectiveness of inner foot passing. By attempting to create training and learning aids that will assist athletes in improving both the technical and physical aspects of elementary school students. This

tool has the advantage of moving automatically without assistance, with a 360-degree ball rotation.

The utilization of this innovative tool in the form of a semicircular medium is expected to assist teachers in designing their teaching activities (Rello Pambudi & Widiyanto, 2019). It is known that, up to now, many teachers have been minimal in utilizing teaching aids. However, this instructional medium is designed in such a way that it is relatively easy to create and use. From the above background, various problems can be identified, including: (1) the lack of sports facilities supporting physical education activities at the elementary level, (2) the underutilization of teaching aids to make physical education more engaging for students, (3) the need for efforts to improve the quality of physical education, especially in soccer, (4) the limited availability of practical and innovative teaching media in elementary schools to provide a good learning experience in soccer games.

This research and development aim to produce a learning media for passing in soccer as part of the physical education, sports, and health subjects. This media can be utilized as a modification tool in schools. The development is expected to assist teachers in having a new source of learning and can be presented as a self-learning resource for students. The results of this research are expected to be beneficial, including (1) the back passer can be used by students for self-learning, (2) the back passer provides ease in learning passing, and (3) it motivates educators to further develop teaching tools in delivering the material.

Soccer is a part of the sports branch often taught in physical education classes at schools. In soccer learning, various factors can influence students' learning outcomes (Asrul et al., 2021). Designing learning media to make it more interesting and easier for students, and to facilitate teachers in delivering, presenting, and practicing soccer passing in the learning process is crucial. Designing effective soccer learning media significantly influences students' learning outcomes in passing soccer. The teaching method of the teacher and the availability of learning media are factors that can affect students' learning outcomes. Varied teaching methods and the availability of learning media can help stimulate students to be more actively engaged in lessons (Yurike et al., 2022).

To facilitate students in learning soccer passing, there are various ways that can be done anywhere for training outside of school, and these tools are designed to meet those needs. Based on the researcher's explanation, it is concluded that media in physical education is crucial. Recognizing the need for such learning media, the researcher

conducted a study to develop learning media that can ease students in participating in soccer lessons and facilitate teachers in presenting passing lessons. This learning media serves as a tool for practicing soccer passing. Another advantage of this tool is its ability to be disassembled, used anywhere, and easily moved. However, due to time and budget constraints, the researcher focused on passing in soccer learning in the development planning to determine whether this media can effectively implement passing in soccer education.

Regarding the statements mentioned above, sourced from research, articles, journals, publications, and needs analysis, it is evident that there is a need to develop a passing learning model in soccer. This model is intended to serve as a solution to facilitate students/athletes in soccer training. The objective of this development research is to produce a learning media for passing in soccer, which will be utilized both in teaching activities and training to ease the delivery of passing lesson materials in soccer learning and facilitate coaches in achieving the desired goals. The development research of the passing learning model, specifically using the inner part of the foot, aims to create an alternative learning media that can be applied in soccer development clubs and learning environments, particularly for beginners (ages 5-12).

METODE PENELITIAN

The research and development of the soccer passing learning media using the inner part of the foot employ the Research and Development model by Walter R. Borg and Meredith D. Gall, (1983), consisting of ten steps, including: (1) Identifying potential and problems (preliminary study), (2) Conducting research and gathering information (literature review, subject observations, preparing principal issue reports), (3) Developing the initial product design (preparing teaching materials, compiling handbooks, and evaluation tools), (4) Design validation (initial evaluation), (5) Design revision (based on field test results), (6) Product trial (6-12 subjects), (7) Product revision (based on feedback and main field trial results), (8) Usage trial with 30-100 subjects, (9) Final product revision, and (10) Mass production (Reporting on the product in a journal, collaborating with a publisher for commercial distribution).

The subjects for the trial are classified into two groups: (1) Subject experts in soccer and media who play a role in determining whether this multifunctional soccer passing learning media using the inner part of the foot is suitable for content and accuracy, and media experts who handle soccer-related media. Validation is conducted using a

questionnaire on the design of soccer passing learning media using the inner part of the foot given to media experts. The research subjects are students at MI Swasta Miftahul Ulum Sungai Bemban, Punggur Kecil Village, Kubu Raya Regency, participating in soccer extracurricular activities. The subject selection technique in this development research uses purposive sampling, a sampling technique with predetermined criteria (Arikunto, 2021).

The instruments used in this development research include several data collection instruments, including questionnaires. According to Sugiyono, (2015), a questionnaire is a data collection technique by providing written questions to respondents to answer. Questionnaires can be closed or open-ended. According to (Sugiyono, 2013), questionnaires are divided into three types based on their form: (1) Multiple-choice questionnaires, (2) Checklists, and (3) Rating scales. Data collection in the development research of multifunctional soccer passing learning media using the inner part of the foot uses closed and open-ended questionnaires, with a space for suggestions on the following pages. These questionnaires are given to media experts, subject matter experts, and elementary school students at MI Swasta Miftahul Ulum who are taking PE lessons on the topic of large ball games (soccer).

RESULTS AND DISCUSSION

The research was conducted through the stages of needs analysis to assess the extent of learning, particularly in the passing material using the inner part of the foot in soccer. The goal was to align with the characteristics of the formulated curriculum, to understand the importance of developing training media for inner foot passing, and to analyze solutions to the challenges encountered in the field while empowering potential that supports learning development in the field. From the needs analysis conducted, it can be concluded that the idea behind this development research is the urgent need for the development of training media for inner foot passing in soccer. This allows teachers and coaches to design learning in schools.

The results of the small group test from participants in the soccer extracurricular at MI Swasta Miftahul Ulum Sungai Bemban, Punggur Kecil Village, Kubu Raya Regency, regarding the development of a training drill model for inner foot passing in soccer, showed that the total score for appearance, content, utility, and practical economic aspects is 667 with a percentage of 83.28%. This percentage is categorized as "Good" and is suitable for further testing in the next stage.

Table 1. Small Group Trial Results of the Development of Inner Foot Passing Drill Training Tool in Soccer.

No	Aspects	Score	Percent	Criteria
1	Display Aspects	142	88,17	Good
2	Material Aspects	154	80,21	Good
3	Usability Aspects	251	87,15	Good
4	Practical Economic Aspects	120	75	Enough

The results of the large group trial at MI Swasta Miftahul Ulum Sungai Bemban, Punggur Kecil Village, Kubu Raya Regency, regarding the development of the inner foot passing drill training tool in soccer, showed that the total score for appearance, content, utility, and practical economic aspects is 1296 with a percentage of 80.17%. It meets the criteria for "Good" and is deemed suitable for use as a training and learning media for inner foot passing in soccer.

Table 2. Results of the Large Group Trial of the Development of Inner Foot Passing Drill Training Tool in Soccer.

No	Aspects	Score	Percent	Criteria
1	Display Aspects	300	78,17	Good
2	Material Aspects	272	85,12	Good
3	Usability Aspects	479	82,93	Good
4	Practical Economic Aspects	245	76,35	Enough

The final product produced is a training drill tool for inner foot passing in soccer with the following specifications: the tool is made of solid aluminum, sized 10 inches for the ball support, uses a 6305 2RS bearing for providing a rotating effect, and has a weight made of rubber-coated concrete for stability when the tool is used for passing. Below is Figure 1, depicting the resulting product.

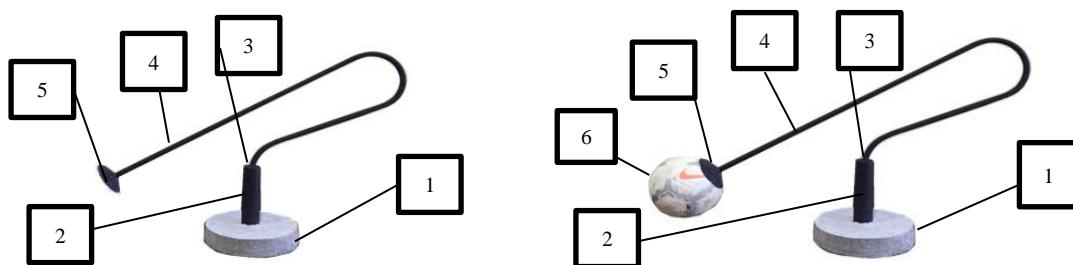


Image 1. Final Product of the Development of Soccer Passing Drill Training Media using the Inner Part of the Foot.

SPECIFICATION:

- 1. Ballast material:** The ballast material is made of concrete coated with rubber with a thickness of 6 cm, a radius of 12 cm, with a weight of 5 kg.
- 2. Pole:** made of iron with a height of 21cm. round shape with a diameter of 6cm.
- 3. Bearing/Klahar:** bearing or lahar size 6205.
- 4. Fork/Stand:** made of solid aluminum with an overall size of 160cm. the length of the upper support is 90cm, the length of the lower support is 50cm and the length of the arch is 20cm.
- 5. Bowl:** made of solid aluminum with a diameter of 12cm, shaped like a bowl.

The rapid development of science and technology (IPTEK) continues to provide advancements and innovations for academics to compete in developing sports equipment. In West Kalimantan, the development of sports equipment is still lacking, as evidenced by the lack of supportive tools during training sessions. Having adequate facilities for physical and technical training can enhance or, more precisely, assist in training by using standard equipment (Gusryanda & Suhairi, 2023). On the other hand, the progress in IPTEK is advancing over time, facilitating players in developing both their techniques and physical abilities. However, obtaining standard training aids still often involves purchasing from abroad, and they come with a considerable cost (Dwiyogo, 2008). As a result, sports equipment enthusiasts undertake these efforts solely to enhance performance and self-actualization.

Therefore, the author proposes the need for new innovations in soccer education, especially for maximizing inner foot passing effectiveness. The idea involves creating training and learning aids to help athletes improve the techniques and physical skills of elementary school students. This tool has the advantage of automatic movement without assistance, with a 360-degree ball rotation. The automatic movement that can rotate to the left and right can train passing and control using the inner part of the foot when using the product. Thus, the passing ability between the left and right foot has the same proficiency in passing and controlling the ball. Considering that soccer is a game that requires a balanced level of movement skills between the left and right foot, as the ball can come from various directions (Tarigan, 2001).

The novelty (state of the art) of this research and development can be viewed from spatial and substantive perspectives. Spatially, this research has not been conducted before within the scope of West Kalimantan Province. Substantively, the research

combines several media with product specifications, including forms of inner foot passing exercises. It is integrated with a comprehensive, systematic, procedural learning component and has undergone empirical testing, especially in the material of inner foot passing in soccer. The availability of inner foot passing learning media is intended for students and athletes in the West Kalimantan Province.

The development process follows research procedures, planning processes, production, validation stages, and trial stages. The advantages of this inner foot passing training tool greatly assist coaches and teachers, especially in training basic inner foot passing techniques independently without requiring a partner during passing practice. This drill passing training tool is designed for introducing basic techniques and is suitable for beginner athletes (Al-Asadi, 2016). It also motivates players during inner foot passing training, as they feel challenged to use the drill alternately with the inner part of the left and right foot. By consistently and systematically using the training media, one can enhance their skills in playing soccer (Indrayana & Yuliawan, 2019). Passing and control are essential skills that must be mastered in soccer to ensure that the played ball can be well-controlled as desired, making it difficult for opponents to intercept (Suganda, 2019). The advantage of using the inner foot passing drill tool is that athletes can practice using both the left and right feet with a focus on the inner part of the foot. This allows for an improvement in passing skills in a balanced manner through repetitive practice. Effective drill exercises in soccer involve training the physical components of both the left and right feet, considering that in playing soccer, attacks and defenses from opponents can come from various directions (Oppici; et al., 2018). Improved passing and control abilities will make it easier to control the tempo of the game, facilitate ball handling, and pass to teammates (Soniawan et al., 2021).

Overall, from the identification results conducted by the researcher, there are strengths and weaknesses in the inner foot passing training tool based on the product trial results. The strengths of the produced product include: (1) assisting in inner foot passing training for both left and right feet, (2) providing a training tool that allows variation for coaches or teachers in education, (3) affordable price compared to existing tools, (4) practical and easily portable, and (5) can be used as a tool for inner foot passing tests. The weaknesses of the developed inner foot passing training tool include: (1) suboptimal weight quality, and (2) the ball adhesive to the tool's frame requires maintenance if used frequently.

CONCLUSIONS

The research has produced the development of an inner foot passing drill training tool in soccer, which has undergone small-scale and large-scale testing and has been deemed suitable for use. The research results can be concluded that the basic technique of inner foot passing can be improved by using the developed inner foot passing drill training tool. Based on the results of the research on the development of the inner foot passing drill training tool in soccer, there are several suggestions to be conveyed: (1) for coaches and teachers, the availability of the inner foot passing drill training tool in soccer will introduce variations in training, but it is recommended not to use it continuously and to be tailored specifically for beginners; (2) for players and learners, it is hoped that this tool can train inner foot passing techniques alternately using the left and right feet; (3) for researchers, this tool can serve as a basis for further development to make it more perfect.

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