

Movement Analysis Short Pass and Student Palembang 52 State Futsal Team

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Abstract: This research is to find out if there is an effect of training short passes and zig-zag run to improve the skills of passing the ball by students of the men's futsal team at SMP Negeri 52 Palembang. The method in this research is descriptive qualitative. The research subjects were students who were included in the men's futsal team, which consisted of 25 male members, while the object of agility research was the attitude of executing movements short pass and zig-zag run. Data analysis was used for data collection using tests short passes from Arsil, namely the test of kicking the ball from a few minutes to place and target in the fastest time. For the Zig-zag run use the sheet technique observation (checklist). Based on the research results, 7 people got a combined score between record time and target accuracy at intervals of > 124 with a score classification of "very good". Then there are as many as 16 people getting a combined score at a value interval of 104 - 123 with a "good" score classification. The remaining 2 people get a combined score in the interval 85 - 103 with a "moderate" score classification. Based on the results of the research and discussion it can be concluded that the ability short pass most of them was good, as many as 7 people got scores in the very good category (28%) and as many as 16 people (64%) were included in the good category, and 2 people were included in the medium category (2%). Whereas zig-zag run experienced an increase in agility as indicated by the final result of 79.5% which was classified as good, consisting of 11 students (27.3%) which were categorized as very well, 9 students (50.0%) which were classified as good, 3 students (13.6%) which were categorized as sufficient, and 2 students (9.1%) were categorized as lacking.

Keywords: Analysis, Futsal, Short Pass, Zig-Zag Run

A. Introduction

Sport as an element in human life, if empowered through various appropriate methods, is an effort to rise. In the context of forming character, discipline, competitive advantage, productivity and a beneficial work ethic in individuals who do it in a sporting manner, sport is important in improving the quality of human resources for

the desired achievements. The essence of sport is also a physical activity that contains the nature of play and contains a struggle against oneself or with other people or confrontation with natural elements. Indonesia has many unique types of sports, and this uniqueness characterizes the country of Indonesia. One sport that exists and is very popular is futsal.

Futsal, along with its development, is one of the most popular sports in all circles and regions. Futsal is a sport that is very popular and popular among all ages. Futsal has become a new trend, therefore they don't like the sport of futsal, so they are considered not following developments in the current era. The sport of futsal is so familiar that children, teenagers and even adults like to play it. Futsal has become a lifestyle trend in today's society. In fact, not only by men, currently futsal is starting to be played by women (Anas, 2020; Sanmiguel-Rodríguez, 2021; Martins, et. al., 2018). In Indonesia itself, the sport of Futsal has attracted the enthusiasm of many investors. This can be seen from the spread of clubs to club sponsors from regional to world class. It's not surprising that the futsal world cup match was also lively. The first international futsal match was held in 1965 in South America and at that time Paraguay succeeded in winning (Nauright, 2012).

Futsal is one of the most popular sports in the world today. Futsal has undergone many changes and developments from a simple form to a modern Futsal game which is very popular with many people, young and old, children and even women. The game of Futsal is not only played for recreational purposes and to fill free time, but demands optimal performance and high business value.

Lhaksana (2011) said that futsal is a game played indoors. Futsal is a team sport. Aerobic endurance is the process of fulfilling energy (power) needs to move within the body which requires oxygen assistance from outside the human body (Xianglin et. al., 2019). The basic techniques of futsal are the keys that every player must master. These basic techniques are more or less the same as soccer, the basic techniques that players must be able to master are passing techniques, dribbling techniques, controlling techniques and also shooting techniques. there is offside and the number of players. This technique when futsal is in progress is not widely applied or occurs, because looking at the small size of the futsal field and also that futsal is a sport that prioritizes tactics and strategies for controlling the ball, so air balls will make it difficult for players to control the ball.

Then the role of the coach in this sport is very important in order to improve the playing skills of each player through accurate and effective training methods provided directly by the coach according to their needs. To be a futsal player who has good performance, you also need to have good agility in moving (Milanovic, et. al., 2011)

experiencing changes, this can be seen in the match rules, field equipment, game equipment, refereeing and so on, all of which are intended for the audience to Futsal is more enjoyable and popular.

In terms of basic techniques in futsal, in general many people know what the basic techniques are. The first basic technique is passing. Passing can also be divided into two, short pass and long pass. Ability and accuracy in passing are needed to carry out team games in a compact manner, especially short passes. Good short pass ability can be decisive. However, many people do not understand how to carry out these basic techniques well. Meanwhile, according to Burdukiewicz et. al., (2014) futsal is an indoor soccer game played five against five on a smaller field size. Where the sport of futsal itself requires high intensity sprints at maximum intensity punctuated by short recovery periods.

Based on the opinion above, it can be concluded that Futsal is a team game with eleven players per team, one goalkeeper each. Almost all playing movements use foot skills, except for the goalkeeper who is free to use his hands and all parts of his body in the penalty box area. The Futsal game is played on a rectangular grass field and there are two goals facing each other, but with increasingly advanced technology in several developed countries, synthetic grass has been used to replace natural grass.

According to Scheunemann (2012) 1) Speed; 2) Strength; 3) Endurance; 4) Flexibility; 5) Accuracy; 6) Power; 7) Coordination; 8) Reaction; 9) Balance; 10) Agility. Of the 10 components of physical condition, the endurance component is one of the physical components that is very important to train and improve into stamina in an effort to achieve optimal performance.

Kicking the ball has two rotation directions, according to Soekatamsi (1988) explains that there are two types of rotation directions of the ball, a) Straight kick, after being kicked, the ball does not spin so that the ball bounces straight and travels fast. In this straight kick, the kick force passes through the center of the ball, out towards the ball's path; b) Slice Kick, after being kicked, the ball rotates in the opposite direction to the direction of the kick and the direction of the ball, if the ball bounces after reaching the top it will fall vertically. In this curved kick, the kick force does not pass through the center of the ball, the kick force touches the ball and rotates the ball so that the ball's trajectory is curved or in the form of a curved line in accordance with the direction of the ball's rotation. Kicking can be divided into several types based on the impact of the foot on the ball, namely kicking with the inside of the foot, the outside of the foot, the back of the foot and the inside of the foot.

B. Methods

This research is a quantitative descriptive study, meaning that in this research the researcher will only look at the level of short pass ability of the Futsal team players at SMP Negeri 52 Palembang which is supported by data from the results of the overall passing ability test without conducting hypothesis testing (Arikunto, 2006). The method used in this research is a survey method. According to Nardi (2018) the survey method is an investigation carried out to obtain facts from existing symptoms and seek factual information about social, economic or political institutions in an area. Research instruments are tools or facilities used by researchers to collect data so that their work is easier and the results are better, in the sense that they are faster, completer and more systematic so that they are easier to process (Arikunto, 2006). In this research, the instrument used to collect data used the short pass test from Arsil, namely a test of kicking the ball from several minutes to a certain place and a certain target in the fastest time. 1) The test participant is behind the starting line, at the signal "yes" the test participant runs towards ball 1 and kicks at target 1, then runs towards ball 2 and kicks towards the target ball; 2) then run towards ball 3 and kick it at the target; 3) then run towards ball 4 and kick it at the target; 4) and at the end run towards the finish line. The data collection technique in this research uses assessment test and measurement techniques. A test is an instrument that can be used to obtain information about an individual or object. Meanwhile, measurement is the process of collecting information (Ngatman, 2002).

Table 1. Transformation of Short Pass Test Scores (Time) into T-Scores

T-Score	Short Pass Test /10 Seconds	T-Score	Short Pass Test /10 Seconds
90	< 3,00	46	11,14-11,30
84	3,01-4,00	45	11,31-11,50
68	4,01-7,09	44	11,51-11,70
67	7,10-7,32	43	11,71-11,81
65	7,33-7,69	42	11,82-12,00
64	7,70-7,89	41	12,01-12,20
63	7,90-8,11	40	12,21-12,42
62	8,12-8,30	39	12,43-12,47
61	8,31-8,46	38	12,48-12,70
60	8,47-8,68	37	12,71-13,03
59	8,69-8,81	36	13,04-13,20
58	8,82-9,06	35	13,21-13,40
57	9,07-9,21	34	13,41-13,59
56	9,22-9,44	33	13,60
55	9,45-9,62	32	13,61-13,80
54	9,63-9,80	31	13,81-14,09
53	9,81-10,00	30	14,10-14,20
52	10,01-10,15	29	14,21-14,40
51	10,16-10,38	28	14,41-14,60
50	10,39-10,57	25	14,61-15,20
49	10,58-10,74	22	15,21-15,70
48	10,75-10,92	20	15,71-16,10
47	10,93-11,13	19	16,11-19,78

The assessment uses the results of recording the length of travel time from start to finish in tenths of a second and the number of balls that enter the target. Value data collection uses the T-score of travel time in tenths of a second as in table 1.

This research is a quantitative descriptive study which aims to provide an overview of the short pass ability of the futsal team of SMP Negeri 52 Palembang which participates in futsal. The data that will be presented is the data that existed when the assessment took place in the field. To find out how much value you get from the test results, use the following assessment norms.

**Table 2. Short Pass Test Assessment Norms
(T-Score Time + T-Score Ball In)**

No	Score Classification
1	Very Good, ≥ 124
2	Good, 104 - 123
3	Fair, 85-103
4	Less, 65-84
5	Very Less, ≤ 64

To determine the overall short pass ability of football extracurricular students, researchers used data analysis techniques to process the data using a formula for the percentage of grades obtained by all students.

C. Results and Discussion

To get the passing ability results from this test, the time speed and target accuracy values that have been carried out in table 6 will be combined. The results of the sum of time speed and passing target accuracy are combined. From the test results, 7 people got a combined score between record time and target accuracy in the score interval > 124 with a score classification of "very good". Then there were 16 people who got a combined score in the interval 104 - 123 with a score classification of "good". The remaining 2 people got a combined score in the interval 85 - 103 with a "medium" score classification. From the results of the tests conducted, in general, the short pass ability of the Palembang 52 Public Middle School futsal team is good.

As a result of the test, 7 people got a combined score between time recording and target accuracy in the score interval > 124 with a score classification of "very good". Then there were 16 people who got a combined score in the interval 104 - 123 with a score classification of "good". The remaining 2 people got a combined score in the interval 85 - 103 with a "medium" score classification. From the results of the tests conducted, in general, the short pass ability of the Palembang 52 Public Middle School

futsal team is good. We can see more clearly the results of the short pass test assessment.

The sequence of taking the test in detail can be seen on the test table where the results of the test can be classified according to the sum which according to the population is all individuals determined to be data sources or research subjects (Arikunto, 2006). The population used in this research was the futsal team of SMP Negeri 52 Palembang, totaling 25 people as samples, namely part or representatives of the population to be studied. It is called sample research if we intend to generalize the results of sample research.

From 25 participants, 7 people got very good grades, then 16 people got good grades and the remaining 2 people got medium grades. The percentages can be seen in the following table.

Table 3. Frequency Distribution of Short Pass Classification

No	Category	Total	Percentage
1	Very Good	6 Person	24 %
2	Good	17 Person	68 %
3	Fair	2 Person	2 %
4	Less	-	0 %
5	Very Less	-	0 %
Total		100	

The table above shows that the long jump movement of students in the very good category is 4 people (26.3%), the next 7 people (50.0%) are classified as good, the fair category is 2 people (15.6%), and the category less than 2 people (8.1%). Thus, the majority of Palembang State Middle School futsal team students' short passes were categorized as good.

The zig zag run assessment results data obtained from 25 students of the Palembang 52 Public Middle School futsal team for each indicator were then analyzed using percentages, as in the following table.

Table 4. Classification Frequency Distribution Zig Zag Run

No	Category	Total	Percentage
1	Very Good	9 Person	27,3 %
2	Good	11 Person	50,0 %
3	Fair	3 Person	13,6 %
4	Less	2 Person	9,1 %
5	Very Less	-	0 %
Total		25	100

The higher the VO2 Max, the athlete concerned will also have good endurance and stamina. Even though they have good stamina, athletes still have to have good technical mastery of their branch. Because, with good technique, the athlete will be efficient in competing (Abbis & Laursen, 2008).

The importance of being in good physical condition and endurance is the main asset for a person in a game. This will influence the performance of a team. If they have good endurance, technical abilities and skills will be able to be displayed well, agility will increase and this will be accompanied by a loss of anxiety.

D. Conclusions

Based on the results of the research and discussion, it can be concluded that the short pass ability of the Palembang 52 Public Middle School futsal team is mostly good, as seen from 6 people getting a score in the very good category (24%) and 17 people (68%) included in the good category, and there are 2 people who fall into the medium category (2%). Meanwhile for the zig zag run there was an increase in agility as indicated by the final result of 79.5% which was classified as good, consisting of 11 students (27.3%) categorized as very good, 9 students (50.0%) categorized as good, 3 students (13, 6%) were categorized as sufficient, and 2 students (9.1%) were categorized as inadequate.

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