

Descriptive Analysis of Long Pass Results in Football Games

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Abstract: The low results of students' long pass at the BBSA soccer school cannot be separated from the training process that is being held. The purpose of this research is to increase the long pass results of BBSA Betung soccer school students through plyometric exercises through a demonstration approach. Implementation of the long pass with plyometric training through the demonstration method approach, is to follow the five stages of the demonstration cycle, namely ask (ask), invest (investigate), create (produce), discuss (discussion), and reflect (reflection). The research method used is the research method. This research is included in experimental research using sports action research (PTO) or commonly called PTK with actions carried out in two cycles. The research instruments used were pre-test/post-test sheets and educators/students. The research subjects were 18 BBSA football school students. The results showed that the results of plyometric training had increased after applying plyometric training through a demonstration approach. The results of the ability of the BBSA football school students to practice plyometrics using the demonstration approach increased.

Keywords: Basic Technique, Long Pass, Plyometric Drill Method, Soccer School

A. Introduction

Sports is part of human life. By exercising physical freshness or physical condition as well as a person can be improved so as to carry out daily activities without experiencing meaningful fatigue. Through sports activities can form a healthy human physical and have a character disciplinary and sports mail on the, finale will qualify human form. Sports consists of various kinds, one of which is football consisting of several techniques. Sports Football This is a sport taught to elementary school students (SD) to high school (SMA). Everyone knows that football is the most popular sports around the world, both circles age easy and old and is a cheap sport. Football can be done in muddy field, clay, rice field, road, or narrow algae. Because of the football game with the field and the gas equipment is easy to play. This is because soccer sports are beneficial to train physical fitness. In addition, the football is more demanding the player's skills than other sports (Luxbacher, 2004).

According to the child's coaching guide 2017 football the ball is the most popular sports in the world and in Indonesia. Soccer is a game that uses the ball that is played by two teams. Generally, each team consists of eleven players consisting of a goalkeeper, 2-4 people survive, 2-4 people are middle players, and 1-3 people attackers. The goalkeeper is the only player that is allowed to hold the ball to prevent the ball attack from the team the opponent enters the goal of the team. The player survived duty to fortify the area of the attack the team opponents. The duty of the middle player is divided by placement of its position, whether it is close to the attacker or a survival player. The attackers' players duty is to nail the ball of emerging team opponents. Usually, the soccer game is played in two rounds (2x45 minute) with a 10-minute break time between the two rounds.

According to Luxbacher (2011), the sport of soccer is played by two teams, one team consisting of 11 people. Each team defends a goal not to concede the ball and tries to enter the ball into the opponent's goal. For a team that can score the most goal to the opponent's goal within 2 x 45 (90 minutes) then the squad is winning. Soccer is a very popular sport around the world. All circles and classes love playing football, from children, teenagers, adults and parents in the world of female playball soccer. While according to Nugraha (2010), soccer is one of the most popular sports in the world, internationally football known as name soccer or football. Some of the above opinions can be concluded that soccer is a sports game that is played with eleven people players with goals to score goals as many as well as maintaining goal from conceding.

According to the football guide, ages 6-14 in 2010 explains that the rapid development of soccer in Indonesia will automatically impact on early aging soccer coaching. One of the determinants of success of creating reliable players in football is with early age coaching in football school (SSB/Sekolah Sepak Bola). The early agricultural football is played through a container of Soccer School (SSB). SSB is a school that studies football games and is a sports organization, especially football that works to develop potential athletes and become an early age ball coaching container (Soedjono, 1999). Football schools are a gradual early soccer coaching container that must have components that are supported and fulfilled by the SSB. Components in SSB include personnel, certified coaches, curriculum, tools and exercise facilities. The main purpose of the objective is to accommodate and provide opportunities for its students in developing potential and talent to become a quality player, able to compete with other SSB, accepted the community and able to maintain the survival of the organization. In addition, SSB also provides a strong base on how to play the right football, including in shape, attitude, and good behavior, while achievement is a long-term goal. With good management in early age coaching will form many gifted players who will certainly make senior teams easier to find a good player at senior level.

The emergence of the era of soccer school in Indonesia has a positive impact on the age of early age and co-ages at the age of young (adolescents), according to (Putera, 2010) the process of defense or the achievement of the achievement in the young age group is slightly inhibited, due to the least public sports space which amounts to the minimal public sports facilities to lead to low interests of society in sports, the density of school-based learning in the formal and minimal competition at the young age level. SSB is the heartbeat of youth football coaching in Indonesia (Ganesha, 2010). The school football in the country is a club/unity/football association aimed at increasing the interest and talent of children in playing soccer. Here is wrong one example of the basic reference of football coaching in SSB referring to the young age-co-on-system system in Germany. According to football guide ages 6-14 in 2010 explains that there are several young age-co-envy systems in Germany (1) *Children's Training*, which includes the age of 6-14 years, which is divided into *Basic Training* (U 6-8 years and u 9-10 years) and (2) *Intermediate Training* (U 11-12 years and u 13-14 years). To achieve football achievements are determined by various factors, among others: body anthropometries, achievement motivation, means of performance and infrastructure and application of various methods of exercise suitable and appropriate for football sports football.

Soccer is one of the large ball games that the game is played by two opposing groups. Each struggled to enter the ball into the opposing group goal. Each group of eleven players. That's why the group is called the liver. The football game is associated with basic techniques, to play good football players equipped with good basic techniques anyway. Players who have good basic techniques tend to play soccer well. According to smart book knowledge of the 2011 in the basis of basic techniques of soccer as Here: a) No-ball technique, ie all the no-ball movements consisting of: (1) run fast and change direction, (2) jumping and jumping, (3) no-ball movement is a deceiving movement with body, (4) special movements for goalkeepers. b) technique with the ball, i.e. all movements with the ball, consists from: (1) Kick the ball; (2) pass the ball; (3) kickball, (4) receive Ball: Stop the ball, (5) heading the ball, (6) throwing the ball, (7) Motion of hip with the ball, (8) Take a mill as well or grab the ball.

Naturally there is a problem that the problem is more centralized the power ball (*passing*) to a team one. Pass the ball (*passing*)In the football game is very important to build an attack with the aim to score as many as many goals as opposed to goal ways. Which one is based on the results of interviews and information provided by the researcher finds the problem that the technique of fruit is still necessary to be replicated systematically for all tactics will be taught by the coach capable of digested and well understood by the player. Many of the mistakes are done by BSA's SSB students are not right target on when it goes to his friend or sometimes does not rise when it is kicked. Based on the study of the aging the method of drill

is used to participate to be able to perform automatic activities that where this movement is becoming orientation or automation. Basic techniques of the most dominating soccer at the time of match is basic passing technique, basic technique passing in football There are 2 kinds of basic techniques passing that is *Short Pass* and *Long pass*. Bait short (*Short Pass*) is a bait that is feeding the ball to the one team of friends who are close to us while the feet is remote (*Long pass*). It is a ball to a friend who is at a distant distance away from us.

Based on interview and information results given the researcher's train coins the problem that technique Fathers Fake (Long Pass) still need to be systematic to be so that the entire tactics will be taught by the coach capable of being digested and well understood by the player. A lot of mistakes by BSAA SSB Students that is not right target on the when it goes to his friend or sometimes does not rise when it is kicked. Based on the study of the aging the method of drill is used to participate to be able to perform automatic activities that where this movement is becoming orientation or automation. Depdikbud (2005) said that the windows rise (ringing, flying and so) is high, raising, excuse, fly and so on long passing is a long-distance kicking technique to pass to a teammate who is in front to attack as quickly as possible (Gill, 2003). Mahbudi, & Sapto (2017) that says, to be able to improve the quality and accuracy of kick the ball in this case especially kicking long pass. Long passing training model using small goal media as a target has similarities with the model developed by Mubarok et al., (2019).

Long passing that enters the small goal target reflects the accuracy of the feeder's kick. The selection of the right method and the right model also become one how to in order for the athlete to improve its ability optimally. Hidayat (2017) says "The accuracy in doing long pass is not easily obtained only with exercise in no time. Exercise with effective and continuous long pass material will increase the accuracy of a player in the technique". The Drill Method is a method where learners take the time to repeat what is a problem so it gets used to or automated, this method is suitable to bear the basic technique of long pass powder that becomes the biggest in the SSB BBSA because this method is done continuously and repeatedly this opinion of the Mielke (2007) who reveals that a player who wants to be a good kick, he should spend the time hill and many times. Majid (2013) drill is how get thing students to develop a proficiency and skills and also developing attitudes and habits. According to Djamarah, (2010) drill practice method is how to teaching good in implanting custom habits. According to (Taslim, 2020), the drill method is learning that performs activities repeatedly, which aims to strengthen skills so that they become permanent. This learning method is a way of teaching that has a method of giving problems repeatedly to get mathematical skills and memory (Purba et al., 2021). Based on the above opinion, we can understand that the drill

method is a method in which learning activities are repeatedly and continuously practiced to master certain memory abilities or skills.

B. Methods

Types of research this research experiments. The experiment method is a method of research used to look for the effect of certain treatment against the other in conditions controlled. This research uses research method with the type of sports action research (PTO). The subject in this study is learner SSB BBSA. In general, this study not only knows the increase in basic technique skills long pass alone will debut the biggest problem that occurs in the SSB BBSA The age of 16 for the basic technique is on the ability to kick away (long pass). Hope of researchers with the application of the D method Rill Classically for SSB BBSA able to fix the problem in SSB. Researchers get data from the overall observation for basic techniques before concentrating the problem, after that researcher looking back for basic long-term techniques that are constraints at the game of practice game, after which the researcher records what is an obstacle in it.

C. Results and Discussion

Once the earlier data of researcher's observation provides long pass exercises using the Drill method varies for 11 meetings divided into 2 cycles and at the time the exercises session began the researcher took some of the cement records in each cycle. Research using 8 long-term exercise model instruments to apply in the workout program will be apply in exercise for 11 meetings. There are 4 indicators in it are prefix, investment, advanced movement and targets (accuracy) and for supporting tools for this research are balls, cone, vest, observation sheet, pen, whistle, training program for 11 meetings. Data collection using by researcher is by using observation (observation) will be but in order to avoid subjective thoughts then researchers ask for help from Coach Dilli as coach and Coach Rahman as kipper coach to observe the right movements at the time of exercise. The process applied in the field was done repeatedly until the problem could be at the time and not to forget the researcher to record the region in every meeting of 11 times. The steps that became the benchmark of this study were to pay attention to 4 steps: how to Muschat Planning, performing implementation, conducting observations in field during the exercises and the last one reflection. Researchers divide 2 cycles to know the improvement of the implementation of drill methods that have been implemented which in which each cycle must meet the steps of the researcher. Cycle 1: Cycle Planning 1, application of cycle 1, cycle observation 1 and cycle reflection 1 whereas cycle 2: cycle planning 2, cycle execution 2, observation cycle 2 and reflective cycle 2.

Increase the power of the tension of the limbs can use plyometric exercises. Plyometric is a delivery conducted on purpose to improve the ability athletes, they blend exercise speed and the power of a blend of speed and strength is the embodiment of the power explosion muscle (power). Plyometric is the exercises or replications aimed at connecting speed and power movement to generate explosive movements. This term is often used in connecting the jump movement repeated or a reflex exercise is heat to produce a reaction explosive. Chu says that the Plyometric exercise is that exercise allowing muscles to achieve maximum strength in the time shortest maybe.

Some definitions above, it can be concluded that the plyometric exercise is method exercise increase the power explosive muscle with shape the combination of Isometric and isotonic exercises (eccentric-consequential) that use Dynamic loading. Strain that occurred suddenly before the muscles contracting or an exercise that allows muscles to achieve the power of maximum intime the shortest maybe. Some models show how to increase the power of legs that jump with ball barrier. The plyometric exercise is very useful for increase Long Pass because it can increase muscle power leg because of one element of physical condition in playing football is explosive power.

D. Conclusion

This study used the Drill method with two training cycles of 11 meetings. The tools used included 8 long-term training models and various support tools. Data collection was done through observation, and to avoid subjectivity, the researcher had the assistance of the coach. This process was repeated until the desired results were achieved. Plyometric is an exercise method that can increase muscle strength by explicitly combining speed and strength training. This method includes isometric, isotonic, and dynamic loading exercises to achieve maximum muscle strength in a short time.

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