

Movement Skills in Foot Ball Games for Grade 7 and 8 of SMP Negeri 3 Kayu Agung

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Abstract: This study aims to determine the comparison of movement skills in football games in 7th and 8th grade students at SMP Negeri 3 Kayu Agung, Ogan Komering Ilir Regency. The research method is defined as a scientific way to obtain data with specific purposes and uses. This research is quantitative descriptive research, namely research by giving tests to students, so that the results of motion abilities in football games are obtained and analyzed. The results during the author's observation of the problem obtained that the ability to move in the game of soccer in students of SMP Negeri 3 Kayu Agung is still very lacking. The phenomenon that occurs is that there are several students who have not been able to perform soccer game movements. Especially in grade 7 and grade 8 students of SMP Negeri 3 Kayu Agung. Related to this problem, the solution is to emphasize more movement skills in soccer games so that these abilities can improve properly.

Keywords: Football, Game, Movement Skills

A. Introduction

Sport is a series of activities in the form of games that emphasize aspects of structured competition with various rules in it. Sports have values that can be used as a benchmark for the development of living things. Among them are cognitive, affective and psychomotor aspects. The development of sports today is increasingly showing progress. It is proven by sports in various countries that sports have entered the realm of education. The 2005 National Sports System Law (SKN) (2011) explains in article VI that sports based on objectives have been divided into three parts including competition, recreation and education.

The development of sports in Indonesia in a historical perspective will provide important lessons on how the history of the development of sports in Indonesia since the days of the kings before colonization until now will be able to provide the context of the present and the development of sports for the future context (Faruq, 2008). The physical education curriculum contains a variety of sports that are taught, the goal is other than making students understand the character of the sports that are in it, more

than that through the sports taught students can get excellent fitness so that it can help students in completing all teaching and learning activities without experiencing health problems both physical or physical health and mental or spiritual health. According to Arsil (2010) simply endurance can be interpreted as a physical ability to overcome fatigue. So, what is meant by endurance is the ability of the body's organism to overcome fatigue caused by loading due to physical performance for a relatively long time.

The game of soccer is one of the team branches, which requires basic cooperation between fellow team members, as one of the characteristics of the game of soccer. The game of soccer consists of 11 players in one team, one of which is the goalkeeper who is allowed to play the ball with his limbs in the penalty kick area. The game of soccer is also very popular with all levels of society in the world, ranging from children, adolescents, adults, and even women. This game is very beneficial for the physical and spiritual development of people who do it, especially children and adolescents. The physical development in question is the formation of the body which includes anatomical and physiological as well as physical abilities which include: *speed, agility, endurance* and so on. Spiritual development includes psychiatric development, personality/character is grown towards positive as the demands of society to sportsmen, as well as the development of thinking power, increasing willingness and enthusiasm as well as awareness, social attitudes and dedication towards sports can be improved through soccer games.

To be able to play soccer well and correctly the players first master the basic techniques of soccer. To play soccer well, players are equipped with good basic techniques as well. Players who have good basic techniques tend to be able to play soccer well too. There are several kinds of basic techniques in soccer games, such as *stopping the ball, shooting, passing, and dribbling, heading*.

The results during the author's observation of the problem obtained that the ability to move in the game of soccer in students of SMP Negeri 3 Kayuagung is still very lacking. The phenomenon that occurs is that there are several students who have not been able to perform soccer game movements. Especially in grade 7 and grade 8 students of SMP Negeri 3 Kayuagung. Related to this problem, the solution is to emphasize more movement skills in soccer games so that these abilities can improve well.

Based on the above background, researchers are interested in conducting research with the title "Comparison of Motion Skills in Football Games in Grade 7 and 8 Children at SMP Negeri 3 Kayuagung, Ogan Komering Ilir Regency".

Basic movement is a basic ability that is very important for more complex patterns of motion. Meanwhile, according to basic movement skills are abilities that students usually do in order to improve their quality of life. A simple meaning can be interpreted that motor ability (basic movement) is a person's general ability to move. More specifically, the definition of motor ability is a person's capacity to be able to perform various movements that require courage in sports.

Basic movements are skills that involve a large brain, muscle strength involving the arms and legs that are used to achieve an exercise or movement goal, such as throwing a ball, jumping, or skipping through water, or maintaining balance. Basic movement is also known as basic motor. Fine motor movements involve only the small muscles of the hands, such as writing.

Basic movement is the foundation for learning and developing a wide range of technical skills in sports and lifelong physical activity. Thus, if children's basic movement competencies are not developed, they will not be able to successfully use a variety of sports and games skills in their childhood and adolescence. Furthermore, this is why many children and adolescents do not choose and are not interested in participating in a wide range of activities that require physical skills in games and sports.

Football is a game that uses a ball and is played by two teams, one team totaling 11 people and is carried out in an open place (field) with a field ratio of three to four (Suratno, 2010). Football is a very popular game played by two teams, each of which consists of eleven people (Isnaini, 2010). The game of soccer is a large team ball game. Soccer can be played in parks, beaches, or in large stadiums. Soccer is a team sport. The sport of soccer requires cooperation between players. If in a team there is someone who stands out, the game will not be maximized. Playing soccer requires mastery of soccer techniques. The goal of a soccer game is to put the ball into the goal or defend the goal so as not to enter the ball. The ball that goes in is called a goal. Each player uses all limbs except hands and arms. Only the goalkeeper is allowed to play the ball with his feet and hands. The number of players in a soccer team is 11 people.

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Soccer games are played in two halves. Each half is 45 minutes. There is a 10-minute break between halves. Scoring goals against the opponent's goal is the aim of the game. A team wins if it can put more balls into the opponent's goal. Soccer games are officiated by a main referee and two linesmen. The game of soccer is played in an attacking, defensive, and combined manner. The attacking system aims to enter the opponent's area. *Defensive system (defensive football)* to inhibit the opponent's attack. The combined system contains defense while attacking (Muhajir, 2007).

It is not clear where the game of soccer originated. Soccer was previously very popular in England. According to history, when the Germans occupied England, their soldiers found skulls and kicked them for the game. This game became more and more popular and replaced the skulls with balls. In England, the game of kicking the ball grew until there were matches between villages and other villages in empty places with trees as goals. It was the British who first established a *football association* under the name *Football Association* in 1863. From 1921 to 1951, Julius Rimet became chairman of the *Federation International Football Association (FIFA)* and determined that every 4 years a world soccer championship was held. Since 1949 the championship trophy has been called the Julius Rimet Cup. Subsequently, it was renamed the World Cup.

The international organization of football is called FIFA (Federation International Football Association). FIFA was founded on May 21, 1904. FIFA was founded on the initiative of Guerin from France. On April 19, 1930, the Indonesian Football Association (PSSI) was formed. The first chairman of PSSI was Ir. Soeratin Sosrosugondo (Bakhtiar, 2015). Ali (2011) explains that soccer techniques consist of various movements. Expertise in playing the ball is very useful for a quality match. Soccer game techniques can be divided as follows:

- a. Techniques without the ball (body techniques).
Body technique is the way players master their body movements in the game, which involves how to run, how to jump, and how to move the body.
- b. Technique with the ball

Some exercises that use the ball are kicking techniques, holding techniques, and dribbling techniques. Lupo et al., (2019) as for the basic techniques of soccer are techniques without the ball, namely all movements without the ball consisting of running fast and changing direction, jumping and jumping, deceptive movements and special movements of the goalkeeper. While techniques with the ball are movements with the ball consisting of, knowing the ball, shooting, stopping, dribbling, heading, throwing, deceptive movements, tapping or grabbing.

According to, explaining the basic skills in soccer games is very necessary because it is a fundamental ability in soccer to achieve effectively and efficiently, for example,

passing forward. To master good skills, you must master the elements contained in soccer:

1. Movements without the ball: (Movement without the ball).
 - a. Running and changing of direction
 - b. Jumping
 - c. Feinting without the ball or body feint.
2. Movement with the ball.
 - a. Kicking the ball
 - b. Receiving the ball
 - c. Heading the ball
 - d. Dribbling
 - e. Feinting

Reveals that players must be equipped with the basic techniques of playing soccer in order to produce a good game. Some of the basic techniques that soccer players need to have been kicking, passing, stopping, dribbling, heading, tackling, throw-in and goal keeping.

From the definition of soccer above, researchers can define that the technique of playing soccer is good and right. The techniques in soccer include soccer techniques without the ball and soccer techniques with the ball. A player who masters the basic techniques of playing good soccer, of course, will be able to play soccer well too. Some basic techniques with the ball that soccer players need to have been kicking, stopping or controlling, dribbling, heading, tackling, throw-in and goal keeping.

B. Method

The basic assumption is the starting point of thought whose truth is accepted by the investigator (Stiles, 1993). Based on these opinions, I argue that the comparison of movement skills in football games is the ability and ability to perform basic movements or basic techniques in soccer games effectively and efficiently, both movements carried out without the ball and with the ball.

Some forms of movement skills in football games namely; *Shooting, Heading, and Dribbling* need to be evaluated by taking measurements. Measurements are made with the ability to move in football games of Class VII students and Class VIII students at SMP Negeri 3 Kayuagung.

This research was held at SMP Negeri 3 Kayuagung. The research time was conducted during school learning time, estimated to be in July 2023. The research method is defined as a scientific way to get data with specific purposes and uses (Peffer et. al., 2007). This research is quantitative descriptive research, namely

research by giving tests to students, so that the results of Motion Ability in Football Games are obtained and analyzed.

The sports ability test aims to measure the ability of students in a sport. This test reveals the mastery of basic technical skills in sports. For the needs of research data, the test will be carried out using test guidelines according to Smith (2020). This is with the consideration that this test is more specialized to measure students' abilities in mastering basic movement skills in the sport of soccer.

C. Results and Discussion

The tests used to measure the basic movement skills of playing soccer according to can be explained as follows:

Table 1. Football and Hold the Ball Test (*Passing and Stopping*):

Category	Ability Description	Score
Good	a) The ball is kicked and held behind the firing line	3
	b) The ball is kicked and held alternately between the right and left foot in sequence	
	c) Kick and hold a ball for 30 seconds 20 times or more	
Medium	a) The ball is kicked and held right on the firing line	2
	b) The ball is kicked and held with the right and left foot in non-consecutive order	
	c) Kick and hold a ball for 30 seconds 11-19 times.	
Less	a) The ball is kicked and held in front of the line of scrimmage during each kick task.	1
	b) The ball is kicked and held only once	
	c) Kick and hold the ball for 30 seconds less than 10 times	

Table 2. Head Ball Play Test (*Heading*)

Category	Ability Description	Score
Good	a) Play the ball with the head for 30 seconds 25 times or more	3
Medium	b) In playing the ball does not move from The region	2
	a) Play the ball with the head for 30 seconds 11-24 times	
Less	b) In playing the ball slightly moved away from his area	1
	a) Playing the ball with the head for 30 seconds less than 10 times	
	b) In playing the ball is always moving around	

Table 3. Dribbling Test

Category	Ability Description	Score
Good	a) Dribbling the ball with two feet consecutively and continuously	3
	b) Dribble the ball according to the specified direction	
	c) Dribbling with less than 19 seconds	
Medium	a) Dribbling the ball using two feet with no sequence and not continuously	2
	b) Dribble according to direction but away from obstacles	
	c) Dribbling with 20-24 seconds	
Less	a) Dribbling the ball using only one foot	1
	b) Dribbling the ball is not in the specified direction	
	c) Using other limbs besides the feet to dribble the ball	
	d) Dribbling with more than 25 seconds	

Table 4. Shooting Test / Kicking the Ball to the Target (Shooting)

Category	Ability Description	Score
Good	a) The ball hits targets no. 5 and no. 7	3
	b) Place the ball at a distance of 16.5m from the target, just in front of the crossbar	
	c) Successfully placed the ball into the target 3 times or 2 times out of 3 opportunities given	
	d) Shooting speed with less than 1-2 Second	
Medium	a) The ball hits targets no. 3 and no. 1 (see figure18)	2
	b) Placing the ball at a distance of 16.5m from the target, not straight or slightly off the crossbar	
	c) Successfully shot the ball into the target 1 time out of 3 opportunities given.	
	d) Shooting speed with 3 seconds	
Less	a) Place the ball at a distance of 16.5m from the target	1
	b) Did not successfully shoot the ball at the target on 3 given occasions	
	c) Shooting speed with a time of more than 4 Second	

D. Conclusion

To clarify the understanding of the research variables, it is necessary to put forward an operational definition of this variable, namely ability is an action that requires motion activity that must be learned in order to get the correct form of movement. ability and ability to perform basic movements or basic techniques in soccer games effectively and efficiently, both movements performed without the ball and with the ball.

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