

## **The Effect of Back-Up on the Strength of Throwing in Football at Students X MAN Pangkalan Balai, Banyuasin**

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**Abstract:** Based on the results of the researchers' observations of the basic techniques mentioned above, technically and the abilities of the students were still far from being in the good category, one example being the throw-in ability. In terms of what is known, a throw-in can be used as bait to score a goal if the ball is thrown into the mouth of the goal and bait using a throw-in is often used to create a goal. The method used in this study was an experimental method with the research subjects being class X students Islamic Senior High School Pangkalan Balai of Banyuasin District who took part in extracurricular football games with a total of 30 male students. The data collection technique used is the test technique, namely the initial test and posttest. As for the test instrument is the throw-in to the game of football. Based on the results of research that has been conducted on students of MAN Pangkalan Balai Banyuasin Regency, regarding the effect of back-up training on throwing into a football game, the statistical results obtained in the hypothesis test are that  $t$  count is greater than  $t$  table ( $49.5 > 2.045$ ) with a confidence level 0.05% for a sample of 30 ( $dk = n-1 = 29$ ) it is a rule that if  $t$  count  $> t$  table, then  $H_a$  (Hypothesis accepted) and vice versa if  $t$  count  $< t$  table, then  $H_o$  (Hypothesis rejected). So that it can be concluded that the hypothesis states there is an effect of back-up training on the ability to throw in the game of football in students of X Islamic Senior High School Pangkalan Balai of Banyuasin District.

**Keywords:** Back Up Drills, Football Games, Throw-In

### **A. Introduction**

Sport as one of the elements of human life, if empowered by various appropriate means, is an effort of ascension. Arma & Agus, (1992) adding the goal of Penjasorkes it is divided into five categories: (1) health development, or social development of the body, (2) mental development, (3) emotional development, social development, (4) social development and (5) intellectual development. In order to form character, discipline, competitive advantage, productivity and work ethos beneficial to individuals doing it sportively, then sport becomes an important meaning in improving the quality of human resources for desired performance. Sport is also a physical activity that contains the nature of play and contains struggle against oneself

or with others or confrontation with the elements of nature. One of the most popular sports in Indonesia and in the world is football.

Football is a very popular sport in the world, football has undergone many changes and developments from a simple form to become a modern football that is very loved and admired by many people, both children, adults, older people, even women from the bottom, middle to middle. The ball itself, it is a game that uses the ball as its medium with an unlimited number of players and can be done both outside and inside the room (Bachtiar, 2005). It can be concluded that the exercises carried out by the agility and shaping training group can enhance ball dribbling skills, since such exercise contains elements of agility, and coordination, and the retention ability in addition to which the exercise provides a better impact than conventional exercise in an effort to enhance the skills of ball dribbling. Football is a big football game (Basrizal, 2020).

Football is defined as a game that aims to put the ball into the opponent's goal and maintain its own goal so as not to enter the ball. The principle in the game of football is collaboration. The provision of learning experience is directed at building better physical growth and mental development, while shaping a healthy and fit lifestyle (Wiradihardja, 2016). Improve the ability to swing the ball in a football game by using other methods so that it can be continuously developed in order to improve the quality of learning for elementary school students (Gunawan, 2020).

The presentation of learning materials with the approach of football game techniques makes the child out of the playing atmosphere because the child is only centered on the mastery of formal basic techniques in the sport subject, while a large force is only spent on learning and practicing skills through the drill of techniques, while the equipment is not balanced with the number of children, so many children are passive waiting for the turn, while teachers are less able to adapt to the needs of the child, that is, a pleasant learning process of sport subject that can balance other subjects implemented in the classroom. Basic football learning book, the tactical approach can be printed to multiply and give it to all who need it this football book (Mesnan et al., 2019).

In the high school curriculum, the learning process already leads to sports performance, therefore in addition to the process of learning should be fun, should also lead to the performance by providing the material of play techniques and basic techniques, such as: technique kicking the ball, swinging ball, sweeping ball, throwing ball into and other techniques. Push up exercises can affect the distance the ball is thrown in compared to before the push up exercises (Zainuddin, 2022). There is no significant influence on the ability to jump jack, squat thrust, lunges, push up, sit up, and back up on heading capabilities, in other words the research hypothesis proposed in the rejection (Qotrunnada, 2022). Based on the results of the observations of the

researchers on the basic techniques mentioned above, technically and the ability of the students is still far from a good category, an example of the ability to throw in (throw in). In this case as known a throw-in can be used as a shot to score a goal when the ball is thrown into the mouth of the goal and often a shot occurs using a throw-in into creating a goal.

At Islamic Senior High School Pangkalan Balai of Banyuasin district, the football branch is not very prominent, because the number of students is not too many compared to girls' students, but the extracurricular activities of football in the school is still going on. The facilities are less complete, there are only three, the fields are insufficient and the students practice using the community field not far from the school. Then in the accreditation Islamic Senior High School Pangkalan Balai of Banyuasin district belongs in the group of accreditations A. Based on some of the findings above, the researchers provided one form of exercise that could support the ability to throw the ball into a football game, namely back-up training. Per the exercise does not much affect the ability to throw into the football game, but according to the researcher's back-up training when applied well and implemented programmed, then will produce the optimal ability, because when it will throw and the ball in the position behind then waist, then when the ball is thrown in front of the waist will definitely be influential. The more throw-in will be better and more beneficial for a team. Physical condition is the ability of a person to perform work over a relatively long time.

Muscle endurance is strongly determined by and closely related to muscle strength (Ridwan, 2020). There is a contribution that is part of the back-up exercise against the throw-in, over against throw-in, forward bend against throw (Simanjorang, 2021). In addition to the technique, physical abilities also need to get special attention, because both of these things are decisive in creating goals in a football game (Erfan, 2020). The fact became a thought of the researchers to make backup as a training medium in order to improve the ability or throw strength for a football game. Pull-up exercise has an effect on increasing the throw-in results (Taufik & Giartama, 2022). Later, the researchers described this research with the title: "The impact of back-up training on the ability to throw into a football game on the students of the X-Class Islamic Senior High School Pangkalan Balai of Banyuasin District.

## **B. Methods**

The type of research used is one group experimental research. Experimental design using pre-test and post-test techniques used to find out the results of the treatment given. With the given exercise, the relationship of cause and effect will be seen as the effect of the exercise. Arikunto (2013) stated that the test is a set of questions exercises and other tools used to measure skills, knowledge, intelligence, abilities or talents possessed by an individual or group. Population is the whole of the group the data

will be taken from. A sample is a portion of a population that has the same character as a population (Ul'fah, 2021). In this study, the authors wanted to know if there was an impact of Back Up Exercise on the Distance of Throwing into a Football Game on Students X Islamic Senior High School Pangkalan Balai of Banyuasin District.

### C. Results and Discussion

Based on the data analysis above both pre-test and post-test data, the two data are combined to find the differences between the two tests. The differences can be seen in the table as follows:

**Table 1. Pre-Test and Post-Test Results Thrown into a Football Game**

Subject	Pre-test (m)	Post-test (m)	Gain (d) Post-test- Pre-test (m)
1	8,45	11,55	3,1
2	6,55	9,65	3,1
3	7,60	10,80	3,2
4	4,85	7,65	2,8
5	3,95	6,75	2,8
6	5,75	8,95	3,2
7	11,30	14,95	3,65
8	5,65	8,50	2,85
9	8,60	11,65	3,05
10	2,95	5,95	3
11	9,05	12,40	3,35
12	5,75	8,80	3,05
13	7,80	10,90	3,1
14	6,65	9,75	3,1
15	6,80	9,90	3,1
16	5,90	8,10	2,2
17	5,95	8,60	2,65
18	6,70	9,75	3,05
19	6,75	9,30	2,55
20	6,90	9,45	2,55
21	7,75	10,90	3,15
22	4,85	7,75	2,95
23	3,80	6,85	3,05
24	5,80	8,75	2,95
25	10,35	13,55	3,2
26	5,75	8,85	3,1
27	8,60	11,25	2,65
28	2,90	5,95	3,05
29	9,30	12,05	2,75
30	5,65	8,20	2,55
N=30	195,65 X1=6,63	287,45 X2=9,59	Σd=88,8

To answer the hypothesis in this study, the statistical formula of the test t (t-test) is used as follows:

$$t = \frac{Md}{\sqrt{\frac{\sum X^2 d}{N(N-1)}}}$$
$$t = \frac{2,96}{\sqrt{\frac{2,382}{30(30-1)}}}$$
$$t = \frac{2,96}{\sqrt{\frac{2,382}{30(29)}}}$$
$$t = \frac{2,96}{\sqrt{\frac{2,382}{870}}}$$
$$t = \frac{2,96}{\sqrt{0,003}}$$
$$t = \frac{2,96}{0,06}$$
$$t = 49,4$$

Based on the results of the data analysis on the normality test, both the data of the initial and final test results, all data are distributed normally. This is based on the curve inclination obtained data between - 1 and + 1. Thus, it can be said that the results of the normality test above are considered to be normally distributed. Then based on the difference in post-test results with pre-test throws into the football game performed by the subjects of the study there was a striking difference, where the average pre-test result is 6, whereas the average posttest result is 9. Further from the analysis of the data test hypothesis obtained the count t value is 49,5 the value when consulted with the table t value (no = n-1 = 2,045) in other words that the thitung value is greater than the table T value (t count>t table).

The results of the above analysis showed that back-up exercises enabled a person to do a throw in in the shortest possible time. Then the strength element is an important element and needs to get attention especially in the implementation of the training program. Strength training should get more portion than the other elements, because strength is the most important basis in training movement skills. Errors in the formulation of statistical hypotheses, then would give a huge chance for the researcher to make the wrong conclusions (Zaki & Saiman, 2021).

Based on the data shows that there is an influence of treatment (treatment) given on the results of the research, so that it can be concluded that the hypothesis is: there is an impact of back-up training on the ability to throw into the football game in the students of the class X Islamic Senior High School Pangkalan Balai of Banyuasin district can be accepted.

#### **D. Conclusion**

Based on the results of research conducted against students X Islamic Senior High School Pangkalan Balai of Banyuasin district, on the impact of Back-up training on

throws into the football game obtained statistical results on the test of the hypothesis that  $t$  count is greater than the  $t$  table ( $49,5 > 2,045$ ) with a level of confidence of 0,05% for the sum of the sample 30 ( $dk = n-1 = 29$ ) has become the provision that when  $t$  count  $>$   $t$  table, then  $H_a$  ( Hypothesis is accepted) and vice versa if  $t$  count  $<$   $t$  table. (Hypothesis is rejected). Thus, it can be concluded that the hypothesis that stated: "There is an influence of back-up training on the ability to throw into the game of football in the students of class X Islamic Senior High School Pangkalan Balai of Banyuasin district", can be accepted.

Based on the results of the research conclusions and implications that have been outlined, there is a suggestion: (1) to students to try to improve and utilize the training organized by the school as a supply of experience (2) for teachers to further look at the potential of students in each branch of sports especially the branch of football (3) for further researchers to be able to deepen the research results and add samples to develop methods that can expand the scope of research and can improve the learning process and results for the development of a study.

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