

## USE OF APPLICATIONS IN FOOTBALL DRILLS TRAINING IN THE COVID-19 PANDEMIC

Adhe Saputra<sup>1</sup>, Ahmad Muzzafar<sup>2</sup>, Ilham Arvan Junaidi<sup>3</sup>

Universitas Jambi<sup>1,2</sup>, Universitas PGRI Palembang<sup>3</sup>

[adhesaputra@unja.ac.id](mailto:adhesaputra@unja.ac.id)<sup>1</sup>, [Muzaffar.fkip@unja.ac.id](mailto:Muzaffar.fkip@unja.ac.id)<sup>2</sup>, [ilhamarvanjunaidi@univpgri-palembang.ac.id](mailto:ilhamarvanjunaidi@univpgri-palembang.ac.id)<sup>3</sup>.

### Abstract

*Covid-19 outbreak has made situation for a lot of difficult people. One of the parties who experienced it are athletes and coaches football, especially in the training process. The implementation of physical distancing makes state becomes everything not easy for athletes and coaches in the training process. Restrictions meeting physically, both on the field and in places other feel has become obstacles in the training process. Performance football Jambi not yet can be said satisfying. This can be marked with the difficulty province Jambi compete leveled national as well as regional and minimal player football origin Jambi career professional level. Certain many factors reason the difficulty province Jambi for achievers start from not yet maximum management team since from ssb up to the club level local in manage administration nor develop an exercise program. Plus again with existence plague this covid-19 pandemic make clubs in Jambi difficulty in carry out the training process.*

**Keywords:** Applications; Covid -19 outbreak; Football.

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Correspondence Author: Adhe Saputra, Universitas Jambi, Indonesia. E-Mail: [adhesaputra@unja.ac.id](mailto:adhesaputra@unja.ac.id)

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## INTRODUCTION

Football is demanding sport player for many To do activity motion and in foot football is part dominant body used. According to (Komarudin, 2011) football is a activity fairly rich physical structure movement. So for could To do good technique player should have structure good move too. Because football is lots of sports use feet then by automatic practice Footwork is very important equipped for a players to be able To do technique good foundation and have reaction nice view so that capable processing the ball and creating many opportunity for print goal in effort win a match. Even during the hampering covid-19 pandemic all activity coach and athlete for meet by direct in the process of training of course Becomes

difficulty but various difficulty should looked at as a a must challenge faced. Writer want utilise a football footwork drills app in football footwork drills practice To use give convenience as well as efficiency of coaches and athletes. Utilization this expected so that capable make it easy coach and athlete in the process of training without face to face advance by directly during this covid -19 pandemic nor after the covid-19 pandemic is over.

For reach victory in a players match should equipped Skills good technique to make it easier team in dominate game and print goals, according to (Herwin, 2004), namely: the game football covers two ability base motion or must - have technique owned and controlled by the player, namely motion technique no ball and motion technique with the ball (Murjainah et al., 2020). (1) motion or technique without ball: in something game football, one player should capable run with step short good long because should change speed run. More moves like walk, tiptoe, jump, jump, roll turn, dodge, and stop suddenly. (2) ability technique or motion with the ball includes: (a) the introduction of the ball with part body (ball feeling), (b) kicking the ball (passing), (c) kicking the ball goal (shooting), (d) dribbling, (e) receiving the ball and controlling the ball (receiving and controlling the ball), (f) heading the ball (heading), (g) motion feinting, (h) stealing the ball (sliding tackle-shielding), (i) throwing the ball (throw in), and (j) guarding goal (goalkeeping).

Covid-19 outbreak has make situation for a lot of difficult people. one the party who experienced it are athletes and coaches football (Ihsan et al., 2022) especially in the training process (Okilanda et al., 2021). The implementation of physical distancing makes state Becomes everything no easy for athletes and coaches in the training process. Restrictions meeting physically, both on the field and in places other feel has Becomes obstacles in the training process. Performance football jambi not yet can said satisfying Thing this be marked with the difficulty province jambi compete leveled national as well as regional and minimal player football origin jambi career professional level.

## **METHOD**

Study this held in Jambi City and carried out on October 10, 2020 December

10, 2020. The instruments used in study this is -shaped questionnaire questionnaire. Questionnaire this containing the question given to player or athlete (Putra et al., 2020). Population is total whole object to be researched. This thing in accordance with opinion Albone (Abdul Aziz et al, 2009) “population is all object to be investigated. As for the population in study this is 100 players of the five clubs in Jambi City where each club has 20 players, the sample in the study this is 100 players of the five clubs in Jambi City, each club has 20 players. In study technique used in taking sample with purposive sampling technique, namely technique sample based data source with consideration certain (Sugiono, 2003) such as table following:

**Table. 1** Sample Study

No	Club Name	Total
1.	PS. Loyal	20
2.	PS. Arbes	20
3.	PS. Kantas	20
4.	PS. SMEs	20
5.	Student League Team Unja	20
	Total	100

Data analysis in study this for know how much big level satisfaction player or athlete to utilization football footwork drills app in football footwork drills during the covid-19 pandemic. Data obtained is qualitative data in the form of questions with four alternative later answer in the form of numbers results calculation or measurement, process with method add up , compare with the amount expected and obtained percentage .

For determine criteria score use criteria PAN (Benchmark Norm Reference). And for clarify distribution of research data so data distribution is also compiled in distribution frequency, for compiling distribution list frequency the used reference norm table as following:

**Table 2.** Distribution List Frequency

No.	Mark	Criteria
1	$x > x \text{ Mean} + SD$	Tall
2	$x \times \text{Mean} + SD$	foderate / Enough

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3                       $x < x \text{ Mean} - \text{SD}$                       Low

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Description :

X = Value X

Mean =  $\bar{x}$  SD = Standard Deviation

$$P = \frac{f}{N} \times 100 \%$$

(Sugiyono, 2003), provides formulation or formula used for classification distribution Likert scale as following :

Description :

P = Percentage N = Ideal Expected Score

F= Frequency / number

(Arikunto, 2010) the data sources are subject study where the data sticks. Become a direct data source from the object made subject study is the District Society. Sarolangun Jambi Province. Instruments used in study this is the questionnaire shaped questionnaire. Questionnaire this containing the questions given to player or athlete. Researcher only want know level satisfaction player or athlete to utilization football footwork drills app in football footwork drills during the covid-19 pandemic. Questionnaire or questionnaire is total question written used for got information from respondent (Suharsimi Arikunto , 1998: 140). Questionnaire used is questionnaire closed, questionnaire closed is questionnaire in the form of questions that have been provided the answer so that respondent only Live choose the answer that has been provided in questionnaire that. inside questionnaire the respondent only choose Very Satisfied answer (SP) weight answer 4, Satisfied (P) weight answer 3, No Satisfied (TP) weight answer 2, Strongly No Satisfied (STP) weight answer 1.

Questionnaire in study this use the questionnaire that has been is known validity and reliability and validated by expert judgment/ lecturers expert. quote study Rommy Sidharta (2014) entitled " Levels " satisfaction participant educate to facilities and infrastructure education physical education at SD Gendongan, District Seyegan , Sleman Regency ” because there is similarity in its characteristics . Data analysis in study this for know how much big level satisfaction player or athlete to



utilization football footwork drills app in football footwork drills during the covid-19 pandemic (Taufik et al., 2021). Data obtained is qualitative data in the form of question with four alternative later answer in the form of number results calculation or measurement, process with method add up, compare with the amount expected and obtained percentage .

**Table 3.** Rating Score Answer

No.	Answer	Score
1	Very Satisfied	4
2	Satisfied	3
3	No Satisfied	2
4	Very No Satisfied	1

## RESULTS AND DISCUSSION

Research results level satisfaction Utilization Application In the Football Footwork Drills Exercise during the Covid-19 Period, 100 respondents were obtained of 5 Soccer Clubs with 20 Members each Club. Calculation of data using computer programs Microsoft Excel and SPSS from 20 questions given by 100 people, can be displayed as following: Utilization Rate Application In Football Footwork Drills During the Covid-19 Pandemic, it was obtained results data analysis then displayed in shape table following this

**Table 4.** Descriptive Statistics

N	Valid	100
missing		0
mean		72.00
Std. Error of Mean		.857
median		76.50
Mode		80
Std. Deviation		8,567
Variance		73.394
Range		24
Minimum		56
Maximum		80
Sum		7200

Based on table 4 is known Average Utilization Rate Application In Football Footwork Drills Exercise during Covid -19 there are score mark lowest (minimum) 56, score highest (maximum) 80, mean (mean) 72, value middle (median) 76.50,

the most frequent value appears (mode) 80, standard deviation (SD) 8.567. Next, the data is compiled in shape distribution frequency as following: level Utilization Application In Soccer Footwork Drills Exercise During Covid-19 "Very Satisfied" by 8% (8 participants), "Satisfied" by 50% (50 participants), "Enough Satisfied" by 8% (8 participants), "Unsatisfied" by 29% (29 participants) and "Very Dissatisfied" Satisfied" by 5% (5 participants).

## DISCUSSION

Study this aim for know satisfaction player or athlete to Application In Football Footwork Drills Exercise During the Covid-19 Pandemic, they were in the "Very Satisfied" category of 8% (8 participants), "Satisfied" by 50% (50 participants), "Enough Satisfied" by 8% (8 participants), "Unsatisfied" by 29% (29 participants) and "Very Dissatisfied" Satisfied" by 5% (5 participants). Based on the average value, that is 72.00 level satisfaction player or athlete to Application In Football Footwork Drills Exercise During the Covid-19 Pandemic Enter in category "Enough Satisfied". This thing because of the players or athlete more tend for To do soccer practice footwork drills directly, so that use application this only as servant in know practice Basic Footwork Drills during this Covid- 19 pandemic.

According to (Lupiyoadi, 2008), satisfaction is level feeling somebody state results ratio on performance product or services received and expected. Could concluded that satisfaction is something level where needs, wants, and expectations from customer could fulfilled. View from a number of factors that can affect level satisfaction so could seen from factor following this:

### Tangibles

tangibles are appearance and abilities facilities and infrastructure physical that can reliable state environment surrounding is Proof real from services provided. (Yulairmi and Putu R, 2007), so that services could satisfy people or group of people being served, there are four condition principal, namely; (1) behavior polite behavior, (2) manner convey something related with what should be received by the person concerned, (3) time proper delivery, and (4) hospitality.

### Empathy

empathy that is give genuine and individualized attention or given personal to

player or athlete to footwork drills app with try understand desire player or athlete. Factor empathy is there is a sense of caring, giving attention personal for player or athlete. This thing Becomes important because satisfaction will also achieved if players feel comfortable or athlete in follow activity.

### **Assurance**

assurance is ability something tool sport in give comfort and safety for the user, as example that is equipment, facilities and fields that are safe and secure. Factor confidence is ability for cause trust and confidence or "assurance".

### **Responsiveness**

Responsiveness is will for help player or athlete and give performance with fast and responsive to player or athlete. response will give good influence \_ to satisfaction player or athlete , because good feedback \_ will give mark good satisfaction .

### **Reliability**

reliability in Thing this is ability for give service as promised by accurate and reliable. Factor reliability is ability provider service for carry out promised performance with consistent and reliable. Satisfaction player or athlete will fulfilled if quality given performance in accordance with what it should be.

### **Limitations of Research Results**

Study this has carried out by researchers with whole abilities possessed, with \_prepared planning with best and implementation research carried out with as much as possible maybe. However researcher realize fully that in implementation this there is various constraints and limitations, including namely:

1. Seen a number of respondents who sometimes cheat answer respondent next door in questionnaire research.
2. There is a number of rush responder \_ when fill in questionnaire so that understanding questions answered by respondents \_ the possible no could done with good.

### **CONCLUSION**

Based on results research and discussion so could concluded that level satisfaction player or athlete to application in Football Footwork Drills During the Covid -19 Pandemic were in the "Very Satisfied " category of 8% (8 participants),

" Satisfied " by 50% (50 participants), " Enough Satisfied" by 8% (8 participants),  
" Unsatisfied " by 29% (29 participants ) and "Very Dissatisfied " Satisfied " by  
"5% (5 participants ).

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