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ANALYSIS OF BASIC FOOTBALL TECHNICAL SKILLS LEVELS USING THE MOTION SEQUENCE TEST (DAVID LEE TEST)

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Abstract

This research is motivated by the fact that there are still many coaches who do not know the process of knowing the technical skill level of their athletes. So that in making training programs, many coaches generalize the training program, without knowing the skill level of the athlete. This study aims to determine the level of basic football technical skills using the test series of movement. The research population is SSB athlete Putra Wijaya, Freshwater Padang City. The instrument used was the David Lee soccer potential circuit test, namely the 20 m run test, the basic technique of motion without the ball and the basic technique of motion with the ball. The analysis technique used is descriptive statistics. The results of Basic Soccer Technical Skills using the David Lee Test for SSB Athletes Putra Wijaya, Freshwater Padang City are categorized as adequate with an average time of 43.50 seconds, with details in the Very Good category as much as 7.69%, the Good category as much as 23.08%, the Enough category as much as 34.62%, in the Poor category as much as 26.92% and in the Very Poor category as much as 7.69%.

Keywords: Basic Football; Technical Skills

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INTRODUCTION

The development of football in Indonesia is now starting to lag behind when compared to countries that have started to organize football properly and tiered with good coaching. Playing soccer well requires mastery of soccer techniques, because playing technical skills really support an athlete in playing soccer (Okilanda et al., 2021). Athletes who have soccer technical skills will be able to play the ball in a variety of situations, thus making it easier to apply tactics, then being able to create good cooperation, in groups and teams to achieve victory (Pratama et al., 2022). In soccer, there are various basic techniques for playing soccer (Ihsan et al., 2022). The basic technique is a fundamental that must



be mastered by all athletes in order to be able to play football skillfully which is based on multilateral movement skills (Arisman & Agun Guntara, 2021). The aspects of training that need to be developed in early childhood are technical skills (basic movements) that are correct, good and efficient. Therefore, each trainer is required to understand the stages of training from this aspect of the exercise so that they know when and how much is the portion of training for multilateral and specialization.

According to Syafruddin "technique is a way that is used or developed by a person or athlete to complete or solve a movement task in sports effectively and efficiently. In the game of football it is very necessary to master the basic techniques in football. According to RR Pratama " Basic technique is a basic skill that must be mastered in order to achieve high achievement".

Based on observations made by researchers with the Putra Wijaya football school (SSB) coach, Air Tawar, Padang City, in carrying out their training program, coaches often generalize training to the age groups in the SSB, thus forgetting that each age group has fundamental differences both from the conditions and basic skills possessed by each student. So that sometimes the training programs that are given don't go as well as the coach wants, this makes researchers want to conduct a study to see how the level of basic technical skills is possessed by the athletes, with the level of the playing phase age group, namely 13 years and over. So that later with this research, it can provide knowledge to the coaches of SSB Putra Wijaya, Air Tawar, Padang City to measure the basic skills possessed by each athlete, so that in making a training program, it can be more adapted to the level of ability possessed.

METHOD

This type of research is descriptive quantitative. The population in this study were all athletes aged 13-15 years, taken from the Football School (SSB) which was officially registered at the PSSI Padang City Association (Askot) (Putra Wijaya Air Tawar, Padang City). This research was conducted at the FIK



UNP Football Field, in August 2021. The sampling technique used Purposive Sampling, namely determining the sample with consideration of certain characteristics, namely the football player Putra Wijaya, Air Tawar, Padang City. So it was determined to be used as a research sample of 26 athletes. The instrument used for data collection is the David Lee Test, according to (Irianto, 2011) the instrument for measuring football playing skills that is considered the best is the David Lee Test, because this test has advantages compared to other tests, this test is considered more efficient (Putra et al., 2020). in terms of equipment and test officers themselves. David Lee's test includes (1) a 20meter running test (2) basic movements without the ball (3) basic skills using the ball. This test is a series test that can be used for children aged 13 years and over (Eric Worthington, in Najib 2016).

RESULT AND DISCUSSION

Data analysis in this study used descriptive analysis, which aims to provide a general description of the frequency distribution of each research variable. In this study, the distribution of Basic Technical Skills Level Analysis of Football using the Motion Sequence Test (David Lee Test) is presented. The Motion Series Test (David Lee Test) consists of a 20 M running test, a basic movement test without the ball and a test using the ball. The details can be seen in the tables below:

Run 20 m

To obtain data on the 20 m run by Putra Wijaya SSB Athletes, Air Tawar, Padang city, a 20 m run test was carried out on 26 SSB Putra Wijaya Athletes, Air Tawar, Padang city. From the test results obtained the fastest time with a time of 2.99 seconds, the slowest time with a time of 4.17 seconds, an average of 3.38 seconds and a standard deviation of 0.21. for more details can be seen in the table below.

Table 1. Frequency Distribution of the 20 M Running Test

No	Category	Scale limit	F	Fr
1	Very good	<3.07	1	3.85
2	Good	3.07 - 3.27	7	26.92
3	Enough	3.28 - 3.47	13	50.00
4	Less	3.48 - 3.69	4	15.38
5	Very less	>3.69	1	3.85
	Total		26	100

Based on the table above, it can be seen that the 20 m running of SSB Putra Wijaya Athletes, Fresh Water, Padang city with the Very Good category (<3.07 seconds) as many as 1 athlete (3.85%), category Good (3.07 - 3.27 seconds) as many as 7 athletes (26.92%), Sufficient category (3.28 - 3.47 seconds) as many as 13 athletes (50%), Less category (3.48 - 3.69 seconds) as many as 4 athletes (15.38%) and Very Less category (>3.69 seconds) of 1 athlete (3.85%). based on the SSB Putra Wijaya Athlete running test, Air Tawar, Padang city. It can be concluded that the 20 m running of SSB Putra Wijaya, Fresh Water, Padang city is categorized as sufficient with an average time of 3.38.

Basic Movement Without Balls

To obtain data on basic movements without the ball, SSB Putra Wijaya Athlete, Air Tawar, Padang city, a basic movement test without the ball was carried out on 26 SSB Putra Wijaya Athletes, Air Tawar, Padang city. From the test results obtained the fastest time with a time of 12.60 seconds, the slowest time with a time of 16.91 seconds, an average of 14.46 seconds and a standard deviation of 1.16. for more details can be seen in the table below.

Table 2. Frequency Distribution of Basic Movement Tests Without the Ball

No	Category	Scale Limit	F	Fr
1	Very Good	<12.72	1	3.85
2	Good	12.72-13.87	8	30.77
3	Sufficient	13.88 - 15.03	9	34.62
4	Less	15.04 - 16.20	5	19.23
5	Very Less	>16.20	3	11.54
	Total		26	100

Based on the table above, it can be seen that the basic movements without the ball of the SSB Putra Wijaya Athlete, Air Tawar, Padang city in the Very Good category (<12.72 seconds) were 1 athlete (3.85%), in the Good category (12.72-13.87 seconds) were 8 athletes (30.77%), Enough category (13.88 - 15.03 seconds) as many as 9 athletes (34.62%), Less category (15.04 - 16.20 seconds) as many as 5 athletes (19.23%) and Very Poor category (>16.20 seconds) as many as 3 people athlete (11.54%). the basic movement test without the ball from SSB Putra Wijaya Athlete, Air Tawar, Padang city. It can be concluded that the basic movement without the ball from SSB Putra Wijaya Athlete, Air Tawar, Padang city is categorized as sufficient with an average time of 14.46.

Basic Skills of Using Balls

To obtain data on basic skills using the ball, SSB Putra Wijaya Athlete, Air Tawar, Padang city, a basic skills test using the ball was conducted on 26 SSB Putra Wijaya Athletes, Air Tawar, Padang city. From the test results obtained the fastest time with a time of 21 seconds, the slowest time with a time of 30.43 seconds, an average of 25.66 seconds and a standard deviation of 2.47. for more details can be seen in the table below.

Table 3. Frequency Distribution of Basic Skill Tests Using the Ball

No	Category	Scale Limit	F	Fr
1	Very Good	<21.96	3	11.54
2	Good	21.96 - 24.41	3	11.54
3	Sufficient	24.42 - 26.88	13	50.00
4	Less	26.89 - 29.35	5	19.23
5	Very Poor	>29.35	2	7.69
	Total		26	100

Based on the table above, it can be seen that the basic skills of using the ball are SSB Putra Wijaya Athletes, Air Tawar, Padang city in the Very Good category (<21.96 seconds) as many as 3 athletes (11.54%), Good category (21.96 - 24.41 seconds) as many as 3 athletes (11.54%), Enough category (24.42 - 26.88 seconds) as many as 13 athletes (50%), Less category (26.89 - 29.35 seconds) as

many as 5 athletes (19.23%) and Very Poor category (> 29.35 seconds) as many as 2 people athletes (7.69%). It can be concluded that the Basic Technical Skills of Football using the Motion Series Test (David Lee Test) for SSB Putra Wijaya Athletes, Air Tawar, Padang city are categorized as sufficient with an average time of 43.50 seconds.

The basic technical skill level of football uses the Motion Series Test (David Lee Test) for SSB Putra Wijaya athlete, Air Tawar, Padang city.

To obtain data on Basic Technical Skills in Football using the Motion Series Test (David Lee Test) for SSB Putra Wijaya Athletes, Air Tawar, Padang city, a 20 m Running Test, basic skills without and basic skills using the ball was carried out to 26 SSB Putra Wijaya Athletes, Air Tawar, the city of Padang. From the sum of the three tests, the fastest time was 37.06 seconds, the latest was 50.59 seconds, the average was 43.40 seconds and the standard deviation was 3.10. for more details can be seen in the table below.

Table 4. Frequency Distribution of Basic Technical Football Skills using the Motion Sequence Test (David Lee Test) for SSB Putra Wijaya Athletes, Air Tawar, Padang City.

No	Category	Scale Limit	F	Fr
1	Very Good	<38.85	2	7.69
2	Good	3.85 - 41.94	6	23.08
3	Sufficient	41.95 - 45.04	9	34.62
4	Less	45.05 - 48.15	7	26.92
5	Very Poor	>48.15	2	7.69
	Total		26	100

Based on the table above, it can be seen that the Basic Technical Skills of Football using the Motion Sequence Test (David Lee Test) of SSB Putra Wijaya Athletes, Air Tawar, Padang city in the Very Good category (<38.85 seconds) as many as 2 athletes (7.69%), Good category (3.85 - 41.94 seconds) as many as 6 athletes (23.08%), Enough category (41.95 - 45.04 seconds) as many as 9 athletes (34.62%), Less category (45.05 - 48.15 seconds) as many as 7 athletes (26.92%) and Very category Less (> 48.15 seconds) as many as 2 athletes (7.69%). It can



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be concluded that the Basic Technical Skills of Football using the Motion Series Test (David Lee Test) for SSB Putra Wijaya Athletes, Air Tawar, Padang city are categorized as sufficient with an average time of 43.50 seconds.

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The purpose of this study was to determine the Basic Technical Skills of Football using the Motion Series Test (David Lee Test) for SSB Putra Wijaya Athletes, Air Tawar, Padang City. The skill level of the basic techniques of playing football for 26 athletes was measured by a series of Movement Series Test items (David Lee Test). The elements of the series of test items are 20 m running, basic movements without the ball and basic movements using the ball.

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Based on the results of research conducted on SSB Putra Wijaya Athletes, Air Tawar, Padang city on Basic Football Technical Skills using the Motion Sequence Test (David Lee Test) which is classified into 5 categories (very high, high, moderate, low, very low), shows that SSB Putra Wijaya Athlete, Air Tawar, Padang city. Basic Technical Football Skills using the Motion Series Test (David Lee Test) SSB Putra Wijaya Athlete, Air Tawar, Padang city is categorized as sufficient with an average time of 43.50 seconds with details of the Very Good category (<38.85 seconds) 2 athletes (7.69%), Good category (38.85 - 41.94 seconds) 6 athletes (23.08%), Fair category (41.95 - 45.04 seconds) 9 athletes (34.62%), Less category (45.05 - 48.15 seconds) as many as 7 athletes (26.92%) and in the Very Poor category (> 48.15 seconds) as many as 2 athletes (7.69%).

Based on the description above, it turns out that the basic skills of the SSB Putra Wijaya Athlete, Air Tawar, Padang City are mostly sufficient. It can be seen from the categories obtained that most of the athletes fall into the moderate category. The basic football skills of the SSB Putra Wijaya Athlete, Air Tawar, Padang city still need to be improved so that they are even better so that they get good and very good categories. Looking at the basic football skills of the SSB Putra Wijaya Athlete, Air Tawar, Padang city as a whole, it is in the sufficient category, indicating that the development of the athlete's technical conditions or skills has not been optimal.-5 times a week, if less than 3 times a week the



frequency of practice is still very lacking to optimize students' soccer playing skills. Facilities and infrastructure Training facilities and infrastructure that are less supportive affect the training process in order to improve the skills of athletes playing football.

Basic technique can be interpreted as the ability to perform certain motion tasks well. To be able to play football well, players must be equipped with good basic movement skills or basic techniques. Players who have good basic techniques tend to be able to play soccer well also. Because football is a type of sport that requires physical activity or good physical training, it requires running, jumping, kicking, stomping and catching the ball for the goal keeper. All of these movements are a series of motion patterns needed by players in running his job is to play football.

In addition to introducing how to play soccer with good technique, a coach also introduces the rules contained in the PSSI regulations so that a player can get to know the existing rules. So players not only have good movement skills but also have good knowledge and insight into playing football. In assessing basic movement abilities, several tests are used as a measuring tool (Arisman & Noviarini, 2021).

Based on this, it is important for coaches to maximize football skills for their athletes, one of which is running speed. According to Muhammdiah (88-2015) "to develop the moving speed of the players, one of which is the acceleration sprint training method and the interval sprint training method". Running is one of the basic techniques needed in the game of football, by training athletes to run other basic ball techniques athletes will easily do it.

These exercises can be carried out by providing programmed exercises in accordance with training periods that are adapted to learning objectives and age levels. In addition, training must also be directed and measurable, there needs to be an evaluation that can be carried out through tests, so that optimal soccer skills can be developed, and can further improve soccer performance.



CONCLUSION

Based on the results of the previous research and discussion, it can be concluded that the Basic Technical Skills of Football using the Motion Sequence Test (David Lee Test) of SSB Putra Wijaya Athletes, Air Tawar, Padang City are categorized as sufficient with an average time of 43.50 seconds, with details of the Very Good category of 7.69% , Good category as much as 23.08%, Enough category as much as 34.62%, Less category as much as 26.92% and Very Poor category as much as 7.69%.

Based on the previous conclusions, the following suggestions are proposed:

For SSB Putra Wijaya coaches, Air Tawar, Padang city to add and increase basic football technique training sessions, especially ball dribbling and passing and should increase knowledge about training methods and implement scientifically tested training systems so that the training process takes place effectively and efficiently. For athletes from SSB Putra Wijaya, Air Tawar, Padang city, it is highly expected that they will be proactive in efforts to improve the quality of individual techniques in playing football. For future researchers to be able to develop research by including other aspects that are not yet in this study and to improve the results of existing research.

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