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DEVELOPMENT OF A BUILD UP TRAINING MODEL IN FUTSAL GAMES

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Abstract

Build up is an effort and process of attacking strategy by building an offensive strategy from various situations and conditions starting from the defensive line itself which aims to create goal opportunities and get victory. The purpose of this study is to produce a build-up training model in futsal games. The methods used in this study are the ADDIE analysis, design, developmet, implementation, and evaluation methods. The results of this study were obtained from the expert validation that had been carried out involving 3 experts including 1 futsal coach, 1 futsal academic, and 1 futsal practitioner. This research instrument uses a questionnaire. Based on the results of the CVI and CVR analysis, a value of 0.5 or valid. It can be interpreted that this build up session 1 training model is feasible to use and applied to the build up training of futsal club athletes in the city of Palembang

Keywords: latihan; Build Up futsal

INTRODUCTION

Sports are all activities that involve the mind, body, and soul in an integrated and systematic manner to encourage, foster, and develop physical, spiritual, social, and cultural potential (Bangun, 2023). Sports are all aspects related to sports that require regulation, education, training, coaching, development, improvement, supervision, and evaluation. National Sports is a sport based on Pancasila and the 1945 Constitution of the Republic of Indonesia which is rooted in the values of Sports, Indonesian National culture, and responsive to the demands of sports development (UU No. 11, 2022).

Futsal is one of the sports that is very loved by the public. In today's era, futsal is not only done by men but for women there are also many who do this sport. Even from children to adults are very happy to play futsal (Habibi et al., 2021). You can play indoor or outdoor courts, day or night (Taufik, 2019). Futsal is also an invasion game activity (invasion games) which is played five against five (Zainuddin & Yusuf, 2021). All physical components support each other in some technical ability in playing futsal, for example, power, or known as the explosive power of the leg muscles, has a very important role in playing futsal. Almost every

technical skill in futsal requires power such as dribbling, passing, shooting, heading, and other types of skills are various techniques that must be supported by power, especially leg muscle strength (Hidayat et al., 2020).

The goal is to put the ball into the opponent's goal, by manipulating the ball with the feet and other limbs other than the hands, except for the goalkeeper's position (Fau, 2024). To become a great futsal player, a player or athlete must master some basic techniques (Pramono & Mahfud, 2022). Therefore, futsal players must also master the basic ability to kick on goal correctly (Buya et al., 2021). In this case, there are various aspects to support the success of playing futsal such as physical, technical, tactical, and mental aspects (Setiawan et al., 2021). According to (Mashud et al., 2019) Basic techniques used in futsal games, such as the basic technique of passing the ball (passing), Basic Techniques of Holding the Ball (control), Basic Dribbling Techniques (dribbling), Basic Techniques for Shooting the Ball (shooting), and basic techniques of passing the stomach (Cipping), as well as strategies and tactics for offense and defense.

The attacking strategy by building an attack from below in a futsal game with the aim of maximizing goal opportunities is called Build Up (Paranoan & Prastya, 2019). While (Fitianto & Budiawan, 2019) Explaining that Build Up It is a building attack from the defensive line does not force the game to attack the opponent's defense quickly when the opponent's defense is balanced. Build up used as a starting point to create opportunities for an attacking strategy from under one's own defense and not force the game to rush (Pathurahman et al., 2023). To apply the moment of attack, there are two stages, namely building an attack and completing an attack. In the first stage, the attack is designed to generate chances, and in the second stage, the continuation attack is built from the process of the attack itself, which is intended to take advantage of the opportunity and turn it into a goal (Irawan, 2022).

A research method is a researcher showing how the researcher conducts research (Ruhansih, 2017). In essence, every research method used by a researcher aims to obtain information. The types contained in research methods that can and can be used by researchers when conducting research include first, qualitative

methods, quantitative methods, combination methods and development methods (Iwan Hermawan, S.Ag., 2015). The most popular methods are found in two methods, which include qualitative methods and quantitative methods.

Exercise is a basic process to prepare yourself to improve motor and psychological abilities (Fikri et al., 2022). The essence of training is an activity that is carried out continuously to master various skills and how to perform techniques and tactics (Siregar & Ibrahim Akbar, 2021). To achieve a better level of ability in exercise, training must be planned gradually and systematically with goals and methods that have been prepared theoretically and practically to achieve it quickly, effectively, and efficiently (Rahman & Wahyuningtyas, 2023). Practice is a consistent process of practicing or working with the aim of gaining a better understanding of the tactics or techniques given (Harsono, 2016). The principle of increasing weight: Exercise should be more than a daily habit. The physiological system is expected to be able to adapt to the demands of the functions needed for high ability. Principle of Specialization: Exercises are specifically designed for the purpose of training and matches. Anatomical and physiological changes are related to training and matches.

In the previous regulation, the provisions in the futsal field in accordance with FIFA rules were the minimum length of the field from a minimum of 38 meters to 45 meters, changed to a minimum of 40 meters to 45 meters and a change in the width of the futsal field which previously had a width of at least 18 meters to 25 meters was changed to a minimum of 20 meters to 25 meters in 2008 (Himawan, 2022).

METHOD

The method in this research model adopts the research model of ADDIE development analysis, design, development, implementation, and evaluation. This research is only up to the development stage. The validation of the experts involved is 1 futsal coach, 1 futsal academic, and 1 futsal practitioner. The results of the validation test used the Content Validity Index (CVI) and Content Validity Ratio (CVR). To see if the build up session 1 model is worth testing in the field.

1 RESULT AND DISCUSSION

Analysis

Research on the development of training models Build Up In this futsal game, it refers to previous research that has been carried out. Previous research conducted by (Pramdhan et al., 2020) entitled The level of understanding of football players' tactics and strategies. The research focuses on attacking tactics and attacking strategies and aims to improve the understanding of attacking tactics and strategies in the game of football. Research conducted by (Juntara & Rachman, 2019) Titled Attacking training model (set plays) through goal throws and powerplay futsal high school. This research focuses on assault exercises (set plays) and aims to develop an assault training model (set plays) through goal throws and powerplay futsal high school. Research conducted by (Narlan, 2017) entitled Development of futsal sports skills instruments. The research focuses on the development of futsal sports skills instruments and aims to develop futsal sports skill instruments.

Based on observations made by researchers at futsal clubs on Friday, May 3 to Tuesday, May 7, which included futsal clubs BINAS FC and POLTEK. The futsal coach from the club consists of TJ and RF. Of the 2 clubs, 1 of them has never used build up exercises and 1 has used build ups. Schools that have done build up exercises have 3 to 4 training models, namely in the POLTEK club. Meanwhile, the BINAS FC club has never used a build up. Clubs that have done build up exercises rarely apply it to their attacking strategy training. Within 1 month, the club was not even sure to do build up exercises.

The attacking strategy exercises that are often carried out from the three schools consist of exercises that only focus on 1 day 1 attacking strategy. For example, on Tuesday the club did an attacking strategy exercise, focusing on the attacking component, and on Friday they focused on the attacking component again. Therefore, the researcher wanted to create a model of build up exercises. Build up exercises were chosen because they make athletes not bored to do build up exercises.

Build up exercises are very important to do because this exercise is one of the factors to get victory from 4 factors, namely physical, technical, tactical, and

mental. Therefore, the researcher is interested in conducting a study with the title:
1 Development of a Build Up Training Model in Futsal Games.

Design

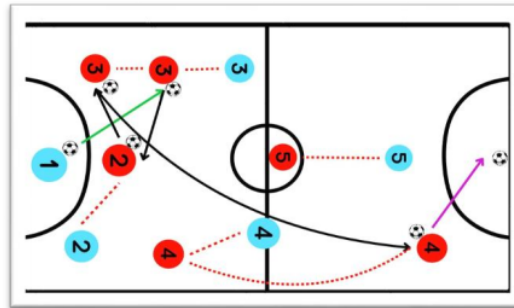


Figure 1. Build Up Session 1

information:

- = Starting player position
- = Player's position after the movement
- = Passing the ball
- = Goalkeeper throws
- = Shooting Called
- - - = Movement position

How to do it: 1) The goalkeeper or player number 1 throws the ball to player number 3 at the same time as the movement of player number 2 who opens the space. 2) Player number 3 passes to player number 2. 3) Player number 4 makes a movement without the ball towards the left side of the opponent's defense. 4) Player number 2 backpasses to player number 3. 5) Player number 5 makes a move to the middle to attract the opposing defender. 6) Player number 3 longpasses to player number 4 who has moved. 8) Player number 4 shoots.

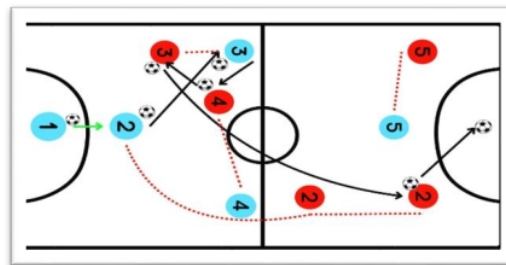








Figure 2. Build Up Session 2

information:

-  = Starting player position
-  = Player's position after the movement
-  = Passing the ball
-  = Goalkeeper throws
-  = Shooting Called
-  = Movement position

How to implement: 1) The goalkeeper or player number 1 throws the ball to player number 2. 2) Player number 2 passes to player number 3 and then opens the space to the right side (left opponent's circle). 3) Player number 4 moves to the center of the circle to ask for the ball. 4) Player number 3 passes to player number 4. 5) Player number 4 backpasses to player number 3 at the same time player number 5 moves without the ball to the left side to draw the opponent. 6) Player number 3 longpasses to player number 2 who has moved. 7) Player number 2 shoots.

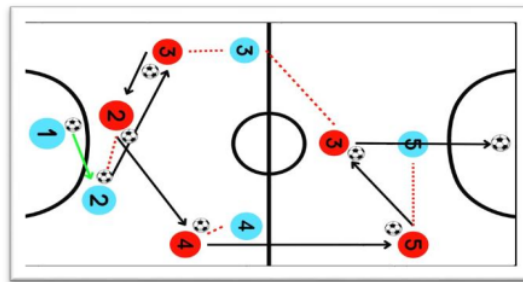








Figure 3. Build Up Session 3

information:

-  = Starting player position
-  = Player's position after the movement
-  = Passing the ball
-  = Goalkeeper throws
-  = Shooting Called
-  = Movement position

How to do it: 1) The goalkeeper or player number 1 throws the ball to player number 2. 2) Player number 2 passes to player number 3 and then moves to the left side. 3) Player number 3 backpasses to player number 2. 4) Player number 2 passes to player number 4. 5) Player number 5 moves to the right. 6) Player number 4 passes to player number 5. 7) Player number 3 moves to the center of the opponent's circle. 8) Player number 5 passes to player number 3. 9) Player number 3 shooting.

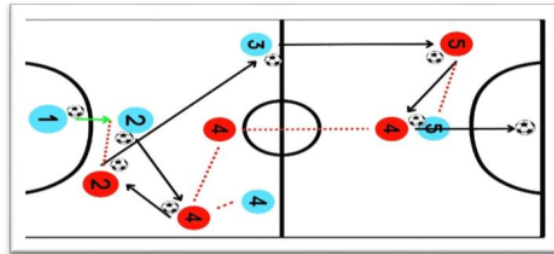


Figure 4. Build Up Session 4

information:

- = Starting player position
- = Player's position after the movement
- = Passing the ball
- = Goalkeeper throws
- = Shooting Called
- - - = Movement position

How to implement: 1) The goalkeeper or player number 1 throws the ball to player number 2. 2) Player number 2 passes to player number 4 and then moves slightly to the right side. 3) Player number 4 comes to the ball and then backpasses to player number 2. 4) Player number 4 moves to the middle. 5) Player number 2 passes to player number 3. 6) Player number 5 moves to the right side of the opponent's defensive direction. 7) Player number 3 passes to player number 5. 8) Player number 5 passes to player number 4. 9) Player number 4 shoots.

Development

Based on the results of the analysis using CVI and CVR, the build up session 1 model obtained an average of 0.5 or valid, which means that the build up session 1 model has aspects that are suitable for use in the field.

Table 1. CVI and CVR Analysis

No	E1	E2	E3	not	N	N/2	ne-(N/2)	CVR	Criterion
1	3	3	3	3	4	2	1	0,5	Valid
2	4	4	4	3	4	2	1	0,5	Valid
3	4	4	4	3	4	2	1	0,5	Valid
4	3	3	3	3	4	2	1	0,5	Valid
5	3	4	4	2	4	2	0	0	Valid
6	3	4	4	2	4	2	0	0	Valid
7	2	3	4	1	4	2	-1	-0,5	Valid
8	3	4	4	2	4	2	0	0	Valid
9	4	3	3	1	4	2	-1	-0,5	Valid
10	3	4	3	1	4	2	-1	-0,5	Valid
Sum	32	36	36			Sum		0,5	
Average	3,2	3,6	3,6			Average		0,05	Valid
Average		3,466							

Based on the results of the CVI and CVR analysis, the build up session 1 product was declared valid and met product standards and the results of the validation were found that the build up session 1 model development product was suitable for use by the futsal club athlete. Build Up Session 1 has an advantage, which is to make students excited in practicing attacking strategies. Build Up Session 1 has a good enough value that it is easy to learn and apply in offensive strategy training.

DISCUSSION

The purpose of the expert validation test is to determine the level of validity of the learning model for recognizing flowering plants, as evaluated by the four experts (Kesumawati et al., 2024). Based on the results of research that has been carried out by researchers, it was found that the build up training model can be used and applied by futsal athletes in the city of Palembang. This attack training model is so that students do not get bored of doing build up exercises. This is in line with the theory (Perangin-angin, 2019). Exercise build up In this build up session 1, animations are used so that students are excited to practice. This is in line with the theory (Filza Arifa & Adam Mudinillah, 2022). The method of practicing offense is also helpful for defense. This is in line with the theory (Alfiansa, 2011). This training model uses a multi-level training method starting from the easiest to the most difficult level. This is in line with the theory explained by (Dirgantara, 2016; Mubaroq & Widodo, 2022; Sutiya yulia wati et al., 2020). This exercise model has 10 interesting and not boring exercise models (Smith et al., 2017). Exercise Build Up In this model it uses interesting exercises and is made by explaining using audio visuals (Araujo et al., 2012).

CONCLUSION

Based on the analysis and design that has been explained above, this build up session 1 model can be used and published into the practice of attacking futsal clubs in the city of Palembang. Then based on the expert validation that has been carried out and has involved 3 experts including 1 futsal coach, 1 futsal academic, and 1 futsal practitioner, the result was obtained that the latihan build up session 1 model is suitable for use by futsal club athletes in the city of Palembang.

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