

DEVELOPMENT OF SPEED TRAINING MODEL IN FUTSAL GAMES

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Abstract

Speed training is to improve a person's ability to move or complete tasks faster or move quickly from one place to another, this speed training is also often called speed training with the aim of training speed in all sports fields. The methods used in this study are the ADDIE analysis, design, development implementation, and evaluation methods. The results of this study were obtained from expert validation that has been carried out involving three experts which include 1 futsal coach, 1 futsal academic, 1 futsal practitioner. the instrument in this study uses a questionnaire based on the results of CVI and CVR analysis which obtained 0.5 or valid. it can be interpreted that the YAP 1 model is feasible to use and applied to the speed training of extracurricular students in the city of Palembang.

Keywords: *training; speed; futsal*

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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 (Wake Up, 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 sports values, Indonesian national culture, and responsive to the demands of sports development (Law No. 11 of 2022, 2022)

Futsal has become the prima donna sport in the world in recent years. Athletics that do not look at age, futsal is one of the football sports with a smaller

arena or field (Habibul Rasyd, Ahmad Atiq, 2019). You can play indoor or outdoor courts, day or night (Taufik, 2019). The ball game is played by two teams, each of which consists of five people.

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). In addition to the five main players, each squad is also allowed to have reserve players (Aprilianto & Fahrizqi, 2020). To become a great futsal player, a player or athlete must master some basic techniques (Pramono & Mahfud, 2022). According to (Rinaldi, M., & Rohaedi, 2020) The techniques in the game of futsal that must be mastered by a player are: controlling the ball, dribbling, passing the ball, kicking the ball and heading the ball.

Speed is the ability to perform similar movements in a very short time or cover a distance in a very short time known as speed (Courtesy of Nature, 2018) Speed not only means moving the whole body quickly, but it can also be limited to moving the limbs in a short period of time (Masurier, 2014) Futsal is a ball game played by two teams, each with five players. The goal is to put the ball into the opponent's goal using the feet and other limbs other than the hands, except for the goalkeeper's position (Aprilianto & Fahrizqi, 2020).

Physical freshness is a need that must be met so that we can carry out our daily life activities properly, as effectively and efficiently as possible (Syaifulloh & Aguss, 2021). Until in the end, it will be able to create a quality life as a human being.

A research method is a researcher showing how the researcher conducts research (Nurmalasari & Erdiantoro, 2020). 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 (Sudaryono, 2019). 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 action that is carried out regularly to achieve a set goal (Sumarsono, 2019). 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 (F. Rahman & Wahyuningtyas, 2023). Athletes perform exercises to become better or more mature consciously by giving them repetitive and directed physical and mental loads to improve their performance (Arifin, 2018). 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 (Mulyono, 2017)

METHOD

This study uses the ADDIE development model for analysis, design, development, implementation, and evaluation. This research is only up to the development stage In this study, three experts were involved: 1 futsal coach, 1 futsal academic, and 1 futsal practitioner. The Content Validity Index (CVI) and Content Validity Ratio (CVR) are used to evaluate the validation results. to evaluate whether the YAP1 model is feasible for field testing.

RESULT AND DISCUSSION

The research on the development of a speed training model in futsal games refers to previous research that has been carried out. Previous research conducted

by (Soemardiawan, Yundarwati, 2018) entitled Development of SAQ (Speed, Agility, Quickness) Training Model for Speed Improvement in Futsal Players of the IKIP Mataram Squad Team in 2018. The purpose of this study is to develop this SAQ exercise in futsal athletes of the IKIP Mataram Fim Squad. Research conducted by (Zainuddin & Yusuf, 2021) entitled The Effect of Ladder Drill Practice on the Agility and Speed of Undikma Futsal Players. The research focuses on Measuring the role of ladder drill training in increasing the agility and speed of Undikma futsal players. Research conducted by (Rifky Abdullah & Merlina Sari, 2023) entitled The Contribution of Agility and Speed to the Dribble Ability of Rajawali Club Pangkalan Kerinci Athletes. The purpose of this study is to determine the contribution of agility and speed to the dribble ability of Rajawali Club Pangkalan Kerinci athletes

Based on observations made by the author at a high school in the city of Palembang on Friday, May 3 to Tuesday, May 7, which included SMA N 4, SMA N 8, and SMA N 9. The futsal coach from the school consists of Denny, Wahyu and Heru. Of the number, each of these schools has a total of 55 students who take part in futsal extracurricular which consists of SMA 4 20 students, SMA 8 20 students and SMA 9 15 students. Of the three schools, speed training has never been accompanied by music or songs and has not used tools such as skipping pins, bottles and speakers. Speed training from the three schools has also never used weight aids or they only use their own body weights. Therefore, I as a writer feel interested in a research entitled "Development of Speed Training Model in Futsal Games"

Design

YAP 1

1. Jogging Sprint 30 Meters 4 bottles with listening to music

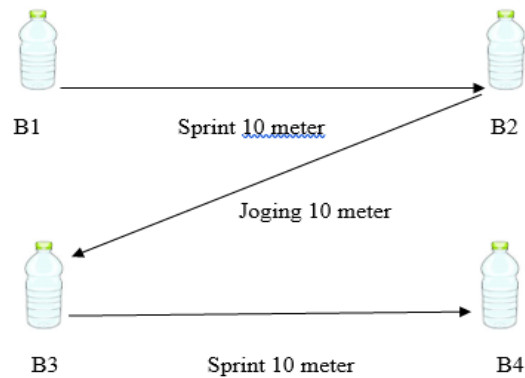
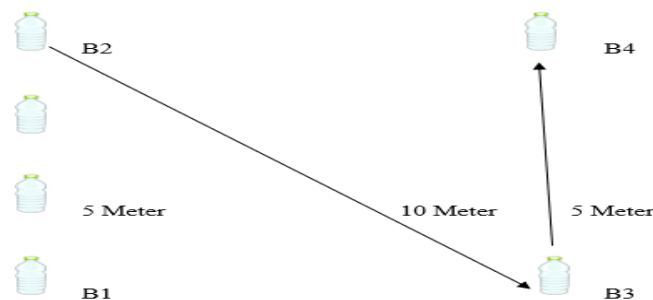


Figure 1. Jogging sprint 30 meters

The purpose of this test is to increase the speed of students. Equipment used: 1) Bottle of 4 pieces (600ml), 2) Meter, 3) Flat surface 4) Speaker. Implementation Instructions: 1) Students stand at the *starting* line of Bottle 1, 2) Students then run as fast as possible from bottle 1 to bottle 2, 3) Students then run slowly or jog from bottle 2 to bottle 3, 4) Students then run as fast as possible from bottle 3 to bottle 4.

YAP 2

2. Run around the 30-meter Jogging Sprint bottle by listening to music.

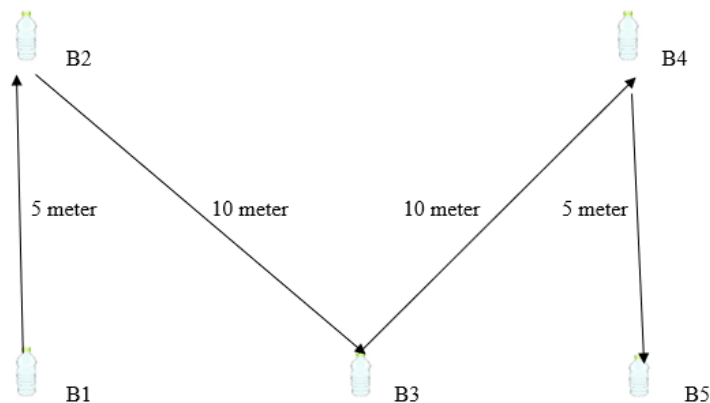


The purpose of this test is to increase the speed of students. Equipment used: 1) 6 pieces bottle (600ml), 2) stopwatch, 3) meter, 4) Flat surface, 5) speaker. Implementation Instructions: 1) Stand behind bottle 1, 2) Then run around the bottle one by one to get to bottle 2, 3) Then from bottle 2 continue

running as fast as possible to bottle 3, 4) Jog from bottle 3 and finish at bottle 4.

YAP 3

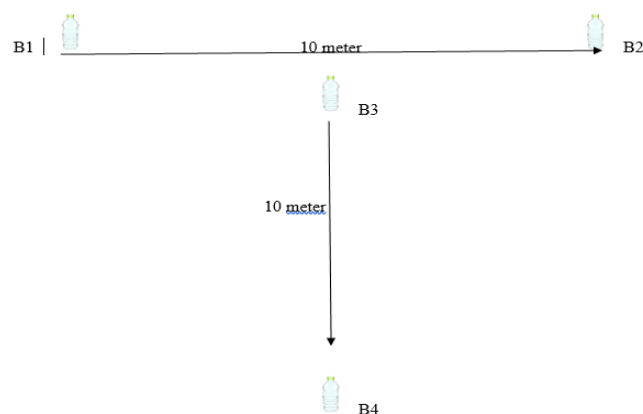
3. Jogging a 30-meter sprint with music



1. The purpose of this test is to increase the speed of students. Equipment used:
1) Bottle of 5 pieces (600ml) 2) Stopwatch, 3) Meter, 4) Flat surface 5) Speaker. Implementation Instructions: 1) Stand behind bottle 1, 2) Then run the sprint from bottle 1 to bottle 2, 3) Then run jogging towards bottle 3 and continue running the sprint to bottle 4, 4) Finally from bottle 4 run jogging towards bottle 5.

YAP 4

4. Sprint running runs backwards by listening to music.



The purpose of this test is to increase the speed of students. Equipment used: 1) Bottle 4 pieces (600ml) 2) Meter, 3) Flat surface 4) Speaker. Implementation Instructions: 1) Stand behind bottle 1 and run the sprint towards bottle 2, 2) Then run backwards to bottle 3, 3) Then last from bottle 3 run the sprint towards bottle 4.

Development

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

Table 1. CVI and CVR Analysis

It	E1	E2	E3	Ne	N	N/2	ne- (N/2)	CVR	Criterion
1	3	3	4	1	4	2	-1	-0,5	Valid
2	3	3	3	3	4	2	1	0,5	Valid
3	3	3	3	3	4	2	1	0,5	Valid
4	3	4	4	2	4	2	0	0	Valid
5	3	3	3	3	4	2	1	0,5	Valid
6	3	4	3	1	4	2	-1	-0,5	Valid
7	3	3	4	1	4	2	-1	-0,5	Valid
8	3	4	4	2	4	2	0	0	Valid
9	3	3	3	3	4	2	1	0,5	Valid
10	3	4	4	2	4	2	0	0	Valid
Sum	30	34	35			Sum		0,5	
Average	3	3,4	3,5			Average		0,05	Valid
Average		3,3							

According to the results of CVI and CVR analysis, YAP 1 products are declared valid and meet product standards. The validation results show that the YAP 1 model development product is suitable for use by extracurricular students in high schools in Palembang City. An advantage of YAP 1 is that it keeps students motivated to do speed training. YAP 1 has a good enough score so that it is easy to learn and apply in speed training.

After expert validation, experts give their opinions. Some of them are: 1) The naming of the training model is less varied, 2) Adjust the title to the training model, 3) What needs are needed by futsal athletes in carrying out speed training 4) The tools used are adjusted to the training model

Discussion

Based on the results of the research, the researcher shows that the speed training model can be applied by extracurricular students in the city of Palembang. This method of speed training also helps in attacking and defending. This is in line with the theory (Subandi, 2019). This speed training model while listening to music so that students do not get bored of doing speed training. This is in line with the theory (Ai Syah Putri Wardani & Irawadi Hendri, 2020; Rizyanto et al., 2019). Speed training in this speed uses music to get students excited about doing the exercise (Filza Arifa & Adam Mudinillah, 2022; Izzah, 2020; Kharisma & Rusyida, 2024). The speed training on this model uses interesting and easy-to-understand exercises. This is in line with the theory (Dwi et al., 2018). This speed training model uses practical and easy-to-find tools. This is in line with the theory (F. J. Rahman, 2018).

In this speed training model, media is used that is often brought by students in doing futsal training. This is in line with the theory (Diatmaja et al., 2023).

CONCLUSION

Based on the *existing analysis and design* explained above, this speed training model can be used and applied to speed training for high school students in the city of Palembang. Then based on the expert validation that has been carried out and involving 3 experts including 1 futsal coach, 1 futsal academic, and 1 futsal practitioner, the results were obtained that this speed training model is suitable for use for extracurricular high schools in the city of Palembang.

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