

## FUTSAL PASSING TRAINING MODEL BASED ON AUDIO VISUAL MEDIA

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### Abstract

*This study aims to know, identify and analyze the "Futsal Passing Practice Model Based on Audio Visual Media in Class X Students at SMK N 5 Palembang". This study uses the Borg & Gall method. Based on the results of calculations in small and large group trials that have been validated and evaluated by the three experts, the category of "Very Good" was obtained. In the small group trial, 84.95% while in the large group trial, a percentage of 91.6% was obtained, which can be seen by the increase in the percentage before the product revision and after the product revision. This shows that the feasibility level of the implementation of the development of a passing futsal training model based on audio visual media has been significantly improved for the subjects studied, namely in futsal extracurricular students of SMK Negeri 5 Palembang.*

**Keywords:** Training Model; Passung; Futsal; Audio Visual Media.

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## INTRODUCTION

Sports has benefits including for exercise as an educational tool, a means of achieving achievements, livelihoods, cultural media, maintaining health, and no less important as a lifestyle among the community with the main goal of forming a whole person who is physically and spiritually healthy. Along with the existence of RI Law Number 11 of 2022 concerning sports, to improve the quality of life and human welfare, national development in the field of sports is carried out in a single, systematic, integrated, tiered, and sustainable manner, as well as oriented towards achievement and improvement of the welfare of sports players. The role of sports education in schools or educational units is very important, this is related to two things, namely the physical education side which leads to the educational

aspect and the sports side which leads to the achievement aspect. Problems in the world of education that occur such as the decline of children's character can damage the nation's generation.

To overcome this, schools can solve this problem by holding learning activities that can improve the quality of life of students through character formation through extracurricular activities. Extracurricular activities are carried out by referring to the principles of effective management which include the process of planning, organizing, implementing, supervising and evaluating. (Adhari, 2024) Sports education has many games, one of which is the big ball game, in the big ball game there are several branches of the game including the futsal game. Futsal can be played on a field that is smaller in size than a football field, and with a smaller number of players than each team. Futsal is one of the sports played by two squads, each of which consists of 5 players, one of which is a goalkeeper. (Widarto et al., 2022).

Futsal games can run smoothly, orderly and interesting if players master the elements in the futsal game is mastery of basic techniques. The basic techniques in the game of futsal are, kick, passing, dribbling, shooting, heading. One of the basic techniques that must be mastered by futsal players is passing (Hamzah & Hadiana, 2018). 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 the strength of the leg muscles (Hidayat et al., 2020) .

Passing is one of the basic techniques in the game of futsal that every player needs on a flat field and a small field size requires hard and accurate passing because the ball is sliding parallel to the player's heel. One of the basic techniques that is often used in futsal games is passing using the inside foot. (Rahmadani et al., 2022). The purpose of passing is to give or pass the ball to a friend. Good and

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correct passing is needed in playing futsal,

Because by mastering this technique, it will make it easier for our friends to receive the ball. For mastery of passing, mastery of movement is needed so that the desired goal is achieved. Based on field observations made by the author while conducting a teaching assistance program in one of the extracurriculars at SMK N 5 Palembang. The futsal extracurricular was attended by students of grades X and XI of various ages, but there were still some who had not mastered the basic passing techniques and students considered that the basic passing techniques were quite difficult to master. So innovative training was needed.

With these problems, coaches need to develop training methods on basic passing techniques to solve problems and improve students' passing skills in futsal games. However, students need an exercise method that is interesting, easy to understand and can shorten the time more flexibly and efficiently. One of them is the development of training methods using audio visual media. By utilizing technology, it is hoped that audio-visual training and learning can be used to deliver more interesting material, including visualization of teaching materials, so that it is more interesting among students. Through audio-visual, training and learning can be more interactive and more likely to occur in both directions in the training and learning process, then it can shorten the time, be more flexible and efficient.

## **METHOD**

This study uses a method according to Sugiyono (2011:297) Research and Development (R&D) is a research method used to produce certain products and test the effectiveness of those products. The steps in this study adopt the Borg & Gall development model. In the development model, (1) Initial research and data collection, (2) Data collection (3) Initial produk making, (4) Initial trial, (5) Initial product improvement, (6) small group trials, (7) product revisions, (8) large-scale trials.

### Design IPT Passing Training Model

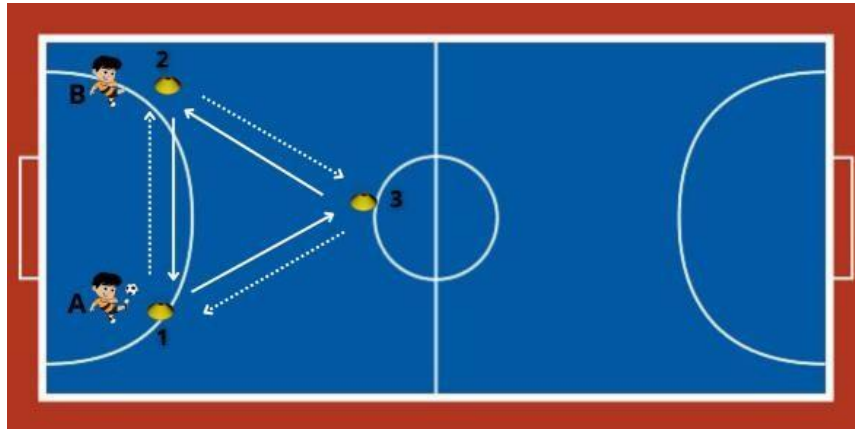


Figure 1. Schematic of IPT Passing Training Model

### TMBK Passing Training Model

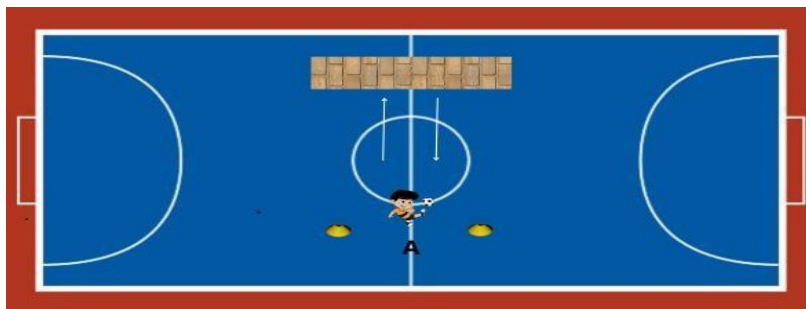


Figure 2. TMBK Training Model Scheme

### IPB Passing Practice Model

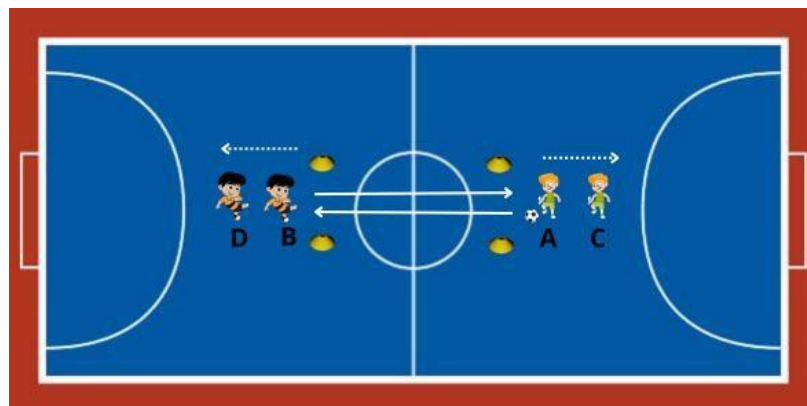


Figure 3. IPB Training Model Scheme

### IPS Passing Practice Model

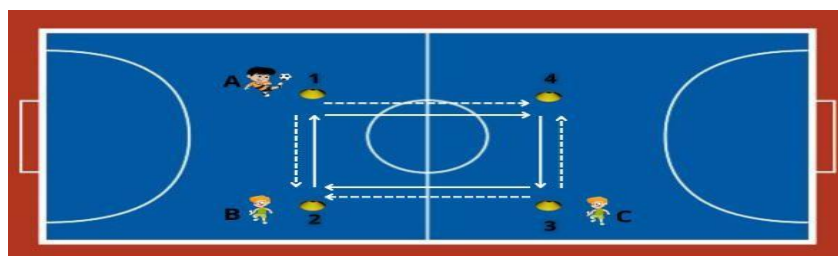


Figure 4. Social Studies Training Model Schematic

### RESULTS AND DISCUSSION

Validation was carried out by Academics & Futsal Practitioners and futsal coaching experts that on average for the IPT futsal passing training model based on audio visual media is valid or good to be developed on students with a presentation of 92.5%. It can be seen from the classification at the maximum score.

Validation was carried out by Academics & Futsal Practitioners and futsal coaching experts that on average the TMBK futsal passing training model based on audio visual media is valid or good to be developed on students with a presentation of 92.5%. It can be seen from the classification at the maximum score.

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Validation was carried out by Academics & Futsal Practitioners and futsal coaching experts that on average for this IPS futsal passing training model based on audio visual media is valid or good to be developed in students with a presentation of 92.5%. It can be seen from the classification at the maximum score.

Expert validation carried out by multi-media experts on Monday, that the average for this audio-visual media-based futsal passing training model is valid or

good to be developed in students with a presentation of 92.5%. It can be seen from the classification at the maximum score.

However, in the results of expert validation on this futsal passing training model video, there are several revisions, suggestions and criticisms so that design revisions are needed by the author to be able to improve the product, to be able to be tested in small groups.

Based on the collection of data suggestions & criticisms from academics and futsal practitioners, multi-media experts, futsal coaching experts, revisions are needed to improve the product. Therefore, the author revised the futsal passing training model product and then conducted a small group trial, the number of instruments used in the small group trial was 10 questions and the number of subjects was 10 people at the age of 15 years class X.

### Discussion

Based on the results of calculations on small group and large group trials in the form of an assessment of the feasibility of implementing the development of the futsal passing training model based on audio visual media that has been carried out has been validated and evaluated by the three experts, namely, academics and practitioners, multi-media experts, futsal coaching experts, the category of "Very Good". After calculating the percentage, in the small group trial it was 84.95% while in the large group trial the percentage was 91.6%.

There is an increase in the percentage before the product revision and after the product revision.

**Table 1.** Product Eligibility Classification

Presentation Classification	Meaning
0% – 40 %	Bad Jnusable
40,01 – 70 %	Not Good ess fit for use
70,01 – 90 %	Good d with minor revisions
90,01 – 100%	Very good Used

Source: (Sa'dun & Sriwijaya, 2010)

Based on the product feasibility classification above. This shows that the

feasibility level of the implementation of the development of a futsal passing training model based on audio visual media has obtained a significant improvement in the subjects studied, namely in futsal extracurricular students of SMK Negeri 5 Palembang. Where students can improve their ability in futsal passing which affects their teammates in the futsal game. This is in line with the purpose of this research.

With the existence of this audio-visual media-based futsal passing training model, academics and futsal coaches can develop their training methods so that it is easier and more efficient in the futsal passing training method and students can learn and understand it independently not only at their training ground but can be done at their respective homes, so that when meeting with the coach they no longer discuss the material in detail/detail because The students have watched/learned, understood at their respective homes, so that the time used is more flexible.

The futsal passing training model developed can be an alternative for coaches in an effort to increase knowledge and improve their students' ability in futsal extracurricular activities in basic futsal passing techniques.

## CONCLUSION

Based on the results of the data analysis that has been carried out, the author shows that the results with the category of "very good" can be used. Thus, it can be concluded that there is a significant increase in the use of audio visual media on students' abilities in basic passing futsal techniques in extracurricular students of SMK Negeri 5 Palembang.

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