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## DEVELOPMENT OF RTB (RESCUE THE BALL) GAME MODELS FOR PHYSICAL EDUCATION LEARNING SOCCER GAMES

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### Abstract

Improving the quality of education is a national education goal and is an integral part of efforts to improve the quality of Indonesian students as a whole. All children have the right to get education and learn according to their rights, of course not all also in schools get adequate facilities because of the lack of infrastructure, especially at the field of sports in physical education learning. Each Student used improvised infrastructure from the school which makes students in physical education lessons limited and tends to be monotonous in physical education subjects. Therefore the purpose of this research is to develop an RTB (Rescue The Ball) game model for learning physical education, soccer game designed to make students move actively and make learning physical education fun. This development involves 3 experts, namely physical education experts, game experts, and soccer experts. The method used Research Borg and Gall Research and Development (R&D) The results of the validation test by experts using the content validity index (CVI) and content Validity Ratio (CVR) test which show an average CVR value of 0,8 in other words of RTB (Rescue The Ball) Development model is appropriate or relevant, or good and also has high content validity in improving basic technical. RTB (Rescue The Ball) game model for physical education learning soccer games, this game is feasible to continue in elementary schools as a follow-up recommendation from this research. RTB is an alternative for elementary school physical education teachers when they want to teach soccer material. It is unique because it combines traditional games and soccer using a field that is not too wide.

**Keywords:** Physical Education; Development; Model; Soccer

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### INTRODUCTION

(Hay & Penney, 2009) physical education is part of education to develop the ability of students through movement so that they can achieve health and educational goals. Physical education is a subject in schools as a medium that encourages motor development, physical abilities, knowledge of reasoning, appreciation of values (attitude, mental, emotional, spiritual, social), helping



students understand why humans move and how perform movements safely, efficiently, effectively so that appreciate the benefits of physical activity for improvement quality of life and habituation of a healthy lifestyle aims to stimulate growth and development balanced (Budi Adnyana, 2019). According to (Budi, 2021) explains that physical education is education that actualizes the potentials of human activity in the form of attitudes, actions and works that are given form, content, and direction towards personal unity in accordance with human ideals. In addition, physical education is an integral part of overall education, aiming to develop aspects of physical fitness, sport and health that are planned systematically in order to achieve national education and aspects of a healthy lifestyle, introduction of a clean environment through physical activity (Lengkana & Sofa, 2017). Students with this character are always expected by all parties. According to the view (Bandi, 2011) what is meant by character is a way of thinking, behaving, and acting that characterizes a person who becomes a habit that is displayed in social life.

Traditional sports are the cultural heritage of the Indonesian nation's ancestors. Traditional sports must fulfill two elements, namely in the form of "traditional" or ancient "sports" or body sports that developed from several generations that have habits and in the sense of something related to the cultural habits of a nation as a whole (Bile et al., 2021). Traditional games get a very strong influence from the local culture so that they experience changes, either in the form of substitutions, additions, or subtractions, according to local conditions. Traditional games, although they have different names, have a similar way of playing, for example, gobak sodor and hadang. These games have different names, but the way to play is the same (Novi, 2016). Physical Literacy (PL) is a skill that students must have as a result of a shift in physical education learning outcomes. The results of the study show an increase in students' understanding of playing games, movement skills, fun, and cumulatively there has been an increase in student PL achievement. The increase occurred due to traditional games that



were modified according to student characteristics (Gustian, 2020). It can even increase the strengthening of the character of students (Mashuri & Pratama, 2019).

A teaching style that places students as the subject of teaching two-way learning interaction from teacher to student, from student to teacher is very necessary so that children's abilities can optimally developed through physical education, especially soccer material (Chan et al., 2021). (Sembel, 2019) the word learning is a combination of two learning and teaching activities. Methodological learning activities tend to be more dominant to students, while teaching is done by the teacher, so the term learning is a summary of the words learning and teaching. In other words, learning is a simplification of the words learning and teaching, teaching and learning process or teaching and learning activities. Physical education learning activities take place in a coherent manner, students can understand it, the learning strategies used can be supported by the use of learning media. For elementary school children, learning media will arouse curiosity and motivation to learn if the learning media used are designed to be attractive and communicative (Jatmika, 2005). Various choices of learning media that can be used by physical education teachers for the benefit of delivering material to students.

One of the problems with the lack of development of the physical education learning process in schools is the limited learning facilities and infrastructure available in schools, both in quantity and quality. The term means means something that can be used or can be utilized. Means Physical education is everything that can be used or utilized in learning physical education, sports and health. Likewise with infrastructure, namely all facilities that complement the needs of facilities that are permanent or cannot be moved. The lack of creativity and innovation of physical education teachers in using learning models also greatly affects student learning outcomes.

Creativity in question is that the teacher is able to create new things as said (Iswadi, 2020) Creativity is the use of imagination and ingenuity to get



unique solutions to problems such as creating something that can provide a stimulus or inducement to the brain, games that can stimulate the brain to think creatively so as to be able to create something innovative. It is suspected that Sports and Health Physical Education (Physical Education) teachers always use improvised facilities and infrastructure continuously without thinking to develop more fun and innovative learning models, so that many students feel bored and bored. Every teacher in the education unit is obliged to develop complete and systematic learning tools so that learning takes place interactively, inspiring, fun, challenging, motivating students to participate actively, and providing sufficient space for initiative, creativity, and independence according to their talents, interests, and abilities. and physical and psychological development of students (Atiq & Selamet Budiyanto, 2020)

Based on these problems, it is considered important to develop a learning model for Physical Education in Sports and Health with some modifications to tools or utilizing the physical environment outside of school, as a vehicle for creating innovative Physical Education learning, to make learning more interesting and fun, that is at the same time beneficial for the development and growth of students. Understanding Modification in general (online) is to change or adjust. Regarding the notion of modification, (Bangun, 2012) suggests that: modification can be interpreted as an effort to make changes with adjustments both in terms of physical materials (facilities and equipment) as well as in the objectives and methods (methods, styles, approaches, rules and assessments) of the the above statement regarding the definition of modification, modification is an effort to change which is carried out in the form of adjustments in the form of facilities and equipment or in methods, styles, approaches, rules and assessments.

Soccer is the most popular team sport in the world because as much as 4% of the world's population is actively involved in this game (Fajrin et al., 2021) that to understand and master the technique in learning motor skills is done through several phases, namely: (1) cognitive phase, (2) association phase, and (3)





autonomous phase. Football has become a part of life, being a football player is a very high pride for the people in England (Fikri & Hardiyono, 2021). Soccer is a sport that is favored by almost all circles of society, and of course it is the favorite sport of almost (Hermansyah & Soemardiawan, 2018). Football is a sport that is unique by playing cooperation between the ball and the feet which is done agilely, swiftly, quickly and well in concentrating the ball with the aim of scoring as many goals as possible into the goal (Permatasari et al., 2022). To be able to achieve the goal of playing football, certain techniques are needed in playing the ball. Included in the basic techniques of football are passing, dribbling and shooting (Putra et al., 2022).

#### **Game Model RTB (Rescue The Ball).**

RTB (Rescue The Ball) game is development of a modified model of a soccer game that aims to make student's move actively, give student's pleasure and provide unsaturated learning so that learning objectives can be achieved. It's called Rescue the ball because players have to protect the ball so it can't be snatched by opposing team or defend before finally the last player to receive the ball shoots at a modified mini goal score. Basic technique of RTB (Rescue the Ball) : 1). Controlling 2). Passing 3). Shooting 4). Tackling

#### **How to play RTB (Rescue the Ball)**

- 1) In the form of small tournament and there will be 6 teams that will compete, each team containing 6 players who have been divided.
- 2) Before the game starts with a high five to find out team is attacking and which team on defend, and the ball is pass by the referee to the team first player to attack.
- 3) The player in control of the ball must pass the ball to teammate and only has one minute possession the ball.
- 4) The attacking team makes every effort to prevent the ball from touch or being snatched by the defend team.
- 5) The attacking team may move one line area to help teammates after the ball is succesfully pass to the next line and player return to at starting position.
- 6) The defend team tries to close the attacking team pass area, if defending team manages to cut the attacking teams ball swap teams or change the attacking team to defend team and virce versa.

- 7) If the ball has reached the team attacking the last player, that player is in charge shooting the ball in to the goal.
- 8) The team hits the ball get 10 points.
- 9) The team collect most points is winner.
- 10) The losing team carry the winning team for 2 rounds as punishment.
- 11) If in 2x10 minutes no one can hit the ball then the winner determined through scissors, stone, paper from 1 team representative.

## METHOD

Research development is usually research based development is a type of research whose purpose is to use it to solve problems. Development research is a type product-oriented research, and is expected to bridge research that is more theory testing to wards producing by product to can be directly used by users (Aka, 2019). The approach used in this research is (Sukmadinata, 2013) a process or steps to develop a new product or improve an existing product, and can be accounted for. Development focuses not only on needs analysis, but also on broad issues of early-late analysis, such as contextual analysis (Sumarno, 2012). In development research there are 3 participants from 3 experts, namely games expert, soccer experts and physical education teacher. The following are the development research steps adopts from borg and gall development research (Borg & Gall, 1983):

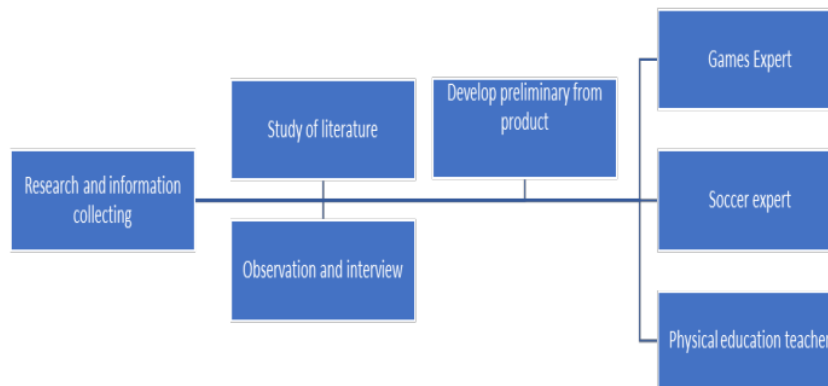


Figure 1. Development stage for RTB (Rescue the Ball)

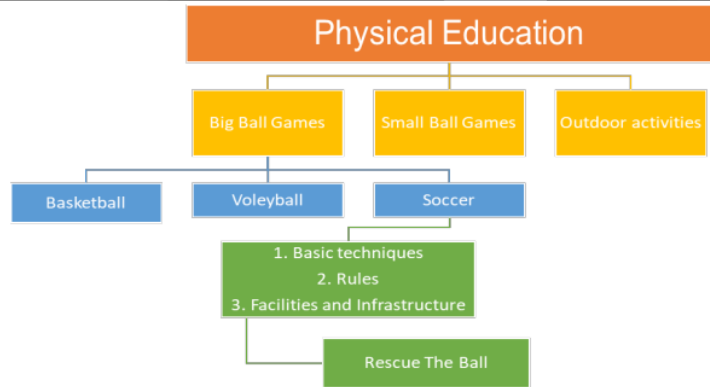


Figure 2. Design Model Development

**Design or Data Analysis**

The data collection technique RTB (Rescue The Ball) game had been designed by researchers and evaluated by 3 experts, consisting of, 1 games expert, soccer experts and physical education teacher. Activities at this stage evaluate and revise the product if necessary. The technique of collecting assessment data by experts uses a rating scale. The value scale used is based on a predetermined grid by adjusting to research objectives.

Table 1. Instructional rating scale for expert

Scale	Assesment Description
1	Very inappropriate/very imprecise/very not easy/very impractical/very unsafe
2	inappropriate/ imprecise/not easy/impractical/unsafe
3	Appropriate/precise/safe/easy/practical
4	Very suitable/very precise/very safe/very easy/very practical

After getting an assessment from 3 experts the next step is to analyzed the data have been obtained to determine the level of validity game RTB (Rescue The Ball) using the Content Validation Index (CVI) and Content Validity Ratio (CVR), table 2

Table 2. Instrument of assessment expert validation

No	Aspect of access	Rating scale
		1 2 3 4
1.	According to the characteristics of elementary school students	
2.	Accuracy choosing a soccer game model for elementary	



3. Can be played by student who are skilled or unskilled in game of soccer
4. Can be played by all age groups
5. Encourage students to be active
6. Increasing the activity and motivation of elementary school students
7. Clarity of rules in the game model
8. Improving basic soccer techniques for elementary school students
9. **1** Safe to play and apply in learning models

Testing the validity of the learning model activity in the morning was carried out by correlating the scores of the items observed with the total scores. A trial was conducted to find the value of the relationship and the direction of the relationship. Values range from 0 to 1 or 0 to -1. The positive and negative signs indicate the direction of the relationship.

### RESULT AND DISCUSSION

Results of the study are presented through table and figures. In general, the validation assessment from the experts can be seen in table 3. This study used a rating scale instrument to assess the feasibility of the draft the development RTB (Rescue the ball) to increase moves skilled children. The assessment was carried out by experts (3 person experts). The results of the expert validation test were to determine the validity level of the RTB (Rescue The Ball) Game by 3 experts, and the results of the expert's assessment and the results of data analysis using CVR were as follows.

**Table 3.** CVR Results of RTB (Rescue the Ball)

No	E1	E2	E3	ne	N	N/2	Ne-(N/2)	CVR	Criteria
1.	4	4	4	3	3	1	2	0.5	Valid
2.	4	3	4	2	3	1.5	1.5	1	Valid
3.	4	3	4	2	3	1.5	1.5	1	Valid
4.	3	4	4	2	3	1.5	1.5	1	Valid
5.	4	4	3	2	3	1.5	1.5	1	Valid
6.	4	3	4	2	3	1.5	1.5	1	Valid
7.	4	4	3	2	3	1.5	1.5	1	Valid
8.	4	3	4	2	3	1.5	1.5	1	Valid
9.	4	4	4	3	3	1	2	0.5	Valid



Total	35	32	34	Total	8	
Average	3,5	3,2	3,4	Average	0.8	Valid

CVR Scores on each on item ranged 1 to -1

Information:

ne: Total Essential Subject Matter Expert (SME)

N: Total of subject Matter Expert

This research is also based on previous research related to soccer and traditional games such as: Shaping basic motion in elementary school students through traditional games (Hanief & Sugito, 2015). Make warm-up soccer based traditional games (Dzakwan et al., 2022). Modifying traditional game based soccer games (Susanti, 2022). Giving peple traditional game treatment to increase the kick power of students who take part in soccer extracurriculars in elementary schools (Rizwan et al., 2022). Modifying traditional games to increase students' motivation towards football learning (Budiman & Rusdiyanto, 2021). From several previous studies as a support for developing Rescue the Ball, the results of the experts' assessment also support the design of the Rescue The Ball development. The results of the CVR analysis of RTB (Rescue The Ball (table 3) show a value of 0.8, which means that the contents of the a RTB game are appropriate or relevant or good, and also have high content validity, so that it can be continued to be tested for empirical validation. RTB (Rescue the Ball) Game can be continued in field trials.

### CONCLUSION

RTB (Rescue The Ball) game model for physical education learning soccer games, this game is feasible to continue in elementary schools as a follow-up recommendation from this research. RTB is an alternative for elementary school physical education teachers when they want to teach soccer material. It is unique because it combines traditional games and soccer using a field that is not too wide.

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