

APPLICATION OF A TACTICAL APPROACH IN IMPROVING FOOTBALL PLAYING SKILLS AT SSB LAKEMBA MUDA FC

Muhammad Gilang Ramadhan^{1*}, Oman Hadiana²

¹ Muhammadiyah University of Kuningan , Indonesia

² Universities Muhammadiyah Kuningan , Indonesia

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Abstract

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Study This motivated Because Still Lots SSB Lakemba Young FC players in aspect skills play especially when taking decision in the field like example of a ball that should be passed but player carry the ball without clear goals . Quality technique base player not enough so well , as example Lots player when not passing the ball appropriate toward colleague team. There are also player when No less control of the ball give support by searching strategic position , so makes it easier other players to pass the ball. Research purposes This is For know effectiveness application of the approach model tactical in increase skills play game football . Method used is experiment with a one group pretest and posttest design . Deep sample study This is SSB Lakemba Muda FC players totaling 20 people. Retrieval technique sample using random sampling. Technique for analyze the results data study using paired sample test. Research result show that application of the approach model tactical give very significant impact to skills play game football . Study furthermore Can carried out using the Approach model Tactical For solve problem technical skills play on the game football .

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□□ Correspondence address : Kuningan City
Email: mgilangr987@gmail.com

INTRODUCTION

Sport Football is branch Very popular sport all over the world. Especially in Indonesia, sports Football is very popular with everyone circles start from children , adults , women , men , students , players , etc state officials (Ridhowi & Syafii , 2018). So from That sport Football is Very fun and simple sport For played by various circles (Putra, 2013).

Achievement maximum training in a branch exercise is also necessary exists thorough preparation from all elements and related elements in the development process and things This No can achieved in short and instant time but through a balanced and planned process as well as have desired goal achieved (Rohman, 2017). As it progresses rapidly development Football in Indonesia automatic will impact on coaching Age football early is with coaching aged players early in school Football (SSB) (Wibowo, 2012).

According to Sabarudin (2016: 157), sport is a physical training activity, namely physical activity to enrich and improve abilities and basic movement skills and movement skills (sports). This activity is a form of approach to aspects of physical well-being or physical health, which also means dynamic health, namely health accompanied by movement abilities that meet all the movement demands of daily life.

Consistency coaching age early the has shown by SSB Lakemba Muda FC with various coaching in various level adjusted age with the curriculum . School Football or SSB has dominant role Because in the training process athlete have enough time in know Football .

Young Lakemba FC is one of the local football teams in Kuningan Regency, precisely in Kadugede Village . Lakemba Muda FC contains players from the Kadugede District area and some even come from outside the District. The majority of the players developed according to their hobbies so they gathered into a team called Lakemba Muda FC. This team has 2 different teams according to age groups, there are junior and senior teams.

On the SSB Lakemba Youth team FC In the author's observation there is still something that

needs to be improved for the players, especially in terms of skills play on every player . To develop and improve skills in soccer, players must master the basic techniques of playing soccer. Basic football techniques consist of various basic techniques, including *passing* , *shooting* , *dribbling* , etc.

In learning the game of football, the playing skills of SSB Lakemba Muda FC players are still lacking, they face many problems. To improve playing skills, players must be active in learning or practicing in order to have more movement experience, because if the player waits too long while learning or practicing, the player's playing skills will decrease, which will cause the player to experience boredom. Therefore, there needs to be a solution to solve this problem, namely by using a tactical approach in soccer playing skills.

Based on results observation seen majority SSB Lakemba Muda FC players are lacking right , deep taking decision in the field . Like : the ball should be baited but player carry the ball without clear goals . Quality technique base player not enough so well , as example Lots player when not passing the ball appropriate toward colleague team. There are also player when No less control of the ball give support by searching strategic position , so makes it easier other players to pass the ball.

According to Subroto (2013, p. 4) explains that the tactical approach in learning physical education players are encouraged to solve tactical problems in the game. Tactics problems are essentially the application of technical skills in game situations. By using a tactical approach, players increasingly understand the relationship between technique and tactics.

Meanwhile, according to Tarigan (2001, p. 8) suggests that the tactical approach model emphasizes: a). Play and place learning technical skills in the context of play, b). Gives players the opportunity to see how relevant technical skills are in real game situations. c). Provide an explanation to players about the goals they want to achieve and how to achieve them clearly. d). Providing the widest opportunity for players to express themselves.

The tactical approach itself emphasizes learning through game activities with various levels of difficulty so that players are active and motivated in learning and the tactical approach is able to make players think in real playing situations and increase aspects of cooperation in a game group. The aim of this tactical approach is in line with Competence. Basics in the 2013 Curriculum (Attachment I to Ministerial Regulation number 57 of 2014_b)

Therefore, researchers will try to conduct research using a tactical approach model, where by using this model the player will know step by step, stage by stage what he must do when he plays the game with his teammates. So it can be concluded that the tactical model in football is very suitable, because players can develop playing skills continuously, through the tactical model players can be active, innovative, creative, educational, and their playing skills in football increase. Therefore, it is hoped that the tactical model can teach playing skills according to the player's wishes and increase the player's understanding of playing concepts.

Based on the background description above, the author is interested in conducting research with the title "Application of the Tactical Approach Model in Improving Football Playing Skills at SSB Lakemba Muda FC". This research is a tactical approach research carried out on players.

RESEARCH METHODS

Research is an activity of collecting, processing, analyzing and presenting data that is arranged systematically to examine a problem. Meanwhile, research methods are scientific methods used to obtain data for a specific purpose. A research must be structured systematically based on research stages.

This research uses experimental research methods. "Experimental research is defined as the most complete quantitative research approach, meaning that it meets all the requirements for testing causal relationships. Experimental research is a fairly typical research approach. This uniqueness is demonstrated by two things, first, experimental research directly tests the influence of a variable on other variables, second, tests the hypothesis of a causal relationship (Syaodih , 2009: 194).

Experimental research methods are used to find the effect of certain treatments on others under controlled conditions. (Sugiyono 2009: 72). Experimental research has 3 types, each of which has its own characteristics, namely pre -experiment, quasi -experiment and true -experiment.

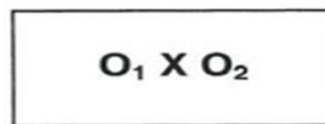
Research design is a series of methods used to collect data to become a research topic. According to Silaen (2018:23) research design is a design regarding the entire process required in planning and implementing research.

Based on the discussion above , this type of research uses a quantitative form with experimental methods. Sugiyono (2013:7) states that quantitative methods are research methods based on the philosophy of positivism, which are used to research certain populations or samples, where samples are generally taken randomly , and data is collected using research instruments, then analyzed quantitatively/statistically with the aim of testing the established hypothesis.

Thus, to make research easier, appropriate steps or flows are needed in its implementation. This experimental method consists of various experimental designs and the one used in this research is "One Groups Pretest Posttest Design" is a research design that contains a pretest before treatment and a posttest after treatment. In this way, it can be known more accurately, because it can be compared with what was done before being given treatment (Sugiyono, 2013:74).

Figure 3. 1

One Groups Pretest Posttest Design (Sugiyono, 2013:75)



Information :

- O 1 : Pretest score (before training is given)
- O 2 : Posttest value (after being given practice)

1) Population

According to Sugiyono (2013:215), Population is a generalization area consisting of objects/subjects that have certain quantities and characteristics determined by researchers to be

studied and then conclusions drawn. In this study, the population in question was Lakemba Muda FC players, totaling 40 people.

2) Sample

According to Sugiyono (2013:215), the sample is part of the population. Population is for example the population in a certain area, the number of employees in a particular organization, the number of Coaches and students at a particular school and so on. The sampling technique in this research uses a random sampling technique , namely players Lakemba Muda FC as many as 20 people .

1) Data Collection Techniques

a. Carry out a pretest or initial test

The initial test is a test carried out before giving practice, the test carried out is in the form of a basic technique test in playing skills. This test was carried out at the Kadugede Village Football Field on Lakemba Muda FC players.

b. Treatment

This research was carried out for 2 weeks with 3 meetings each week for a total of 6 meetings . Each meeting is held for 90 minutes with a breakdown of 15 minutes for warm-up, 60 minutes for training, and 15 minutes for cool-down.

c. Doing posts test or final test

After carrying out training or giving treatment to the sample. Next, a final test is carried out which aims to determine the sample's progress from the results of the training.

2) Research Instrument

The main instrument that is the data collection tool in this GPAI research is the researcher himself. From the process side, instruments in a research must cover problems related to input or initial conditions, process, and output or results. Researchers also use other instruments as tools in conducting research. The instrument used to obtain data on the results of improving playing skills in passing , stopping , dribbling , through a tactical approach in this research is to use the GPAI (Game Performance Assessment) observation instrument . Instruments).

From the seventh GPAI components , researchers identify who will applied into the game Football for increase passing skills , in matter This

internal focus researchers three aspect appearance and current criteria done player . from a number of component that is decision taken or *Decision Marking* , implementing skills or *Skill Execution* and giving support or *Support*, following This the picture .

Table 3. 1
Example aspects taken from a number of component

Components of Playing Appearance	Criteria
1. Decisions taken (<i>Decision marking</i>)	Players try to pass to a friend who is standing freely. Players can pass to teammates when under pressure. Players use passing techniques that suit the situation.
2. Implementing skills (<i>Skills execution</i>)	Passing Players can pass the ball to the target. Stopping When receiving the ball, the ball is not far from the feet. Dribbling When carrying the ball, the ball is not far from the feet.
3. Giving support	Players move to a free position to receive a ball pass

After researcher do observation every appearance players who have do learning game Football , too researcher Already observe the player who carries it out components and criteria that , then researcher assess and record something incident or appearance the skills he performs on the components certain . Following This is the GPAI format used For assess basic techniques skills play (passing, stopping and dribbling):

Table 3. 2
GPAI Assessment Format

No	Nama	DM			SE			SPT	JML
		A	B	C	D	E	F		
Jumlah									
Rata-Rata nilai									
Persentase									%

1) Hypothesis Testing

Hypothesis testing is a test carried out to test the hypothesis proposed by the researcher. Hypothesis testing can be done using the Paired Test Sample T Test if the data after normality and homogeneity testing has a normal and homogeneous distribution.

2) Paired Sample T Test

Paired Samples T Test is used to test results where the participants are the same but the variables are taken in different circumstances

(Latan, 2014: 146). The criteria for making a decision to test the hypothesis are if the significance value < 0.05 H_a is accepted and H_0 is rejected then it shows that there is a significant influence significant to the treatment given, whereas if the significance value > 0.05 H_a is rejected and H_0 is accepted then it shows there is no significant influence on the 48 treatments given. The descriptive hypothesis created to determine student learning activities is as follows:

H_a : Yes influence of the approach model tactical to skills play Football (Pre- experimental on SSB Lakemba Young FC players).

H_0 : Not available influence of the approach model tactical to skills play Football (Pre- experimental on SSB Lakemba Young FC players).

RESULTS AND DISCUSSION

Results

To determine research results, researchers use quantitative research so that they use the formula that has been determined in the research methods section. Based on the data that has been obtained using data collection techniques, the data is then analyzed using the Paired Test Sample T Test , with the following results:

Pre Results Test

NO	NAMA	DECISION MAKING			SKILL EXECUTION			SUPPORT	JUMLAH
		A	B	C	D	E	F	G	
1	Fariz	4	2	5	5	2	4	3	25
2	Ziyan	2	3	4	3	2	4	3	21
3	Teguh	2	2	2	4	4	5	2	21
4	Didit	5	4	5	3	4	3	2	26
5	Bena	3	4	5	4	3	2	2	23
6	Firman	2	3	4	2	2	4	4	21
7	Yudi	4	4	4	4	3	5	4	28
8	Rizal	3	2	3	5	5	4	4	26
9	Galih	2	3	2	5	3	3	4	22
10	Dimas	3	3	3	4	4	4	4	25
11	Adit	2	5	4	4	3	3	4	25
12	Farhan	3	4	3	4	2	2	2	20
13	Lutpi	4	3	4	3	3	4	2	23
14	Azis	5	5	3	3	4	5	5	30
15	Akbar	4	4	5	4	5	5	4	31
16	Ikbal	3	3	3	4	3	5	5	26
17	Dani	4	5	4	5	4	4	3	29
18	Agung	3	2	5	4	5	3	4	26
19	Nopan	5	3	3	5	4	4	3	27
20	Wafida	5	3	4	4	3	5	3	27
Jumlah		68	67	75	78	68	79	67	502
Rata rata nilai		3,4	3,35	3,75	3,9	3,4	3,95	3,35	25,1
Persentase		14%	13%	15%	16%	14%	16%	13%	100%

Post Test Results

NO	NAMA	DECISION MAKING			SKILL EXECUTION			SUPPORT	JUMLAH
		A	B	C	D	E	F	G	
1	Fariz	4	2	5	5	2	4	3	25
2	Ziyan	2	3	4	3	2	4	3	21
3	Teguh	2	2	2	4	4	5	2	21
4	Didit	5	4	5	3	4	3	2	26
5	Bena	3	4	5	4	3	2	2	23
6	Firman	2	3	4	2	2	4	4	21
7	Yudi	4	4	4	4	3	5	4	28
8	Rizal	3	2	3	5	5	4	4	26
9	Galih	2	3	2	5	3	3	4	22
10	Dimas	3	3	3	4	4	4	4	25
11	Adit	2	5	4	4	3	3	4	25
12	Farhan	3	4	3	4	2	2	2	20
13	Lutpi	4	3	4	3	3	4	2	23
14	Azis	5	5	3	3	4	5	5	30
15	Akbar	4	4	5	4	5	5	4	31
16	Ikbal	3	3	3	4	3	5	5	26
17	Dani	4	5	4	5	4	4	3	29
18	Agung	3	2	5	4	5	3	4	26
19	Nopan	5	3	3	5	4	4	3	27
20	Wafida	5	3	4	4	3	5	3	27
Jumlah		68	67	75	78	68	79	67	502
Rata rata nilai		3,4	3,35	3,75	3,9	3,4	3,95	3,35	25,1
Persentase		14%	13%	15%	16%	14%	16%	13%	100%

Paired T-Test

Paired Samples Statistics					
		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	Pre test	25.1000	20	3.14392	.70300
	Post test	29.7000	20	1.71985	.38457

At this output shown results summary statistics descriptive from second sample or Pre-test and Post-test data.

Paired Samples Correlations				
		N	Correlation	Sig.
Pair 1	Pre test & Post test	20	.658	.002

The second part of this output is results correlation or connection between both data or variable namely Pre-test and Post-test.

Paired Samples Test					
		Paired Differences			
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference
					Lower
Pair 1	PRE TEST - POST TEST	-4.60000	2.39297	.53508	-5.71995

Paired Samples Test							
		Paired Differences	95% Confidence Interval of the Difference	t	df	Sig. (2-tailed)	
							Upper
Pair 1	Pre test - Post test						-3.48005

Basis for Decision Making :

1. If the Sig. (2-tailed) < 0.05 , then there is significant difference between results study on pretest and posttest data .
2. If the Sig. (2-tailed) > 0.05 , then No there is significant difference between results study on pretest and posttest data .

-making :

Known that Sig value . (2-tailed) is $0.000 < 0.05$, then We can concluded that there is real difference

between results skills play on Pretest and Posttest data . So that from results This can concluded that through method approach tactical can increase skills playing on SSB Lakemba Young FC players . In accordance with conjecture beginning or hypothesis already determined .

Discussion

In practice soccer skills play SSB Lakemba Young FC players still not much problems faced . For increase skills play , player must active in learning or practice to have experience more movement , because If player waiting too long when learning or exercise so skills play player will reduced , which causes player will experience boredom . Therefore That need exists solution For solve problem This namely by using implementation approach tactical in skills play Football .

Based on results observation seen majority SSB Lakemba Muda FC players are lacking right , deep taking decision in the field . Like : the ball should be baited but player carry the ball without clear goals . Quality technique base player not enough so well , as example Lots player when not passing the ball appropriate toward colleague team. There are also player when No less control of the ball give support by searching strategic position , so makes it easier other players to pass the ball.

So that implementation approach tactical can increase skills playing on SSB Lakemba Young FC players , according to the hypothesis that has been researcher for . Strengthened by field testing using the Paired Sample T Test SPSS 25 application . With several stages of the assessment process and data processing that have been carried out done including (Research Methods, Research Design , Population and Sample, Data Collection Techniques and Instruments Research , Data Analysis Techniques).

CONCLUSION

Based on the results of data processing and discussion regarding the application of the tactical approach model in soccer games in order to improve playing skills in SSB Lakemba Muda FC players, the author draws the following conclusions, (1)

Based on the results of data analysis and pre - processing data test obtained the highest score of 31 and obtained an average score of 25.1. (2) Meanwhile post data test obtained the highest score of 33, and obtained an average score of 29.7. (3) Based on testing, it shows that the two distribution tests are normal.

Therefore, to test the hypothesis using the paired test samples t- test , pre values test and post test show Sig value . (2-tailed) is $0.000 < 0.05$, then can concluded that there is real difference between results skills play on Pretest and Posttest data . So that from results This can concluded that through method approach tactical can increase skills playing on SSB Lakemba Young FC players .

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Praise be to the presence of Allah SWT, for the abundance of His mercy and grace, so that the author can complete the thesis with the title "Application of the Tactical Approach in Improving Football Playing Skills at SSB Lakemba Muda FC". This thesis is submitted to fulfill one of the requirements for obtaining a Bachelor of Education degree in the Department of Physical Education, Health and Recreation, STKIP Muhammadiyah Kuningan Campus. The author realizes that in completing this thesis, he could not be separated from the help and encouragement from various parties. Therefore, the author would like to thank:

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