International Journal of Physical Education, Sports and Health 2024; 11(3): 259-261

P-ISSN: 2394-1685
E-ISSN: 2394-1693
Impact Factor (RJIF): 5.38
IJPESH 2024; 11(3): 259-261

www.kheljournal.com
Received: 18-02-2024
Accepted: 22-03-2024

Muh. K Ansori
Department of Sport Coaching Education, Yogyakarta State University, Yogyakarta, 55281, Indonesia

Tomoliyus
Department of Sport Coaching Education, Yogyakarta State University, Yogyakarta, 55281, Indonesia

Nawan Primasoni
Department of Sport Coaching Education, Yogyakarta State University, Yogyakarta, 55281, Indonesia

Doni A Sasmita
Department of Sport Coaching Education, Yogyakarta State University, Yogyakarta, 55281, Indonesia

Corresponding Author:
Muh. K Ansori
Department of Sport Coaching Education, Yogyakarta State University, Yogyakarta, 55281, Indonesia

Profile of basic football techniques in young amateur athletes of Eastern Yogyakarta (ages 14-15)

Muh. K Ansori, Tomoliyus, Nawan Primasoni and Doni A Sasmita

DOI: https://doi.org/10.22271/kheljournal.2024.v11.i3d.3351

Abstract
Every athlete must master basic football techniques. Basic techniques become the basic foundation in training activities and matches in achieving optimal performance. However, many studies need to categorize or group the research subjects first. The purpose of this study is to classify information related to the profile of basic football techniques for young athletes in eastern Yogyakarta. Descriptive research design: Participants included 30 athletes aged 14-15. The research instrument used the development of the David Lee proficiency test. Shapiro-Wilk analysis test, descriptive statistical test, product moment validity test, and Cronbach alpha reliability test. The results of the normality test sig. The value is more significant than 0.05, which is usually distributed. The descriptive statistical test averaged 39.92 in the excellent category. The validity test is 0.994, and the reliability test is 0.997, which is in the high category. The results of this study of 30 athletes there were five outstanding value players, 13 good value athletes, seven athletes of sufficient value, three athletes of less value, and two athletes of inferior value.

Keywords: Profile, basic techniques, validity, reliability, football

1. Introduction
Modern football performance needs to identify strengths and weaknesses and create effectiveness to serve as strengths and conditioning in matches [1, 2]. Football performance ideally involves technical, tactical, physical, and psychological aspects [3], which are considered necessary in the training process in preparing athletes to achieve optimal athlete performance [4]. The training process is related to performance improvement in assessing progress and relevant actions related to rest time, mental support, nutrition, and proper supplementation [5]. Thus, information on the athlete's profile is needed as one of the measures to assess performance progress in training [1].

The basics or foundations of football, such as basic ball felling techniques, passing the ball, ball control, dribbling, and heading the ball, have yet to show optimal performance. So, there needs to be a unique training method to improve the technical aspects. One of them is identifying profile information to be used as a first step in knowing the extent to which the athlete's basic technical assessment is achieved.

Basic techniques are the most crucial aspect in the development of football skills, especially in young athletes [6]. Basic techniques are essential to master the sport of football [3]. Because basic techniques are related to the mastery of the game throughout the match [7]. In addition, modern football games are characterized by fast play and precise decision-making. If you do not master basic techniques and decision-making, then athletes will have difficulty in developing the game [8, 9]. Basic techniques and playing intelligence are closely related and essential in terms of making quick and precise decisions [3]. So that players with good basic technical and decision-making skills can prepare their successive movements according to the situation that occurs in the match [10].

Many previous studies were conducted to determine the effect of training for football school (SSB) students. A number of these studies aimed to modify players and training methods to improve performance without categorizing the essential technical skills of the participating athletes. Such as the results of research that compared small sided-games (SSG) and high-intensity interval training (HIIT) training [11-13].

However, only a few studies have categorized or grouped the research subjects first. Based on the limitations of this study, it aims to classify information related to the profile of basic football techniques for young athletes (aged 14-15) in eastern Yogyakarta.

2. Materials and methods

2.1 Participants

Thirty young football athletes (aged 14-15) participated in the study; the study was conducted in Sleman, Yogyakarta, Indonesia. All athletes were informed of the procedures, requirements, benefits, and risks of the study. So that athletes are expected to display their best abilities when conducting research. The data collection instrument uses the development of the David Lee proficiency test [14]. The development of the test instrument has been carried out. It has been standardized (standard) as evidenced by the validity = 0.484 and reliability results = 0.942, which are declared valid for use in assessing special technical skills for 14-15 years of age.

2.2 Research Design

This study uses a quantitative descriptive design by conducting a test survey of the athletes involved to determine the basic technical profile of athletes aged 14-15 years. The results of the study are to determine the extent of basic technical abilities before further analysis is carried out in determining a program that will be applied; after knowing the average results of the survey, continue to analyze to determine the classification or category of basic technical abilities of athletes, then calculate the results of validity and reliability.

2.3 Statical Analysis

The study's statistical data analysis used the Shapiro-Wilk test to assess the normality of the data. Descriptive statistical tests were used to find the mean, category of essential technical skills, product moment test to find the validity of the test, and Cronbach's alpha test to test the reliability of the test. The statistical data analysis test was calculated using SPSS version 25.0 for Windows.

3. Results and Discussion

3.1 Results and Tables

The results of the data normality test research findings show a sig value of 0.20, so it is usually distributed because the sig value is more than 0.05, as shown in Table 1. The results of the descriptive test of the average performance level of basic football technical skills achieved a value of 39.92 in the excellent category shown in table 2 category.

Table 1: Normality test

One-Sampel Shapiro-Wilk	
	Unstandardized Residual
N	30
Std. Dev	0.69
Sig. (2-tailed)	0.20[c,d]

The results of research findings related to the overall skill level show that five athletes obtained an excellent category, 13 athletes obtained a suitable category, seven athletes obtained a sufficient category, three athletes obtained a lesser category, and two athletes obtained an inferior category, as shown in Table 2. Determination of category classification is determined based on the classification of norms that have been valid in accordance with the assessment scale for the development of the David Lee proficiency test [14].

Table 2: Assessment classification and norms development of proficiency tests David Lee

No	Interval	Classification	Frequency
1	<34.8 s	Very good	5
2	40.78-34.81	Good	13
3	46.76-40.79	Enough	7
4	52.73-46.77	Not enough	3
5	>52.7	Very little	2

The results of the validity test research findings show a sig value. 0.994, and the reliability test shows a sig value. 0.997 shown in Table 3 and Table 4.

Table 3: Validity

Correlation		
	Tes1	**Tes2**
Pearson Correlation	0.994	0.994
Sig. (2-tailed)	0.000	0.000
N	30	30
**. Correlation is significant at the 0.05 level (2-tailed).		

Table 4: Reliability

Reliability	
Cronbach's Alpha	N of Items
0.997	2

3.2 Discussion

The main objective of this study is to determine the level of essential technical skills of playing football for young athletes aged 14-15 years. The results of data analysis of the 14-15 age football technique skills test obtained an average value of 39.92 in the good category. However, a broader evaluation is needed before determining the results. Although basic techniques are an essential aspect of football and the average and overall data (table 2) obtained very good to inferior results, it does not rule out the possibility that the facts in the field are much different. In addition to technical aspects, other aspects, such as physical, tactical, and psychological, are also involved [3]. In addition, the success of technical skills requires physical demands in optimizing movement [16]. Sport-specific technical ability also involves the performance of decision-making and coordination of motor movements [17], such as kicking the ball. Because the key to success in football is understanding the relationship between physical attributes and technical skills [18]. The researcher assumed that athletes who achieved good and excellent results had good physical attributes and abilities. The results of the product moment test obtained a validity value of 0.994 in the high category, reinforced by Hall & Docherty [19], stating that the product Monet value of 0.80 has high validity. While the Cronbach alpha reliability test value of 0.997 is in a suitable category, reinforced by Tavakol & Dennick [20], the value above 0.75 is an excellent agreement. Furthermore, it is hoped that the results of the study will make a valuable contribution to the coaches and athletes involved in the study, especially in the Sleman area, Yogyakarta. The researcher hopes that research can continue to link aspects of technical skills and physical aspects so that it can provide valuable insight into the insights of technical skills related to more specific physical aspects.

4. Conclusions

The conclusion of this study shows the average result of 39.92 in the excellent category. These findings can be used as consideration or input for coaches in developing training

programs as needed so as to achieve more optimal results. In addition, this study provides an essential foundation for further research, as well as encouraging other researchers to explore various populations, samples, and variables involved.

5. Appendix

Appendixes, if needed, appear before the acknowledgment.

6. Acknowledgments

The researcher would like to thank Yogyakarta State University. The researcher realizes that this research could not have been completed without the guidance and support of all parties involved. Thank you to the athletes, coaches, and teams involved for the permission, opportunity, and cooperation for the smooth running of the research here.

7. References

1. Bartecka SW, Niedworok GE, Zydek G, *et al*. Anthropometric profiling and changes in segmental body composition of professional football players in relation to age over the training macro cycle. Sports 2023;11(9). DOI: 10.3390/sports11090172. (For Article)
2. Chaouachi A, Brughelli M, Levin G, *et al*. Anthropometric, physiological and performance characteristics of elite team-handball players. J Sports Sci 2009;27(2):151-157; DOI: 10.1080/02640410802448731. (For Article)
3. Putra AN, Zarya F, Bahtra R, *et al*. The Development of a differentiation-based learning model in football school students. Journal of Physical Education and Sport 2023;23(12):3282-3291; DOI: 10.7752/jpes.2023.12375. (For Article)
4. DeWeese BH, Hornsby G, Stone M, *et al*. The Training Process: Planning for Strength-Power Training in Track and Field. Part 1: Theoretical Aspects. J Sport Health Sci 2015;4(4):308-317; DOI: 10.1016/j.jshs.2015.07.003. (For Article)
5. Bosquet L, Berryman N, Dupuy O, *et al*. Effect of Training Cessation on Muscular Performance: A Meta-Analysis. Scand J Med Sci Sports 2013;23(3); DOI: 10.1111/sms.12047. (For Article)
6. Pomo Warih Adi, Andri Arif Kustiawan. Training Model of Basic Football Techniques for Early Age: Systematic Review. www.fizjoterapiapolska.pl; c2023. (For Book)
7. Oliver JL, Ayala F, De Ste Croix MBA, *et al*. Using machine learning to improve our understanding of injury risk and prediction in elite male youth football players. J Sci Med Sport 2020;23(11):1044-1048; doi: 10.1016/j.jsams.2020.04.021. (For Article)
8. Vasilica I, Silva R, Costa P, *et al*. Football refereeing: A systematic review and literature mapping. Journal of Physical Education and Sport 2022;22(2):388-401; DOI: 10.7752/jpes.2022.02049. (For Article)
9. Sánchez WGV, Arias EAA. Effects of the didactic model of game action competences on tactical performance, motivation, and perception of skill in young football players. Journal of Physical Education and Sport 2021;21(6):3556-3568; DOI: 10.7752/jpes.2021.06481. (For Article)
10. Pipatchatchawal C, Phimoltares S. Predicting football match result using fusion-based classification models. JCSSE 2021 - 18th International Joint Conference on Computer Science and Software Engineering: Cybernetics for Human Beings 2021; DOI: 10.1109/JCSSE53117.2021.9493837. (For Article)
11. Arslan E, Orer GE, Clemente FM. Running-based high-intensity interval training vs. small-sided game training programs: Effects on the physical performance, psychophysiological responses and technical skills in young soccer players. Biol Sport 2020;37(2):165-173; DOI: 10.5114/BIOLSPORT.2020.94237.
12. Arcos LA, Vázquez JS, Martín J, *et al*. Effects of small-sided games vs. interval training in aerobic fitness and physical enjoyment in young elite soccer players. PLOS One 2015;10(9); DOI: 10.1371/journal.pone.0137224. (For Article)
13. Özcan İ, Eniseler N, Şahan Ç. Effects of small-sided games and conventional aerobic interval training on various physiological characteristics and defensive and offensive skills used in soccer. Kinesiology 2018;50(1):104-111; DOI: 10.26582/k.50.1.12. (For Article)
14. Irianto S. Pedoman Pelaksanaan Pengembangan Tes Kecakapan "David Lee" Untuk Sekolah Sepakbola (SSB) Kelompok Umur 14-15 Tahun. Universitas Negeri Yogyakarta: Yogyakarta; c2010. (For Thesis)
15. Pratama SA, Budiman. Identifikasi Tingkat Keterampilan Bermain Sepak Bola PS. Taruna Desa Potu Kecamatan Dompu Kabupaten Dompu Tahun 2018. Jurnal Ilmu Sosial dan Pendidikan; c2020, 4. (For Article)
16. Gabbett T, Jenkins D, Abernethy B. Game-Based Training for Improving Skill and Physical Fitness in Team Sport Athletes. Int J Sports Sci Coach 2009;4(2):273-283; DOI: 10.1260/174795409788549553. (For Article)
17. Breivik G. The role of skill in sport. Sport Ethics Philos 2016;10(3):222-236; DOI: 10.1080/17511321.2016.1217917. (For Article)
18. Farley JB, Stein J, Keogh JWL, *et al*. The relationship between physical fitness qualities and sport-specific technical skills in female, team-based ball players: A Systematic Review. Sports Med Open 2020;6(1); DOI: 10.1186/s40798-020-00245-y. (For Article)
19. Hall EA, Docherty CL. Validity of clinical outcome measures to evaluate ankle range of motion during the weight-bearing lunge test. J Sci Med Sport 2017;20(7):618-621; DOI: 10.1016/j.jsams.2016.11.001. (For Article)
20. Tavakol M, Dennick R. Making Sense of Cronbach's Alpha. Int J Med Educ 2011;2:53-55; DOI: 10.5116/ijme.4dfb.8dfd. (For Article)
21. For Patent Reference: H. Aviv, D. Friedman, A. Bar-Ilan and M. Vered. Submicron emulsions as ocular drug delivery vehicles, U.S. Patent US 5496811; c1996.
22. For Website Reference: Quick dissolving tablets. http:/www.biospace.com. 27 May, 2001.