



Futsal Basic Technical Skills: Descriptive Study of Athletes at the Fordas Futsal Club

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Abstract

Objective. Based on the observation results, it was found that the athletes of Fordas FC lacked mastery of basic technical skills in futsal. To address this issue, this research aims to determine the proficiency level of futsal basic technical skills in athletes at Fordas FC.

Materials and Methods. This study is a form of quantitative descriptive research, which aims to describe the basic skills of futsal players, including passing, controlling, dribbling, and shooting. The subjects of this research are all 20 active athletes at Fordas FC. The research was conducted at the Futsal Field in Sumber Rejo Village, North Bengkulu, and the data collection technique used was the Basic Futsal Technique Skills Test. This test is specifically designed to measure the basic technical skills of futsal players. The collected data was analyzed using descriptive statistics in the form of percentages.

Result. According to the research conducted, it was found that among the athletes of Fordas FC, 6 athletes (30%) were declared to have good basic futsal technical skills, 8 athletes (40%) were found to have adequate skills, 4 athletes (20%) were found to have poor skills, and 2 athletes (10%) were found to have very less skills. The average value of 82.31 indicates that the level of basic futsal technical skills of the athletes falls in the $74 < X \leq 89$ range.

Conclusion. After conducting thorough research, it has been established that the athletes at Fordas FC club have an adequate level of basic futsal technical skills. The results of this study can prove to be highly beneficial for coaches and athletes as it provides comprehensive evaluation material to help them develop and enhance their fundamental technical abilities in futsal. With these findings, coaches can focus on specific areas of improvement, while the players can utilize these insights to work on their skills and become better at their game.

Keywords: Skill, Basic Technique, Futsal.

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Introduction

Engaging in sports is a common practice that people do regularly. This physical activity is often associated with maintaining good health. Not only does it benefit one's physical well-being, but exercise is also known to enhance a person's overall quality of life.(Najib et al., 2021). Sport is an energetic muscular activity and in this activity, athletes demonstrate their movement abilities or performance (Prativi, 2013). Regular exercise can greatly improve overall physical and mental health (Kardi, 2020). Sport is a series of regular and planned physical movements to maintain life, improve the quality of life, and achieve a level of physical ability that meets the goals (Pranata & Kumaat, 2022).). It was further explained that the current government through the National Sports Grand Design (DBON) hopes that people are not only healthy, but must be fit, and have achievements because it is a determinant of the nation's progress, apart from that, sports achievements have become a measure of a nation's success (Kardi & Ita, 2023).

Futsal is a fast and dynamic team sport that is popular across all levels of society. A high level of collectivity can greatly increase achievement (Chen & Dong, 2013). Futsal is a team sport where each team is comprised of 5 players, with one player designated as the goalkeeper. The game is played on a field that measures between 25 to 42 meters in length and 15 to 25 meters in width. The field is marked by lines that are 8 centimeters wide, including the touchlines on the sides, the goal lines at the ends, and the line across the middle of the field. There are 2 goals on opposite ends of the field, which are 2 meters high and 3 meters wide. (Mashud et al., 2019). Futsal in its game is known as mini football by adopting the game of football in the form of modified laws of the game (Marhaendro et al., 2013). Futsal was developed into an alternative soccer game, looking at the efficiency of using land or fields that are smaller than football (Hariadi & Jaelani, 2020). In the same vein, futsal is a type of sport that is similar to football and has gained wide popularity among young people and currently, many futsal clubs have been formed in various countries (Rukwong & Tubklay, 2022). In the game of futsal, a round ball made of leather is used. The game lasts 2 rounds for 20 minutes. Between the 2 rounds, there is a 10-minute break (Justinus Lhaksana, 2011). To be able to play futsal well, players need to master basic techniques because without mastering basic techniques, it is difficult for players to control or master the ball (Raibowo et al., 2021). Without good ball control skills, players can't create cooperation with other players, whereas cooperation is the essence of the game of futsal.

Basic techniques are basic movements that must be mastered well by every player in all sports, one of which is futsal (Festiawan, 2020). There are several types of techniques in playing futsal, including controlling, shooting, passing, chipping, and dribbling (Dewi & Pakpahan, 2018). In the same vein, it is stated that the basic technical skills of futsal include: passing, holding the ball (control), throwing the ball (chipping), dribbling, and shooting the ball (Ibrahim et al, 2022). The technique of receiving the ball is the most important part of the sport of futsal, without receiving the ball well you cannot talk much about passing and dribbling the ball (Bramasakti, 2016). Shooting is a basic technique that must be mastered by every player because all players have the opportunity to score goals to win the match (Alamsyah & Endriani, 2021). Shooting accuracy is greatly influenced by the fitness level and playing experience of futsal athletes (Yanto & Sutapa, 2019). In futsal games, athletes can be expected to master game techniques such as ball control, attack combinations, and defense (Kurniawan & Mylsidayu, 2017). Another opinion states that every futsal athlete must have adequate skills regarding basic futsal techniques which include; possession of the ball on the field, tackling opponents, and teamwork (Yanto & Sutapa, 2019).

The next technique is passing, which is a basic technique in the game of futsal where a person gives a pass or short pass to one of his teammates (Sugiaro et al., 2022). This technique is a technique that must be needed by every player because, with a flat field and small field size, hard and accurate passing is required (Hamzah & Hadiana, 2018). Chipping or gastric passing is based on the basic technique of playing futsal to be able to feed teammates with a gastric pass. Chipping is a pass that is used to cross the opponent with a back pass that blocks the pass path of the bottom ball (Narlan & Juniar, 2017). This technique is almost the same as the passing technique. Dribbling (dribbling) or the technique of carrying the ball from one place to another using the foot as a controller. Dribbling the ball must be an important concern for all players because players will find situations where they have to decide to dribble the ball so that the opponent does not easily seize the ball because the risk is very large if they make a mistake which results in the opponent quickly seizing the ball and making a counterattack (Herlambang et al., 2022).

Fordas FC is a futsal club situated in Sumber Rejo Village, North Bengkulu. The club was established to develop skilled players or athletes who can compete with other teams. However, during the observation process, the club has identified some issues with the athletes' performance in the field. One of the main problems is that athletes tend to make mistakes while applying basic futsal techniques, such as inappropriate shooting, poor ball control, and ineffective passing. These mistakes have a direct impact on the team's overall performance.

After observing the performance of Fordas FC athletes, researchers found several technical errors made by the team. This resulted in the team's inability to work together and achieve their goal of scoring a goal against the opponent and winning the match. As a result, the researchers are interested in conducting detailed research to identify the underlying causes of the athletes' sub-optimal skills in applying basic futsal techniques at Fordas FC.

Materials and Methods

Study Participant

The research focuses on the population of active futsal athletes who are affiliated with Fordas FC. The study includes a total of 20 athletes, and the entire population was considered as the research sample. This approach ensures that the findings are representative of the entire group of athletes and can be applied to the larger population with confidence. The objective of this research is to gain a better understanding of the characteristics and performance of futsal athletes in this particular setting.

Study Organization

The type of research used is quantitative descriptive, namely research that describes the conditions that occur in the community (Kusumastuti et al., 2020). The research location is located at the futsal field in Sumber Rejo village, Hulu Palik District, North Bengkulu, Bengkulu. Meanwhile, the time of this research is April 2023. The research employed a test as the data collection technique. Specifically, the instrument used in this study was a test aimed at evaluating basic futsal technical skills. The research process involved several steps, such as preparing the necessary tools and instruments, coordinating with coaches and players to collect data, explaining the research objectives and how to conduct the test to the athletes, collecting the data, and finally, analyzing it.

Statistical analysis

Descriptive statistics are used to analyze the data by categorizing it into five categories based on the mean and standard deviation and then expressing it in percentage form. (Sudijono, 2015) which is outlined in table 1 below:

Table 1. Category Table

No	Formula	Category
1	$M - 1,5 SD \geq X$	Very well
2	$M - 1,5 SD < X \leq M - 0,5 SD$	Good
3	$M - 0,5 SD < X \leq M + 0,5 SD$	Enough
4	$M + 0,5 SD < X \leq M + 1,5 SD$	Poor
5	$M + 1,5 SD < X$	Very Poor

Information:

X = Score

M = Mean (Rata-rata)

SD = Standard Deviation

Calculate:

Mean Ideal = $\frac{1}{2}$ (Highest score + Lowest score)

$$\text{Ideal Standard Deviation} = \sqrt{\frac{\sum \mu^2}{N}}$$

After grouping the data into categories, calculate the percentage of each category using the percentage formula. According (Arikunto, 2016) The percentage formula used is:

$$P = \frac{F}{N} \times 100\%$$

Information:

P = The percentage sought

F = Frequency

N = Number of respondents

Table 2. Normative Calculation Results

No	Formula	Limitation	Category
1	$M - 1,5 SD \geq X$	$60 \geq X$	Very well
2	$M - 1,5 SD < X \leq M - 0,5 SD$	$60 < X \leq 74$	Good
3	$M - 0,5 SD < X \leq M + 0,5 SD$	$74 < X \leq 89$	Enough
4	$M + 0,5 SD < X \leq M + 1,5 SD$	$89 < X \leq 104$	Poor
5	$M + 1,5 SD < X$	$104 < X$	Very Poor

Results

The results of data analysis found that the basic technical skills of Fordas FC futsal athletes were dominant in the sufficient category. The results obtained can be seen in Table 3 below:

Table 3. Futsal Basic Technical Skill Level

No	Interval	Category	Frequency	Percentage
1	$60 \geq$	Very well	0	0
2	$60 - 74$	Good	6	30
3	$74 - 89$	Enough	8	40
4	$89 - 104$	Not enough	4	20
5	$104 <$	Very less	2	10
Total			20	100

According to Table 3, the study found that 6 athletes (30%) had good basic futsal technical skills, 8 athletes (40%) had adequate skills, 4 students (20%) had poor skills, and 2 students (10%) had very low skills. The average score of 82.31 falls within the range of 74 to

90. Below is a bar chart showing the results of the Basic Futsal Technique Skill Level Test for Athletes at Fordas FC.

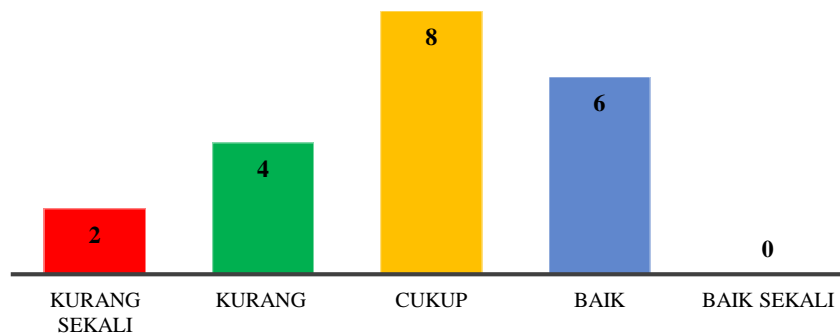


Figure 1. Futsal Basic Technical Skill Level

Discussion

Basically, to be able to play futsal well, athletes must be equipped with good basic skills or techniques, not just being able to kick the ball but also requiring expertise in mastering or controlling the ball (Rasyd et al., 2019). So, futsal basic technical skills are very important in the game of futsal. Basic technical skills for playing futsal are basic abilities that must be mastered by players as a preparation for every futsal game (Sutiana et al., 2020).

Based on the results of the basic futsal technical skills test held in April 2023, as many as 20 futsal athletes at the Fordas FC Club received the following data: 0 students (0%) were declared Very Good, 6 students (30%) were declared Good, 8 students (40%) were declared Sufficient, 4 students (20%) were declared Poor, and 2 students (10%) were declared Very Poor. Meanwhile, the maximum value (longest time) was 112.15 and the minimum value (fastest time) was 61.49 and the average was 82.31. The results of previous research also revealed that the futsal basic technical skills of athletes in the PJKR UNM Makassar Study Program were also dominant in the moderate category (Sudirman, 2022). This requires special attention so that athletes can master basic techniques optimally in order to improve team performance, especially Fordas FC.

In order to assess basic futsal technical skills, a test instrument is used which includes several categories such as dribbling, passing without stopping (without controlling) for 10 times on the right or left with a distance of 2 meters between the kick point and the wall, passing with controlled 10 right and left, and shooting 1 right and 1 left with a distance of 2.5 meters between the kick point and the wall. Fast completion of these tests is required in order to obtain the best scores in the fastest time, allowing futsal athletes to carry out the tests quickly without paying attention to the distance when kicking against a wall or walls. Basic futsal technical skills that

fall into the sufficient category require appropriate training methods. As such, athletes are advised to regularly practice dribbling to achieve the ability to control the ball. (Arsil et al., 2023). An important factor in achieving a person's futsal achievements is the player's mastery of basic futsal technical skills (Setiawan et al., 2021). Form futsal playing skills such as; basic techniques for passing, basic techniques for holding the ball (control), basic techniques for throwing the ball (chipping), basic techniques for dribbling and basic techniques for shooting the ball (shooting) (Novianto & Nugraheningsih, 2021). Achieving proficiency in futsal basic technical skills demands consistent and dedicated practice. It requires rigorous training in various fields and locations to attain mastery.

According to (Ma'mun & Saputra, 2000) the achievement of a skill is influenced by many factors. These factors are generally divided into three main things, namely teaching and learning process factors, personal factors, and situational or environmental factors." These three factors are believed to be the main determinants of achieving success in learning skills. A skill can only be mastered or acquired if it is studied or trained with certain requirements, one of which is that the activity of learning the skill must be carried out continuously within a certain adequate period of time. Each individual's skill abilities are also different depending on the learning process, the individual's personality and the environment around him.

The skills they have become provisions for athletes to take part in the training given by the coach (Hutomo et al., 2019). The basic technical skills possessed by these athletes become capital for athletes to achieve maximum playing performance. Maximum achievement will be the most important part of the futsal training process apart from improving and improving basic technical skills. Achieving maximum playing performance will complete a series of achievements and as a result of improving basic technical skills for playing futsal.

Based on the research findings, it can be concluded that 8 out of the 20 athletes at the Fordas FC club possess basic futsal technical skills at a sufficient level (40%). These athletes have a skill level that ranges from good to poor, with the average value of 82.31 falling between the playing patterns of 74. To enhance the basic futsal technical abilities and skills of all athletes at Fordas FC, it is essential to develop training programs that focus on improving the quality and psychological abilities of the players.

Conclusions

After conducting research and discussion, it can be concluded that the level of futsal basic technical skills among athletes at the Fordas FC is enough. The highest frequency is in the sufficient category. These results provide a foundation for future researchers to design appropriate training programs that will enhance the athletes' ability to master basic skills.

Although this research was conducted with good and correct procedures, it was not without limitations, such as the sample being limited to beginners. Consequently, future researchers are advised to involve samples with diverse characteristics.

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Conflict of interest

The authors have no conflict of interest in this research.

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