

Ball Dribbling Optimization of Basic Skills Through Play Method In Football Athletes Age 8-10 Years SSB rosary 2018

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Abstract- This study aims to improve the results of the exercise dribble through exercise bermainpada SSB athletes ages 8-10 years TASBI Medan 2018. Subjects in this study were 8-10 years of age athlete TASBI Terrain SSB numbered at least 21 people who will be given the act a form of exercise in the form of practice dribbling through practice methods of playing. To obtain the data in this study is the observation sheet dribbling technique. The data analysis technique used is the data reduction and exposure data. After the data collected and the analysis of the obtained results: the results of pre-test observation data obtained 21atlet (100%) who scored the results of observation with an average of 56.14%. From the results of the exercise cycle I obtained 19 athletes (90.47%), which has reached mastery exercises, and who have not achieved mastery exercise value, gained 2 athletes (9.53). With the average value of the observation of the first cycle is 86,50%. In this case it can be seen that an increase in the average value of the results of the exercise significant between the pre-test athletes to cycle I. Based on the results of data analysis can be said that through the implementation of the exercise bermaidapat improve workout results dribble in athletes aged 8-10 years SSB Terrain TASBI 2018.

Keywords : Football, Dribbling, Playing Method

1. Introduction

Sports now it has become the need of every individual, as do sporting activities properly and sustainable can enhance the degree of physical fitness. It can be seen from every community enthusiastic sporting activities.

Through sports Indonesia is expected to create a productive human being, honest, sportsmanship, spirit and fighting spirit and high competitiveness. One major problem in the sport in Indonesia until today is not yet effective method of practice in sports clubs, the condition of the poor quality of training methods in sports clubs have been raised in various forums by some observers. It is caused by several factors including the limited ability of the coach and tebatasnya sources used to support training methods. The quality of the existing coaches in sports clubs are generally inadequate. Coach less able to carry out their profession in a professional manner, less successfully implement the responsibility to educate and train the athletes systematically through sports movement is to develop the abilities and skills better overall physical, technical, mental and ntelektual. It is true that given that most coaches at the sports club less creative in providing training models. Most coaches only emphasizes the end result regardless of the learning process. This would be bad for athletes because of the lack of information given by the coach and will indirectly affect the performance of the coaches and sports destination will not be reached, it will damage the image of a coach in the eyes of athletes. It is true that given that most coaches at the sports club less creative in providing training models. Most coaches only emphasizes the end result regardless of the learning process. This would be bad for athletes because of the lack of information given by the coach and will indirectly affect the performance of the coaches and sports destination will not be reached, it will damage the image of a coach in the eyes of athletes. It is true that given that most coaches at the sports club less creative in providing training models. Most coaches only emphasizes the end result regardless of the learning process. This would be bad for athletes because of the lack of information given by the coach and will indirectly affect the performance of the coaches and sports destination will not be reached, it will damage the image of a coach in the eyes of athletes.

Football is a very popular sport in nearly all parts of the world, as well as in Indonesia, soccer is one of the most popular sports community, as evidenced by the football clubs that have quality players. Surely there must be developed continuously. Coaching from an early age to be done to create the seeds of professional players who will be expected in the future.

Many factors influence the outcome of soccer athlete exercises, one of which is the lack of creative coaches in creating and developing a simple form of exercise, the coach will be the models lack of exercise so that the training process less attractive to athletes so they can create a boring exercise activities for athletes.

SSB TASBI is a container or a gym that trains athletes in particular. Therefore, the basic ability to play football is in need to be able to know how much the students have a desire to do a skills training; kick the ball, the ball, the throw in and keep wicket, so that the athlete is able to provide a contribution appearance of motion, especially in the sport of football, so it will be a consideration for the coaching skills of motion exercises are particularly in the learning and practice of a blend of various factors relating,

2. Theory

2.1. Itself football

Danny Mielke (2007: 19) says that "a true Football is a team game. Although players who have high skills to dominate in certain circumstances, a soccer player to be interdependent on each member of the team to create the beautiful game".

Football is a game that is done by way of a punt, with the aim to put the ball ke gawang opponent and defend the wicket in order not to concede the ball. In the soccer game, only played a goalkeeper allowed the ball to the feet and hands.

The game of football is a team game, each team consists of 11 players. Usually the game of football is played in two rounds (2 x 45 minutes) with a 15 minute break between the two phase, and in some particular game when the match ended in a draw then followed by an additional round (2 x 15 minutes) without interspersed with rest periods, after half extra when the results remain draw then followed by a penalty.

2.2. Exercise Itself

Bompa (1983: 37) argues that "exercise is a systematic process or work repeatedly in the long term, which increased gradually and the individual shown in the formation of physiological and psychological functions to meet the demands of the task".

The principle according to Harsono (1988: 120) as follows:

- 1) The principle of overload (overload) is the training load given to the athlete must be quite heavy and should be repeated with a high enough intensity.
- 2) The principle of overall load (multilateral development) is to provide a thorough workout that involves several aspects of the sport, so athletes have the basics of a more robust, in order to nmenunjang specialty skills later.
- 3) The principle of specialization is to devote all its capabilities, both physical and fisika on a certain sports.
- 4) Principle Variation In Exercise

For sporting activities that have minimal variation element will make fast athletes feel bored in doing so. Boredom in practice would be detrimental to the progress of achievement. A coach must be creative in presenting the training program, the coach must be good at finding and implementing variations in practice, for example by using another tool or shaped differently than usual games with balls, competitions relay and so on. Variations training and applied ingenious creations will be able to keep the athlete's physical and mental preservation, and thus the onset of boredom practice as far as possible be avoided.

Harsono (1988: 100) explains that the purpose and the main target of the exercise is: "to help athletes improve their skills and accomplishments as much as possible, to reach it there are four aspects to be considered and trained rigorously by athletes, namely: exercise physical condition, exercise technique, tactics and mental exercise.

Based on the above explanation, that to establish the aspects that support the achievement of maximum performance requires a relatively long time. The aspects that need to be trained and

developed by someone athletes cover physical, technical and mental. Exercise physical condition will change to one's level of physical fitness

2.3. Ball Dribbling Itself

Dribbling / dribble is one the ability to carry the ball in the direction of the desired goals. Keterampilan dribble is one of the important and essential foundation that must be mastered by every player. According to A. Sarumpet et al. (1992: 24) is a technique in an attempt to move the ball from one region to another during the game is in progress. While Arma Abdullah (1985: 426) states that "the art of dribbling can be interpreted using the legs touch or overthrow the ball constantly on the ground while running".

According to Robert Koger (2007: 51) states dribbling is a method of moving the ball from one point to another point in the field by using the legs. The ball should be close to the foot to be easily controlled. Players should not have to constantly look at the ball. They should also look around with his head in order to observe the situation on the ground and watching the movements of other players ". From these explanations can be affirmed that the dribble right in front of us or to remain in control. And do not dwell on the ball but try to head upright and centered view of the future field. This position must be maintained in order to get used to and stay focused on the situation in the field.

By Ardi Nusri (2003: 21) "The principle that should pay attention to dribble footsteps, speed and encouragement".

Sucipto, et al (2000: 51) says "basically a dribble is kicking intermittent or slowly, therefore the legs are used in the same dribble with the feet that are used to kick the ball".

According Sarumpaet (1992: 24) "dribble is an element technique in moving the ball from one region to another during the game is in progress".

From the quote above can be explained that the soccer player who has a footstep and a better technique, will easily dribble as desired. Techniques will also assist in the process of dribble, to have a good technique dribble then Gerkan will be faster toward the desired goal.

Described by Nusri, (2003: 22) "on the implementation of the dribble can be herded by using the inner side of the foot, leg side and the outer side of the upper leg (turtle)". Implementation can be done denagn dribble left foot or right foot.

2.4. Itself Playing Method

The game is one of many rides to bring children to live together or a society. Children will understand and appreciate him or her. In children who play, the growing sense of togetherness, which is very good for the formation of the social sense.

In the game the child will know his strength, mastering the tools to play and master the tool properties. By playing the child will have an atmosphere, which not only reveals his fantasy, but also will reveal all its original nature, and revealed it was done obediently and spontaneously. Boys and girls of the same age doing differently to the same game (such as playing with a cube or a doll).

Playing children express various emotions, and in accordance with that obtained when the kind of emotion was expressed, and does not lead to achievement, with a children's playground will be brought to the fun, excitement, and happiness in the world of a child's life. All of these situations have meaning educational vehicle.

The game will underlie cooperation, obey the rules of the game, the game honest character in the play, and all of this will shape the nature of "fair play" (honestly, chivalry, or both) in the play. The danger in playing may arise, and this situation will be of much use and the real life.

Given the importance of the position of a method of playing as a motivational tool and a teaching strategy in football practice, and as a means to an end, then the implementation needs to be tailored to the characteristics of the students or the lesson itself. One of the kinds is a training method to play.

Method of play in the training process is the work done by the coach in negotiating the learning process so that the purpose of the exercise that is set in an exercise program can be effectively absorbed by the child. Method of playing one of the activities in the training process of football.

Method of playing is a teaching strategy implemented by the coach so that teaching objectives can be achieved effectively and efficiently. Playing football is very important to spur academic ability or knowledge and skills, especially in children. Method of playing is also a means of achieving self-development objectives are both intellectual, emotional and skills. Method of playing is not the only

method that works best, it is because this method has advantages and drawbacks, while the benefits are: provide an opportunity to develop and aspects of social development in accordance with the customs and culture of the people and the atmosphere tends to be freer and information determine decisions by children, while the weakness of the method of play is less efficient in using to build.

2.5. Itself Games and Activities Maze

According to Tom Fleck (2002: 57) In the maze activity, the players should be moving in all directions to solve the problem of space. The purpose of the games here is to provide an opportunity for the players to move to various directions, memcahkan motion problems both individually and collectively and feel on the ball in a variety of situations.

As for some of the games maze by Tom Fleck (2002: 57) is as follows:

1) Drop Pancang cone,

How do Pancang cone Drop game by Tom Fleck (2002: 57) as follows:

The players dribble in a predetermined area and trying to bring down stake cones as possible within 10-20 seconds. Specify the time in accordance with the level of skill of the player.

From the above explanation can be concluded that the model methods of play drop cone stake aims to improve the ability to dribble with his head held high.

2) Take Stake cone,

How do permainann Take Stake cone according to Tom Fleck (2002: 57) as follows:

Ask the players to dribble diarea covering the previous game. Challenge them to dribble was quickly putting down stakes correctly cones on the ground. This game can be taken by individuals or groups.

From the above explanation can be concluded that the model methods of playing grab a cone stake aims to improve the ability to dribble with his head held high while retaining the motion, control, and balance the body.

3) Methods Following the Leader,

How did the game follow the leader by Tom Fleck (2002: 57) as follows:

Ask the players to follow you while dribbling certain diarea. On the way, hop on one foot, a small jump, walk as above rope, sit down, and so on, while remaining on the ball with different parts of the body. Once players imitate you some time, appoint a player to become a leader in turn. From the above explanation can be concluded that the model methods of playing follow the leader aims to improve coordination and balance with the ball.

3. Research methods

Implementation of this research conducted in Field Football School (SSB) TASBI complex of Taman Setia Budi Indah Block D Medan. Sports Action Research (PTO) is implemented in the first cycle to see an increase in the ability of the athlete to dribble SSB Medan. Langkah TASBI first determine the method used in the study, namely sports action research methods. The next step determines banykanya actions performed in the cycle. In this sports action research, the researcher will carry out actions in the ongoing implementation and measures to be implemented in a cycle which researchers give to the students that the researchers made the subject of research.

The steps of the implementation of the PTO in the procedure is carried out participatory or collaborative (trainers, researchers, athletes with other teams) to cooperate, starting from the orientation phase was continued action planning continued implementation of the action in the first cycle. Analytical discussion followed on the reflective-evaluative step on the activities carried out in the first cycle, and then prepare a plan modification, correction or rectification, or improvement in the second cycle and so on.

4. Discussion

From the analysis of the results of the data it can be concluded that through the application of a method of playing exercise can improve results dribble exercise in athletes aged 8-10 years TASBI Terrain SSB. From the analysis of the data also showed that the pre-test is still low. Then do exercises implementation methods of play in the training process of athletes. From the analysis of the data obtained that the results of the exercise dribble through the application of the method of exercise play.

Based on the results of observational data pre-test yang performed on athletes SSB TASBI Terrain Terrain Age 8-10 Years on 14 August 2018, turned out of 21 athletes SSB TASBI Medan aged 8-10 years has not reached the value of classical completeness of athletes who have been assigned researchers that the figures 70%, with the details turned out to be only three athletes (14.28%), which reached a value ketercapaian, and 18 athletes (85.72%) who have not reached the value of achievement.

Furthermore, the application of this form of exercise methods play as much as 8 times pertemuan selama 2 weeks. After the first cycle of observation carried out tests on 28 August 2018. From the observation of the first cycle, was of 21 athletes SSB TASBI Medan aged 8-10 years has reached a value of classical completeness athletes who set researchers that the figure of 70%, comprising 19 athletes (90.47%) who have reached the target value, and two athletes (9.53%), which has not reached the value of achievement. With an average value of 86.50% classical athlete.

Based on the results after the application of a form of exercise methods play in the first cycle the value of the average classical completeness obtained by athletes is 86.17% with Improved observation results dribble the first cycle of pre-test seen before, amounting to 30.36% = result of observation the first cycle (86.50%) - the observation of the pre-test (56.14%). This indicates that the application of this form of exercise play method can improve outcomes lead bolapada SSB athletes ages 8-10 years TASBI Medan in 2018.

From the data above, it can be concluded that through the practice of playing methods could increase yields dribble exercise in athletes aged 8-10 years TASBI SSB Medan in 2018.

5. Conclusion

Based on the results of the discussion and the research findings obtained some conclusions, namely:

1. Based on the results of the exercise athletes in the first cycle after the test results of the exercise in classical dribble has improved. Of the 21 athletes there are 19 athletes (90.47%) who have achieved mastery training, while two athletes (9.53%) have not yet reached ketuntasan exercise. With the average value of learning outcomes athlete is 86.50%.
2. Based on this it can be concluded that the "Exercise Exercise Through Ball Dribbling Playing Methods to Improve Outcomes Ball Dribbling Athletes Age 8-10 Years On SSB TASBI Terrain 2018".

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