

Instruction of Women Goalkeepers' in Indonesian Futsal Nusantara League 2019

Desrio Windoro

*Science of Sport Postgraduate
Universitas Sebelas Maret Surakarta
Surakarta, Indonesia
desrio25windoro@gmail.com*

Agus Kristiyanto

*Science of Sport Postgraduate
Universitas Sebelas Maret Surakarta
Surakarta, Indonesia
aguskriss@yahoo.co.id*

Slamet Riyadi

*Science of Sport Postgraduate
Universitas Sebelas Maret Surakarta
Surakarta, Indonesia
slametriyadi70@staff.uns.ac.id*

Abstract— This article is intended to determine the instructions of women goalkeeper's profiles in the Indonesian Futsal League 2019. The method that is used is observational by doing observations directly in the Indonesian Futsal Nusantara League. This event was held at Sasana Krida Building at Purwokerto Central Java. The population in the study are eight women goalkeepers from the clubs who are in the biggest of the fourth. The results are as follows: (1) the goalkeeper uses sound while giving the hand symbol and pointing the opponent as a signal to escort the designated opponent 60.63%, (2) when the opponent is in the penalty area, the goalkeeper gives a loud voice command to guard the opponent 17.31%, (3) the goalkeeper gives strict orders to the players 16.35%, (4) the goalkeeper yells while mentioning the opponent's jersey number to a teammate to guard the opponent whose jersey number is 3.93%, (5) When giving tactics the goalkeeper teammates whisper something so as not to be heard by opponents as much as 0.78%, and (6) the Goalkeeper communicates with the coach about the match situation as much as 0.78%. (7) The type of goalkeeper's command in the command type dimension then the goalkeeper uses the word "ready left" "ready right" to command a teammate 32.81%, (8) the goalkeeper uses the word "look at opponent" to keep opponents coming to attack as much 31.38 %, (9) the goalkeeper shouted "goalkeeper" when going to take the ball to avoid colliding with *defending* 21.89%, (10) the goalkeeper used the word "close" in commanding a teammate for 11.68%, (11) the Goalkeeper uses the word "up" in commanding a teammate 2.18%, and (12) the Goalkeeper uses the word "Come" in ordering a teammate 0%.

Keywords: *instruction, women goalkeepers, Indonesian Futsal Nusantara League 2019*

I. INTRODUCTION

Futsal is one of sport that is very popular with many people around the world today. According to the latest Futsal World Ranking (October 2019), Brazil still survives at the top, with 1839 points. Spain occupies the second position with 1783 points, and the third place is occupied by Russia with 1678 points. While ranking is ranked 47th in the World and 10 in Asia with 996 points. Futsal is a ball sport played by two teams, each of team which consists of 5 players. The goal of Futsal is to get the ball in the opponent's goal. By using legs, head and all parts of the body except the hands. In Indonesia, futsal is an inseparable part of PSSI (Indonesian Football Association). Futsal was once under the auspices of BFN (National Futsal Agency), which is a that has built and developed futsal in Indonesia. But in 2014, BFN did not become a responsible anymore in futsal in Indonesia but formed a new association called the Indonesian Futsal Association (AFI).

Similarly, futsal also has a position in the game, namely *goalkeepers, anchors, flanks, and pivots*. These positions are not static, and they often rotate due to the nature of dynamic and fast futsal games. Futsal is a high-speed and dynamic game. From a relatively small field, there is almost no room for making mistakes. Therefore, it requires cooperation between players through accurate *passing*, not trying to pass the opponent. [1] Goalkeepers are players who are trusted to escort or keep the goal from the opponent's attack. So that position is the last defense in futsal and a vital position in defense. The goalkeeper must have excellent technical and tactical skills aimed at increasing his ability to anticipate the ball. Goalkeeper is the most essential player in the team futsal. The goalkeeper gives the team the last line of defense and must master a set of skills that are entirely different from the skills used by field players [2].

In explaining the role of the goalkeeper above, the role of the goalkeeper has a significant influence in a match. There are several results related to the goalkeeper research. *The Efficiency Model of Goalkeeper's Actions in Soccer* presents a cognitive model that illustrates the efficiency of the goalkeeper's actions in soccer based on observations of playing in a match chosen from the final of Euro 2008. The observation method was used in this study. The two goalkeepers' games were analyzed in 7 football matches in the Euro Championship cup phase, which took place in Portugal in 2008. Data were recorded on the author's observation form. Activity, effectiveness and reliability during offensive and defensive actions are the subject of this examination. It was revealed that most of the goalkeeper's efforts were aimed at taking control of the playing field or maintaining possession of the ball; creating scoring opportunities represent only a small part of the action. Defensive actions are generally carried out individually allied and the highest reliability reported when catching the ball. Efficiency models of goalkeeper actions must be used to create game models for players that represent lower levels of sports competition to increase the effectiveness of their games [3].

Communication is the defender. This is vital to do. Without excellent communication, the potential for miscommunication between defenders and goalkeepers is very possible. As a result, fatal, the goal is often broken due to situations like this. The keeper is the king of the penalty box. Whoever the defender is, must obey the goalkeeper's orders. Concentration. A goalkeeper, in plain view as not always working every minute. [4] When the ball is in the opponent's defense area, the goalkeeper will tend to stay still. But, when in a situation like this, a goalkeeper would be better if it remained entirely concentrated in the game. Concentration

since the opponent's attack has not been built will make it easier to make decisions when an attack comes. In this article, we will discuss more about how the profile of women's futsal goalkeepers is often done in the 2019 Indonesian Nusantara League.

II. METHOD

The method that is used in this article is an observational study. By doing observations on the object of research directly. The object of research is women futsal goalkeepers who compete in Indonesian Nusantara League which held on 20-22 September 2019 in Purwokerto. The matches were taken as materials of the research are semi-finals and final of the Indonesian Nusantara League 2019. Populations in the study are eight women futsal goalkeepers who come from the four teams which compete in the semifinal round. The teams are; KJI FC Jambi, Female FC Jakarta, Mas General FC Makassar, and HMN Angel Nusa Tenggara Timur. All the populations became a sample in this research. It concluded that the sampling technique by using total sampling and purposive sampling.

III. RESULTS AND DISCUSSION

The method used in writing this article is observational research. By direct in observations on the object of research. The object of research is the women futsal goalkeeper competing in the Indonesian Nusantara League on 20-22 September 2019 in Purwokerto. The match that was taken as research material was the semi-final and final round matches in the 2019 Indonesian Nusantara League. There were eight female goalkeepers from 4 teams in the semifinals. The team are; KJI FC Jambi, Female FC DKI Jakarta, General Mas FC Makassar, and HMN Angel Nusa Tenggara Timur. The results that have been obtained in observing women's goalkeeper orders that are often done during the 2019 Indonesian League semi-final match are as follows:

TABLE I. COMMUNICATION DIMENSIONS OF WOMEN FUTSAL GOALKEEPERS IN THE INDONESIAN NUSANTARA LEAGUE 2019

No	Indicator	Times	%
1	When the opponent is in the penalty area, the goalkeeper gives a loud voice command to guard the opponent	22	17.31%
2	The goalkeeper communicates with the coach regarding the match situation	1	0.78%
3	When the opponent is in the penalty area, the goalkeeper gives a strict order to the player	21	16.53%
4	The goalkeeper uses the sound while giving the hand symbol by pointing the opponent as a signal to escort the designated opponent	77	60.63%
5	When giving tactics to a teammate, the goalkeeper whispers something so the opponent does not hear it	1	0.78%
6	The goalkeeper shouts while calling the opponent's back number to a teammate to protect his opponent's numbered jersey	5	3.93%
Amount		127	100%

Based on the above table it can be illustrated that from the eight female goalkeepers who competed in the semifinal and final rounds of the 2019 Indonesian Nusantara League, the goalkeeper's command profiles on the communication dimensions of the goalkeepers with their teams were most often done by the goalkeeper using a voice while giving a hand

symbol and pointing an opponent as a sign for escorting designated opponents as much as 60.63% (77 times), the next indicator that is often done by female futsal goalkeepers is when the opponent is in the penalty area. When the opponent is in the penalty area, the goalkeeper gives a loud voice command to guard the opponent 17, 31% (22 times), the goalkeeper gives strict orders to the players 16.35% (21 times), the goalkeeper yells while calling the opponent's back number to a teammate to guard the opponent whose jersey number is 3.93% (5 times), When giving a tactic to a teammate the goalkeeper whispers something so as not to be heard by opponents as much as 0.78% (1 time), and the Goalkeeper communicates with the coach about the match situation as much as 0.78% (1 time). For more details can be illustrated in the graph below:

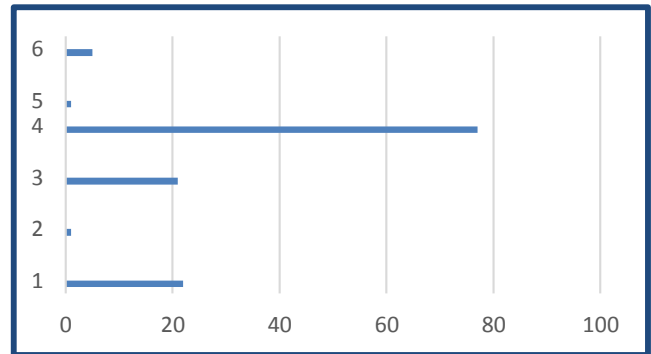


Fig. 1. Communication of Indonesian Women Futsal Goalkeeper Profile



Fig. 2. Communication of Indonesian Women Futsal Goalkeeper Profile

In the dimension of the type of orders that are often carried out by futsal women goalkeepers in the Indonesian Nusantara League in 2018 is as the table below:

TABLE II. TYPES OF ORDERS DIMENSIONS OF WOMEN FUTSAL GOALKEEPERS IN THE INDONESIAN NUSANTARA LEAGUE 2019

No	Indicator	Times	%
1	The goalkeeper uses the word "ready left" "right ready" in commanding a teammate	45	32.8
2	The goalkeeper uses the word "close" to command a teammate	16	11.68
3	The goalkeeper uses the word "up" to command a teammate	3	2.18%
4	The goalkeeper uses the word "come" to order a teammate	0	0%
5	The goalkeeper uses the word "look at the opponent" to guard the opponent who is coming to attack	43	31.38%
6	The goalkeeper shouts "goalkeeper" when he is going to take the ball to avoid colliding with the defender	30	21.89%
Amount		137	100%

Based on the table above, it can be illustrated that from the eight female goalkeepers who competed in the semifinal and final rounds of the Indonesian Nusantara 2019, the profile type of the goalkeeper's command in the command type dimension then the goalkeeper used the word "ready left" "ready right" in commanding a teammate of 32, 81% (74 times), the next indicator that is often done by female futsal goalkeepers is the goalkeeper uses the word "look at opponents" to keep opponents coming to attack 31.38% (43 times), the goalkeeper screams "goalkeeper" when taking the ball to avoid colliding with *defend* as much as 21.89% (30 times), Goalkeeper uses the word "close" in commanding teammates as much as 11.68% (16 times), Goalkeeper uses the word "up" in commanding a teammate as much as 2, 18% (3 times), and Goalkeeper uses the word "Come" to order a teammate 0% (0 times). For more details can be illustrated in the graph below:

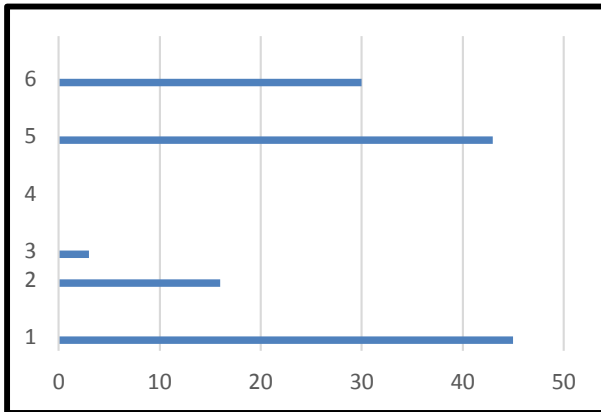


Fig. 3. Instruction of Indonesian Women Futsal Goalkeeper Profile



Fig. 4. Instruction of Indonesian Women Futsal Goalkeeper Profile

The goalkeeper who does his job well in managing the team and mobilizing the players in a particular area, helps his teammates prepare to face the opponent's attack while keeping themselves alert. Such organizing happens even when the goalkeeper team has the ball. The keeper continues to communicate with the closest players. [5] goalkeepers must anticipate where it comes from problems and should make sure there are enough players in the area to prevent or quickly shut down the threat. It is the goalkeeper's responsibility to monitor and direct the game. Because the goalkeeper is not directly involved in the action, he can see what is happening and can provide clarity about where things can develop. The goalkeeper does not keep quiet on duty just because the opponent is not threatening. But when the pressure comes and the field players lose ideas, that's when the goalkeeper has the most crucial role. The goalkeeper must

provide influence and support that calms the team. A tense goalkeeper will not help his exhausted team regain their composure.

Advent bola of team opponents who played lead to s e c t or defense of goalkeeper sometimes make all the peers lift their spirits. But all was quiet early, confident goalkeeper who handle the ball with his net to mobilize and stop the opponent. The goalkeeper can rebound to a safe area or hold and shoot to buy time for his team to regain composure, regroup and rearrange. Staying calm amid chaos comes from proper training

The goalkeeper also follows the goal of entering the ball to have his team immediately after the game starts between the opposition. In contrast to other players on the team, in the penalty area, the goalkeeper can use his hands. Further developments in the tactical structure have led, despite changes in rules, to increase the number of back-passes to one's own goals. [6] In this way, the work of the goalkeeper is somewhat improved. The goalkeeper is increasingly brought on as the first offensive player on the team and his team passing a kick onto the pitch starts the type of attack and its quality. The goalkeeper in charge of catching and holding the ball and specially trained as a defender must be able to plan tactics with an eye for offensive play and technical ability, to take advantage of recognized opportunities.

Goalkeeper is a leader and a right eye for all elements of the associates of the team, or the opposing team. The goalkeeper must be able to control the right situation and pattern excellent communication with the team. There are two main factors of keeper communication namely:

A. Tone/Sound

The voice that is issued by a goalkeeper in ordering a teammate sometimes uses a loud, firm voice, and sometimes the goalkeeper also uses symbols in the form of body language as a means of communication with his teammates.

B. Type of order

Some examples of commands that goalkeepers often do are close, ready, up, open, and press. Communication is vital for every player on the soccer field, and especially for the goalkeeper. After the guard decides, a teammate needs to know what it is. The goalkeeper must also be a leader in the field. The goalkeeper is the only player who faces the ground all the time and is the best position to see the progress of play. The keeper must know at least two of these necessary calls:

- "Goalkeeper! ": This means that the goalkeeper plays a ball, the defender must move away.
- "Go!": This means the opposite - the goalkeeper *does not* chase the ball, and the defense must chase him. It is usually used for crosses or corners.

The keeper must shout these commands loudly and repeat if necessary. There was certainly no doubt in anyone's mind who the ball was. This even includes the opposing attack team sometimes going back if they think that the keeper is coming hard. Guards must also direct traffic and defenders' positions on the field. Don't expect much of this to happen with young guards, especially those who don't play full time in goal, but with the experience of a full-time goalkeeper aged 14 or 15 years must be able to scan the field and arrange defense as necessary. To do this, the goalkeeper must know:

- Defensive schemes are used by the team and how the coach wants the defender to play
- The tendency and strength of the opposing team and opposing players
- The roles of the first defender, second defender, third defender adjust quickly
- The role of the first, second and third attackers is to help anticipate how the attack can develop

In short, the goalkeeper must be the second coach on the field. This is a tough task for young soccer players, but here are a few points that will help develop this.

- Be loud and repeatedly. Hard to hear on the field, especially for someone who holds the ball with his head bowed. Make sure the message arrives.
- Be specific with orders. Shout "Mark up!" or "Who's at # 10?" often not enough - tell a particular player what to do ("John, mark # 10" or "Ashley, Kristy, change one mark to the right").
- Work from the ball to the outside. The keeper must focus on the ball carrier first and arrange the defenders near the ball first. When the danger gets closer, set the player far away.
- Arrange to get feedback from one team. This can be eye contact, hand waving, verbal speech, okay, but ask the defense to let the goalkeeper know that they are heard. Goalkeepers will be able to change focus knowing the defender has been set, and the defender will not have guards shouting at them for something they have heard.
- If the goalkeeper does not call, the other players in the team must take responsibility. The defense should never assume the goalkeeper has the ball unless the goalkeeper calls him; they must go for the ball unless they hear the opposite. Some collisions with the goalkeeper's own defense in training must quickly teach a quiet ball keeper the value of calling the ball hard. Communication between the goalkeeper and other players is the key to making the defense function.

IV. CONCLUSION

The profile of female goalkeeper orders in the 2019 Indonesian Nusantara Futsal League, which is often carried out in the dimension of the keeper's communication with the team, is goalie by voice while giving symbol hand and pointed to the opponent as a gesture to escort a designated opponent as much as 60.63% (77times), k ethics opponent is in the penalty area, goalkeeper gave the order in a loud voice to keep the opponent 17,31% (22times), the goalkeeper gives strict orders to the players 16.35% (21 times), the goalkeeper yells while mentioning the opponent's back number to a teammate to guard the opponent whose jersey number is 3.93% (5 times), when giving tactics against teammates the goalkeeper whispers something to avoid being heard by opponents 0.78% (1time), and the Goalkeeper communicates with the coach about the match situation as much as 0.78% (1 time) profile command type dimension goalkeeper at the goalkeeper used the word "ready left" "right ready" to govern teammates as much as 32.81% (74 times), k IPER uses the word "view opposed" to keep opponents come to attack as much 31.38 %% (43 times), the goalkeeper shouted "goalkeeper" when taking the ball to avoid colliding with *defending* 21.89% (30 times), the goalkeeper used the word "close" in commanding a teammate 11.68% (16 times), the Goalkeeper uses the word "up" in commanding a teammate 2.18% (3 times), and the Goalkeeper uses the word "Come" in ordering a teammate 0% (0 times).

REFERENCES

- [1] L.Justinus, *Modern Futsal Techniques and Strategies*. Be Champion, Swadaya Group), 2011.
- [2] A. L.Joseph, *Steps to Soccer Success*, Jakarta: PT Raja Grafindo Persada, 2004.
- [3] Andrzej *et al*, "Baltic Journal of Health and Physical Activity", The Efficiency Model of Goalkeeper's Actions in Soccer.
- [4] Chaddock L, Pontifex MB, Hillman CH, Kramer AF, "A review of the relations of aerobic fitness and physical activity to brain structure and function in children". *J Int Neuropsychol Soc*, Vol.17 , 2011, pp.975-85.
- [5] M.Woitalla, *The Complete Soccer Goalkeeper*, United States of America. Human Kinetics, 2011.
- [6] B. Gerards, Wallraff. *Soccer Training For Goalkeepers*, United Kingdom: Meyer & Meyer Sport (UK) Ltd, 2006.