

Log Book Development in Football Learning with Tactical Approaches

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Abstract— The study aims to produce a log book product model of the logging Book of football Learning with a tactical approach. This research is an advanced study of previous research. Based on the analysis of the material expert validator, media and football learning that the teaching book developed has been streamlined to be used in the course process. It because with a log book of football learning that was developed designed like a real game, so the learning process is more interesting. Based on the results of the validation of material experts, media experts and trials to the students of the Department of PKO FIK Unimed semester I Year 2019 can be concluded that the teaching book is developed worthy to be used in the basic soccer lecture.

Keywords: *log book, tactical approach, football*

I. INTRODUCTION

Football study conducted in sports Training Sports Coaching Education Department of the Faculty of Sport Science of the State University of Medan consists of basic football, football skills development, train physical condition of football, Train the techniques and tactics of football and soccer. Basic soccer courses must be taken by all Sports Coaching Education students in the first semester. The development of football skills is a choice course of 11 courses that are distributed in semester IV. Students who can choose the course of the enforcement of football skills are students who have passed basic football courses in the first semester.

For students who have chosen the development course of football skills, then the student will continue to follow the specialization of football from the development course of football skills to the course of Refereeing. So that students who choose the future football specialization will have the competency of graduates is the field of football training.

Basic football courses have been taught in a separate model in the process of learning, for example, to pass only the material passing the given without merging with other materials. In other words, the learning is only focused on the mastery of basic technical skills of football alone, so that the entrance to the level of the student game has difficulty. The student when mastering the ball does not feel confident, confused about the ball that there is to be. They dare not pass opponents so the ball is easily deprived by opponents. Researchers believe that the cause is a low student experience in practicing learning that depicts an actual in-game football. Although the basic skills of football are good enough, they cannot apply in actual soccer games. With regard to the issue, then developed a log book model for the learning of football with a tactical approach.

Football is a team game played by two teams, with each team consisting of eleven players, one of which is a goalkeeper, by the way kicking the ball, to the ball except the goal keeper who can play Ball by hand in certain areas. Luxbacher stated that football is a soccer game played by two teams of 11 each. Each team maintains a gawan and attempts to break the opponent's goal [1]. According to [2] and friends of soccer, the game is almost entirely played by foot, except a guardian who is allowed to use his arm in the penalty area.

It is known that basic techniques in football games include: Kicking, stopping the ball, brushing, dribble, throw-in, goalkeeper techniques. To be able to have a good basic engineering skills required a systematic exercise program, so that will get an automatic movement in the play.

Meanwhile, on the subject of the basic football training majoring in sports education The material taught consist of 8 subjects, is as follows;

- Football concepts (1) Understanding Football, (2) Objective football games, (3) How to play football
- Ball Feeling contains; (1) The theory of Ball Feeling, (2) Goal Ball Feeling, (3) Ball Feeling Exercise
- Dribbling (dribble) (1) The Theory of Dribbling, (2) The purpose of Dribbling, (3) Dribbling exercises
- Kicking (kicking) (1) Theory of Kicking, (2) The aim of the Kicking, (3) Kicking exercise
 - a. Shorth Passing
 - b. Long Passing
 - c. Crossing
 - d. Shooting
- Heading (to overdo the ball) (1) The Theory of Heading, (2) The purpose of the Heading, (3) Heading exercises.
- Throw-In (throw-in) (1) Theory of throwing-in, (2) The goal of Throw-in, (3) Throw-in exercises.

[3] Log Book has an understanding; A notebook/essential document of students to record in detail every activity in the learning process that contains personal data, competency data/information, daily/Time records, detailed records/descriptions of learning activities, student reflections, assessment instruments, observation sheets, polls/questionnaires, lecturers ' control sheets, and industry mentors/advisers if the practice of workshop/industry work.

Log Book can also be used as a guarantor instrument for students in the practice of field in accordance with their fields. Hopefully with the Log Book, there are no more students doing field practices that are irrelevant to the material it is given. So that the activities of the college practice is really impactful and provide added value to improve skills in the field of expertise.

Log Book Soccer designed authors to become an important document that contains a record of the learning materials of football that will be studied by the students [4]. With Log Book This soccer learning is expected to help lecturers and students in the activities of basic football. Log Book also serves to train students in the practice of learning field so that students can study independently.

A Log Book of designed football learning is to use a learning approach with a tactical approach, where the learning process is designed as in the actual game state. Learning with a tactical approach is designed encouraging students to solve tactics problems in the game. The problem of tactics is essentially the application of engineering skills in game situations. Using a tactics approach, students are more able to understand the linkages between techniques and tactics in a game so that students will be more able to apply them in an actual game [5].

In soccer games, the skills that each player has is inseparable from one team unity and not used on their own. In kicking ability, controlling the ball and grabbing the ball from the opponent must be aligned with the other purpose. In other words, the skills that a player has, will not be able to achieve the objectives. Therefore, a lot of us come across, a player with good skills and talent is not played by his trainer, it is because the player can not cooperate with the

team mates in the match. With a tactical exercise approach will occur the process of practice prioritizing teamwork, because in this tactical approach is a game aimed at training technical play tailored to the needs of players or students, so in the process of training/learning players or students play vigorously.

[2] Stated that a tactical approach is an engineering skills learning approach and is simultaneously applied to the game situation.

II. METHODS

This research was conducted at the Faculty of Sports Sciences of Medan State University in the School of Sports Coaching Education semester I year 2019. This research is an advanced study of previous research that uses research and Depeloment approaches or development research. The development model is defined as the conceptual design process in the efforts to improve the function of the previous model, through the addition of learning components that are considered to increase the quality of achievement of objectives [6], [7]. So this research is done already at the design validation stage. Proceed with collecting data used for repair log Book of basic football learning.

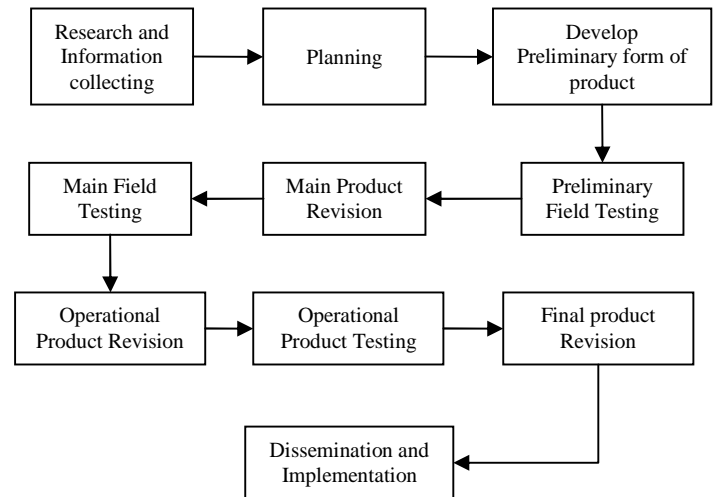


Fig. 1. Development research plot from Borg and Gall [8]

This research was conducted to produce a log book product in the form of football learning teaching with tactical approach. The activities performed are detailed steps of implementation of research and Development, because this research is a further research then the stages performed as follows; 1). Validate Log Book The teaching materials of football learning with tactical approach by the material experts, media experts, and lecturers in the course of the subject. Revision Look Book teaching materials football lessons with tactical approaches development design log Book Materials Football Learning with tactical approaches and instruments data collection or preliminary information, 2) Small scale trials, 3) Log Book revisions Instructional materials of football learning with tactical approaches by researchers, 4) large-scale trials, 5) Log Book revision

materials of football learning with tactical approaches, 6) final product Log Book learning materials Football teaching with tactical approach.

III. RESULTS AND DISCUSSION

Validation results and responses to the importance of the development of a log book of football learning materials with a tactical approach to basic football courses, the validation results of material experts can be concluded that the teaching book is a log book of football learning Ball with tactical approach has been streamlined to be used in the basic football lectures on students majoring Sports Coaching Education Faculty of Sports Sciences of Medan State University. The validation result of expert material can be seen in table 1 below.

TABLE I. THE VALIDATION RESULT

| NO | MATERIAL | VALIDATOR REVIEW |
|----|------------------|--|
| 1 | Football Concept | The concept of football has been quite obvious both from the the and the purpose of the football presented |
| 2 | Ball Feeling | The explanation of bal feeling is quite obvious, just add more variations of exercise |
| 3 | Dribbling | The concept of the definition and purpose of dribbling is quite obvious and easy to understand the live content of variations that should be more. |
| 4 | Kicking | The concept of kicking is good enough, because in the kicking material consists of several sub-subjects, it needs a lot of variation to be presented |
| 5 | Heading | Drafts from headings are good, |
| 6 | Throw-in | The concept definition of Throw in is sufficient because it has been explained the purpose of the throw in was exposed |
| 7 | Goal Kepeer | To deinish the concept rather than the goal keeper is good, live variation of exercises that need to be added |

While the validation results of media experts can also be concluded that the teaching books in the form of log book football learning with tactical approaches, graphics and design log book has been efficient to be used in the basic football lecture in Sports Coaching Education Faculty of Sports Sciences of Medan State University. The validation result of expert material can be seen in table 2 below.

TABLE II. THE VALIDATION RESULT OF EXPERT MATERIAL

| NO | MATERIAL | VALIDATOR REVIEW |
|----|------------------|---|
| 1 | Football Concept | - Log book developed already good and clear to be understood by the reader |
| 2 | Ball Feeling | - It's good enough and can be understood well |
| 3 | Dribbling | - It's good, the flow of exercise is easy to understand and learn |
| 4 | Kicking | - From the various materials presented is good enough, because it is easy to understand and learn |
| 5 | Heading | - Easy to learn and understand |
| 6 | Throw-in | - Already good |
| 7 | Goal Kepeer | - It's good and easy to learn |

Based on the test results conducted on 63 students in the Education training Majors semester I year 2019 gained that for the football concept material there are 60 students stated that the teaching book is developed easily to Understood and studied in 3 other students answered no. Ball Feeling Material There were 55 students stating that the teaching book that was developed easy to understand and learned in 8 other students answered no. Dribbling material there were 58 students stating that the teaching book that was developed is easy to understand and learned in 5 other students answered no. Ball Feeling Kicking Material there were 56 students stating that the teaching book that was developed is easy to understand and learn 7 other students answered no. The Heading material there were 57 students stating that the teaching book was developed easy to understand and learned in 6 other students answered no. The Throw-in material contained 57 students stating that the teaching book that was developed is easy to understand and study in 6 other students answered no. The goalkeeping material was 58 students stating that the teaching book that was developed is easy to understand and learned in 5 other students answered no. The Data test results of the teaching book can be seen in the table below.

TABLE III. RAW DATA TABLE RESULTS OF PRETESTS FOOTBALL SKILLS

| No | Dribling | Pas | Jug | Head | Shot | |
|----|----------|-----|-----|------|------|--------|
| | | | | | time | target |
| 1 | 16,56 | 15 | 10 | 18 | 0,65 | 3 |
| 2 | 17,15 | 17 | 12 | 16 | 0,69 | 2 |
| 3 | 17,31 | 20 | 15 | 16 | 0,71 | 2 |
| 4 | 15,28 | 16 | 12 | 19 | 0,64 | 1 |
| 5 | 16,80 | 13 | 9 | 15 | 0,72 | 3 |
| 6 | 15,43 | 18 | 17 | 17 | 0,69 | 2 |
| 7 | 16,60 | 20 | 21 | 20 | 0,89 | 2 |
| 8 | 17,42 | 23 | 24 | 16 | 0,65 | 3 |
| 9 | 15,34 | 17 | 12 | 13 | 0,54 | 1 |
| 10 | 17,03 | 15 | 10 | 18 | 0,67 | 4 |
| 11 | 15,76 | 19 | 13 | 17 | 0,55 | 2 |
| 12 | 15,88 | 27 | 24 | 24 | 0,71 | 3 |
| 13 | 17,78 | 18 | 15 | 16 | 0,66 | 3 |
| 14 | 18,17 | 16 | 13 | 17 | 0,52 | 2 |
| 15 | 16,23 | 16 | 16 | 14 | 0,61 | 2 |
| 16 | 16,21 | 19 | 17 | 18 | 0,72 | 3 |
| 17 | 16,90 | 25 | 23 | 23 | 0,43 | 1 |
| 18 | 15,41 | 23 | 20 | 20 | 0,57 | 2 |
| 19 | 17,18 | 24 | 21 | 21 | 0,66 | 3 |
| 20 | 18,10 | 21 | 18 | 22 | 0,62 | 2 |
| 21 | 15,51 | 19 | 14 | 23 | 0,59 | 3 |
| 22 | 18,04 | 15 | 12 | 16 | 0,48 | 1 |
| 23 | 17,64 | 17 | 15 | 19 | 0,63 | 3 |
| 24 | 17,22 | 14 | 11 | 16 | 0,66 | 2 |
| 25 | 17,51 | 19 | 16 | 24 | 0,73 | 3 |
| 26 | 18,38 | 23 | 21 | 27 | 0,75 | 4 |
| 27 | 17,48 | 21 | 19 | 22 | 0,56 | 2 |
| 28 | 16,75 | 27 | 25 | 26 | 0,54 | 3 |
| 29 | 18,47 | 17 | 12 | 19 | 0,67 | 2 |
| 30 | 16,83 | 17 | 11 | 20 | 0,55 | 2 |

| | | | | | | |
|---------------|----------------|----------------|---------------|----------------|--------------|---------------|
| 31 | 16,01 | 19 | 14 | 25 | 0,71 | 3 |
| 32 | 16,46 | 21 | 19 | 24 | 0,66 | 2 |
| 33 | 16,52 | 24 | 21 | 27 | 0,52 | 4 |
| 34 | 16,92 | 26 | 28 | 29 | 0,61 | 3 |
| 35 | 17,15 | 19 | 15 | 16 | 0,77 | 2 |
| 36 | 18,02 | 16 | 11 | 20 | 0,46 | 2 |
| 37 | 16,59 | 12 | 10 | 14 | 0,66 | 1 |
| 38 | 17,65 | 17 | 16 | 16 | 0,63 | 1 |
| 39 | 17,76 | 14 | 13 | 16 | 0,68 | 2 |
| 40 | 17,54 | 19 | 16 | 23 | 0,58 | 3 |
| 41 | 17,12 | 23 | 24 | 27 | 0,71 | 3 |
| 42 | 16,67 | 21 | 17 | 23 | 0,69 | 2 |
| 43 | 17,27 | 15 | 11 | 17 | 0,65 | 0 |
| 44 | 16,06 | 13 | 10 | 15 | 0,68 | 1 |
| 45 | 16,38 | 18 | 19 | 24 | 0,7 | 2 |
| 46 | 17,61 | 14 | 14 | 20 | 0,68 | 3 |
| 47 | 16,74 | 11 | 9 | 16 | 0,69 | 2 |
| 48 | 16,62 | 19 | 18 | 19 | 0,58 | 2 |
| 49 | 17,03 | 22 | 23 | 27 | 0,69 | 3 |
| 50 | 15,63 | 17 | 15 | 20 | 0,62 | 3 |
| 51 | 18,05 | 12 | 11 | 16 | 0,72 | 2 |
| 52 | 16,91 | 15 | 17 | 19 | 0,55 | 1 |
| 53 | 16,69 | 19 | 16 | 25 | 0,69 | 3 |
| 54 | 17,60 | 13 | 11 | 14 | 0,52 | 1 |
| 55 | 18,11 | 21 | 24 | 25 | 0,69 | 3 |
| 56 | 17,46 | 25 | 23 | 27 | 0,6 | 2 |
| 57 | 16,03 | 16 | 11 | 18 | 0,68 | 2 |
| 58 | 17,89 | 28 | 27 | 32 | 0,71 | 4 |
| 59 | 17,38 | 22 | 24 | 25 | 0,66 | 3 |
| 60 | 16,71 | 19 | 12 | 23 | 0,63 | 2 |
| Amount | 1016,95 | 1121,00 | 977,00 | 1214,00 | 38,48 | 138,00 |
| Mean | 16,95 | 18,68 | 16,28 | 20,23 | 0,64 | 2,30 |
| SD | 0,82 | 4,07 | 5,08 | 4,44 | 0,08 | 0,87 |

From the data table above it was seen that the results of pretests football skills of N:60 dribbling amounting to 1016.95 Mean of 16.95 and SD 0.82, passing by 1121.00 Mean of 18.68 and SD 4.07 and others also follow. And results of pretests and posttest football skills can be seen in the appendix.



Fig. 2. Test Result Values for Using Textbooks

TABLE IV. PERCENTAGE IMPROVEMENT

| Percentage improvement | |
|------------------------|-----|
| Skills | % |
| Dribbling Value | 1,1 |
| Passing Value | 2,8 |
| Jugling Value | 2,5 |
| Heading Value | 3,7 |
| Shooting Value | 0,2 |
| Nilai Ket. S. Bola | 2,0 |



Fig. 3. Percentage of Increased Soccer Skills

The graph above explains that the percentage of test results of the teaching material logbook soccer skills increased by 1.1%, passing by 2.8%, juggling of 2.5%, Heading amounted to 3.7% and shooting by 0.2%.

IV. CONCLUSIONS

Results of the final report of the research has achieved the results of 100%. In accordance with the agreed work contract. The development of a book of football lessons with a tactical approach to football courses is expected to assist in the learning of football courses.

Basic football courses have been taught in a separate model in the process so that it needs renewal in the course of the lecture. Then here researchers do a development of a log book book with a tactical approach. After conducting validation by experts and tested to the students majoring in Sports Coaching Education Faculty of Sports Sciences of Medan State University in the first semester.

Based on the results of the validation of material experts, media experts and trials to the students of the Department of Sports Coaching Education Faculty of Sports Sciences of Medan State University semester I Year 2019 can be concluded that the teaching books are developed worthy to be used in the basic football lectures. With a book of teaching book the basic football learning with a tactical approach can be printed to be reproduced and distributed to all who need this football teaching book.

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