

Improving the Passing Skills Through the Phase of Play Filanesia Method and Playing Training Method for Students Under 17 Years

Agung Hilmi Wahdi*, Arsil

Students of Sports Coaching Education Study Program,

Faculty of Sports Science

Padang State University

agunghilmi20@yahoo.com

Abstract—The problem in this study was the low passing skills of Ataque U-17 students. The purpose of this study was to improve passing skills and find out which methods provide better improvement between the phase of play filanesia or playing training methods. Sampling in this study using a purposive sampling technique by setting a sample of 24 students Ataque U-17 years. The instrument in this study used the passing stopping test. The results of the study are the phase of play filanesia method, and the playing training method has a significant effect. However, the phase of play filanesia method is no higher than the playing training method for increasing the passing skills of Ataque student U-17 years.

Keywords—Phase of play filanesia, playing training, passing skills.

I. INTRODUCTION

Football is a sport that is not only popular in Indonesia but also worldwide. Everyone, both women and men, young and old know football. Most of them can only learn and can't play it well, but knowing enough has proven that football is a popular sport in the world. In addition, football is a sport for all circles, rich, poor, old, young, male, female, all of whom can play the most adored sports in the world over the world. "Football is the most famous sport in the world, more than 200 million people around the world play it and more than 20 million football games occur every year. "Basically football is a fun, exciting, thrilling sport, full of drama and surprises, so everything about football is not finished to be discussed" [1]. Football is a universal sport that is played everywhere, and by anyone, from children, adolescents, adults to the elderly. "Football is the world's most popular form of sport, being played in every nation without exception" [2].

In football games, the most dominant basic technique is passing. This basic technique that must be mastered by football players in order to play the ball well. Football is a team game that prioritizes collectivity. High-tech players can dominate at certain times, but a soccer player depends on other team members to create good opportunities and games. In soccer, passing technique has a goal, including passing the ball to a friend, passing an empty ball, passing a ball between opponents. Passing in soccer is the most important element

that makes the game more interesting. To be successful in a team environment, a player must hone his passing skills.) Passing is passing the ball to a friend. Passing or operand has the meaning of operand to a friend or ball that is passed from one player to another in a team. Whereas according to passing is a way to move the momentum of the ball from one player to another player. "In a modern football match, passing dominates a match, passing collectivity can be a team to master the match" [3]. Good passing is absolutely essential to playing good soccer. "Approximately 80% of the games involve the giving and receiving of passes" [4].

The Indonesian Football Association (PSSI) through the High Performance Unit (HPU) made a breakthrough for the advancement of Indonesian football, which made the Indonesian Football Development Curriculum. Based on the characteristics of age grouping, the filanesia curriculum then outlines the stages of youth soccer coaching that players must go through. Where at each of these stages, there are systematics and training methods that are specific to the needs of each age group. This stage of coaching will score players who love football, have the skills in action in football, and competency in the game. Football-based football action language makes the formulation of football problems in an exercise and match more clear. Now the next step is to place the various terminology of football action on the logical structure of the game. Coaching in the Game helps them do this. CIG methodology is a vital teaching skill for many other reasons, not least there are many important game situations, which must not be replicated in grids, coned areas, conditioned games, etc. This means that training in the form of games helps them do this. "The CIG methodology is training skills that are important for many other reasons, at least because there are many important game situations, which must be brought to practice areas that cannot be replicated in grids, cone areas, conditioned games", [5]. In the training process, the playing method can be used to warm up and core training in improving the basic technical skills of the player. Exercises with playing methods can be done in various forms and variations where the coaching point emphasis must be in accordance with the objectives to be achieved. Griffin say: "To create inquiry-learning opportunities, the modification of game play is vital. There are four ways that teachers can use to modify games" :

- Court Size. For example, play small-sided games, which require the execution of skills in a small playing area.*
- Offense-Defense Ratio. For example, play 3vs1 to enhance the chance to maintain possession of the ball.*
- Rules and Restrictions. For example, "play 3 touch maximum" to emphasize quick decision-making and off the ball movement.*
- Equipment. For example, use a smaller ball to emphasize the precise execution of passing and receiving skills"[6]*

Based on the description above, the author is interested in conducting a study entitled "Increasing Passing Skills Through the Filanesia Playing Phase Method and Playing Training Methods in Ataque Under 17 Football School Students".

II. RESEARCH METHODS

Based on the nature of this method that in the experimental method there are two factors that are tried, in this case the tried factor and is an independent variable in the form of filanesia playing phase methods and playing training methods to be known to influence the passing skills of Ataque Under 17 SSB players.

The implementation of this research was carried out in two places, where the pre-test and post-test were conducted in the UNP Soccer field while the treatment was carried out in the Elang Dirgantara Field of Tabing Field. This research was precisely conducted on March 9 to April 21, 201. Treatment was carried out in 16 meetings with meetings 3 times a week with a training schedule Wednesday and Saturday at 16.30-18.00 PM and Sunday at 07.30-9.30 AM.

The population in this study were all players Ataque Under 17 Year, namely 40 people. The sample in this study was taken using purposive sampling technique. "Purposive sampling is a taking technique with certain considerations [7]". In this study researchers took samples from the population of Ataque Under 17 Years players as many as 24 students. The 24 people in this sample were divided into 2 groups. The way the division of this group is done by Ordinary Matching Pairing means the effort of the average ability of 2 balanced groups.

The test instrument used to measure passing ability is a soccer test and ball resistance (Passing-Stopping) Nurhasan which has known validity of 0.91 and reliability of 0.84.

III. RESEARCH RESULTS AND DISCUSSION

- The method of phase of play filanesia has an influence on improving the passing skills of Ataque students under 17 years of age.

The increase in passing skills of Ataque under 17 years old students is certainly based on the previous theory that said, the method of playing filanesia phase is the training process which is called the phase of play in the Indonesian Football Philosophy curriculum which will be able to practice structured passing skills and comprehensive as forming triangles, small diamonds, large diamonds, accuracy of passing, correct decision making and training in tactical intelligence in the use of passing skills. In the form of the playing phase the skills will be able to be honed holistically

in which passing movements are carried out repeatedly with different distances and according to the actual needs of the game.

From the calculation results using the t test on the phase playing filanesia method, the value of T_{count} is $2.99 > T_{table}$ 1.796 which H_0 is rejected and H_a is accepted. These results can be interpreted that there is the effect of the phase method of playing filanesia on the passing skills of Ataque students under 17 years.

Table 1. Hypothesis 1

Method	N	t_{hit}	t_{tab}	Ket
Phase of Play Filanesia	12	2,99	1,796	H_0 : Rejected H_a : Accepted

- The method of playing training has an influence on the passing skills of Ataque students under 17 years.

The increase in passing skills in students is certainly based on the previous theory according to Almeida et al. (2012: 174) in his journal saying that in the form of soccer activity games (small side games / play provisions and learning game phases) are more relevant to the acquisition of skills and abilities which involves physical training and technical skills practice. The calculation results using the t test on the play training method obtained the value of t_{cou} $2.44 > T_{tab}$ 1.796 where H_0 is rejected and H_a is accepted.

Table 2. Hypothesis 2

Method	N	t_{hit}	t_{tab}	Ket
Playing Training	12	2,44	1,796	H_0 : Rejected H_a : Accepted

- The phase of play Filanesia Method is no higher than the playing training method to improve the passing skills of Ataque students under 17 years.

The method of playing filanesia and playing training methods has similarities in the implementation, which is the same as playing. The method of playing filanesia is a method of playing composed by Indonesian football experts who are within the scope of the Indonesian Football Association (PSSI), the High Performance Unit (HPU). PSSI through HPU created the Indonesian Football Philosophy Curriculum which adjusts the curriculum for soccer coaching in accordance with Indonesian Culture, Social, Culture and geography, so according to PSSI, this method will be suitable for young Indonesian players.

These results can be seen from the results of the t test obtained by the value of t_{count} $1.10 < t_{tab}$ 1.83. These results can be interpreted that the phase of play filanesia method is not higher than the method of playing training to improve the passing skills of Ataque students under 17 years.

Table 3. Hypothesis 3

Method	N	Mean	t_{hit}	t_{tab}	Ket
Filanesia	12	12,17	1,10	1,83	H_0 : Accepted H_a : Rejected
Playing Training	12	10,25			

IV. CONCLUSION

Based on data analysis and discussion, it can be concluded that:

1. There is a significant influence on the method phase of play filanesia on improving the passing skills of Ataque students under 17 years.
2. There is a significant influence on the method of playing practice on improving the passing skills of Ataque students under 17 years.
3. The method of playing filanesia is no higher than the method of playing training to improve the passing skills of Ataque students under 17 years.

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