

The Development of Transition Training Model Based on Fundamental Football Skills at PPLP Sumatera Barat

A A Yudi

Faculty of Sports Science, Universitas Negeri Padang, Indonesia

**Corresponding author. Email: *alexaldhayudi@fik.unp.ac.id*

ABSTRACT

The aim of the study is to develop transition training model of football skills at PPLP Sumatera Barat. The method of this research based from research and development program adapted from Borg and Gall. The students ranged from aged 16 to 18 were selected as research samples and data were analyzed from the practice ground and becomes the foundation of the model design. Statistical analysis was conducted by using t-test to determine the effectiveness of the model and the differences between the experimental and control group. After the whole process of research being carried out it was found that the playing skills-based on learning model transition-named as "Alex's Transition Model" was design. The end result of data analysis can be concluded that: (1) "Alex's Transition Model" conforms with the principles of transitional skills training in playing football; (2) "Alex's Transition Model" effective to use in order to improve the skills ability of playing football; (3) "Alex's Transition Model" can be applied as a guide in conducting football training program at PPLP and other football training centers.

Keywords: *Transition training model, fundamental football skills*

1. INTRODUCTION

Can be said the world community is very familiar with soccer sports. If some do not like or can play it, they know little about the hobby of this sport. It can be said that football is one of the most popular sport in the world. All circles both young and old, even without distinguishing men and women, are very fond of this sport.

Football is a sport that plays football with legs, except the allowed goalkeeper with the ball in a predetermined area. This sport is played by two opposing teams, each team consists of two players and one goalkeeper plus one. Indonesian football coaching at this time, less developed rapidly, when compared to other countries, especially in coaching young age (age group). This can be seen from the level of competition, the absence of a standard form of training manual for young athletes. To produce a reliable football player, then the coaching of young players should be done with good planning, proper and systematic training process, and evaluation process of the results already achieved. Young players should be oriented to complementary aspects: physical, technical, tactical, and mental skills. The four elements of this achievement must be

mutually interconnected with each other to achieve maximum performance.

Ideally, students who are members of PPLP football should be idols, meaning here both in terms of learning outcomes in schools and achievements in the community, so that people with full confidence will entrust their children in PPLP football. The incident that happened so far, the author is also one of the alumni PPLP Sepabola West Sumatra in 2000-2003, pull the results of learning formal education in schools is less in line with expectations in want. If this is allowed to drag on, it will make people's belief in PPLP disappear.

The hope of the founding of PPLP Football is a place to accommodate talented learners in football at a young age (between 14-18 years) to be able to improve the learning outcomes in school and the achievements of playing football. Graduates from PPLP Soccer can continue the learning process in higher education, or career careers in the field of football through professional clubs to national team, such as national team age 19 which some players are athletes and alumni PPLP Football in Indonesia. All these expectations can be realized with a good coordination

between the two institutions namely the youth and sports service with the education office.

PPLP Soccer West Sumatra has been established since 1984 in Padang formerly called Pusklat West Sumatra, since the founding of PPLP had become champion among PPLP in Indonesia in 1986, 1992 and 2005, meanwhile in 1999, West Sumatra became National Champion of Student Sports Week National held in Surabaya on this occasion all West Sumatra players are represented by West Sumatra Football PPLP players, through interviews with former PPLP Football coach Mr. Emral.

Based on observations during the training process and competing both trials and mediocrities, the concept of playing football is really an important element in the game of football, such as the principle of attack, the principle of survival and the transition from persisting to attack, has not been realized either in PPLP Football West Sumatra .

The given training material has not been directed to the correct and appropriate monstrous way of thinking in the game of football, nor does it use specific training method to improve the game of football. West Sumatra Football PPLP trainers often apply exercises that only focus on forms of practice that are basic or fundamental in soccer games, so that the training has not been focused on how soccer players can play soccer games well (in this case the concept and understanding of playing football). PPLP football is the child of choice, so the basic skills of the PPLP athlete should have been tied to the club or SSB where the athlete's training before entering. PPLP soccer West Sumatra.

The results of the observations conducted during the match in 2012. Championship between PPLP in Papua on 07 to 15 July 2012, PPLP West Sumatra only ranked 5, with the results of the group stage match, PPLP West Sumatra draw with PPLP Ragunan 0-0, in the second match wins 6-2 against PPLP Aceh, then in the third game draw with PPLP South Sulawesi, then enter the quarterfinal round of PPLP West Sumatra lost against PPLP Central Java 1-3. The next official championship followed by PPLP Football of West Sumatra is the Regional Sports Week in Medan on 17-24 November 2012, the results obtained far from the desired expectations, only occupy the fourth rank and not eligible to qualify to follow the 2013 National Sports Week that implemented in Jakarta . Details of the Popwil match can be seen in the table on the next page:

Table 1. Sumatera Recapitulation on Popwil I/2012.

Main	Team	Vs	Opponent	Result	
I	Sumatera Barat	Vs	Sumut	0 - 1	Lose
II			Riau	1 - 0	Win
Semifinal			Aceh	2 - 4	Lose
Third 3			Babel	1 - 2	Lose

From the trip of 2012, PPLP West Sumatera only ranked 5th in PPLP kejurnas in Indonesia and ranked 4th in Popwil I / 2012, meaning that there is no significant change from the learning process of playing football in PPLP West Sumatera.

Based on observations in the field note that, From the background of the problems described above, will arise problems that must be studied and researched, meaning that the training program or exercise model conducted in PPLP Football is still focused on materials that are fundamental. The problem that arises from the model of the series of exercises above is "how to improve the learning model of playing skills in the game of football". To answer the problems that arise, should be studied and researched in depth from the model of the play circuit.

Based on the above considerations, the researchers intend to organize the development of a new model to improve the skills of playing football. The development of the model undertaken aims to prove the influence of the skill model of play on the ability of football players. Based on the background of the problems mentioned above, the researcher took the title of research "Development of Learning Skills Model Football Skills in PPLP Football West Sumatera".

2. METHOD

Research development of learning model of soccer playing skills athletes PPLP Soccer West Sumatra is using is a qualitative approach. while the method used is the method of research development, the research method used to produce a specific product and test the effectiveness of the product. The method used is the

development research model of Borg and Gall, with consideration of development research stages are put forward quite clear. The sample in this research is PPLP student of West Sumatera Provincial Football Association from West Sumatera Youth and Sport Office.

There are several procedures that can be used in research development (R & D), according to Borg & Gall, namely: (1) Research and information gathering, (2) Planning, (3) Development of initial product form, (4) Initial field test, (5) Initial product revision, (6) Initial product trial, (7) Product revision, (8) Operational test, (9) Revision of final product, and (10) Spreading. In line with the development research step

from Borg & Gall, Sugiyono proposed 10 steps that need to be considered in carrying out development research, namely: (1) potential and problems; (2) data collection; (3) product design; (4) design validation; (5) trial usage; (6) product revisions; (7) product trial; (8) design revisions; (9) product revisions; (10) mass products.

For the purposes of developing the learning model of soccer playing PPLP Football of West Sumatera, the researchers adapted the steps proposed by sugiyono for more clearly can be seen picture 6. However, the steps of research and development model is not entirely researchers do, because the limitations of cost and time which are available.

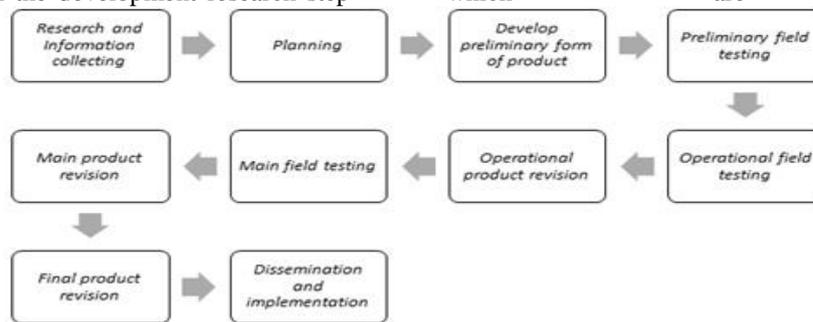


Figure 1. Step-by-step Research and Development Method.

3. RESULT AND DISCUSSION

Result

The result of the development of the student's skill training model for the students of PPLP Football of West Sumatera is to produce a model of playing skills training based on the ability to transition in playing football. The goal of developing a model for students of PPLP Football of West Sumatera to produce an effective and efficient exercise model, and represents one phase in the game of football is the transition phase.

Preliminary study data obtained from library study results will be presented and needs analysis through field observations conducted during exercise and match activities at Sadang Padang River Field. Expert validation data obtained through questionnaires from three expert soccer coaches, two media learning experts, and three coaches PPLP Football of West Sumatera. Trial data from PPLP soccer students collected using questionnaires, (1) small group trials of 12 PPLP Soccer students, and (2) large group trials of 24 PPLP soccer students. Students of PPLP Football used in the experiments, taken at random are simple. In this research, the researcher wanted to know the impact of product usage such as training project done by Borg and Gall, two groups need to be formed, that is group of transition experiment and control group, so that it can be tested difference with t-test. Techniques used to process research data from expert soccer coaches, trainers PPLP Football, and students PPLP Football as a subject of trials with percentage techniques.

4. CONCLUSION

Based on the results of the research analysis, the authors conclude that this exercise model developed: (1) Effective, it means that the exercise model is applied according to the actual match situation. Like Games Like Match. (2) Efficient, this model is based on the principles that exist in the phases of the game of football. (3) Usefull, because this model can be a references for PPLP Football coaches in providing an exercise program. (4) Models are simple and easy to understand, practice material viewed in terms of ease of doing, variations, suitability, and benefits of the exercise itself. (5) An interesting model, the exercise should be interesting, the product is also packaged in a book and video model of transitional-based practice of transitioning skills to make it easier for trainers and students to understand the practice materials and improve the effectiveness of the ongoing trainingprocess.

In this section delivered some suggestions by researchers related to the developed product. The suggested suggestions include suggestion of dissemination utilization and suggestion.

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