

The Effect of Attack Exercises Using Futsal Passing System Pattern

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Abstract— This research is an experimental research. The population used was the men's futsal extracurricular activities at SMP Negeri 5 Cianjur, totaling 40 students. A sample of 30 students with a sampling technique that is purposive sampling. The data collection technique in this study used tests. The instrument used in this study was a wall passing test. The results of this study indicate that there is a significant effect of attack training using the futsal men's extracurricular passing system pattern of SMPN 5 Cianjur. When viewed from the pretest mean of 9.00 and the posttest mean of 11.00, the mean lift is 12.700, this shows a better change than before being given attack training. While the effect of attack training using the passing system pattern in the men's futsal extracurricular activity at SMPN 5 Cianjur, In the significant difference test with SPSS 20, there is a Sig. (2-tailed) = 0.000 < 0.05, which means that there is a significant difference in the training before and after being given Attacking training this shows that attacking practice using passing provides more changes. better than before given attack training.

Keywords— Attacking, Passing, Model, Futsal.

I. INTRODUCTION

Futsal is one of the most popular sports olahraga by the community. [1] Futsal is 5-a-side indoor football with unlimited number of players' substitutions in which game dynamics require that coaches constantly adjust the behaviour of their own team according to the opposite team in a short time. Many argue that futsal is the same as football, only the size of the pitch, the size of the ball, and the number of players in the field are differentiating. Futsal is one of the sports that has developed not only in urban cities but also in rural areas in

Indonesia. [2] Futsal is getting more and more fans from adults, students, school children, women, men. Futsal is not only played by men but women who are no less enthusiastic about playing this sport. Even from children to adults, it is very difficult to play futsal. Futsal is not just as a sport to build a prime physique. According to [3] Over the past few years, futsal has undergone several rule changes, to support futsal spectacle [4] is a game that can help the process of improving the capabilities of the mainly, tactics, strategies, and mentally. The development of futsal is very rapid. Because [5] futsal is an invasion sport characterized by the simultaneous participation of two teams in the common room and presents a peculiarity that expresses a strong appeal to the intelligence of players. Although until now there have been many futsal schools standing, both in other regions and in Cianjur itself not even a few futsal courts in Cianjur. Both outdoor and indoor.

According to [6] In sports competitions, athletes usually focus on defense, In junior high school/high school youth futsal games or junior high school students lack understanding of how to attack properly and even knowledge of how to attack is not organized, this can be seen from championships that have been held by high school /vocational schools in Cianjur among others: Smakji Fun Bupati Cup Cianjur, POP Unsur Cianjur, Liga Futsal Cianjur, Progresia Cup, and O2SN. SMPN 5 Cianjur students' interests and talents towards futsal sports are also fostered through extracurriculars. Extracurriculars are held three times a week, namely Tuesdays at 15:30-17:30 WIB, Thursdays at 15:30-17:30 WIB and Saturdays at 08:00-10:30 WIB. Participants who participated in the exercise as many as 30 people. The school has 1 pp Cup 2018 title, 3 Asmat Cup 2017 champion, 2nd place in 2018 and others. But the more here, the futsal game SMPN 5 Cianjur is decreasing because the training has been inconsistent every training

meeting and also in the game is a little un interesting especially in the championship every follow the cheese must experience neglect, both against strong teams and mnelawan teams below. Moreover, every game this team does not have a good pattern of attack, in mastering the ball, passing, shooting and in attacking alone often use the ball thrown from the goalkeeper to the forward, there is no interesting game. [7] The smaller pitch of futsal causes players to perform multiple activities in several times such as sprinting, walking, running, jumping, cutting and so on. Consequently, Fenomena also made observations on the course of futsal practice in the field. Students often make mistakes both during face-to-face passing exercises and during offensive passing exercises using attacking system patterns. Most futsal players of SMPN 5 Cianjur perform attacks using the throwing of the ball from the goalkeeper to the front man. The coach is also very instrumental in achieving his student futsal achievements. Through programmatic training programs will improve achievements both on a team and individually.

But the coach in the extracurricular futsal men's junior high school 5 Cianjur is not yet maximal. At each implementation the teacher's activities or exercises focus only on heating, and games. Because [8] intensive training is a common routine for elite athletes in order to improve performance, because there is no passing practice technique and attack pattern. The introduction of basic techniques, tactics and attacking patterns using good passing can help students in playing good futsal. In addition, teachers must also evaluate basic techniques applied by the coach to students. As a reference to form a futsal team SMPN 5 Cianjur that is resilient in participating in futsal championships. In the practice process, trainers should have initiative in using training methods. So the exercises that are done have the same problems when they do the real game [9] In futsal there are some studies that have verified the training effects of attacking exercises using the pattern of passing systems. By combining understanding play tactics and basic techniques, students will learn to know the game in its entirety with the aim of having an understanding of attack tactics to answer what to do and have engineering skills how to do it. According to [10]for optimal development/ improvement of achievement for other sports and even a benchmark of the progress of a Country, If one does not understand what to do, then the correct tactical and technical capabilities in the game situation will be impaired. The opinion stipulated above then examining the issue of The Effect of Attacking Exercises Using The Pattern of Passing System on Extracurricular Futsal Putra SMP Negeri 5 Cianjur curious to prove it.

II. METHOD

find out the significant influence of attacking exercises using the pattern passing system of SMP Negeri 5 Cianjur, this study has two variables, namely attacking forms as the first variable (independent variable) and basic engineering skills and playing futsal game as the second variable (bound variable). This study uses quantitative research method of experimentation with one group pre-test post-test design by

conducting treatment on samples, the location of the study is the place to be carried out by researchers. The research site was conducted at SMP Negeri 5 Cianjur which is located at Jl. Gatot Mangkupraja No.KM, Nagrak, West Java 43215. Polpulasi is 30 people with sampling technique total sampling as many samples used by extracurricular futsal members of SMP Negeri 5 Cianjur, which numbered 30 people. Assessment instrument to be named Game Performance Assessment Instrument (GPAI) and passing skills test with wall.

Table 1. Sample Treatment Program

Daily futsal training program		
No	In Smpn 5 Cianjur	
1	Day/Date	Tuesday, 11, Feb 2020
	Number of Players	30 PEOPLE
	Duration of Exercise	120 Minutes 30-40 MINUTES (2X15/20 Minutes)
	Match Duration	Active/Dynamic Treatching.
Structure Program Exercise	Heating (15 Minutes)	Core Exercise Initial Test
		Passing To the Wall

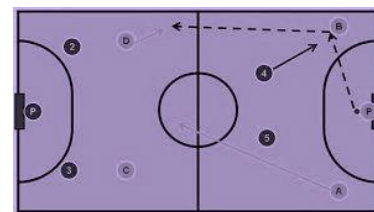


Figure. 1 Pattern 2-2. The explanation: This 2-2 pattern describes the back 2 sectors with the so-called ancor and the front 2 sectors with the so-called flank, so this 2-2 pattern can be said not to use pivots that become ball reflectors,



Figure. 2 pattern 1-2-1 The explanation: the 1-2-1 pattern is where 1 man as ancor his job is to split the ball, 2 as a left flank or right flank his job is to help the attack and help the defense, and 1 person as pivot his task becomes bouncing the ball or becomes the target man.

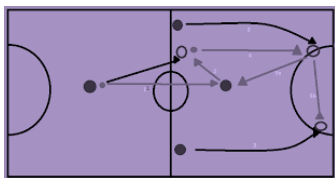


Figure. 3 Draw patterns 1-3. The explanation: this 1-3 pattern is where 1 person as ancor, 2 men as flank and 1 pivot, this pattern is the same as the 1-2-1 pattern, if the 1-3 pattern is the goal to attack with 3 players in front of the way of a sectarian

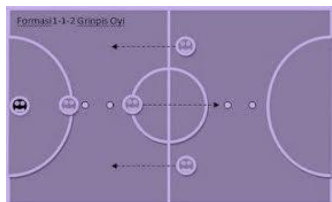


Figure. 4 Pattern Drawing 0-4. The explanation: this pattern aims to attack by painting opposing players using the men to men marking in the opponent's defense zone, this pattern will be used when we are behind or when we block in an attack, this pattern is good for defeating the opponent by following his movements

III. RESULTS AND DISCUSSION

This research is an experimental study using *the design of One Group Pretest-posttest Design* which is intended to determine the absence of the consequences of the treatment imposed on the research sample. Then in the pretest and posttest is carried out an attack test whose purpose is to know the results of passing, each passing to the wall within 30 seconds is then recorded as Statistic Frequency Test Table

Table 2. Descriptive Statistics

	N	Minimum	Maximum	Mean	Std. Deviation
Pre_test	30	9.00	16.00	12.7000	2.18380
Post_test	30	11.00	26.00	18.1000	3.73566
Valid N (listwise)	30				

The output table above provides information about N or the amount of valid data is 30 athletes. This means that all data passed to the wall on the altet is processed SPSS. The minimum data result is 9.00, the maxsimunnya result is 16.00, and the average value obtained is 12.7000, and the value of Std. Deviation or Standard Deviation is the result of 2.18380.

Test Influence Table 3. Paired Samples Statistic

	Mean	N	Std. Deviation	Std. Error Mean
Pair 1 Pre_test	12.7000	30	2.18380	.39870
Post_test	18.1000	30	3.73566	.68204

Based on the output results using SPSS 16 that the average value before treatment is 12.7000 and after being treated with futsal attack training 18.1000 means that the average on there is an increase.

Table 4. Paired Samples Corelation

	N	Correlation	Sig.
Pair 1 Pre_test & Post_test	30	.739	.000

Based on the output result of the table above that the Correlation value is 0.739, meaning it is greater than 0.05 based on the correlation value that the two variables in the sample paired.

Table 5. Paired Samples Test

	Mean	Std. Deviation	Std. EMEan	Low er	Uppe r	Q	Df	Sig. (2-tailed)
Pre_test Post_test	-5.400	2.581	.4712	-6.36	-4.43	-11.4	29	.000

In a significant test of differences with SPSS 16 there was a Sig. (2-tailed) = 0.000 < 0.05 which means there is a significant difference in training before and after being given futsal attacking exercises. Based on the description, it is said that training in futsal games can improve the ability of penalty kicks in futsal games.



Figure 5. Based on the results of the study, then below is outlined a graph of pretest and posttest results

Exercise is a systematic process to improve the quality of athlete's performance in the form of: fitness, and energy capacity. [11] The long competitive period in a futsal team schedule leads coaches and physical trainers to impose high training loads during the short pre-season to improve players' performances. Exercise materials are designed and arranged by the trainer one training session or one face-to-face exercise in the exercise. [12] Futsal is a variant of association football that is played on a smaller pitch and mainly played indoors. For example, the composition of exercise materials in one face-to-face generally contains materials that include: (1) Opening/introductory exercises, (2) warming up, (3) Core exercises, (4) Additional exercises (supplements, and (5) (cooling down). In futsal sports there are several factors that strongly support the realization of good futsal playing ability, be it physical, technical, tactical or mental factors. [11] In sports competitions, athletes usually break previous records and set new ones. Better results is usually because of a rise in the athletes physical, mental and technical readiness In the engineering factor, one of the realizations of playing good futsal is passing accurately and quickly. In futsal game basic technique is very important is the main capital of players mastering basic techniques including good passing. The basic technique of passing is very influential in performing attacks quickly, this passing can be done when mastering the ball or when the counterattack is fast. According to [13] "training is a systematic process and practice that is done repeatedly with increasing the amount of training load and intensity day by day". In this study the design used is One-Group Pretest-Posttest Design which is intended to know the effect of the treatment imposed on the research sample. Then in the pretest and posttest in the test pass to the wall with a time of 30 seconds and recorded the score. This study examines the influence of attack exercises using passing system patterns. Consisting of 30 athletes, then carried out initial tests intended to find out the results of passing athletes before being given treatment or actions, then given treatment namely sixteen (16) forms of attacking pattern exercises from patterns 1-2-1 diamond, 2-2 butterfly, 1-1-2, 1-3 and others. [14] A player's ability to adapt his perceptual behaviour and action to the continuous changes of these relationships underpins successful passing performance. Then posttest or final test to find out the results of passing to the wall after being given treatment or actions. In the normality test the resulting data is known that the significant value of $Asymp.sig$ (2-tailed) of 0.816 is greater than 0.05 then according to the decision-making in the normality test kolmogorov smirnov, it can be stated that the data is distributed normally.

IV. CONCLUSION

Based on the results of the study it is known that obtained the average results of passing the wall test conducted by the athletes of The Extracurricular Futsal Junior High School 5 Cianjur pretest of 12.7000 and the average posttest value of

18.1000. Based on the description, it is said that attacking exercises in futsal games can improve the ability to pass to the wall in futsal games.

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