

Model of Defending Tactics For Students Aged 14-16 Years Old

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Abstract— This study aims to develop exercise model of defending technique for football that is packaged in the form of video. This study Research and Development design from Borg and Gall which was modified by the researchers. The research procedures were: (1) Conducting research and data collection, (2) Developing the initial product, (3) Expert evaluation, (4) Revising the product, (5) Trying out to a small group, (6) Trying out to a big group, (7) Revising the final product. The results of the needs analysis and experts' evaluation, suggestion, and feedback (football expert, football coaching experts, and media experts) revealed that existed model is appropriate to be used for Puma Football School students in Situbondo. Furthermore, it is expected that the product can be used as a guideline for coaches to conduct various training activities for the students.

Keywords— exercise model, football, defending technique

I. INTRODUCTION

Until now, football remains a popular sport in the world, including Indonesia, because this game is mostly played by the children, adults and elderly. This can be proven from the many football schools in Indonesia that make football continues to grow every year. Football is a simple and secret game. A good football player does the simplest things as well as possible [3].

Playing football requires a good technique of controlling the ball and good understanding among the players. Those factors are very influential because they have to beat many opposing players with different ability. In football, good understanding and mastery of techniques will help the mastery of the patterns of group cooperation, both defending and striking [5].

A powerful and good team is a team that has good teamwork, excellent physical condition, and good mentality. Nowadays, football is more modern because the players are not only physically trained, but also mentally trained. Furthermore, they also learn tricks and techniques. In general, there are two fundamental factors if you want to be a football player that is: (a) Physical: Strong physic is the basic requirement a football player must have because football players are required to run every moment to chase, dribble, or seize the ball from the opponent, (b) Technique: a great technique is prominent in order to be able to control the ball very well. Great techniques will not mean much if they are not supported by excellent

stamina [9]. A good player not only need good physical condition and techniques, but also required to have the ability to apply tactics and strategies.

Strategy is a plan that is designed before the game and is used by players and coaches to win the match fairly. Strategy refers to the movements needed in the match which support the tactic aspects. Basically, tactics and strategies are different, but in the implementation both are interrelated and provide mutual support to achieve the same goal, winning the match.

Tactics is a strategy that is designed and will be executed in the game by individuals, groups, and teams to win the match supportively. The use of tactics in football is an attempt to develop the ability to think, to be creative, and make improvisation to determine the best alternative to solve problems encountered in an effective, efficient and productive game in order to obtain maximum results, winning the game. Tactics is the overall approach to soccer matches within the team in which each team member needs to apply the team's tactics by making decisions during the game [6].

Many strategies can be developed in football, but the common strategy is defending and striking. Furthermore, there are three applicable aspects, namely defending tactics, striking tactics and transition. Striking is an attempt to bring the ball into the opponent's defense area to make a goal. Striking needs cooperation, concentration and carefulness of reading the opportunities. In addition to striking tactic, defending tactic is very important. Not only trying to score as many as possible, but also trying to keep the goal so as not to concede goals. Defending is an attempt to thwart the opponent's attack so as not to enter his own defense area. In a defensive strategy, concentration is required and should not depend only on defenders, but all players have a duty to defend. Each player has a different portion in defense, depending on the player's original position. There are some concepts that can be learned to create good defend such as marking, press, cover, tracking, and so forth. Another defending tactic is defined as a tactic applied by individuals, groups, or teams against the opponent with the aim of holding back the opponent's attack so as not to experience defeat or fatigue in the match. The defensive tactics can be distinguished into: (1) man to man defense, each player overshadowing one opponent (one on one), (2) zone defense, each player is responsible for his defensive area, (3) combination, man to man defense and zone defenses.

Based on how to do so, defense tactics can be distinguished into: (1) man to man defense, means a one-on-one defense in a defense area. Any entry into the area of defense must be tightly guarded. Defense can be applied if the players have the technique, and excellent physical condition, (2) Zone marking is to defend their own area by making formation. The principle of marking zone is as follows: (a) need good teamwork, (b) can hinder the attacker's movements, (c) secure the defense area from the opponent's attack pressure, (d) the defense must be layered so that the opponent's opponent is difficult to penetrate, (e) the defense must form a solid formation, (f) the defense should be able to push the opposing player to restrict themselves , (3) combination defense, man to man and zone marking are the most complex defense, meaning that each player keeps his opponent and suddenly moves the place, then his task is handed over to his closest friend. This defense will work well if there is a movement between the players and their responsibility of their respective areas.

Based on the observations and interviews conducted by researchers on January 24, 2014 to students and football coach in Puma Football School in Situbondo, it was found that the coaches introduce and train monotonous of defending techniques and rarely apply the model of defending exercises. The researchers also distributed questionnaires to students of Puma football school on February 1, 2014 which showed that almost 87% of the students rarely did defending strategy exercises, 83% of the students needed defending training models, 77% of the students were very interested in doing defending training models. Based on the problems that have been described, the researchers concluded that the need to make model of defending exercise.

II. METHOD

Research on the development of a defending exercise model in a football game for students aged 14-16 years refers to Borg and Gall's Research and Development model consisting of ten steps [4]. In this research, researchers did not implement all the steps but researchers modified according to the characteristics of the products developed are: (1) Analysis of needs, (2) The initial products, (3) evaluation of experts, (4) small group try-out, (5) Product revision, (6) Large group try-out, and (7) Final product.

Subjects in the research and development are as follows: (a) the subject in the preliminary study (needs analysis) which was conducted on 1 trainer and 30 students, (b) the subject of expert evaluation consisted of a football expert, 1 football coach, and 1 media expert (c) test subject (small group) consists of 8 students , (d) test subject (large group) consists of 22 students. Questionnaires are used to collect qualitative and quantitative

data from needs analysis, expert evaluation, small group and large group try-out, to determine the percentage of the need of the product.

The product developed in this research is a defending training model for 14-16 years old students in the form of video. The models include: (1) warm up before doing the main exercises, such as active stretching and samba gymnastics, (2) defending strategy exercise that consists of exercise without the ball, press exercise using closing down principles, press exercise for the opponent who dribble the ball, intercept exercise involving 2 players, exercise involving 4 players, (3) helping students to improve their skill, (4) using ball, whistle, cone, and vest, (5) manual implementation, (6) exercise chart and (7) cooling down session in pairs.

The data was in the form of qualitative and quantitative data. Quantitative data obtained from a questionnaire which was given to one football coach and total of 30 students. While the qualitative data obtained from the review of experts, namely 1 football expert, 1 football coaching expert, and 1 media expert.

To analyze the data, the researchers made use of qualitative and descriptive analysis technique in the form of percentage. Qualitative analysis is used to analyze the results of data collection from interviews and expert reviews. Descriptive analysis in the form of percentage is used to analyze the results of data collection from preliminary study (need analysis), small group and large group try-out.

III. RESULT AND DISCUSSION

In this section, the research data obtained from needs analysis, evaluation from football expert, football coaching expert, and media expert, try-out 1 (small group), and try-out 2 (large group). To obtain data from the experts and students, the researchers made used of questionnaire. Firstly, the product was tried out to 8 students, then to 22 students.

A. Results of Needs Analysis

Needs analysis is done by filling a questionnaire consisting of 10 question by 30 students of Puma Football School-Situbondo. Based on questionnaires that have been distributed to students, it can be concluded that 87% of students rarely do the model of defending training and 57% of students stated the defending model of exercise was monotonous and as many as 83% requires the development of defending training models.

B. Football Expert I

In this table below is the result of expert analysis on the product developed.

TABLE I. RESULTS OF FOOTBALL EXPERT DATA ANALYSIS

No	Aspect	Minimum Score	Maximum Score	Final Score	Percentage
1	Accuracy	3	12	9	75%
2	Suitability	8	32	32	100%
3	Attractiveness	7	28	28	100%
4	User Friendliness	7	28	28	100%
Total		25	100	97	97%

Based on data analysis results in Table 1. revealed that expert football evaluation is 97% with excellent

description. Thus it can be concluded that the development of defending training model in football game is suitable for students at Puma Football School-Situbondo.

The suggestion of the expert on the development of the exercise model of defending strategy for students aged 14-16 years at Puma School-Situbondo are (1) explanation should be simple and easy to understand, (2) The term coordination

exercise should be replaced with movement training, (3) exercise 2 versus 2 should be done until the opponent seizes the ball.

C. Football Expert II

Based on expert test conducted by expert coaching football using a questionnaire obtained the following results.

TABLE II. RESULTS OF DATA ANALYSIS OF FOOTBALL EXPERT

No	Aspect	Minimal Score	Maximum Score	Final Score	Percentage
1	Suitability	9	36	28	77,78%
2	User Friendliness	8	32	32	100%
3	Clarity	2	8	5	62,5%
4	Attractiveness	8	32	28	87,5%
Total number		27	108	93	86,11%

Based on the result of data analysis in Table 2, it is found that the results of expert coaching football evaluation is 86.11% with a very good description. Thus it can be concluded that the development of exercise model of defending strategy is appropriate for students.

The evaluation of the football coaching expert on the development of the training model of defending strategy for students aged 14-16 at Puma Football School-Situbondo

revealed some suggestions, such as : (1) some explanatory items are less clear, (2) model of intercept training or cut off the opponent's bait should be fast, (3) There must be a distance between the cones.

D. Media Expert

Based on the assessment conducted by media expert using a questionnaire obtained the following results.

TABLE III. RESULTS OF MEDIA EXPERT DATA ANALYSIS

No	Aspect	Minimum Score	Maximum Score	Final Score	Percentage
1	Interesting design	10	40	30	75%
2	Design clarity	9	36	28	78%
3	Clarity of narration	8	32	18	56%
4	Design compliance	4	16	12	75%
Total number		31	124	88	70,97%

The result of data analysis in Table 3 showed that result of media expert analysis is 70.97% with a good description. Thus it can be concluded that the development of defending training model in football game is suitable for students in Puma Football School-Situbondo.

The media expert suggested some points on the development of defending technique in football games for students aged 14-16 at Puma Football School Situbondo

District, they are: (1) the voice of the narrator should be recorded in the audio studio to produce good an clear sound quality, (2) The sign of running and passing movement is interesting.

E. Small Group Try-out

Small group test conducted to 8 students of Puma School-Situbondo obtained the following results:

TABLE IV. SMALL GROUP TEST RESULTS DATA

No.	Sub Indicator	F Score	Maximum Score N	Percentage (%)	Criteria
1	Attractiveness	193	224	86	Very good
2	User Friendliness	183	224	82	Very good
3	Accuracy	196	224	87	Very good
4	Benefits	192	224	86	Very good
amount		764	896	85	Very good

Based on the results of data analysis in table 4. it can be seen that the small group trial obtained percentage of 85% with a good description once. The results of the questionnaire analysis showed that the product is appropriate and can be used in Puma Football School.

F. Large Group Try-out

TABLE V. LARGE GROUP TRIAL RESULT DATA

No.	Sub Indicator	F Score	Shoes Maximum N	Percentage (%)	Information
1	Attractiveness	548	616	89	Very good
2	User Friendliness	538	616	87	Very good
3	Accuracy	538	616	987	Very good
4	Benefits	559	616	91	Very good
Amount		2183	2426	88,5	Very good

In addition, large group trials obtained 88.5% with excellent description. Based on try-out, it can be concluded that the defending training model can be used at the Puma Football School-Situbondo. The result of the questionnaire revealed that the model is feasible to be applied to the training activities at Puma Football School-Situbondo.

G. The result of the exercise Model Developed

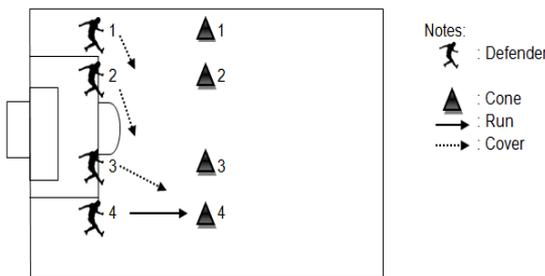


Fig. 1. Exercise Model 1 (Non-Ball Movement)

H. Implementation

The four defenders do the pressure alternately to 1, 2, 3, and 4. If the striker A does dribbling into cone 1, then the defender 1 does pressure. If striker B do dribbling to cone 2, then the defender 2 does pressure.

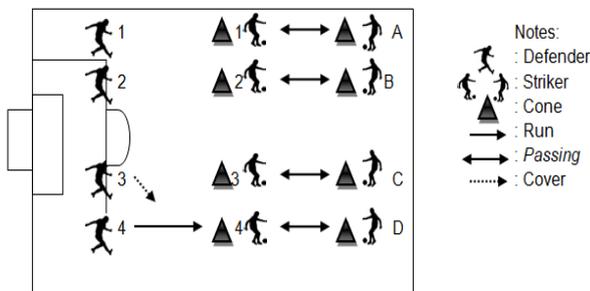


Fig. 2. Exercise Model 3 (Intercept Involving 2 Players)

I. Implementation

The four defenders do pressure alternately to cone 1, 2, 3, and 4 occupied by striker. If the striker D does passing to his

teammate who is in cone 4, then defender 4 should make pressure, while defender 3 shifts from his position to cover. If the striker C does passing to his teammate is in cone 3, then the defender 3 should make pressure, while player number 4 shifts from his position to cover.

Based on a large group test conducted by 22 students of Puma Football School obtained the following results.

teammate who is in cone 4, then defender 4 should make pressure, while defender 3 shifts from his position to cover. If the striker C does passing to his teammate is in cone 3, then the defender 3 should make pressure, while player number 4 shifts from his position to cover.

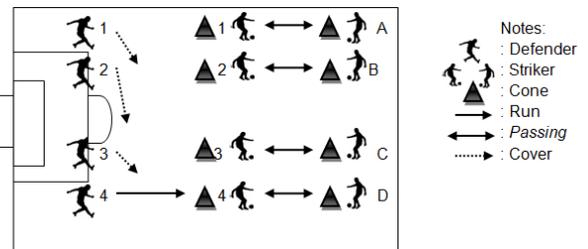


Fig. 3. Exercise Model 3 (Intercept Involving 2 Players)

J. Implementation

The four defenders do pressure alternately to cone 1, 2, 3, and 4 occupied by striker. If the striker D does passing to his teammate who is in cone 4, then defender 4 should make pressure, while defender 3 shifts from his position to cover. If the striker C does passing to his teammate is in cone 3, then the defender 3 should make pressure, while player number 4 shifts from his position to cover.

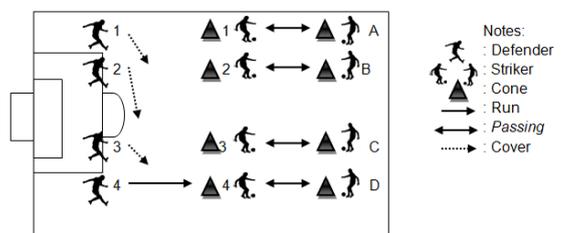


Fig. 4. Exercise Model 4 (Intercept Involving 4 Players)

K. Implementation

The four defenders do pressure alternately to cone 1, 2, 3, and 4 occupied by striker. If the striker D does passing to his teammate who is in cone 4, then defender number 4 should make pressure, while player number 1, 2 and 3 move from

their position to make cover. If the striker C does passing to his teammate is in cone 3, then the defender number 3 should does pressure, while player number 1, 2 and 4 shift from their position to do cover. If the striker B do passing to his teammate in cone 2, then the defender 2 must make pressure, while player number 1, 3 and 4 shift from positions to make cover.

The product of this research is practice model of defending technique in football for students aged 14-16 years Puma Football School in Situbondo, preliminary study (needs analysis) was carried out in the form of observations on students who carry out exercises, interviewing the coaches, and distributing questionnaire to 30 students.

The researcher also used questionnaire to obtain experts evaluation, suggestion and feedback for exercise model. The evaluators comprised of 1 football expert, 1 football coach, and 1 media expert. Furthermore, the product was tried out to small groups (8 students) and large group of students (22 students).

After all research and development procedures have been completed and the product was stated well, the product was packaged in video type and is suitable to be used as a model of exercise for students aged between 14-16 years old in School Puma Football.

The findings of this research is in line with the idea that strategy is an attempt to thwart the opponent's attack so as not to enter his own defense area. To successfully done the defending strategy need high concentration and not to rely only on other defenders, but all players have the obligation apply defending strategy, but every player has a different portion in defense, depending on the player's original position.

Muhdhor states that tactics is the overall approach in football within a team [6]. Each team member needs to apply team tactics by making decisions during the game. The findings of this study is supported by a study conducted by Sampaio who stated that defending exercises can improve

cohesion, communication, responsibility and self confidence [7].

Based on the needs analysis of Puma Football School students, researchers developed exercise model of defending strategy in the form of video. According to Andersen, video has many advantages as a medium learning, such as: (1) showing and repeat certain movements, (2) showing complete content and structure of learning material and its practices (3) can be used in a large number of student in the same time, (4) Can be designed as self-study media according to the learning speed of each student, (5) Can reinforce the learning process and is entertaining [2].

IV. CONCLUSION

This product is five exercise models of defending technique used in football game in the form video form. It is expected that the video can used as a guideline for trainers to carry out more varied defensive training activities to the students in Puma Football School-Situbondo.

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