

THE EFFECT OF TRAINING METHODS AND ACHIEVEMENT MOTIVATION ON THE ABILITY OF BASIC FOOTBALL TECHNIQUES

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Abstract

The aim of this research is to determine the effect of blocked and random practice methods and achievement motivation on basic technical skills in football. This research was conducted on athletes from the Baturaja Football School 07 Under 15 years, Baturaja City. This research used treatment by level 2 x 2. The sample consisted of 40 athletes. The data analysis technique is a two-way analysis of variance (ANOVA) and then continued with the Tukey test at a significance level of $\alpha = 0.05$. The results of this study indicate that (1) The value of basic technical ability in football in the treatment blocked practice method (A1) higher than the value of the random practice method (A2) at football school 07 Baturaja. (2) There is an interaction effect between training methods (A) and achievement motivation (B) on basic technical skills in football at football school 07 Baturaja. (3) The value of basic technical ability in football in the treatment of the blocked practice method of high achievement motivation (A1B1) higher than the value of the random practice method of high achievement motivation (A2B1) at football school 07 Baturaja (4) The value of basic technical ability in football in the treatment of the blocked practice method of low achievement motivation (A2B2) at football school 07 Baturaja.

Keywords: *Blocked practice and random practice methods, Achievement motivation, Basic soccer techniques.*

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INTRODUCTION

When the government adopts the slogan "community gymnastics and promote sports" and considers sports as part of daily activities, sports should be given to children to build a society that is aware of the importance of sports. Of course, exercise is important and has become everyone's daily work, and healthy exercise is the goal of every athlete. Football is one of the most important sports in our daily life, has great appeal in people's lives, is a professional method that produces many benefits in physical and material health.

Football is also one of the sports that are prioritized to be fostered. Where the coaching goes through several stages ranging from the most basic technical coaching to more complicated tactics (Arifin & Warni, 2019)

One of the indicators of this football achievement is how the coach can spur optimal performance in the athletes being trained. Optimal achievement can be accelerated if the trainer has competence which is reflected in his knowledge, attitude, and skills in training (Rohman, 2017)

The skill of playing football does not just come, it takes a long process in the form of continuous training so that it is perfect when practicing and competing. (Dahlan et al., 2020)

Football is the most famous sport in all parts of the world. Everyone can play this sport. Starting from children, teenagers, to adults can play this sport. Football can also be played by the lower, middle and upper classes. And football can be played anywhere, this makes this sport a very popular sport and much loved by everyone (Putra & Tafaqur, 2019)

Hinca said "football is not only a part of the routine and human rights of citizens in daily sports but has become a global industry". (Hinca IP Pandjaitan XII, 2011)

Seen at the 2018 World Cup in Germany which provides a great lesson how football is able to hypnotize everyone in the world and spin the wheels of the big economy that sustains a country. Football is the most popular sport in the world. Football has become the national sport in most European and Latin American countries and in many other countries. Millions of people in more than 160 countries play football (Andi Mulya, 2011)

In Globalization era, it is very easy for the world to obtain information quickly and directly with the help of information technology, the international community can appreciate the news. Football gaming is an industry that has benefited from it happening to soccer in developed countries. It indirectly affects the mentality of people from all walks of life in Indonesian football. Being able to play soccer, the basic skills of soccer are very necessary (Chan et al., 2021)

Football games are not only carried out for recreational purposes and to fill spare time but are required to achieve optimal performance. (Putranto & Andriadi, 2019)

Currently, Indonesian football is a sport that is very popular with the public and is very popular throughout Indonesia. Even for elderly fans, men and women are the same. This sport has developed into a professional sport, enough to guarantee the future of its athletes. However, Indonesia's current football achievements have not produced encouraging results, if a country advances to the World Cup finals, their country will be proud.

One of the main reasons for the failure of football management in our country is our lack of attention to the development of children (grassroots) and young people (age group), because in this game, sports coaching games for young people are very few of children.

In today's football games, players are required to be able to control the ball better, so the opportunity to score a goal is quite large. One of the techniques in the game of football. (Mubarok & Mudzakir, 2020)

The emergence of talented athletes cannot be separated from the coaching process carried out in sports clubs. Sports clubs are places where sports coaching takes place. Meanwhile, sports achievement is determined by the programs prepared by the coach, adequate infrastructure and funds that support the participation of the environment, the community, and the support of the parents concerned in the sports club. (Nugroho, 2017)

To be able to achieve the goal of playing football, certain techniques are needed in playing the ball. Included in the basic techniques of football are passing, dribbling and shooting. In order for the ball game to be more dynamic and interesting, the basic techniques are played in the form of playing both through attack and defense tactics and strategies. (Qohhar & Pazriansyah, 2019)

Techniques with the ball include controlling the ball with body parts using feelings (ball feeling), passing the ball, kicking the ball towards the goal (shooting), dribbling, receiving and controlling the ball (receiving and controlling

the ball), heading the ball (heading), trick (feinting), goalkeeper (goalkeeping). (Rury Rizhardi, 2020)

Training is a conscious process of improving athletes to achieve maximum performance quality by being given physical, technical, tactical, mental loads that are regular, directed, increased, gradually, and repeatedly over time. (Dwi saputro, 2017)

Training in football is a useful process to train or improve the mastery of basic technical skills to play football, improve physical abilities and form a good mentality. Lack of practice will be a big problem for players if they want to improve their abilities. (Muhammad Sidik et al., 2021)

Techniques will become more refined before automating the movement. The development of future players is an important issue in the development of football in any country. A football match takes a lot of energy, and intelligence on the pitch can inspire team spirit as well as bring joy to the team.

Football games have a variety of basic game skills, namely: passing , dribbling, and shooting. Basic skills are basic skills that all athletes must master in order to play soccer skillfully based on multilateral athletic abilities. Exercises that need to be done in early childhood are correct basic technical skills with good basic physical abilities. Therefore, every coach must understand the various stages of training from this aspect of the exercise so that he knows the timing and content of the training. Players with good basic soccer skills will be able to use them in various situations, making it easier to apply tactics, and then be able to form good cooperative relationships to become a winning team and team (Okilanda et al., 2021)

It can be seen from the observations made that young players at the Baturaja 07 Football School (SSB) on October 27, 2019 the three basic techniques of passing, dribbling and shooting have not become mastery which are categorized as skilled where the author's attention is the U-15 year old group who carries out all three basic techniques in the match are still seen in passing, doing wrong giving the bait so that it is accepted by other athletes not by their own

friends, when dribbling the athlete cannot control the ball well so that the ball is easily snatched by the opponent because the athlete is in a position far from the ball in the match. when dribbling, and when shooting after carrying the ball so that it is facing the goal an athlete takes a kick that deviates from the goal.

From the observations, it was found that the victory achieved, the data on the Baturaja 07 football school athletes from several matches 5 times playing sparring and 5 tournaments for sparring 3 times drawing 2 defeats, for tournament matches 3 losing and 2 losing draws aggregate penalty so it can be concluded above the many defeats achieved. And having the factors of passing, dribbling and shooting errors by athletes in the match is still visible in passing, giving wrong bait so that it is accepted by other athletes not by their own friends, when dribbling athletes cannot control the ball well so the ball is easily snatched by the opponent because the athlete is in a position far from the ball when dribbling, and when shooting after carrying the ball so that it is facing the goal an athlete takes a kick that deviates from the goal. This error is recorded and in the data the athlete makes 6-7 mistakes in one match.

Players with good basic football technical skills can be produced if the coaching of young players (grassroots and youth) is carried out properly, correctly and directed. Coaching for young players must be oriented towards coaching players which includes technique, tactics, supported by physical and mental abilities. The four elements of achievement are interrelated with each other. To get the seeds of football players who have the ability to play good football, they must have quality human resources and be supported by external/exogenous factors such as quality coaches.

The idea of the game of football is how we try to get the ball into the opponent's goal as much as possible and also defend our own goal from conceding. The game of football is a form of game that is strongly dominated by open skills, therefore the technique (apart from tactics and physicality) that is mastered by the player is a form of choices that must be determined according to the situation and conditions that occur at the time. that. The basic techniques in

football games of passing, dribbling and shooting are given by a method that refers to what is available at the Baturaja 07 Football School (SSB), where this can be seen in the method used with random practice which is actually carried out at the Baturaja 07 football school, South Sumatra.

This method is good at mastering basic techniques, it's just that it focuses on a form of ability that allows an athlete to master in a way that one part of the technique can be realized. In other football schools, it was seen that there were several coaches who used the blocked practice method, which focused on the basic technique per part, but in one exercise no one had done it but only part of the time was taught using this blocked practice method. The basic soccer techniques intended are passing, dribbling, and shooting by looking at the results of the implementation of these three basic techniques in a match. The method that will be used as a comparison from the results of observations is blocked practice which according to the author is more specifically aimed at young U-15 year old players.

METHOD

1. Research Method

The research was conducted using experimental methods. The experimental method is a research method used to find the effect of certain treatments. (Sugiyono, 2011) This research consists of the dependent variable, namely the ability of basic football techniques and the independent variable of treatment is the method of training and the moderator independent variable is motivation.

2. Research Design

The research design used is a treatment by level 2 x 2 design, where each independent variable is classified into 2. The independent variable treatment is classified in two forms of training method (A) namely the blocked practice method (A1) and the random practice method (A2). . While the moderator independent variables are classified into two levels of motivation (B), namely



high motivation (B1) and low motivation (B2). The treatment by level 2 x 2 design can be explained as follows:

Tabel 1. Research Design

Practice Method (A)	Blocked practice	Random practice
Achievement motivation (B)	(A ₁)	(A ₂)
High (B ₁)	A ₁ B ₁	A ₂ B ₁
Low (B ₂)	A ₁ B ₂	A ₂ B ₂
Total		

Description:

A₁B₁ = Blocked practice method group given to participants who have high achievement motivation.

A₂B₁ = Group of random practice methods given to participants who have high achievement motivation.

A₁B₂ = Blocked practice method group given to participants who have low achievement motivation.

A₂B₂ = Group of random practice methods given to participants who have low achievement motivation.

RESULT AND DISCUSSION

1. The value of basic technical ability in football in the treatment of the blocked practice method (A1) is higher than the value of the random practice method (A2) at the football school 07 (SSB) Baturaja.

Based on the results of the analysis of variance (ANOVA) at a significant level = 0.05, obtained $F_o = 13.8686$ and $F_t = 4.085$. Thus $F_o > F_t$, so that H_0 is rejected, so it can be concluded that overall, there are significant differences between blocked practice methods. and distribution of basic technical skills in football. The value of the blocked practice method (= 51.801; SD = 7.135) was higher than the value of the random practice method (= 48.198; SD = 5.514).

Basic technical ability in football is one of the most important basic movement patterns in football. For this reason, a suitable training method is needed in training football. In this study, two training methods were applied, namely the blocked practice method and random practice with the aim of seeing which method has a higher value in improving basic technical skills in football.

Both of these training methods have the same goal, namely to improve basic technical skills in football, where motivation to practice is also very supportive to get basic technical skills in good football, but each of these training methods has differences in terms of results.

Based on the discussion of the research results, it can be recommended that the blocked practice method is more suitable to be applied in improving basic technical skills in football.

2. There is an interaction effect between training methods and achievement motivation on basic technical skills in football at the Baturaja football school 07 (SSB).

The results of the 2x2 analysis of variance, regarding the interaction between training methods and achievement motivation on basic technical skills in football show the interaction between training methods and motivation on basic technical skills in football, as seen in the calculated value of F_o interaction (FAB) = 5.1964 and F_t = 4.085. that $F_{count} > F_{table}$, so H_0 is rejected. and H_1 is accepted. Thus, it can be concluded that there is an interaction between training methods and achievement motivation on basic technical skills in football.

This is obtained after calculations and the reality in the field where achievement motivation has a role that can affect the results of the two training methods. This is reinforced by the results of further tests that distinguish between blocked practice methods with high achievement motivation and low achievement motivation and random practice methods with high motivation and low motivation to practice. The effectiveness of the value of the blocked practice method with higher training motivation is significantly seen in the results of the athlete's basic technical ability. We compare it with the random practice method with low achievement motivation, which can produce unpredictable values because it can be higher than the low motivation blocked practice method. The random practice method and the blocked practice method both provide effective results on basic technical skills in football only. It's just that these two methods have an influence on each other's condition.

We can conclude that for athletes who have high achievement motivation if they want to improve their basic technical skills in football in a structured manner with one level of mastery then they should be trained using the blocked practice method, on the contrary for athletes who have low achievement motivation if they want to improve basic technical skills in Football can use both random practice methods and blocked practice methods.

3. The value of basic technical ability in football in the blocked practice method of high achievement motivation (A1B1) is higher than the value of the random practice method of high achievement motivation (A2B1) at the football school (SSB) Baturaja 07.

The difference in the value of the high achievement motivation group using the blocked practice method (P3) compared to the high achievement motivation group using the random practice method (P4), obtained $Q_h = 11.487^*$ and $Q_t = 3.89$. Thus Q_h is greater than Q_t , so H_0 is rejected. Based on the calculation results, the average value of athletes who have high motivation using the blocked practice method ($X=51,801$; $SD=7,135$) is higher than the random practice method ($X=48,198$; $SD=5,514$).

Both of these methods have the same goal, namely to improve basic technical skills in football, but each has differences in terms of results. For athletes who have high motivation, this will actually be able to develop their ability to achieve improvement in basic technical abilities, because they are more interested in going further and in a structured way to improve one by one the basic techniques carried out.

A value that explains that the blocked practice method is implemented by means of repeating the same exercises with the aim of improving or mastering one by one the basic techniques to be trained, it will achieve a basic technical ability that can really be mastered in its implementation. The random practice method in its implementation emphasizes different variations which are not focused on one by one ability by taking turns practicing the three basic techniques in one exercise. Athletes who use the random practice method are not influenced by one focus of

technique in mastering but collectively digest the basic techniques given in one exercise.

For athletes who have high motivation, the exercise is an ordinary activity and does not have a high challenge if it is only done in one exercise that has a short time with different motion tasks, because according to him the exercise does not have one goal of achieving the three techniques. basic and this is simple as usual by being obtained in every exercise in every football school so that it does not cause a high ability in one technique or all three and the element of competition is very small in improving basic technical skills in football, thus the results to be achieved are also not as expected. In other words, practicing with the application of random practice training methods for athletes who have high motivation does not create enthusiasm for mastering basic techniques.

The value of $A1B1 > A2B1$ so that H_0 is rejected. Based on the discussion of the research results, it can be recommended that for athletes who have high achievement motivation, the blocked practice method is more suitable to be applied in improving basic technical skills in football.

4. The value of basic technical ability in football in the blocked practice method of low achievement motivation ($A1B2$) is lower than the value of the random practice method of high achievement motivation ($A2B2$) at the football school (SSB) Baturaja 07.

The value of the low achievement motivation group with the blocked practice method (P5) is lower than the low achievement motivation group with the random practice method (P6), the results are $Q_0 = -2.369$ and $Q_t = 3.89$. That is, the data has no reason to accept H_0 , so it can be interpreted that there are differences in dribbling skills in blocked practice and random practice football with low motivation and the value of the blocked practice method with low achievement motivation is lower than the value of basic techniques in football random practice methods of achievement motivation. low in Garuda Muda football school.

It is said that these two training methods have the same goal, namely to improve basic technical skills in football, but each has differences in terms of

implementation. The blocked practice method in its implementation, by means of repetition of exercises with the aim of improving or mastering the basic techniques to be trained, while the random practice method in its implementation emphasizes finding problem solvers and making decisions that are not too difficult or easy.

For athletes who have low motivation, training like this is an activity that they really like, because according to him, the movements alternate in one exercise, not only in one focus of movement so that moving without any restrictions makes the athlete more flexible with this. In other words, practicing with the application of random practice methods for athletes who have low motivation stimulates the emergence of passion to achieve a level of movement automation. While practicing with the application of the blocked practice method, athletes who have low motivation, do not stimulate the emergence of passion and enthusiasm in an effort to achieve basic technical ability movements and provide movement restrictions in a soccer practice. This means that the data has no reason to accept H_0 , so it can be interpreted that there are differences in basic technical abilities in blocked practice and random practice football with low motivation.

Based on the discussion of the research results, for athletes who have low motivation, both training methods are suitable to be applied in improving basic technical skills in football.

CONCLUSION

This research uses an experimental method that involves independent variables, namely the blocked practice method and random practice methods and achievement motivation, while the dependent variable is the basic technical ability (dribbling, passing and shooting) in football at Baturaja football school athletes 07 Under 15 years Baturaja City.

Based on the results of data analysis, the results of hypothesis testing and the results of research discussions that have been obtained, several conclusions, research implications and suggestions can be explained as follows:

1. The blocked practice method has a higher value than the random practice method on basic technical skills in football at the Baturaja 07 football school.
2. There is an interaction between the blocked practice method and the random practice method and achievement motivation on basic technical skills in football at the Baturaja football school 07.
3. The blocked practice method of high training motivation has a higher value than the random practice method of high achievement motivation on basic technical skills in football at the Baturaja 07 football school.
4. The blocked practice method of low achievement motivation has a lower effect than the random practice method of low achievement motivation on basic technical skills in football at the Baturaja 07 football school.

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