

## EVALUATION OF BASIC FOOTBALL SKILLS IN GRADE VIII STUDENTS OF SMP NEGERI 2 KUTACANE

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### *Abstract*

*This study is entitled "Evaluation of Basic Football Skills in Students of SMP Negeri 2 Kutacane Class VIII Academic Year 2023/2024". Football is a team game, each team consists of eleven players, and one of them is a goalkeeper. The objective to be achieved in this study is to find out how the basic football skills are in students of SMP Negeri 2 Kutacane class VIII academic year 2023/2024. In this study, researchers took 100% of the total population of 26 students. From the results of research that has been conducted by researchers, in students of class VIII SMP Negeri 2 Kutacane academic year 2023/2024. Based on the number of T-Score values of basic football skills in students of SMP Negeri 2 Kutacane academic year 2023/2024 researchers concluded that, students of SMP Negeri 2 Kutacane academic year 2023/2024 have good abilities in practicing basic football skills. The above statement is also supported by the overall results of all test items, where the average T-score for all test items was 64.0, which is considered good. Based on these results, the researcher recommends that physical education, health, and recreation teachers in junior high schools provide regular training for students to achieve good performance.*

**Keywords :** Basic skills , Football

### INTRODUCTION

The development and coaching of sports which is part of the effort to improve the quality of Indonesian people is directed at improving the physical, mental and spiritual health of the entire community. Sojoto (1988: 2) stated that: "To achieve an achievement in sports is an effort that must be carefully considered with a coaching effort through early cultivation, as well as improvement through a scientific approach to related sciences."

In competitive sports, physical, technical, tactical and mental are the main elements for achieving maximum performance, and this is also the case in football. Soekatamsi (1984: 11) stated: "In football learning, we recognize the aspects that need to be developed, namely: 1). Physical development (physical fitness), 2). Technical development (skills), 3). Tactical development (strategy), 4). Champion maturity (mental)". Athlete development that begins from an early age is a program for achieving optimal performance. Schools are institutions that contain students who are assets in developing high-achieving sports.

In improving soccer playing skills, basic skills are closely related to the ability to coordinate physical movement , tactics , and mental skills .

must be truly mastered well and studied early to develop the quality of the game which is one of the factors that determines whether a team wins or loses in a match. SMP Negeri 2 Kutacane is one of the junior high schools located in the Southeast Aceh area. Based on the author's observations, the extracurricular activities held at SMP Negeri 2 Kutacane are: 1) Football, 2) Volleyball, 3) Badminton, 4) Table Tennis, 5) Basketball, and 6) Martial Arts.

Football is an extracurricular activity at SMP Negeri 2 Kutacane, held on designated days from 3:30 PM to 5:30 PM WIB. Students who choose and participate in football extracurricular activities are students in grades 1, 2, and 3 who are genuinely interested in participating in football training. The researcher's interest in conducting research at SMP Negeri 2 Kutacane was due to the fact that routine activities that had been carried out for years had not yielded optimal results.

## RESEARCH METHODS

The research method used in this research is the survey method. *Surveys* are generally a way of collecting data from a number of units or individuals at the same time or period, according to Sukardi (2003:15) who stated that: Survey research is usually not limited to one or several variables, researchers can generally use variables and populations (Yassir, 2015) which are broad in accordance with the research objectives to be achieved, in this research method using the *survey method*, which is collected are the results of basic skills from: kicking, heading, dribbling and stopping the ball.

## RESULTS AND DISCUSSION

The presentation of data in the form of tables and explanations aims to explain each research result on the evaluation of basic football skills in grade VIII students of SMP Negeri 2 Kutacane in the 2023/2024 academic year that has been analyzed by the researcher so that in the future it can make it easier for readers to examine the results of the research that has been done. Before the presentation in the form of the following table will be presented the recapitulation results of all test items that have been administered to students of SMP Negeri 2 Kutacane.

**Tabel 4.1.1 Hasil tesstopping dan passing pada siswa Kelas VIII SMP 2 Negeri Kutacane**

No	Number	Score		Category	Information
		R-Score	T-Score		
1	Akmal	5	66	Good	
2	Azis Riandi	4	58	Enough	
3	Dian Umara	3	50	Currently	
4	Fakhri	5	66	Good	
5	Nature	4	58	Enough	
6	Khalilullah	4	58	Enough	
7	Kiki Safril	6	74	Good	
8	Luthfi Fauzi	5	66	Good	
9	Messenger	6	74	Good	
10	Muaziz	4	58	Enough	
11	M. Maulana	4	58	Enough	
12	M. Rizkan	6	74	Good	
13	Muhammad Ridha	4	58	Enough	
14	Muhammad Riza	6	74	Good	
15	Muslim	4	58	Enough	

No	Number	Score		Category	Information
		R-Score	T-Score		
16	Muyatsir Rizqi	4	58	Enough	
17	Grace	5	66	Good	
18	Reza Fahlevi	5	66	Good	
19	Ridha Aulia	5	66	Good	
20	Ricky Firdaus	4	58	Enough	
21	Riza Ikwan	5	66	Good	
22	Ryan Revan	4	58	Enough	
23	Usman	4	58	Enough	
24	Zagfey Baron Alafanda	3	50	Currently	
25	Zikrul	6	74	Good	
26	Zulbahri	5	66	Good	
	<b>Amount</b>	120	1636		
	<b>Rate- rate</b>	4,61	62,92		

From the table above , it shows that 13 people (50%) of the students of SMP Negeri 2 Kutacane have good abilities in the stopping and passing tests , 11 people (42.3%) of them

Students of SMP Negeri 2 Kutacane in the 2023/2024 academic year have sufficient ability in the stopping and passing test and 2 students (7.7%) of SMP Negeri 2 Kutacane in the 2023/2024 academic year have moderate ability in the stopping and passing test.

**Table 4.1.2 Heading test results for students of SMP Negeri 2 Kutacane in the 2023/2024 academic year .**

No	Number	Score		Category	Information
		R-Score	T-Score		
1	Akmal	3	61	Good	
2	Azis Riandi	4	68	Good	
3	Dian Umara	3	61	Good	
4	Fakhri	3	61	Good	
5	Nature	4	68	Good	
6	Khalilullah	3	61	Good	
7	Kiki Safril	4	68	Good	
No	Number	Score		Category	Information
		R-Score	T-Score		
9	Messenger	3	61	Good	
10	Muaziz	3	61	Good	
11	M. Maulana	4	68	Good	
12	M. Rizkan	4	68	Good	
13	Muhammad Ridha	5	76	Good	
14	Muhammad Riza	3	61	Good	
15	Muslim	4	68	Good	
16	Muyatsir Rizqi	4	68	Good	
17	Grace	4	68	Good	
18	Reza Fahlevi	3	61	Good	
19	Ridha Aulia	3	61	Good	
20	Ricky Firdaus	4	68	Good	
21	Riza Ikwan	5	76	Good	
22	Ryan Revan	3	61	Good	
23	Usman	3	61	Good	
24	Zagfey Baron Alafanda	5	76	Good	
25	Zikrul	5	76	Good	
26	Zulbahri	3	61	Good	
	<b>Amount</b>	97	1724		
	<b>Rate- rate</b>	3,73	66,30		

**Tabel 4.1.3 Hasil tes dribbling pada siswa SMP Negeri 2 Kutacane Tahun Ajaran 2023/2024.**

No	Number	Score		Category	Information
		R-Score	T-Score		
1	Akmal	11.88	72	Good	
2	Azis Riandi	9.91	75	Good	
3	Dian Umara	8.60	75	Good	
4	Fakhri	11.05	73	Good	

5	Nature	10.19	75	Good	
6	Khalilullah	9.98	75	Good	
7	Kiki Safril	11.06	73	Good	
8	Luthfi Fauzi	9.27	75	Good	
No	Number	Score	Category	Category	Information
		R-Score	T-Score		
9	Messenger	10.90	73	Good	
10	Muaziz	11.12	73	Good	
11	M. Maulana	10.52	75	Good	
12	M. Rizkan	12.33	71	Good	
13	Muhammad Ridha	12.38	71	Good	
14	Muhammad Riza	10.63	74	Good	
15	Muslim	12.37	71	Good	
16	Muyatsir Rizqi	9.79	75	Good	
17	Grace	10.32	75	Good	
18	Reza Fahlevi	11.58	73	Good	
19	Ridha Aulia	11.68	72	Good	
20	Ricky Firdaus	10.44	75	Good	
21	Riza Ikwan	12.40	71	Good	
22	Ryan Revan	12.17	71	Good	
23	Usman	11.06	73	Good	
24	Zagfey Baron Alafanda	9.78	75	Good	
25	Zikrul	10.24	75	Good	
26	Zulbahri	9.96	75	Good	
	<b>Amount</b>	281,61	1911		
	<b>Rate- rate</b>	1083	73,5		

**Table 4.1.4 Results of the shooting test on students of SMP Negeri 2 Kutacane in the 2023/2024 academic year .**

No	Number	Score			Category	Information
		Raw Score		T-Score		
		Score	Time			
1	Akmal	1	1,28	47	Currently	
2	Azis Riandi	5	0,96	68	Good	
3	Dian Umara	1	1,33	47	Currently	
4	Fakhri	3	1,12	58	Enough	
5	Nature	4	1,12	63	Good	
6	Khalilullah	2	1,00	53	Enough	
7	Kiki Safril	2	1,33	53	Enough	
No	Number	Score			Category	Information
		RawScore		T-Score		
		Score	Time			
8	Luthfi Fauzi	3	1,24	58	Enough	
9	Messenger	2	1,17	53	Enough	
10	Muaziz	3	1,38	58	Enough	
11	M. Maulana	4	1,10	63	Good	
12	M. Rizkan	1	0,99	47	Currently	

13	Muhammad Ridha	2	1,26	53	Enough	
14	Muhammad Riza	2	0,97	53	Enough	
15	Muslim	4	1,16	63	Good	
16	Muyatsir Rizqi	1	1,08	47	Currently	
17	Grace	1	1,08	47	Currently	
18	Reza Fahlevi	1	1,13	47	Currently	
19	Ridha Aulia	3	0,86	58	Enough	
20	Ricky Firdaus	3	1,14	58	Enough	
21	Riza Ikwan	1	0,90	47	Currently	
22	Ryan Revan	1	1,16	47	Currently	
23	Usman	2	1,07	53	Enough	
24	Zagfey Baron Alafanda	4	1,16	63	Good	
25	Zikrul	2	0,84	53	Enough	
26	Zulbahri	1	1,00	47	Currently	
	<b>Amount</b>	59	28,83	14,04		
	<b>Rate- rate</b>	2,26	1,10	54		

**Table 4.1.5. Total T-Score values of basic soccer skills of students at SMP Negeri 2 Kutacane 2023/2024 academic year .**

No	Number	T-Score				Total T-Score	Score Rata-	Category
		Passing/ Stoping	Heading	Dribbling	Shoot of			
1	Akmal	66	61	72	47	246	61,5	Good
2	Azis Riandi	58	68	75	68	269	67,25	Good
3	Dian Umara	50	61	75	47	233	58,25	Enough
4	Fakhri	66	61	73	58	258	64,5	Good
5	Nature	58	68	75	63	264	66	Good
6	Khalilullah	58	61	75	53	247	61,75	Good
7	Kiki Safril	74	68	73	53	268	67	Good
8	Luthfi Fauzi	66	76	75	58	275	68,75	Good
9	Messenger	74	61	73	53	261	65,25	Good
10	Muaziz	58	61	73	58	250	62,5	Good
11	M. Maulana	58	68	75	63	264	66	Good
12	M. Rizkan	74	68	71	47	260	65	Good
13	Muhammad Ridha	58	76	71	53	258	64,5	Good
14	Muhammad Riza	74	61	74	53	262	65,5	Good
15	Muslim	58	68	71	63	260	65	Good
16	Muyatsir Rizqi	58	68	75	47	248	62	Good
17	Grace	66	68	75	47	256	64	Good
18	Reza Fahlevi	66	61	73	47	247	61,75	Good
19	Ridha Aulia	66	61	72	58	257	64,25	Good
20	Ricky Firdaus	58	68	75	58	259	64,75	Good
21	Riza Ikwan	66	76	71	47	260	65	Good
22	Ryan Revan	58	61	71	47	237	59,25	Enough

23	Usman	58	61	73	53	245	61,25	Good
24	Zagfey B Alafanda	50	76	75	63	254	63,5	Good
25	Zikrul	74	76	75	53	278	69,5	Good
26	Zulbahri	66	61	75	47	249	62,25	Good
	<b>Amount</b>					6665	1666,25	
	<b>Rate- rate</b>					256,34	64,0	Good

From the results of the research that has been conducted by the researcher, the following will be a discussion of the data obtained by the researcher through the performance of students of SMP Negeri 2 Kutacane in the 2023/2024 academic year who were designated as samples in the research on the evaluation of basic soccer skills . To obtain data on the evaluation of basic soccer skills in students of SMP Negeri 2 Kutacane in the 2023/2024 academic year, the researcher used several test items consisting of: Test passing/stopping, heading, dribbling, and shooting, here the researcher will describe the test results on students of SMP Negeri 2 Kutacane in 2023/2024.

From table 4.1.1 it shows that 13 people (50%) of the students of SMP Negeri 2 Kutacane in the 2023/2024 academic year have good abilities in the stopping and passing tests, 11 people (42.3%) of the students of SMP Negeri 2 Kutacane in the 2023/2024 academic year have sufficient abilities in the stopping and passing tests and 2 people (7.7%) of the students of SMP Negeri 2 Kutacane in the 2023/2024 academic year have moderate abilities in the stopping and passing tests.

From table 4.1.2 it shows that 26 people (100%) of the students of SMP Negeri 2 Kutacane in the 2023/2024 academic year have good abilities in the heading test.

From table 4.1.3 From the table above shows that 26 people (100%) of the students of SMP Negeri 2 Kutacane in the 2023/2024 academic year have good abilities in the dribbling test . From table 4.1.4 shows that 5 people (19.2%) of the students of SMP Negeri 2 Kutacane in the 2023/2024 academic year have good abilities in the shooting test, 12 people (46.2%) of the students of SMP Negeri 2 Kutacane in the 2023/2024 academic year have sufficient abilities in the shooting test and 9 people (34.6%) of the students of SMP Negeri 2 Kutacane in the 2023/2024 academic year have moderate abilities in the shooting test.

From table 4.1.5 it shows that 24 people (92.3%) of the students of SMP Negeri 2 Kutacane in the 2023/2024 academic year have good abilities in the basic soccer skills test and 2 people (7.7%) of the students of SMP Negeri 2 Kutacane in the 2023/2024 academic year have sufficient abilities in the basic soccer skills test.

Based on the total T-Score value of basic football skills in students of SMP Negeri 2 Kutacane in the 2023/2024 Academic Year. The researcher concluded that, in accordance with



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the results of the research and discussion that have been carried out above: students of SMP Negeri 2 Kutacane in the 2023/2024 Academic Year have good abilities in practicing

basic soccer skills . The above statement is also supported by the overall results of all test items, where the average T-score for all test items was 64.0, which is in the good category.

## CONCLUSION AND RECOMMENDATIONS

Based on the results of research, discussion and data analysis from the evaluation of basic football skills in students of SMP Negeri 2 Kutacane in the 2023/2024 Academic Year which has been carried out using the T-Score scale, a comprehensive conclusion can be drawn from all the results that have been obtained, namely: students of SMP Negeri 2 Kutacane in the 2023/2024 Academic Year have good abilities in practicing basic football skills. This statement can be proven by the overall results of all test items where the average T-Score value of all test items is 64.0 which is included in the good category.

The suggestions in this research are :

1. Based on these results, the researcher suggests that physical education, health and recreation teachers in junior high schools provide regular training for students in order to achieve good performance.
2. From the results of this research, the researcher hopes for positive criticism and suggestions from readers that are constructive in nature to further perfect future research so as to produce better research.

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