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Fun game-based football training model for increasing motivation and discipline of young athletes

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Abstract

Objective: To determine the increase in motivation and discipline of young athletes through a fun game-based soccer training model.

Method: The research method used is qualitative with a descriptive approach.

Result: The result of this study state that the fun game-based football training model can increase the motivation and discipline of young athletes in playing football by implementing 5 fun game models, namely: the handball model, tunnel chain, cat and mouse, deer run, and tic tac toe in football practice.

Conclusion: The fun game-based football training model has an important role in creating motivation and discipline for young athletes in Indonesia.

Keywords: Football, fun game, young Athlet

Introduction

Football is a branch that has received significant attention from various groups. This is because football is the most popular sport compared to other sports. This sport can help maintain body fitness and can train components of physical fitness in the body related to skills, so that indirectly when we play soccer, the components in the body both related to health and those related to skills will be trained so that we can keep the body healthy and fit. Until now, many models or forms of training have been made to improve skills in playing soccer.

Child coaching is a critical period to prepare children's fundamental abilities before entering the specialization stage, which is still lacking attention. In general, all children like to play ball, but the basic abilities possessed by each child are not the same. Basic abilities are skills or talents that a person has from birth that can be honed and developed in line with his growth. The child's activity of doing the exercise for a long time causes the child to have a feeling of the activity is torture. Therefore, the role of interest is very influential in the process of developing soccer skills in early childhood (Hanafy, 2014) ^[4].

Interest is one of the psychological aspects that must also receive attention from coaches and sports coaches. Interest is important in every activity, especially sports because interest can influence how much one pays attention to activities carried out both in sports such as football and in other fields. This also applies to early childhood because, at an early age, interest has a vital role in life. Interest in a person or child is influenced by many factors such as environment, society, family, and friends. A child with a high interest in soccer will try hard to practice than a child with a low interest in soccer (Fatimah & Nuryaningsih, 2018) ^[2].

Saturation or boredom is a psychological disorder, this feeling usually arises as a result of being forced to do an activity or exercise even though an athlete feels it is correct and can do it well. Therefore, in carrying out child soccer coaching, the form of training must contain elements of fun play in it. Because the age of the child is the age of playing, the state of soccer training activity given is play activity.

When things that are fundamental to developing a child's motivation are ignored, the techniques they have become less than perfect and also lead to indiscipline. The observation results show that young athletes lack motivation and discipline during training. Football training requires coaches to develop methods that are fundamental to good soccer games, so that athlete motivation increases and affects the athlete's discipline level.

Coaching that involves elements of play will be able to bring up a feeling of pleasure that can motivate children to practice. The exercises given must be appropriate, arouse their interest, and be suitable for the age group. Therefore, if the coach finds a player who is experiencing burnout, the coach must evaluate and rearrange the training program so that the training becomes better and more enjoyable for the players (Nurdyansyah & Fahyuni, 2016)^[6].

This is supported by an empirical study on soccer training in young athletes conducted by Ardianta and Hariadi (2017)^[5] with the title "Development of a Passing and Control Training Model in Early Age Football Athletes". This research shows that the product of the development of the passing and control training model packaged in book form is declared suitable for use as a training model for early childhood at the Wesley Skill Center in Malang City.

Based on the explanation above, a fun game-based soccer training development model is needed that can be used and applied to increase the motivation and discipline of early-aged athletes. Thus there is novelty or novelty in this study, namely to increase the motivation and discipline of young athletes through a fun game-based soccer training model.

Research Methodology

The research method is a scientific way to obtain data with specific purposes and uses in research (Sugiyono, 2007). This study uses descriptive qualitative research, which intends to understand the phenomenon of what is experienced by the research subjects. The descriptive way is presented in the form of words and language in a natural case context and utilizes various natural methods.

This research was conducted at several Football Schools (SSB) in Yogyakarta, namely SSB Gama, SSB Indonesia Muda, and SSB Matra. The subjects in this study were young athletes who joined the Football School (SSB). The object of this research focuses on soccer training if it is based on fun games to increase the motivation and discipline of young athletes. Data collection techniques in this study are through observation and documentation. Qualitative observation is when researchers go directly to the field to observe the behavior and activities of individuals at the research location (Creswell, 2017: 254). According to Nasution (1998) in Sugiyono (2017: 310) states that observation is the basis of all knowledge. Documentation is a record of past events (Sugiyono, 2015: 239). The documents used by researchers here are in the form of photographs, drawings, and data regarding research sources. The tools used to carry out documentation are cameras and recording devices from cell phones.

Results

According to (Ekrima, 2002:43) fun games are a means of honing courage and as a means of refreshment and joy which causes the boredom within to just fade away. Fun games have now been modified in every sport including football which has modified the fun game into one of the ball games in soccer to reduce the boredom level of someone who plays football games.

Fun games have been modified in soccer games to reduce the boredom of someone who plays soccer games so that they increase motivation and will affect athlete discipline (Andika, 2016: 75). There are 5 types of fun game games in this study, namely:

- a. Handball fun game
- b. Fun game tunnel chain

- c. Fun game cat and mouse
- d. Deer run fun game
- e. Fun game tic tac toe

The research results related to fun game training models in soccer games for young athletes are described as follows:

a. Handball

Handball game aims to train motivation and discipline, speed, agility, concentration, reflexes, and strength. The handball game is carried out in around 20-30 minutes, with 22 players, and equipped with tools and facilities such as balls, cones, whistles, and stopwatches. As for how to play handball, namely:

1. Players do dynamic stretching
2. Players will be divided into 2 teams (team A and team B) totaling 11 people
3. Each team has a goalkeeper whose job is to guard the goal
4. If a friend who receives a handball from a team-mate uses his hands, then to score a goal he must also use his hands (you can't use your feet)
5. If a friend who receives a handball from a teammate uses his head, then to score a goal he must use his head (no hands allowed).
6. If a friend receives the ball using the foot of his teammate, in this condition the friend who receives may immediately back pass using the inside of the foot that gives the ball or pass it to another friend
7. Continue with the small side.

b. Tunnel chains

This exercise aims to train the motivation, speed, agility, and discipline of young athletes. The implementation time is 20-30 minutes with 22-24 players using ball tools and facilities, cones, whistles, and stopwatches. How to play tunnel chain is as follows:

- a. Each player runs quickly and around the cone to return to the line
- b. Each player does a zig-zag run
- c. The player stands holding the ball and then gives the ball to a friend who is passing by the side.
- d. The player stands holding the ball and then gives the ball to a friend over the top.
- e. The player stands holding the ball and then gives the ball to a friend behind him through the bottom
- f. The player stands holding the ball and then gives the ball to a friend behind him by rolling it
- g. The player jumps to a seated friend
- h. Players do dribbling
- i. All players line up and open their feet 2x as wide as the shoulders of the friend who is at the very back creeps under his friend's feet and reaches the front of the man to the designated cone then followed by his next friend

c. Cat and mouse

This exercise aims to train motivation and discipline, speed, agility, reflexes, and concentration. The duration of time required for this exercise is 20-30 minutes with 3-5 players using cones, whistles, and stopwatches. The way to play this exercise is:

1. Players do dynamic stretching.
2. Athletes are divided into several groups.
3. Athletes do chase
4. The athlete uses the cat and mouse method, where the

player who has the role of the mouse may stop behind his friend, and then the friend who is at the front moves to become a mouse and must run so that the player who acts as a cat does not catch him.

5. The coach's intervention to the team that gets the most points is the team that is said to win. Then the losing team will be given puss ups, sit-ups, Friday skits, and ends by supporting the opposing team

d. Dear run

This way of playing aims to train concentration, motivation, discipline, and reflexes. With a duration of 20-30 minutes, with 3-5 players using cones, whistles, and stopwatches. As for how to play the dear run, namely:

1. Players do dynamic stretching.
2. Athletes face each other.
3. Each team is 1-2 m from the dividing line.
4. The athlete performs a sprint movement.
5. The athlete performs a turning movement by jumping rope.
6. The athlete performs a sprint straight forward.
7. The athlete performs a turning movement and then jumps over the rope until it reaches the cone.
8. This game is carried out in 3 sessions: (1) a distance of 5 meters from the speed to the cone; (2) a distance of 10 meters; (3) a distance of 15-20 meters. Take turns.
9. The coach's intervention for the fastest team to its original starting position is the team that is said to have won. Then the losing team will be given puss ups, sit-ups, Friday skits, and ends by supporting the opposing team.

e. Tic Tac Toe (SOS)

Aims to train motivation, speed, accuracy, and discipline. The implementation time is around 20-30 minutes with 22 players using cones, whistles, and stopwatches. How to play tick tac toe (SOS), namely:

1. Players do dynamic stretching.
2. Players are divided into 2 teams.
3. Each team stands and prepares behind the designated cone,
4. Players run to the cone that has been arranged like an SOS game which is about 10-15 meters from where they stand.
5. Players carry a marker that will be placed at the SOS point.
6. Athletes do sprints to arrange vests like tic tac toe (SOS) players.
7. The coach's intervention to the team that gets the most points is the team that is said to win. Then the losing team will be given puss ups, sit-ups, Friday skits, and ends by supporting the opposing team

Based on the discussion above, it can be concluded that the fun game-based football training model is here to train to increase the motivation and discipline of young athletes so that it becomes a new tool that can create successors to the nation in the progress of sports in Indonesia.

The motivation is created from the existence of a fun game-based training model, namely, being able to create characters or behaviors that become the basic needs of individuals in playing soccer to achieve the expected goals. After participating in various games in a fun game-based training model, young athletes are motivated to become a driving force and have skills in soccer by playing handball, chine tunnel, cat and mouse, deer run, and tic tac toe to achieve

goals in a soccer team.

Character education created during fun game-based football practice aims to instill disciplinary values in young athletes with components of knowledge, awareness, or will and action to carry out values that can reflect the character of young Indonesian football athletes.

Young athletes who have good learning discipline will have the ability to manage how to learn in football. With the application of a disciplined attitude, young athletes will gain success in fun game-based football training and can reduce the chances of failure or punishment from the football coach

The application of discipline applied to young athletes serves to organize life together in a team by obeying and complying with applicable regulations. Then, the disciplinary attitude that is applied can build personality in young athletes through a disciplined, orderly, and organized environment. Some rules have been made in fun game-based football training that has been socialized to young athletes so they must be followed and applied consistently and have consequences if a violation occurs, namely giving disciplinary sanctions to young athletes so they don't repeat their actions in football practice.

Conclusion

From the findings above, it can be concluded that the fun game-based football training model to increase the motivation and discipline of young athletes was developed by implementing 5 fun game models in football training. These models are handball, tunnel chain, cat and mouse, deer run, and tic tac toe. The fun game-based football training model can create better young athlete behavior in playing football, this aims to create professional football athletes who have high motivation and discipline in football practice.

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