

# The Effect Of A Digital Mediabased Dribbling Approach On Futsal Extracurricular Activities At Smp Wesley Academic Year 2024/2025

*by* Dipa Pangestu Dipa Pangestu

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## Basic Skill Level of Passing Using the Inside of the Foot in Futsal Games for Class VIII Students of MTs Al-Washliyah 48 Binjai

Dipa Pangestu 1\*

13 Sekolah Tinggi Olahraga dan Kesehatan Bina Guna, Medan, Indonesia

Ramadan 2

Sekolah Tinggi Olahraga dan Kesehatan Bina Guna, Medan, Indonesia

### Abstract.

#### Background

Futsal is a modification of soccer which is a large ball learning material. In class VIII students of MTs Al-Washliyah 48 Binjai, based on observations so far, some class VIII students are already proficient and some not yet able to do inside passes in futsal.

#### Objectives

This study aims to determine the level of basic passing skills using the inside of the foot in futsal games of class VIII students of MTs Al-Washliyah 48 Binjai.

#### Methods

This type of research is descriptive research. The method used is the survey method. The subjects used in this study were 24 class VIII students of MTs Al-Washliyah 48 Binjai and is called population research.

#### Results

The results of the study showed that: the level of basic passing skills using the inside of the foot in futsal games of class VIII students of MTs Al-Washliyah 48 Binjai was in the category of "very poor" at 16.67% (4 students), the category of "less" at 54.17% (13 students), the category of "moderate" at 20.83% (5 students), the category of "good" at 8.33% (2 students), "very good" at 0% (0 students).

#### Conclusion

The average value, namely 87.94, for the basic skill level of passing using the inside of the foot in futsal games for class VIII students at MTs AlWashliyah 48 Binjai is in the "less" category.

Keywords: Passing inside foot; Futsal; Basic skills; Junior high school students (Class VIII); MTs Al-Washliyah 48 Binjai.

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\*Correspondence: [dipa@smail.com](mailto:dipa@smail.com)

Correspondence: Dipa Pangestu

Correspondence Author: Sekolah Tinggi Olahraga dan Kesehatan Bina Guna, Medan, Indonesia



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## INTRODUCTION

The essence of sports is competitive play. Sports do not discriminate based on gender, age, ethnicity, race, religion, or social class. Anyone is allowed to participate in sports, as long as they do not endanger themselves or others. Therefore, any sport is permissible and can be participated in with various modified rules. Learning, especially in junior high schools (SMP/MTs), must be engaging so that students become more interested and enjoy it. This means performing movements that lead to learning without feeling burdened by strict instructions and regulations.

Physical education, sports, and health in junior high schools include: basic gymnastics movements, rhythmic movement skills, basic swimming movements, and basic movements in games. Considering the characteristics of junior high school students who enjoy playing, physical education, sports, and health in junior high schools is enhanced by learning through games. Physical education is an inseparable part of the overall educational process through physical activities chosen to develop and improve physical, social, and emotional abilities. In accordance with this definition, it can be understood that physical education, sports, and health is one of the overall educational goals. Specifically, physical education is an education that prioritizes body movement activities that contain many objectives. According to Rusli Lutan, (2020: 15) the goals of physical education to be achieved are comprehensive, encompassing the psychomotor, cognitive, and affective domains. In other words, through physical activities, children are expected to learn, resulting in behavioral changes, not only concerning physical aspects, but also intellectual, emotional, social, and moral.

In 2002, futsal became extremely popular in Indonesia due to the scarcity of large open fields, especially in large cities. For example, many sports enthusiasts played football on empty plots of land in narrow housing complexes, dusty alleys, and open spaces under bridges. This limited number of fields encouraged futsal as an alternative way to pursue a sporting hobby.

Futsal menjadi sarana untuk mengembangkan keterampilan dasar permainan futsal, seperti dribbling, kicking, heading, and attacking. For children and teenagers, futsal can develop skills and instincts in playing football. Futsal has mushroomed throughout Indonesia because it's a highly engaging and entertaining game. The establishment of futsal clubs demonstrates the widespread popularity of futsal across all levels of society. Futsal is also very popular among junior high school students. This is evidenced by the frequent holding of junior high school championships at both the regional and national levels.

Based on the researcher's observations during the learning process at MTs Al-Washliyah 48 Binjai, there are still shortcomings in the provision of infrastructure, such as uneven field locations and not suitable for futsal due to limited land, and equipment that is still lacking so that students are lazy to follow the learning process, especially futsal sports. The number of balls is very minimal, namely only 3 balls, considering the number of grade VIII students who take part in physical education learning is quite large, making students wait a lot. This can be seen from the large number of students who still sit and play alone during the physical education learning process, especially futsal sports, taking place. The condition of facilities and infrastructure is lacking, so MTs Al-Washliyah 48 Binjai needs to improve facilities in order to improve futsal game achievements. The need for physical education facilities and infrastructure really needs to be improved so that sports activities can run well. Because without facilities and infrastructure, sports cannot develop well.

The lack of physical education facilities and infrastructure in schools requires teachers to be creative in delivering teaching materials with inadequate facilities and infrastructure. Furthermore, teachers also play a role in procuring physical education facilities and infrastructure by modifying simple equipment suitable for use in the daily physical education learning process at school. At MTs Al-Washliyah 48 Binjai, there has never been a basic futsal passing skills test, so teachers have not been able to identify students' futsal abilities. Until now, tests have only been conducted for each technical item in futsal, such as inaccurate passing.

A futsal game can run smoothly, orderly, and engagingly if players master the elements of the game, one of which is basic passing techniques. One of the basic passing techniques that futsal players must master is passing. The purpose of passing is to pass the ball to a teammate. Good and correct passing is essential in futsal, as mastering this technique makes it easier for our teammates to receive the ball. Mastering passing requires mastery of movement to achieve the desired goal. Many students still pass with a hard or too weak kick, resulting in the results not being in the desired direction, which often leads to errors when passing the ball to a teammate.

*Passing is crucial in futsal because its primary purpose is to control the game and coordinate attacks. Players with good and accurate passing skills will easily dominate the game. Good passing skills will make it easier for the team to control the game and easily put the ball into the opponent's goal using their tactics. According to Justinus Lhaksana (2021: 34), passing is a way to make it easier for the team to control the game because all players have the opportunity to control the ball and develop the game or match. A common problem faced by students is inaccurate and ineffective passing, resulting in inaccurate and misdirected passes. This can be seen when students take shots from the middle of the field, which rarely result in goals.*

Each individual has different levels of technique in playing futsal. Some are good and some are not good, in terms of technique, many are also seen in each eighth grade student of MTs Al-Washliyah 48 Binjai. For example, the basic passing ability in futsal is still lacking, this is seen when students pass using the inside of the foot in futsal games which are very easily taken by opposing players, and the ability to control the ball is also still very weak, when passing the ball but the ball is still very weak and easily taken by the opponent and the accuracy when passing the ball is also still lacking. The passing ability of eighth grade students of MTs Al-Washliyah 48 Binjai is still less focused so that the futsal game does not look interesting and the ball is easily taken by the opponent.

## METHOD

### 4 Research Design

This research is quantitative research that describes an ongoing situation or condition without proposing a hypothesis. Descriptive research is not intended to test a specific hypothesis, but simply to describe "what is" about a variable, symptom, or condition. The method used in this research is a survey with testing and measurement techniques..

### Participant

This research was conducted in April-May 2025 at the VIII grade of MTs Al-Washliyah 48 Binjai. The subjects were 24 eighth grade students of MTs Al-Washliyah 48 Binjai, consisting of 13 male students and 11 female students.

#### Data Analysis

The data analysis technique used in this study was quantitative descriptive analysis with percentages. The data obtained was then analyzed and expressed quantitatively using percentages. Statistical formulas were used to determine the categories. The data analysis used in this study employed quantitative descriptive statistics with percentages.

## RESULTS AND DISCUSSION

### Results

The data analysis of the basic skill level of passing using the inside of the foot in futsal for eighth-grade students at MTs Al-Washliyah 48 Binjai yielded a minimum score of 63.0, a maximum score of 124.0, a mean of 87.96, and a standard deviation of 15.26. The complete results are presented in Table 2 below:

Table 1. Statistical Description of the Basic Skill Level of Passing Using the Inside of the Foot in Futsal for Eighth-Grade Students at MTs Al-Washliyah 48 Binjai

Statistics	
<i>N</i>	24
<i>Mean</i>	87,9583
<i>Median</i>	83,0000
<i>Mode</i>	79,00 <sup>a</sup>
<i>Std. Deviation</i>	15,2643
<i>Minimum</i>	63,00
<i>Maximum</i>	124,00

When presented in frequency distribution form, the data on the Basic Skill Level of Passing Using the Inside of the Foot in Futsal for Grade VIII Students at MTs Al-Washliyah 48 Binjai is presented in Table 3 as follows:

Table 2. Frequency Distribution of Basic Skill Level of Passing Using the Inside of the Foot in Futsal for Grade VIII Students at MTs Al-Washliyah 48 Binjai

No	Intervals	Category	Frequency	Percentage
1	128-144	Very well	0	0%
2	111-127	Good	2	8,33%
3	94-110	Currently	5	20,83%
4	77-93	Not enough	13	54,17%
5	60-76	Very less	4	16,67%
Amount			24	100%

When displayed in graphical form, the data on the Basic Skill Level of Passing Using the Inside of the Foot in Futsal Games for Class VIII Students at MTs Al-Washliyah 48 Binjai is shown in Figure 1 as follows:

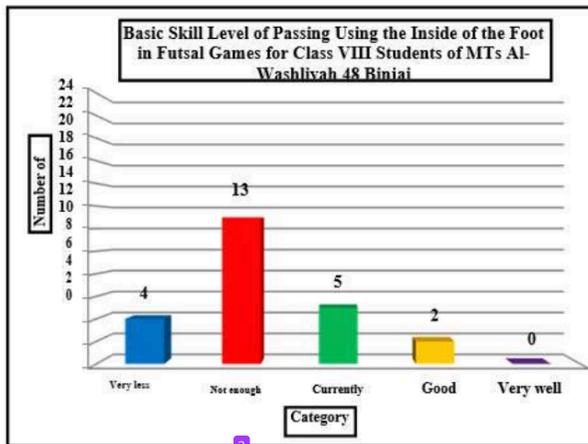


Figure 1. Bar Chart of Basic Skill Levels of Passing Using the Inside of the Foot in Futsal Games for Class VIII Students of MTs Al-Washliyah 48 Binjai

Based on table 2 and graph 3 above, it shows that the level of Basic Skills of Passing Using the Inside of the Foot in Futsal Games of Class VIII Students of MTs Al-Washliyah 48 Binjai is in the category of "very poor" at 16.67% (4 students), the category of "less" at 54.17% (13 students), the category of "moderate" at 20.83% (5 students), the category of "good" at 8.33% (2 students), "very good" at 0% (0 students). Based on the average value, which is 87.94, the Level of Basic Skills of Passing Using the Inside of the Foot in Futsal Games of Class VIII Students of MTs Al-Washliyah 48 Binjai is in the category of "less".

#### Discussion

This study aims to determine the level of basic passing skills using the inside of the foot in futsal games for eighth grade students of MTs Al-Washliyah 48 Binjai. Based on the results of the analysis, it shows that the level of basic passing skills using the inside of the foot in futsal games for eighth grade students of MTs Al-Washliyah 48 Binjai is in the "less" category. The level of basic passing skills using the inside of the foot in futsal games for eighth grade students of MTs Al-Washliyah 48 Binjai is still lacking because students rarely receive comprehensive futsal learning, including: passing, controlling, dribbling, and shooting techniques. Learning only involves playing without any emphasis on the techniques in futsal.

A futsal game can run smoothly, orderly, and engagingly if players master the elements of the game, one of which is basic techniques. The basic techniques that futsal players must master are dribbling, shooting, and passing. The purpose of passing is to pass the ball to a teammate. Good and correct passing is essential in futsal, as mastering this technique makes it easier for our teammates to receive the ball. Mastering passing requires mastery of movement to achieve the desired goal. Many students still pass with a hard or too weak kick, resulting in an inaccurate result. Mistakes often occur when passing the ball to a teammate.

Besides passing the ball, dribbling is also important in futsal, as it can be used for attacking by bringing the ball closer to the opponent's goal. According to Asmar Jaya (2008: 66), dribbling is kicking the ball intermittently or slowly. The goal of dribbling is to close the distance to the target, get past opponents, and hinder play. A common problem faced by students is poor dribbling technique. When players dribble, the ball often slips out of the ground, making it easy for opponents to control it. Most students have not yet mastered dribbling techniques properly.

Besides dribbling, shooting is crucial in futsal because its primary goal is to score goals. Players with good and accurate shooting skills will easily score goals, especially during penalty kicks. Mastering good shooting skills will make it easier to score goals or put the ball into the opponent's goal. According to Justinus Lhaksana (2011: 34), shooting is a way to score goals, as all players have the opportunity to score

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and develop the game or match. A common problem faced by students is inaccurate and ineffective shooting, resulting in inaccurate and misdirected shooting. This can be seen when students shoot from the middle of the field, which rarely results in goals.

Outside of class, although MTs Al-Washliyah 48 Binjai offers a futsal extracurricular activity, it hasn't been running well. This is due to inadequate infrastructure, such as an uneven field and inadequate equipment, which discourages students from participating in lessons. The limited number of balls, given the large number of fifth-grade students attending physical education, has led to students having to wait a lot. This is evident in the large number of students sitting around and playing by themselves during class. The intensity of practice is low, and the facilities and infrastructure are inadequate. It is hoped that MTs Al-Washliyah 48 Binjai will improve its facilities to improve futsal performance.

### CONCLUSION

From the results of data analysis, description, testing of research results, and discussion, it can be concluded that the Level of Basic Passing Skills Using the Inside of the Foot in Futsal Games of Class VIII Students of MTs Al-Washliyah 48 Binjai is in the category of "very poor" at 16.67% (4 students), the category of "less" at 54.17% (13 students), the category of "moderate" at 20.83% (5 students), the category of "good" at 8.33% (2 students), "very good" at 0% (0 students). Based on the average value, which is 87.94, the Level of Basic Passing Skills Using the Inside of the Foot in Futsal Games of Class VIII Students of MTs Al-Washliyah 48 Binjai is in the category of "less".

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### AUTHOR CONTRIBUTION STATEMENT

This research was conceptualized and designed by Dipa Pangestu, who developed the research objectives and methodology, managed data collection, coordinated with participants, and supervised fieldwork at STOK Bina Guna Medan. Ramadan performed data analysis, interpreted the findings, and contributed significantly to the drafting of the manuscript. All authors participated in manuscript revisions, approved the final version for submission, and take full responsibility for the integrity and accuracy of the work.

### CONFLICT OF INTEREST AND FUNDING

The authors declare no conflict of interest related to the conduct, authorship, or publication of this study.

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