



Basic Skill Level in Playing Futsal for Grade V Students of State Elementary School 068475 Griya 1 Medan Labuhan

Muharol Padlan 1*

Sekolah Tinggi Olahraga dan Kesehatan Bina Guna, Medan,
Indonesia

Eka Abdurrahman 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 grade V students at SD Negeri 068475 Griya 1 Medan Labuhan, based on observations so far, some grade V students are already proficient and some have not been able to play futsal.

Objectives

This study aims to determine the level of basic futsal skills of grade V students at SD Negeri 068475 Griya 1 Medan Labuhan.

Methods

This type of research is descriptive research. The method used is the survey method. The subjects used in this study were grade V students of SD Negeri 068475 Griya 1 Medan Labuhan totaling 24 students and is called population research.

Results

The results of the study showed that; The level of basic futsal playing skills of fifth grade students of SD Negeri 068475 Griya 1 Medan Labuhan 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 futsal playing skills of fifth grade students of SD Negeri 068475 Griya 1 Medan Labuhan is in the category of "less"

Conclusion

Based on the results and conclusions, namely an average score of 87.94, the basic futsal skills of fifth-grade students at SD Negeri 068475 Griya 1 Medan Labuhan fall into the "poor" category.

Keywords: Basic Skills, Playing Futsal, Elementary School.

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*Correspondence: muharol@gmail.com

Correspondence author Muharol Padlan

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

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INTRODUCTION

Education is an effort to prepare humans through guidance, teaching, and training for their future roles. Education has a significant influence and contribution to children's self-development, including physical, moral, emotional, intellectual, and spiritual development. Each of these aspects can develop well through educational programs implemented for children. Education in schools is a vehicle for children to grow and develop into intelligent, moral, and useful adults for the nation and state. Physical activity is basically a necessity for every human being in their life so that physical condition and health are maintained well. However, in today's world, people are required to spend more time working. Under these conditions, exercise has become something that is rarely done. However, exercise is very necessary for maintaining health because the need for health is very important and valuable in human life. The purposes of people doing exercise can be broadly grouped into various purposes, including: (1) education, (2) achievement, (3) achieving a healthy life, (4) therapy, and (5) filling free time (recreation).

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 for elementary school children, must be engaging so that children become more interested and enjoy it. This means engaging in movements that lead to learning without feeling burdened by strict instructions and regulations.

Physical education, sports, and health in elementary schools include: basic gymnastics movements, rhythmic movement skills, basic swimming movements, and basic movements in games. Given the characteristics of elementary school children who enjoy playing, physical education, sports, and health in elementary schools are increasingly taught 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 decreasing availability of large open fields, especially in large cities. For example, many sports enthusiasts played football on vacant lots in narrow housing complexes, dusty alleys, and open spaces under bridges. This limited field availability led to the emergence of futsal as an alternative sporting activity.

Futsal provides a means to develop basic futsal skills, such as dribbling, kicking, heading, and attacking. For children and teenagers, futsal can develop skills and instincts for playing the ball. Futsal has mushroomed throughout Indonesia due to its engaging and entertaining nature. The establishment of futsal clubs demonstrates the widespread popularity of futsal across all levels of society. Futsal is also highly popular among elementary school students. This is evidenced by the frequent holding of championships between elementary school students at both the regional and national levels.

Based on the researcher's observations during the learning process at SD Negeri 068475 Griya 1 Medan Labuhan, 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 become lazy to follow the learning process, especially futsal sports. The number of balls is very minimal, namely only 3 balls, considering the number of fifth grade students who take part in physical education learning is quite large, making students wait a lot. This can be seen from the many 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 SD Negeri 068475 Griya 1 Medan Labuhan 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. In addition, teachers also play a role in providing physical education facilities and infrastructure by modifying simple tools that are suitable for use in the physical education learning process at school every day. At SD Negeri 068475 Griya 1 Medan Labuhan, there has never been a basic futsal skills test, so teachers have not been able to identify how well students are able to play futsal. So far, tests can only be done for each technical item in futsal, such as: dribbling, shooting and passing.

A futsal game can run smoothly, orderly, and engagingly if players master the elements of the game, including 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. Proper passing is crucial in futsal, as mastering this technique makes it easier for your teammates to receive the ball. Mastering passing requires mastery of movement to achieve the desired goal. Many students still pass with a hard or weak kick, resulting in an inaccurate result. This often leads to errors when passing the ball to a teammate.

In addition to passing the ball, dribbling is also crucial in futsal, as it can be used for attacking by bringing the ball closer to the opponent's goal. According to Asmar Jaya (2020: 66), dribbling is kicking the ball intermittently or slowly. Dribbling aims 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 hand, making it easy for opponents to control it. Most students have not mastered dribbling techniques well.

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 shooting skills will make it easier to score goals or put the ball into the opponent's goal. According to Justinus Lhaksana (2021: 34), shooting is a key to scoring goals because all players have the opportunity to score 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 center of the field, which rarely results 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 fifth grade student of SD Negeri 068475 Griya 1 Medan Labuhan. For example, the ability to dribble the ball is still lacking, this is seen when dribbling the

ball is very easy to be taken by the opposing player, and the ability to kick the ball is also still very weak, when kicking the ball but the ball is still very weak and easily caught by the goalkeeper and the accuracy of the kick is also still lacking. The passing ability of fifth grade students of SD Negeri 068475 Griya 1 Medan Labuhan is still less focused so that the futsal game does not look interesting and the ball is easily taken by the opponent.

METHOD

Research Design

This research is quantitative research that describes an ongoing situation or condition without proposing a hypothesis. Suharsimi Arikunto (2020: 32) states that "descriptive research is not intended to test a specific hypothesis, but only 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

Population is a generalization area consisting of: objects/subjects that have certain qualities and characteristics determined by the researcher to be studied and then conclusions drawn. Suharsimi Arikunto (2020: 43) population is the entire research subject. The subjects in this study were 24 fifth-grade students of SD Negeri 068475 Griya 1 Medan Labuhan and all were taken to be research subjects, so it is called population research.

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 analysis of data on the basic futsal skills of fifth-grade students at SD Negeri 068475 Griya 1 Medan Labuhan revealed 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 Basic Futsal Skills at SD Negeri 068475 Griya 1 Medan Labuhan

Statistik	
N	24
Mean	87,9583
Median	83,0000
Mode	79,00 ^a
Std, Deviation	15,2643
Minimum	63,00
Maximum	124,00

When presented in frequency distribution form, the data on the basic futsal skill levels of fifth-grade students at SD Negeri 068475 Griya 1 Medan Labuhan are presented in Table 3 as follows:

Table 2. Frequency Distribution of Basic Futsal Skill Levels of Fifth-grade Students at SD Negeri 068475 Griya 1 Medan Labuhan

No	Interval	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 futsal playing skill level of fifth grade students at SD Negeri 068475 Griya 1 Medan Labuhan is shown in Figure 1 as follows:

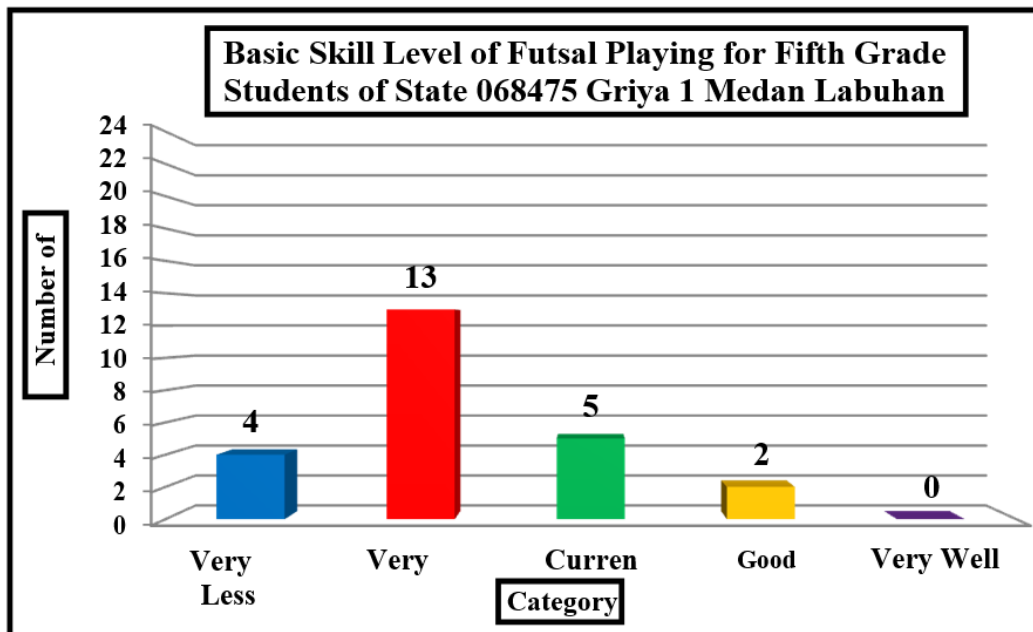


Figure 1. Bar Chart of Basic Futsal Skill Levels of Fifth-Grade Students at State Elementary School 068475 Griya 1 Medan Labuhan

Table 1 and Graph 1 above show that the basic futsal skill level of fifth-grade students at State Elementary School 068475 Griya 1 Medan Labuhan falls into the "very poor" category for 16.67% (4 students), "poor" for 54.17% (13 students), "moderate" for 20.83% (5 students), "good" for 8.33% (2 students), and "very good" for 0% (0 students). Based on the average score of 87.94, the basic futsal skill level of fifth-grade students at State Elementary School 068475 Griya 1 Medan Labuhan falls into the "poor" category.

Discussion

This study aims to determine the level of basic futsal skills of fifth-grade students of SD Negeri 068475 Griya 1 Medan Labuhan. Based on the results of the analysis, it shows that the level of basic futsal skills of fifth-grade students of SD Negeri 068475 Griya 1 Medan Labuhan is in the "less" category. The basic futsal skills of students of SD Negeri 068475 Griya 1 Medan Labuhan are still lacking because students rarely receive comprehensive futsal learning, including: passing, controlling, dribbling, and shooting techniques. Learning only plays 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 purpose of dribbling is to close the distance to the target, pass opponents, and hinder play. A problem often faced by students is not dribbling properly. When players dribble, the ball often slips out of the ground, making it easy for opponents to control it. Most students have not mastered dribbling techniques well.

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 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 learning, although SD Negeri 068475 Griya 1 Medan Labuhan held a futsal extracurricular activity, it did not run well. This was due to the lack of infrastructure, such as the uneven field location and the lack of equipment, making students reluctant to participate in learning. The number of balls was very minimal, considering the number of fifth grade students who participated in physical education was quite large, making students wait a lot. This can be seen from the many students who still sat and played alone during the learning process. The intensity of training was low, with inadequate facilities and infrastructure. It is hoped that SD Negeri 068475 Griya 1 Medan Labuhan will need to improve its facilities in order to improve futsal performance.

CONCLUSION

Based on the data analysis, description, research findings, and discussion, it can be concluded that the basic futsal skills of fifth-grade students at SD Negeri 068475 Griya 1 Medan Labuhan are in the "very poor" category for 16.67% (4 students), "poor" for 54.17% (13 students), "moderate" for 20.83% (5 students), "good" for 8.33% (2 students), and "very good" for 0% (0 students). Based on the average score of 87.94, the basic futsal skills of fifth-grade students at SD Negeri 068475 Griya 1 Medan Labuhan are in the "poor" category.

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AUTHOR CONTRIBUTION STATEMENT

This research was conceptualized and designed by Padlan and Muharol, who developed the research objectives and methodology, managed data collection, coordinated with participants, and supervised fieldwork at STOK Bina Guna Medan. Eka Abdurrahman performed data analysis, interpreted the findings, and contributed significantly to the preparation of the manuscript. All authors participated in the revision of the manuscript, 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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