EFFECTIVENESS OF GLOBAL LECTURE METHODS IN IMPROVING FOOTBALL PLAYING SKILLS AT FOOTBALL LECTURES

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Abstract This study entitled The Effectiveness of Global Lecture Methods in Improving the skills to play football in soccer lectures. The research method used is pre-experimental research with the type of the one group pretest-posttest design which aims to see an increase in Football Playing Skills in the Football Game subject after being given the form of the Global training method and seeing the quality of learning outcomes of these subjects before and after being given the Global training method.

The research subjects were 30 students who took the Football Game course, the research subjects were determined with the consideration of the class that had Football Playing Skills problems.

Data collection techniques using a football playing skills test. The data obtained were analyzed using paired sample t-test with the help of the Statistical Product and Service Solution (SPSS) program version 21.0. The results showed that tcount (11.57)> ttable (1.70). This means that the research hypothesis can be accepted. Thus it can be concluded that the Global Training Method is effective in increasing the ability to play football

Keywords: Global Methods, Football Skills

1. Introduction

Of the many sports, football is a sport that is very popular in the world, even in Indonesia football is the sport most favored by all levels of society. PSSI (Persatuan Sepak bola Seluruh Indonesia) is an institution that fosters and advances Indonesian football football both at the central and regional levels throughout Indonesia which has organizations at the provincial and district levels. Soccer is a very popular ball game played by two teams, each consisting of 11 people [1]. From this opinion it can be said that football is a team game played by 11 players each, including a goalkeeper.

The goal of each team is to put the ball into the opponent's goal as much as possible and defend the goal so as not to concede the ball from the opponent.

The game of football is carried out in two rounds with a time of 2 x 45 minutes, between the first and second rounds there is a rest period of 15 minutes. Techniques in football are actions used so that players understand and can participate fully in the match [2]. To get started in the football training process, it is best to start by teaching players the basic technical skills needed to deal with conditions that arise in actual matches. The basic technical skills of playing football are the basic skills that students must have when playing football, either with the ball or without the ball. The basic technique of football consists of techniques without the ball and techniques with the ball. Techniques without the ball include running, jumping, takling, pasting and goalkeeping techniques. Then techniques with the ball include kicking, holding and controlling the ball, dribbling, throwing the ball and goalkeeping techniques. Specifically in this study only saw the skills of passing (giving the ball), control (holding and controlling the ball), dribbling (dribbling), and shooting (shooting the ball towards the goal).

The global or whole method is a form of training in a skill whose implementation is carried out in full from the skills learned. The global method departs from Gestalt theory [3]. This theory says that the global method is the most important principle in the motor learning process. The overall method is a method that focuses on the integrity of the training material to be presented [4]. In line with the above opinion expressed by [5] says that the global method is based on the gestalt theory which emphasizes that global is an important principle, global is more than the number of parts, while the parts have meaning in relation to the whole.

Whatever method is used before students learn new skills, the concept of playing from these skills should be considered and demonstrated in advance so that students get a clear picture of what to do later. Based on several opinions that have been stated above, the overall method is a way of teaching that focuses on the integrity of the skills being learned. In the overall method, students are required to carry out

movements of the skills being learned as a whole without sorting out the parts of the skills being learned. Especially in football, training using this global method is to combine various basic techniques contained in football as a whole.

Based on the opinions that have been stated above, it is very clear that the global or whole method is basically very suitable or relevant for learning simple skills. However, if in certain parts there are complexities or difficult movements, it can be taught specifically if you often make mistakes. This is of course very suitable to be applied, especially in the sport of football, where the movements that exist in football, especially in this case regarding the basic techniques of football as a whole are simple movements. Moreover, those who are trained are players who have abilities that have been trained before.

2. Research Methods

The type of research used in this research is pre-experimental research with the form of the one group pre test - post test design. This study will see whether the provision of the Global Training Method can significantly improve the playing skills of students in Football Game lectures, this is done by comparing

the results of the pre-test and post-test of student learning skills after being given the Global Training Method. To see the data description of the pre-test and post-test results, statistical techniques are used, namely by finding the score of the mean (average), standard deviation, range, minimum score and maximum score. Then, to test the significance of the difference between the results of the pretest and posttest of recording skills, the t-test formula is used with the following formula:

$$t = \frac{|\bar{x}_1 - \bar{x}_2|}{\sqrt{\dfrac{\sum D^2 - \dfrac{(\sum D)^2}{N}}{N(N-1)}}}$$

3. Result

Based on the pre-test data analysis of the global exercise method group with a sample size of 30, the highest score was 248.95, the lowest score was 136.06, the average (mean) 222.54, and the standard deviation (SD) 22.61, while the post test in the Global Exercise Methods group obtained the highest score. 299.35, the lowest score was 244.59, the average (mean) 277.46.

Table 1. Global Exercise Methods Group Test Results

Descriptive Statistics

	N	Range	Minimum	Maximum	Sum	Mean	Std. Deviation	Variance
Pre_test	30	112.87	136.08	248.95	6676.20	222.539	22.61210	511.307
Post_test	30	54.76	244.59	299.35	8323.82	277.460	13.40065	179.577
Valid N (listwise)	30							

From the results of processing the normality test data with the Kolmogorov-Smirnov test, the normality of

the data distribution is obtained as in the following table:

Table 2. Homogeneity Test
Tests of Normality

	Kolmogorov-Smirnovª			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
Pre_test	.206	30	.076*	.748	30	.064
Post_test	.122	30	.200*	.945	30	.125

a. Lilliefors Significance Correction

*. This is a lower bound of the true significance.

The results of the data normality test using the Kolmogorov-Smirnov can be concluded by comparing the probability value or Asymp. Sig (2-tailed) with a significance level of 0.05 or 5% with a decision making if the significance value is less than 0.05 or 5%, the data distribution is not normal. And if the significance value is greater than 0.05 or 5%, the data distribution is normal. Based on table 5, it can be concluded that the pre-test data for the global method of playing football skills is normally distributed because of the Asymp value. Sig (2-tailed) 0.076 is greater than 0.05. The pre-test data for the global method of playing football skills are normally distributed because of the Asymp value. Sig (2-tailed) 0.200 is greater than 0.05 so that the data is normally distributed. Variable data has an Asymp value. Sig (2-tailed) 0.566 is greater than 0.05 so that the variable data is normally distributed

The statistical test used was the t-test, which saw the effect of the mean count in the same group at a significant level of 0.05. The results of the pre-test for the heading ability in the Global Exercise Methods group, with a total sample of 15 people, had the highest score of 5, the lowest score of 3, the average (mean) 3.92, and the standard deviation (SD) of 0.76. Furthermore, the results of the final test (post

test) of heading ability after 16 treatments obtained the highest score of 6, the lowest score of 3, the average (mean) 4.85, and the standard deviation (SD) of 0.86.

Table 3. Summary of the First Hypothesis Testing Results

Paired Samples Test

		Paired Differences							
					95% Confidence Interval of the Difference				Sig. (2-tailed)
		Mean	Std. Deviation	Std. Error Mean	Lower	Upper	t	df	
Pair 1	Post_test - Pre_test	54.92	26.00943	4.74865	45.20859	64.63275	11.566	29	.000

Based on table 3 it can be seen that tcount (11.57)> ttable (1.70). This means that the research hypothesis can be accepted. Thus it can be concluded that the Global Training Method is effective in increasing the ability to play football.

4. Discussion

Seeing the problem with Physical Education Students, namely the low basic technical skills of football, it is necessary to carry out training to improve the basic technical skills of football. In this case the exercise given is to use the global method. From the use of this exercise, it will be seen whether there is an increase in the basic technical skills of football.

Before the experiment is given to the sample, a pre-test is first carried out in order to obtain initial data. The sample was given training for 16 meetings with a frequency of 3 times a week (Monday, Wednesday and Saturday). In order to obtain more

accurate data, it is necessary to conduct a study of the methodology and theoretical studies that support a study. By using the knowledge obtained through a scientific approach and based on certain theories and carried out in a systematic method with correct steps and procedures, it is hoped that the results of this research can be accepted as true.

From the results of the data analysis, it shows that there is an increase in football skills using the global method. The global method has a significant influence on football skills, it can be accepted. This increase is probably due to the athlete's adaptation to the training atmosphere that has been made and carried out repeatedly so that the organization of the locomotion is getting better .

The results showed that training using global methods could indeed improve the basic technical skills of football, but the expected improvement was not yet maximal. According to Syafruddin (2011: 22) "sports training has the main task, namely to develop and improve the abilities possessed by athletes both in terms of physical and mental abilities".

In this regard, training using global methods aims to improve basic football technical skills. In an effort to improve the basic technical skills of football, global methods are very suitable. With a series of technical movements taught the whole selca and lots of repetitions will provide maximum stimulation for organizing the locomotion. If the organization of this good movement tool will have a good impact on the implementation of a player's basic football techniques. By organizing this good movement tool it will support the achievement of the desired achievements.

The global method is a form of training by combining a series of basic technical movements where players must be able to carry out a series of movements in soccer technique. The global method aims to give players the opportunity to experience the entire range of movements individually and collectively, and experience working the ball in a variety of situations.

5. Conclusion

Based on the data analysis and discussion that has been previously described, it can be concluded that the results of this study are that the global training method is effective in improving student soccer skills in soccer lectures in the physical education study program of the PGRI University of Palembang. This can be seen based on the pre-test data of the global exercise method group with a total sample of 30, the highest score was 248.95, the lowest score was 136.06, the average (mean) 222.54, and the standard deviation (SD) 22.61, while the post-test in the Method group Global exercise obtained obtained the highest score of 299.35, the lowest score of 244.59, the average (mean) 277.46. Based on the hypothesis testing using t-test, it can be seen that tcount (11.57)> t table (1.70). This means that the research hypothesis can be accepted. Thus it can be concluded that the Global Training Method is effective in increasing the ability to play football.

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