DIFFERENT EFFECT OF TACTICAL AND DRILL TRAINING METHODS ON IMPROVING CONTROLING ABILITY IN FOOTBALL ON BOY ATHLETS AGED 14-16 YEARS OLD CLUB JUNIOR SOCCER ACADEMY SUKOHARJO 2021

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Abstract

Aziz Umar. 2021. Differences in the Effect of Tactical and Drill Method Training on Controling Ability in Football in Male Athletes Age 14-16 Years Old Club Junior Soccer Academy Sukoharjo 2021. Thesis. Sports Coaching Education Study Program, Faculty of Teacher Training and Education, Universitas Tunas Pembangunan Surakarta. The purpose of this study is to determine the influence of tactical and drill method training on controling skills in football in male athletes aged 14-16 at Club Junior Soccer Academy Sukoharjo in 2021. The sample in this study was the 2021 Club Junior Soccer Academy Sukoharjo men's athletes, which numbered 30 athletes. The research method used in this study is an experimental research methodor research model used to compare one method with another method through pre-testcalculation and post-test group. Through the results of the data analysis, it was found that : 1) There is an influence of tactical method training on controling ability in football in male athletes aged 14-16 years Club Junior Soccer Academy Sukoharjo in 2021. This is evidenced by the final test calculation of 2,237 with a signification rate of 5% is 2,145. 2) There is an influence of drill method training on controling abilityin football in male athletes aged 14-16 years Club Junior Soccer Academy Sukoharjo in 2021. This is evidenced by the final test calculation of 4,251 with a signification rate of 5% is 2,145. 3) The drill method has a better influence than tactical methods oncontroling ability in football in the 14-16 year old male athletes of Club Junior Soccer Academy Sukoharjo in 2021. Based on the percentage of controling ability shows thatgroup 1 is 1.93%, < group 2 is 18.03%.

Keywords : *Ability to control in football, drill training methods, tactical training methods.*

INTRODUCTION

Exercise is the systematic application of functional stimuli in progressively higher sizes with the aim of increasing achievement. In principle, exercise according to Sukadiyanto (2010:1), states that exercise is a process of change for the better, namely to improve: physical quality, functional ability of body equipment, and psychological quality of trained children.

According to Subroto (2001:24) the tactical approach aims for athletes to be able to combine mastery of the basic techniques learned with their playing abilities and at the same time instill confidence in students to be able to apply their playing tactics, in line with the improvement of their basic techniques. Sucipto quoted by Aprizal (2015: 7) suggests that the purpose of the tactical approach is for students to be able to combine mastery of the basic techniques learned with their playing abilities while at the same time instilling confidence in students to be able to apply his playing tactics in line with the improvement of his basic techniques.

The definition of drill according to Sugiyanto (2010:17) is the coach's way of teaching movements where athletes are instructed to perform certain movements repeatedly based on the instructions given by the direct coach.

METHODS

The research method is an absolute requirement in a research, whether or not the quality of the research depends on the responsibility of the research methodology, it is hoped that the use of research methodologies must be appropriate and lead to the research objectives. The calculation in processing the data to find the cause and effect used in this research is to use the pre-test and post-test group counts. Suharsimi Arikunto (2013:124) said that the pre-test was the observation that was done before the experiment and the post-test was the observation that was done after the experiment.

The pre-test can provide a basis for making comparisons of the achievement of the same subject before and after being treated. This research was conducted to compare the results of the treatment with the results of the pretest-posttest design observations. The research design in question is described as follows:
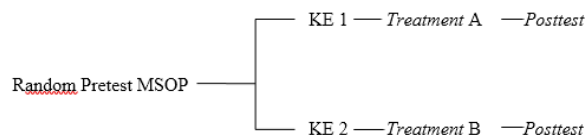
Figure 3.1
Research design
Suharsimi Arikunto (2013:124)

Description :
R = Random
Pretest = Initial test of controlling ability in football
MSOP = Matched Subject Ordinal Pairing
KE 1 = Group 1 (K1)
KE 2 = Group 2 (K2)
Treatment A = Controlling exercise with tactical methods
Treatment B = Controlong exercise posttest drill method
= Final test of controlling ability in football

The division of the experimental group was based on the ability to control the initial test. After the initial test results are ranked, then the samples with equal ability are paired into group 1 (K1) and group 2 (K2). Thus, the two groups before being given treatment were balanced groups. If in the end there is a difference, then this is caused by the effect of the treatment given. The

division of groups in this study by means of ordinal pairing. The technique of dividing groups by ordinal pairing according to Hadi Sutrisno (2013: 485) is as follows:

Figure 3.2
Group Division
Hadi Sutrisno (2013:485)

The data collection technique in this research is to use reliability test and analysis prerequisite test with data analysis steps. And the way to take data from the pre-test and post-test is to take an assessment from the initial test and the final test of group 1 and group 2 who practice controlling in soccer games by practicing tactical methods and drills.

The data analysis of this research consisted of reliability test, analysis prerequisite test and difference test. The following are the stages of the data analysis test as follows:

1. Reliability Test

Before analyzing the data, it is necessary to test the reliability of the tests used to determine the consistency of the tests used. Meanwhile, to calculate the reliability test of this study using the SPSS 26 application. The results of the reliability test and re-test of Controlling ability in football can be categorized using the guidelines from the Book of Walter Mulyono Biyakto Atmojo (2008:22), namely:

Reliability Category Range

Category	Reliability
Lofty	0,90-1,00
Tall	0,80-0,89
Enough	0,60-0,79
Not enough	0,40-0,59
Not significan	0,00-0,39

1. Analysis Prerequisite Test

The analysis prerequisite test used in this study includes normality and homogeneity tests. The steps for the two prerequisite tests are as follows:

a. Normality test

b. Homogeneity Test

2. Hypothesis testing

Testing the hypothesis using the t-test using the SPSS 26 program, namely by comparing the mean between group A and group B. The significant level used is 5%. If $t_{count} + (t_{count} > t_{table})$ then Ha is accepted, whereas if $t_{count} - (t_{count} < t_{table})$ then Ha is accepted. The basis for decision making in the independent sample t-test is where if the value of Sig.(2-tailed) > 0.05 then H0 is accepted and Ha is rejected, which means there is no significant difference. Meanwhile, if the value of Sig.(2-tailed) < 0.05, then H0 is rejected and Ha is accepted, which means there is a significant difference between the results of a stationary ball and a moving ball (V. Wiratna Sujarweni; 2014:99).

FINDINGS AND DISCUSSION

To achieve the expected goals of this study, the researchers conducted a control ability test to the athletes. The data collected consisted of the initial test as a whole, then grouped into two groups, namely group 1 with tactical method training and group 2 with drill method training, as well as final test data for each group. The data was then analyzed by statistical t-test as shown in the appendix. The summary of the results of the overall data analysis is presented in tabular form as follows :

Table 4.1
Description of Controlling Test Result Data in Group 1 and Group 2

Group	Test	N	Lowest Result	Highest Result	Mean	SD
Group 1	beginning	15	32	72	50.13	10.78
	end	15	40	76	58.67	10.10
Group 2	beginning	15	28	68	50.12	10.88
	end	15	52	88	66.93	10.42

From table 4.1, it can be seen that before being given treatment group 1 had an average control ability result of 50.13, while after receiving treatment the average control ability result was 58.67. The average value of the results of controlling ability in group 2 before being given treatment was 50.12, while after getting treatment the average value of the results of controlling ability was 66.93.

Based on the results of hypothesis testing by testing the difference in t values between the initial test and the final test in group 1 (the group that received the tactical method) = 2,237, while t table = 2,145. It turns out that the obtained t > t table, which means the null hypothesis is rejected. This shows that there is a significant difference between the results of the initial and final tests in group 1. Group 1 had an increase in control ability results caused by the given method, namely the tactical method. In the analysis of the data obtained between the initial test and the final test in group 2 (the group that received the drill method) = 4.251, while ttable = 2.145. It turns out that the obtained t > t table, which means the null hypothesis is rejected. Thus, it can be concluded that there is a significant difference between the results of the initial and final tests in group 2. It means that group 2 has an increase in the results of controlling ability caused by the given method, namely the drill method.

In other data analysis, namely the results of the difference test conducted on the final test in groups 1 and 2, the t-value is 2.206, while ttable = 2.145. It turns out that t obtained t > ttable, which means the null hypothesis is rejected. This shows that after being given treatment for 6 weeks, there was a significant difference between the final test results in group 1 and group 2. Group 1 and group 2 were given treatment with different exercise methods. The different methods given during the training process will get different responses from the subject, so that it can have a different influence on the formation of learning outcomes on research subjects. Therefore, the group that was given the tactical method and the drill method had a different effect on increasing controllability results.

There is a significant difference between group 1 and group 2, so the difference in the value of the increase in control ability results is calculated in percent in group 1 and group 2. Group 1 has a percentage value of 1.93% of controlling ability results, while group 2 has a percentage value of increasing control ability results. by 18.03%. This shows that group 2 has an increase in controlling ability results that are better than group 1, because the drill method is very effective in increasing control ability results, emphasizing on activities to create certain situations to spur athletes to think and act according to the instructions of the coach. The coach strictly controls so that the movements are actually carried out by the athletes according to the instructions given. Thus causing an increase in the results of the control ability to be more optimal. This is the main factor in the formation of

an increase in the results of controlling ability. By increasing the results of good controllability, it will support the increase of more optimal controllability results. From the results of the analysis of the difference test, it can be described the main things as a result of this research, namely:

1. The tactical method and the drill method have an effect on increasing the results of controlling ability.
2. The drill method has a better effect than the tactical method on increasing the results of controlling ability.

CONCLUSION

Based on the results of the research and the results of data analysis that has been carried out, it can be concluded that the conclusions from this research are as follows:

1. There is a difference in the effect of tactical and drill method training on controlling ability in football in male athletes aged 14-16 years Club Junior Soccer Academy Sukoharjo in 2021. This is evidenced from the results of the final test calculation for each group, namely tcount = -2.237 greater than ttable = -4.251 with a significance level of 5%.

2. The drill method has a better effect than the tactical method on controlling ability in football in male athletes aged 14-16 years Club Junior Soccer Academy Sukoharjo in 2021. Based on the percentage of controlling ability shows that group 1 is 1.93%, < group 2 is 18.03% .

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