



## **FOOTBALL GAME BASIC ABILITY**

Budi Artina <sup>1</sup>

<sup>1</sup>Universitas Bina Bangsa Getsempena, Banda Aceh, Indonesia

\* Corresponding email: [budiartinamataie@gmail.com](mailto:budiartinamataie@gmail.com)

### **ABSTRACT**

Sport is a highly developed aspect of human life. Exercise is one of the human needs that is carried out so that the body stays healthy and fit. The game of football is more dominant by using the feet played by people from various social circles. In Passing and control the Barona FC players made a mistake in doing it not as desired, then in dribbling the players had difficulty dribbling the ball when facing an opponent, when shooting towards goal, the ball was always far from the target of the opponent's goal, and heading errors often occurred on the forehead which resulted in the ball going off the mark and the heading being done imperfectly. This is due to the lack of basic technical skills of the players, many things are found in a match, the players have not mastered the basic techniques in a soccer team, because in soccer games basic techniques are the main capital for playing soccer. The results of the study found that SSB Barona FC was still not maximal in increasing achievement. This is caused by the basic techniques of the athletes who have not been maximized.

***Keywords:*** *sport, football*

### **INTRODUCTION**

Sport is a highly developed aspect of human life. Exercise is one of the human needs that is carried out so that the body stays healthy and fit. The need for exercise by humans can be seen from the large number of people who

exercise in the afternoon in the form of exercise. Sports activities in the form of exercise usually lead to physical fitness. Another form of exercise favored by the public can be in the form of sports activities aimed at achieving sporting achievements.

Achievement sports in Indonesia almost have parent organizations in all sports. This is in accordance with the objectives of developing Indonesian sports which are stipulated through the Law of the Republic of Indonesia number 3 of 2005 concerning the National Sports System, namely article 1 paragraphs 1 and 3 explaining that: (1) sports are all aspects related to sports requiring regulation, education, training, coaching, development, and supervision. ... (3) The national sports system is all aspects of sports that are interrelated in a planned, systematic, integrated and sustainable manner as one unit which includes regulation, education, training, management, guidance, development and supervision to achieve national sports goals"; ... Furthermore Lubis, Parlina (2019) explains that: sports development is an important role of a coach and the role of management within it. Based on these descriptions it can be explained that development

Achievement sports have become the attention of all groups, both government and society. This concern is contained in the Law on the national sports system. The law explains that all aspects related to sports require good and sustainable management and the important role of coaches and management in the development of sports in Indonesia.

Sports activities have several supporters in order to achieve an achievement, such as: physical, technical, tactical, and mental. In football there are physical, technical, tactical, and mental elements that are very necessary, but the main foundation is a technique for every athlete, because with a lack of mastery of technique for athletes, achievements will not be created. A good game requires mastering football techniques, because technique is a support and a main foundation for someone to play football. So to improve and improve quality in the game towards achievement, problems in technique determine the game of football (Soniawan, V., & Irawan, 2018).

According to (Ardianda & Arwandi, 2018) in an effort to increase the achievement of football players, training is one of the most determining factors in achieving achievement. The form of exercise chosen will also be very decisive in achieving the desired training target. Physical condition is a requirement that must be possessed by a football player in improving and developing optimal sports achievements, so that his physical condition must be developed and improved according to the characteristics, characteristics and needs of each sport (Ridwan, 2020).

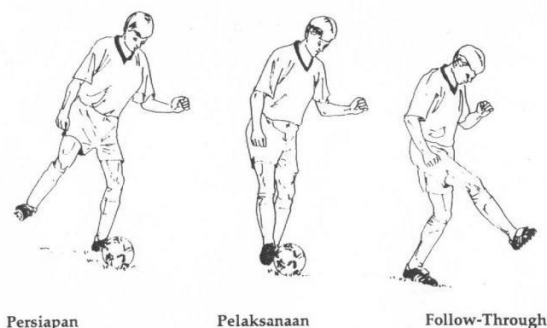
Football can be said to be a field of national development that is very attached to sports. Football is the most popular sport. The game of football is more dominant by using the feet played by people from various social circles. So many benefits are obtained including entertainment, education, recreation, organization and forming achievements (Dinata & Arwandi, 2007). Football is a game that is played with 11 opponents which is directly led by a referee who has 1st and 2nd assistants, and has one referee as a backup or substitute. The game takes place on a soccer field measuring 100-110m in length and 64m-75m in width. In the game, there is direct contact between players of one team and players of another team (Emral, 2017).

Football is a team game where each player has their own duties, such as defender, midfielder, attacker and goalkeeper. The tasks are listed and supported by mastering the technique very well. The basic techniques of football are mastered and understood by every soccer athlete. Football movement techniques consist of various basic skills such as running, dribbling, passing and shooting, which are also called technical skills (Bozkurt, 2020). Basic technique is the most important thing in football. It should be noted that in order to play soccer, you need to have basic skills in playing soccer (Naldi & Irawan, 2020).

The principle of football is very simple, do and make goals and prevent opponents from doing the same to our own goal, the one who scores the most goals is to win the game. It is because of this simple principle that football has grown so much in In

## RESULTS AND DISCUSSION

Passing is a skill of moving the ball from one player to another which is carried out through high accuracy and precision (Wiriawan & Irawan, 2019). Passing is a preparation for attacks in football and scoring goals, it is also used to turn on the ball due to mistakes and for cleaning by sweeping dangerous balls in the area or when trying to block opponent attacks and being in one's own



defense (Yudi, 2019). Passing the ball can be done in various ways with the ball at rest, in flight and in motion. Passing is one of the most important basic techniques. An athlete who cannot pass will not be able to play football. This means that passing football is an attempt to move the ball from one area to another. A good team when athletes can master the technique of passing the ball well, according to the target or right in scoring against the opponent's goal (Thanksgiving & Soniawan, 2015).

### **Figure 1. Passing.**

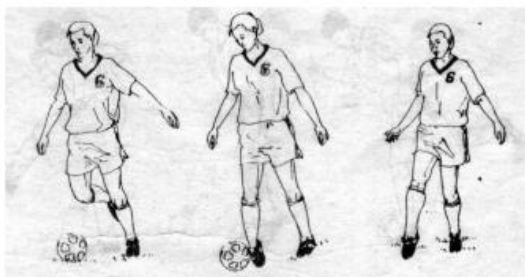
Dribbling (Driving) the ball is running with the ball and trying to pass several defenders, this is called dribbling, and trying to keep the ball always close to the feet and always under control. When moving, push the ball forward and then use the outside of the foot or the outside of the foot, when conquering the opponent, always protect the ball and make turns and feints (Akmal & Lesmana, 2019). Dribbling is a basic skill in football, players make running movements and push the ball with their feet which results in moving the ball from place to place or opening the opponent's defense area, not always looking at the ball, moving and always watching opposing players (Ardianda & Arwandi, 2018).

Dribbling the ball is one of the important techniques in football, when dribbling, it can make it easier for someone to set the tempo, feed, receive the ball, disrupt the opponent's defense and score as many goals as possible against the opponent's goal (Saputra & Yenes, 2019). When carrying the ball, use both the inside and outside of the foot to move it on the ground. Accompanying is carried out when in a state of speed and its main function is in a state of freedom in guarding. Stand when directing the movement of the ball and always look forward. The arms must be relaxed, when doing this by opening the ankles outward, so that the ball can touch the feet. Push the ball, the body weight must be the feet, not the herd (Atiq, 2017).



Figure 2. Dribbling

Shooting (kicking) is kicking with the instep used to shoot the ball into the goal (Shooting at the goal). players who have good kicks will easily score a goal, especially during a penalty kick (Mustafa & Adnan, 2019). Being the main technique in football and which must be mastered by all footballers is kicking at goal, often also called shooting. Shooting is an attempt to put the ball into the opponent's goal. Shooting techniques can be done on all parts of the leg. Without shooting the team will not be able to score goals and win the match (Zulwandi & Irawan, 2018). The main goal of every soccer game is to score goals. To score a goal against your opponent, you are required to perform shooting skills under pressure in a match, with limited time, physically drained with an opponent who is always aggressive. Doing a shooting attempt can be the creation of a goal and get the winning goal. All players must be able to kick



at the opponent's goal, goals will occur when every kick attempt is made at the opponent's goal (Afrizal, 2018). Shooting/kicking is an attempt to aim at putting the ball in the opponent's goal (FIFA, 2015, p. 66). Shooting can be done after the last touch but can also be done after stealing the ball in attack. Another option is to shoot from distance. All the techniques learned before will not be of much use in the game of soccer if they are not equipped with good shooting skills. The LA84 Foundation (2008, p.124) states that shooting should be a part of every training session. Many of us note that teams or players are able to do Passing, Dribbling and Heading quite well but cannot shoot well (Nusri, 2018).

Figure 3. Shooting

In the game of football, the technique of stopping the ball is very important, when a friend passes the ball, the ball that is passed must be properly stopped so that the opponent does not take it. According to Arma Abdoellah, (1981: 423) "In receiving the ball there are two kinds, namely the ball which is immediately stopped (stopping) and receiving in the sense of controlling the ball (controlling) in this case it is not immediately stopped but continues to be played being carried around or given to a friend." According to Sardjono, (1982) "Receiving/controlling the ball can be interpreted as the art of catching

the ball with the foot or controlling the movement of the ball, or in other words bringing the ball into full control". Meanwhile, according to Sucipto, et al (2000) the purpose of stopping the ball is to control the ball, which includes setting the tempo of the game, diverting the pace of the game, and making it easier to pass. Judging from the impact on the body, the legs, thighs and chest are generally used to stop the ball. The parts of the foot that are usually used to stop the ball are the inside of the foot, the outside of the foot, the instep and the sole of the foot.

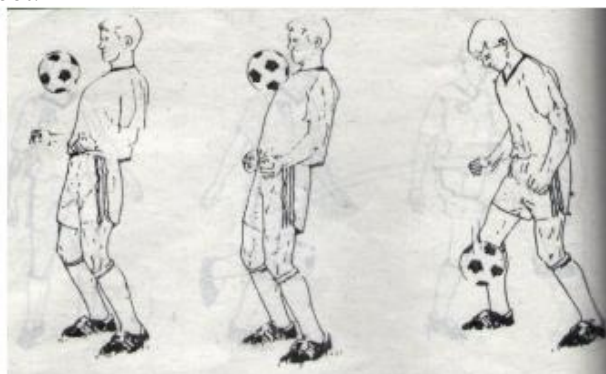


Figure 4. Controlling

Heading is an important basic technique in football, a header is not just a way to pass the ball with your head, but can also be used as a mainstay for scoring goals against the opponent's goal. difficult to overcome the opponent's goalkeeper. There are several basic concepts when doing Heading 1) When you see the ball coming, head straight towards the ball by blocking or blocking the coming ball, 2) Pay attention to the direction the ball is coming, pay attention to the ball hitting the forehead, 3) Don't close your eyes or so you don't get hurt, pay attention the direction of the ball is away from you, 4) Head the ball with the top of the forehead, not at the temples or the top of the head, 5) Move backwards and head the ball firmly, don't let your head stay still and fall on your head (Arifan, 2020). Heading the ball can be done in various ways, while flying (floating), and jumping (headear jump), namely making a jump to head the ball.

Heading including football techniques must be mastered for every player useful for defending and creating opportunities to score goals in matches (Putra & S, 2020). Heading basic techniques aim to pass, throw the ball, break the attacks from the opposing team, and score goals. In basic training, students really need to learn to head the ball using the forehead, because the forehead is very strong to head the ball. The player's body position when heading the ball can be in a jumping or standing position. It is important to understand that a soccer player is not just about a player, but a player who heads the ball when it comes towards him (Paramitha, 2020).

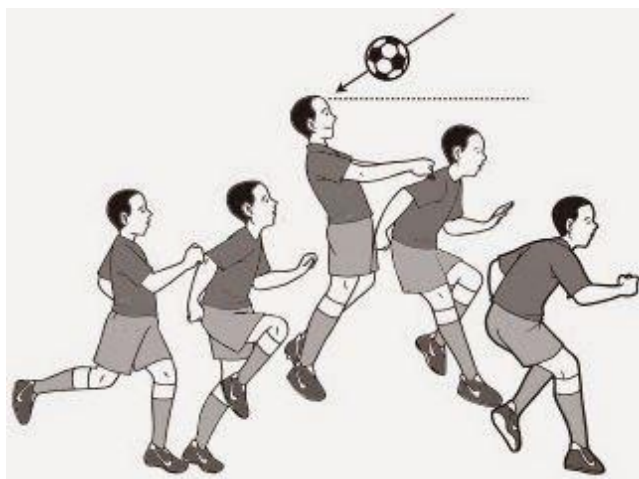


Figure 5. Heading

Football is not just technique, tactics, physical and mental that must be taught, the Barona FC football school also teaches concrete character building which teaches children by directly practicing the values of honesty and caring. Children have a ritual of cleaning the field from litter before and after practice, not only during practice, in trials or other competitions or championships, the same thing is also applied before or after a match.

## CONCLUSION

Based on the ability to play soccer which is reviewed from the basic techniques that have been described by the author, it can be concluded that SSB Barona FC is still not maximal in improving performance. This is caused by the basic techniques of the athletes who have not been maximized. Many mistakes occur when playing ball. In the game of football, there are 5 basic techniques that must be mastered by athletes. Starting from passing, dribbling, shooting, controlling and heading.

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