



Survey of Basic Football Technical Skills of Grade V Students of State Elementary School 1 Bora

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ABSTRACT

This study aims to evaluate the level of basic football skills in the SD Negeri 1 Bora team. Data collection was conducted through a basic skills test covering the basic technical aspects of playing football. The results showed that of the 12 students who were subjects, 2 students (18%) were in the very poor category, 1 student (9%) was in the poor category, 6 students (45%) were in the sufficient category, 2 students (18%) were in the good category, and 1 student (9%) was in the very good category. The overall average score was 200.00, which is classified as sufficient. Thus, the basic football skills in the SD Negeri 1 Bora team generally still require development. These findings provide important implications for physical education teachers and schools in designing more effective training strategies to improve the quality of sports learning. These results can also be used as input in developing curricula and training oriented towards improving students' basic motor skills.

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A. Conception and design of the study;
B. Acquisition of data;
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INTRODUCTION

Sports play a crucial role in life. In today's modern world, humans are inseparable from sports activities, both to improve performance and to maintain a healthy body. Through sports, humans can develop physical and mental health, thereby developing quality individuals (Giriwijoyo & Sidik, 2017). One of the most popular sports in Indonesia is football. Public enthusiasm for playing, practising, and watching football matches is quite high (Nusi & Refiater, 2021; Supriyanto & Martiani, 2019). As stated by Kenniadi et al. (2021), football is a team sport played by two teams, where each team tries to score by getting the ball into the opposing team's goal by adhering to established rules.

Football is a rapidly growing sport in Indonesia, both in schools, government agencies, private institutions, universities, and in public settings (Pratiwi et al., 2020). This is because football requires simple equipment and can be played by all levels of



society, from children to adults, men and women, both in cities and villages (Ismail & Tunggul, 2020). To be able to play football well, of course, basic techniques in this game must be mastered, such as passing, dribbling, shooting, control, and heading. These five basic techniques are all interrelated and mutually supportive (Hananingsih, 2018). If one of these techniques is not mastered properly, the game will be less interesting and difficult to achieve maximum results. However, the development of these techniques must be done through gradual and systematic training (Putra, 2018). A football game will run smoothly and effectively if each player has mastered the basic techniques (Susila, 2021; Pranopik, 2017). This means that a football player must possess both physical and technical skills. The most dominant basic technique used to score goals in football is shooting (Winarno, 2021; Nurfalah et al., 2019).

Achieving and developing performance must be carried out through comprehensive coaching in every sport. Of the various sports, football deserves special attention because this sport has not been able to provide or demonstrate maximum results, especially in Central Sulawesi. Physical fitness in football is one of the prerequisites that is essential in any effort to improve performance. Physical fitness is a complete unit of components that cannot be separated, both in terms of improvement and maintenance (Broto, 2017). Physical fitness includes endurance, strength, speed, agility, and explosive power. These physical condition components are the main factors in supporting game techniques and tactics. The strength component forms the foundation of the other components. This physical condition component supports an athlete's basic techniques. The ability to maintain physical stamina is a key factor in this activity (Kusworo, 2017). Over time, the football team at Bora Elementary School has experienced a decline in performance in recent months because several basic football techniques are still lacking. This results in less than satisfactory match results and makes it difficult for the team to achieve victory. Every player must possess a basic level of technical skills to play football well. Anyone who wants to play football well is required to possess basic skills. Basic football skills are the main foundation a player must possess to play well.

Basic techniques in football are a crucial factor in determining a team's victory, alongside physical, mental, and tactical factors. The better a player masters basic techniques, the greater their chances of winning. Conversely, if their basic skills are poor, winning becomes increasingly difficult. Listina (2017) stated, "A good grasp of basic techniques will make it easier for a player to execute strategies and foster high self-confidence and optimism in every match." With regular practice at least three times a week and a structured training program, mastery of these basic techniques will be easier to achieve. Practice serves as feedback or reinforcement and is a necessary condition for developing a skill (Siswanto, 2017).

METHODS

This study used a quantitative approach with a descriptive survey method. This approach aimed to systematically and accurately describe the field facts regarding the

level of basic football technique skills of fifth-grade students at SD Negeri 1 Bora. According to Winarno (2017), descriptive research serves to provide an objective picture of current conditions. The survey method is considered appropriate because it is used to collect primary data from the population using a test instrument as the primary measurement tool.

Research Location

This research was conducted at SD Negeri 1 Bora, Sigi Kota District, Sigi Regency, Central Sulawesi Province. This location was selected based on the need for direct data collection within an elementary school environment that hosts football coaching activities. The research was conducted in 2025 after obtaining approval from the supervisor and the school administration. The survey and skills test were conducted over 2–3 working days, with scheduling adjusted to the school's teaching and learning activities.

Population and Sample

The population in this study was all 12 fifth-grade students at SD Negeri 1 Bora. Due to the relatively small population (less than 100), the sampling technique used was total sampling, where the entire population was used as the research sample. According to Sugiyono (2018), this technique is suitable for small populations, allowing researchers to obtain complete data and avoiding the risk of sampling bias. This sample provides a valid representation for assessing the overall basic football skills abilities at the school.

Research Instruments

The instrument used in this study was a performance test designed to measure basic football technical skills. The test was based on an instrument developed by Nurhasan (2001) and has been widely used in sports research. The three basic technical components measured were: (1) stopping the ball, (2) dribbling, and (3) passing the ball. Each component was assessed based on specific performance criteria, such as accuracy, ball control, control, and movement effectiveness.

Data collection technique

Data collection techniques used two approaches: direct observation and skill measurement using performance tests. Researchers directly observed the test implementation and recorded student performance using a prepared assessment instrument. Additionally, observation sheets were used to record technical aspects such as student enthusiasm, readiness, and attitude during the test. The data collected from the test results were then summarized on individual score sheets and converted into t-scores for further analysis.

Data analysis

Data analysis in this study was conducted using descriptive statistical techniques. Data obtained from the skills test were classified into five categories: very good, good, sufficient, poor, and very poor. The first step was to calculate the mean and standard deviation to determine the t-score classification interval. After that, the percentage frequency distribution for each category was calculated using the formula:

$$P = (F/N) \times 100\%,$$

Where P is the percentage, F is the frequency of a particular category, and N is the total number of respondents. Data is presented in tables and diagrams to facilitate the interpretation of the results.

RESULTS AND DISCUSSION

Result

This study aims to determine the level of basic football technical skills of fifth-grade students at SD Negeri 1 Bora through three types of tests: stopping the ball, dribbling, and passing. All data were obtained from the implementation of skills tests referring to the measurement guidelines from Nurhasan (2001), then processed statistically using quantitative descriptive methods.

Based on the combined test results of the three basic techniques, it was obtained that the overall average score of students was 200.00, which is included in the sufficient category. The distribution of categories is as follows: 1 student (8%) in the very good category, 2 students (17%) in the good category, 6 students (50%) in the sufficient category, 1 student (8%) in the less category, and 2 students (17%) in the very less category. This distribution shows that most students have had basic mastery, but not evenly distributed across all aspects of skills.

In the stopping test, the results were as follows: 1 student (8%) in the excellent category, 2 students (17%) in the good category, 6 students (50%) in the adequate category, 1 student (8%) in the poor category, and 2 students (17%) in the very poor category. This technique appeared to be mastered more by most students, with a more stable average score.

The dribbling test results showed that 1 student (8%) was in the very good category, 4 students (33%) were in the good category, 3 students (25%) were in the sufficient category, 2 students (17%) were in the poor category, and 2 students (17%) were in the very poor category. Although many students were quite good at dribbling, consistency in technique and speed still needed to be improved.

Meanwhile, for the passing test, 4 students (33%) were categorized as good, 3 students (25%) as adequate, 3 students (25%) as poor, and 2 students (17%) as very poor. No students were categorized as excellent in this aspect. These results indicate that passing is the weakest skill compared to the other two techniques.

Discussion

Based on the results of the analysis above, it can be concluded that, in general, the basic technical skills of football of class V students at SD Negeri 1 Bora are still classified as sufficient and require further development. This finding supports the research results of Laksono (2015), which also showed that the majority of students participating in extracurricular football activities were still in the sufficient category in mastering basic techniques.

Students' ball-stopping abilities showed a more even distribution and tended to be positive. This is because stopping techniques are relatively easy to teach and practice,

especially during basic training sessions. According to Mielke (2017), stopping techniques are the primary foundation players must master to control the flow of the game. Mastering this technique allows players to make more accurate decisions when receiving passes from teammates.

Meanwhile, dribbling skills showed that some students had mastered them well, but others still struggled with coordination, ball control, and speed. Dribbling is a technique that requires fine motor skills, endurance, and high concentration. As Hananingsih (2018) noted, dribbling success is greatly influenced by consistent, repetitive practice.

The most glaring problem was found in passing skills, where no students were classified as excellent. Passing is a crucial component of teamwork and mastery of game strategy. Students' inability to execute accurate passes resulted in minimal communication on the pitch. Zein (2017) explained that poor passing skills can lead to loss of ball possession and weak attacking transitions.

One of the main causes of poor mastery of these basic techniques is the limited frequency of practice and the lack of a systematic training program. Physical Education (PJOK) teachers who also serve as coaches lack the time and focus to develop a team in a structured manner. In line with Broto's (2017) opinion, improving technical skills must be accompanied by physical training and structured training plans.

Supporting factors such as facilities and infrastructure at SD Negeri 1 Bora are adequate, but human resources, including competent trainers, remain a challenge. Therefore, collaboration between teachers, parents, and the school is needed to provide more intensive, program-based training to ensure optimal student achievement in the future.

CONCLUSION

The level of basic football technical skills among fifth-grade students at SD Negeri 1 Bora is generally considered adequate, with an average score of 200.00. Most students still struggle with basic techniques, particularly passing the ball. More structured coaching is needed to support the development of basic football technical skills in elementary school students.

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