



## **Analysis of Basic Football Techniques at SSB Persada Junior Age 13-15 Years in East Tanjung Jabung**

**Riski Mahendra Saputra<sup>1A-E\*</sup>, Hendri Munar<sup>2B-D</sup>, Ahmad Muzaffar<sup>3B-D</sup>**

<sup>1,2,3</sup> Universitas Jambi, Jambi, Indonesia

[mahendrajambi86@gmail.com](mailto:mahendrajambi86@gmail.com)<sup>1\*</sup>, [hendrimunarfik@unja.ac.id](mailto:hendrimunarfik@unja.ac.id)<sup>2</sup>, [muzaffar.fkip@unja.ac.id](mailto:muzaffar.fkip@unja.ac.id)<sup>3</sup>

### **ABSTRACT**

This study aims to analyze the basic football techniques of players at SSB Persada Junior aged 13-15 years in East Tanjung Jabung. This research employed a descriptive quantitative approach with a survey method involving 15 players as both sample and population. The instruments used were basic football skill tests, including passing, dribbling, and shooting techniques. Data were analyzed using descriptive statistics in percentage form with four categories: excellent, good, sufficient, and poor. The findings showed that most players possessed good basic technical abilities. For passing, 60% of players were in the good category; for dribbling, 67% were also categorized as good; and for shooting, 53% fell into the good category. Overall, 73% of players were in the good category and 27% in the excellent category. These results provide a foundation for developing more effective and targeted training approaches. The study contributes to understanding the current skill level of young football players and offers recommendations for improving coaching methods in youth football development programs.

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- Conception and design of the study;
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## **INTRODUCTION**

Football has become one of the most beloved sports globally and plays a significant role in character building and enhancing children's physical abilities. The mastery of basic techniques such as passing, dribbling, and shooting serves as the fundamental foundation that every player must possess to develop optimally (Rahman et al., 2018). These technical skills form the cornerstone of successful football performance and determine a player's ability to contribute effectively to team play. In Indonesia, football development has been ongoing since independence, evident from achievements in various international competitions such as the Asian Games and SEA Games, with significant contributions from the Indonesian National Sports Committee (KONI) established in 1946 (Alak, 2018).



Recent studies have emphasized the critical importance of basic technical skills in youth football development. Akbar et al. (2024) define basic football techniques as fundamental skills that must be mastered by every player, including ball control, passing, dribbling, and shooting, which serve as the primary foundation for developing overall football playing abilities. Badawi & Nasrulloh (2021) explain that basic football techniques constitute a series of structured movements involving complex motor and visual coordination, developed through systematic and repetitive training to achieve maximum movement efficiency in ball control. These techniques encompass specific biomechanical aspects for each basic movement in football games. Furthermore, (Burhanuddin et al., 2022) reveal that basic football techniques represent a combination of psychomotor skills involving cognitive aspects in decision-making and motor aspects in movement execution, encompassing not only physical abilities but also tactical understanding and the ability to read game situations.

The development of young players has become key to improving national football achievements, with an increasing number of Football Schools (SSB) and academies across Indonesia (Putra & Sumantri, 2023). SSB Persada Junior in East Tanjung Jabung plays an important role in training players aged 13-15 years, though it faces challenges in mastering basic techniques. At this age, mastery of basic techniques is crucial for skill development and movement fluency. Players who master basic techniques well find it easier to develop tactics and strategies, making structured training and regular evaluation essential to ensure player progress (Danang, 2021).

Based on observations at SSB Persada Football Field in East Tanjung Jabung for ages 13-15 years, basic football technique mastery remains relatively low. Players demonstrate poor passing accuracy due to incorrect foot positioning, weak ball control with stiff first touches and difficulty controlling balls from various directions, dribbling techniques requiring significant improvement, including low speed and poor ball control, and shooting with low accuracy and insufficient shot power. Despite players showing high enthusiasm and adequate field facilities and training equipment, obstacles persist, including monotonous training methods, lack of training variation, and time limitations.

This research aims to identify the extent of basic technical skills among SSB Persada Junior players while serving as a foundation for designing more effective and targeted training approaches. The study's novelty lies in its comprehensive analysis of three fundamental football techniques (passing, dribbling, and shooting) specifically among adolescent players aged 13-15 years in the East Tanjung Jabung regional context, providing valuable insights for youth football development in Indonesia.

## **METHODS**

This research employed a descriptive quantitative method to measure the basic football technique abilities of SSB Persada Junior players aged 13-15 years. This method was chosen because it can provide clear and objective descriptions of players' basic

skills. The research design utilized a survey approach with test and measurement techniques to collect primary data directly from the research subjects.

The research was conducted at the Persada Football Field in Sungai Beras Village, East Tanjung Jabung, during April-May 2025. The population in this study consisted of all SSB Persada Junior players aged 13-15 years, totalling 15 players. The sample used a total sampling technique, where all population members were included as research subjects due to the relatively small population size, following Arikunto's recommendation that populations under 100 should be studied entirely (Arikunto, 2018).

Data collection was performed through basic skill tests, including passing, dribbling, and shooting techniques. The passing test assessed players' ability to deliver accurate passes using proper foot positioning and ball control. The dribbling test measured players' capability to maneuver the ball through predetermined patterns while maintaining ball control and movement speed. The shooting test evaluated players' accuracy and power in directing shots toward the goal target. Each test was scored using a standardized assessment rubric with scores ranging from 1-8 points, categorized into four levels: excellent (7-8 points), good (5-6 points), sufficient (3-4 points), and poor (1-2 points).

Data analysis utilized descriptive statistics with percentage calculations using the formula  $P = (n/N) \times 100\%$ , where P represents the percentage achieved, n is the actual factor value, and N is the total ideal response value. The analysis process involved calculating average scores, standard deviations, and categorizing test results into the established performance levels. This analytical approach provided comprehensive insights into the current skill levels of SSB Persada Junior players and identified areas requiring improvement in their training programs.

## RESULTS AND DISCUSSION

### Basic Technique Test Results

The research findings provide comprehensive insights into the basic football technique capabilities of SSB Persada Junior players aged 13-15 years in East Tanjung Jabung. The data collection involved 15 players who underwent systematic testing in three fundamental football skills: passing, dribbling, and shooting techniques.

**Table 1.**

Classification of Basic Passing Technique

No	Score Range	Category	Frequency	Percentage
1	7-8	Excellent	4	27%
2	5-6	Good	9	60%
3	3-4	Sufficient	2	13%
4	1-2	Poor	0	0%
<b>Total</b>			<b>15</b>	<b>100%</b>

The passing technique results demonstrate that the majority of players possess adequate passing abilities. Nine players (60%) achieved good category performance, indicating solid fundamental passing skills with proper foot positioning and ball delivery

accuracy. Four players (27%) reached the excellent category, showing exceptional passing precision and technique execution. Only two players (13%) fell into the sufficient category, suggesting areas for improvement in their passing fundamentals. Notably, no players scored in the poor category, indicating that all participants have at least basic passing competency.

**Table 2.**  
 Classification of Basic Dribbling Technique

No	Score Range	Category	Frequency	Percentage
1	7-8	Excellent	3	20%
2	5-6	Good	10	67%
3	3-4	Sufficient	2	13%
4	1-2	Poor	0	0%
<b>Total</b>			<b>15</b>	<b>100%</b>

The dribbling technique assessment revealed that ten players (67%) achieved good category performance, representing the highest percentage among the three techniques tested. This indicates that most players demonstrate adequate ball control and maneuvering abilities while maintaining possession during movement. Three players (20%) attained the excellent category, showcasing superior dribbling skills with smooth ball manipulation and effective change of direction. Two players (13%) scored in the sufficient category, requiring additional focus on ball control and dribbling technique refinement.

**Table 3.**  
 Classification of Basic Shooting Technique

No	Score Range	Category	Frequency	Percentage
1	7-8	Excellent	3	20%
2	5-6	Good	8	53%
3	3-4	Sufficient	4	27%
4	1-2	Poor	0	0%
<b>Total</b>			<b>15</b>	<b>100%</b>

The shooting technique results show that eight players (53%) achieved good category performance, demonstrating adequate shooting accuracy and power. Three players (20%) reached the excellent category, exhibiting exceptional shooting technique with proper body positioning and follow-through. Four players (27%) fell into the sufficient category, indicating the need for improvement in shooting accuracy, power, and technique consistency. The shooting results showed more variation compared to passing and dribbling, suggesting that shooting technique requires more specialized training attention.

**Table 4.**  
 Overall Basic Football Technique Classification

No	Score Range	Category	Frequency	Percentage
1	19-24	Excellent	4	27%
2	13-18	Good	11	73%
3	7-12	Sufficient	0	0%
4	1-6	Poor	0	0%
<b>Total</b>			<b>15</b>	<b>100%</b>

## Discussion

The comprehensive analysis of basic football techniques at SSB Persada Junior reveals significant insights into youth football development in the East Tanjung Jabung region. The overall results demonstrate that 73% of players achieved good category performance while 27% attained excellent category, indicating a solid foundation of basic technical skills among the participants. These findings align with previous research by (Pratomo, 2016), who found that 52% of students in football extracurricular activities possessed good basic football skills, attributed to dedication and seriousness in following training programs. The higher percentage of good performers in the current study (73%) suggests effective coaching methods and player commitment at SSB Persada Junior, potentially enhanced by the specialized football school environment compared to general school extracurricular programs.

The passing technique results, with 60% of players achieving good category performance, reflect the emphasis placed on this fundamental skill in football training. According to (Aditya & Faruk, 2019), passing ability significantly influences overall football performance and requires continuous systematic training to develop accuracy and decision-making under pressure. The four players who achieved an excellent category (Owen, Taurik, Firdaus, and Gunawan) consistently demonstrated superior passing accuracy and proper technique execution during training sessions, often serving as examples for their teammates. The coach's observations confirmed that these players maintain high training discipline and frequently engage in additional passing practice sessions. The two players in the sufficient category (Juan and Iqbal) require focused attention on foot positioning and ball contact technique to improve their passing consistency and accuracy.

Dribbling technique showed the highest percentage of good performers (67%), indicating that players generally possess adequate ball control and maneuvering abilities. This finding supports (Al Ghani et al.'s, 2022) assertion that dribbling skills are essential for increasing attacking effectiveness and creating scoring opportunities. The three players achieving excellent category (Diaz, Nazari, and Saputra) demonstrated superior ball manipulation skills and frequently served as primary attackers during matches, utilizing their dribbling abilities to penetrate opponent defenses. Their success stems from consistent training attendance and natural aptitude for ball control. The coaching staff noted that these players often engage in additional dribbling exercises beyond regular training sessions, contributing to their advanced skill development. Players in the good category showed adequate dribbling abilities but require refinement in change of direction and ball protection techniques.

Shooting technique presented the most varied results, with 53% achieving good category performance and 27% in the sufficient category, indicating greater complexity in mastering this skill. (Najib & Priambodo, 2019) emphasizes that successful shooting depends on multiple factors, including physical strength, technical execution, and mental composure under pressure. The three players in the excellent category (Owen, Rahman, and Saputra) demonstrated exceptional shooting accuracy and power, often

receiving specialized shooting training from the coaching staff. Their success results from dedicated practice focusing on proper body positioning, follow-through technique, and target accuracy. The four players in the sufficient category require additional focus on shooting fundamentals, particularly body positioning and ball contact technique, to improve shot accuracy and power. The coach indicated that shooting training sometimes receives specialized attention due to its direct impact on scoring ability and match outcomes.

The absence of players in the poor category across all techniques demonstrates the effectiveness of SSB Persada Junior's training programs and player selection processes. This contrasts with (Burhan, 2023) findings, where 80.78% of participants scored in the poor category for VO2Max testing, highlighting the importance of specialized football training environments versus general school programs. The positive results at SSB Persada Junior reflect structured training methodologies, qualified coaching staff, and committed player participation. However, the research identified areas for improvement, particularly in addressing training monotony and increasing exercise variation to maintain player engagement and accelerate skill development.

The research findings provide valuable insights for youth football development programs in Indonesia, particularly in regional areas like East Tanjung Jabung. The results support (Pebrima et al., 2021) recommendations for implementing varied training methods and individualized attention to address different skill levels among players. The study demonstrates that systematic evaluation of basic techniques provides essential feedback for coaches to design more effective training programs and monitor player progress. Furthermore, the research contributes to the growing body of knowledge regarding youth football development in Indonesia, offering practical applications for similar regional football schools and academies.

## **CONCLUSION**

Based on the research findings, the analysis of basic football techniques at SSB Persada Junior for ages 13-15 years in East Tanjung Jabung reveals that players possess good fundamental technical abilities. The overall assessment shows that 73% of players achieved good category performance while 27% attained excellent category, with no players falling into poor or sufficient categories. Specifically, passing technique demonstrated 60% good performance, dribbling showed 67% good performance, and shooting achieved 53% good performance, indicating solid foundations across all three fundamental skills.

The research limitations include the relatively small sample size of 15 players and the regional specificity of the study location, which may limit generalizability to other contexts. Future research should consider larger sample sizes, comparative studies across different regions, and longitudinal assessments to track skill development over time. Additionally, investigating the relationship between basic technique mastery and match performance would provide valuable insights for youth football development.



The study recommends implementing more varied training methods to address monotony, providing individualized attention based on skill assessment results, and establishing regular evaluation protocols to monitor player progress. Coaches should focus particularly on shooting technique development, given its higher variation in performance levels, while maintaining the effective training approaches that have produced good results in passing and dribbling techniques. These findings contribute to youth football development knowledge and provide practical guidance for regional football schools in Indonesia.

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