

# Development of Football Test Model in Guiding Young Football Players

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The current research was a kind of “*Research and Development (R&D) Study*”. The research was based on a quantitative paradigm. It aimed at developing a model of football test for guiding young football players in Bangli Regency- Bali, Indonesia. The development was focused on *dribbling, passing, and shooting*. Data were gained through observation and questioners. For analyzing the data, “*Specific, Measurable, Achievable, Realistic, and Time-based (S.M.A.R.T) analysis*” technique was applied. As the conclusion, it has been found that the test product of *dribbling, passing and shooting* in a football game training for children is effective since it can help football trainers to gain young qualified prospective players. However, the test needs to be revised in order to meet the better football test model that is by revising total number of test, movement, and time duration.

**Keywords:** Football Test, Shooting, Dribbling, Passing

## I. INTRODUCTION

The football game has been a demanded sport, not only in Indonesia but also in the world. It is popular worldwide and demanded by adults as well as children. Its development is very significant<sup>1</sup> In the other side, playing football provides numerous types of advantages, such as increased aerobic and anaerobic fitness, improved fitness skills and even psychosocial benefits<sup>2</sup>. Therefore, the sport has been very famous. Counting such thought, there are a lot of football clubs or schools that are established. It aims at training and finding prospective junior football players<sup>3</sup>. Similar to the statement,<sup>4</sup> states that one of the tasks of a football school or club is to be able to develop the ability of players.

It cannot be denied that the output of any football school or club is related to the input of the learners. The better young football player recruited, the more talented and professional football player will be produced. Related to the idea, the current research was conducted to study as well as to develop a model of the test in guiding young football player.

This study is interesting since there has never been a similar study that was conducted to explore and to develop football test mode in Bangli regency- Bali, Indonesia. Furthermore, the current study is important since the result will guide trainers of football schools or clubs in recruiting

and training young football players. It is believed that the result of the study will have a positive impact on the development of football players who will eventually create maximum achievement<sup>5</sup>.

The maximum achievement of professional football players is related to football skills including, passing, controlling, dribbling, heading, and shooting. Among the skills, this research was focused on dribbling; passing and shooting skills. They are the basic skills that must be mastered by any football players<sup>6</sup>. A study by Russel state that the skills must be examined to know the basic ability of prospective football players. Therefore, the current research observed and developed the test in order to use the result as a reference in judging young talented football player.

Based on the pre-research, there was a fact that the three skills mentioned above were not mastered well by the football players in Bangli, Bali- Indonesia. For example, when controlling balls as well as when performing a test, some players moved and stopped the ball without any obstacles. In contrary, there were many obstacles faced by the players when they passed and stopped the ball. Likewise, when shooting on goal, during shooting tests, the ball was kicked outfield.

## II. MATERIALS AND METHOD

The current research was a kind of “*Research and Development (R&D) Study*” which was based on the quantitative paradigm. To develop a test model, several indicators are needed. There are several stages must be conducted to prepare professional football players such as (1) looking for talented player, (2) selecting prospective athletes at an early age, (3) monitoring prospective athletes continuously, and (4) help prospective athletes to achieve peak performance<sup>7</sup>. Based on the stages above, the development of the current research was conducted<sup>5,8</sup>.

The development was focused on shooting, dribbling, and passing football activities. Research data were gained through observation and questioners. For analyzing the data, “*Specific, Measurable, Achievable, Realistic, and Time-based (S.M.A.R.T) analysis*” technique was applied to draw research conclusion.

Results of the current research there will be presented data of questioners' respondents of (1) analysis of needs (2) football experts, (3) training experts, and (4) elementary school kids who love football fans in Bangli regency. To obtain trial data for stages I and II, questionnaires were given for 10 children (trial of phase I) and 20 children (trials of phase II). For evaluation of data, questionnaires were given to two experts, namely an expert of football, and an educational evaluation expert.

### III. RESULT AND DISCUSSION

This section presents results and discussion. The results are displayed in tables. Following the tables, it is presented the discussion. First, in Table I below, it is presented data on the results of the overall needs analysis, evaluations conducted by football experts and training experts, trial I (small group) and trial II (large groups).

Table I. Data on Evaluation Results of Football Experts, Educational Evaluation Experts, Phase I Trials (Small Groups) and Phase II Trial (Large Groups)

NO	Component	Findings
1	Needs Analysis	
a.	Observation results about shooting ability, dribbling, and passing in young football players in Bangli Regency (n=10)	<ul style="list-style-type: none"> <li>➤ 53.2% of foot and ball positions were still wrong.</li> <li>➤ 53.2% of ball approvals were incorrect.</li> <li>➤ 53.2% of the body movement was leaning backward.</li> <li>➤ 86% of eyesight when shooting was fixed on the ball.</li> <li>➤ 53.2% of foot swings were not full.</li> <li>➤ 86.67% of young football players had not mastered skills in shooting, dribbling, and passing.</li> </ul>
2	Experts evaluation	
a.	Experts evaluation (n=2) with a total of the instrument as much as 36 items	<ul style="list-style-type: none"> <li>➤ On the shooting test of 2 and 3, position X should be closer to the ball.</li> <li>➤ In 6 dribbling tests, child X position and distance to dribbling very far.</li> <li>➤ 8 tests of passing were still very difficult to do</li> </ul>
3	Test phase I and Test phase II	

NO	Component	Findings
	a. The results of the evaluation in the test phase I (small group test), (n = 10) with a total of 72 items	<ul style="list-style-type: none"> <li>➤ From the results of the Phase I 91.41% was obtained. It means that the shooting, dribbling, and passing test models could be used in Bangli district, Bali-Indonesia</li> </ul>
	b. The results of the evaluation phase II (large group test), (n = 20) items	<ul style="list-style-type: none"> <li>➤ From the results of Phase II, 96.35% was obtained. It means that the shooting, dribbling, and passing test models could be used in Bangli district, Bali-Indonesia</li> </ul>

Table II below presents data on overall results of football experts' evaluation as well as the training experts' evaluation on the development of product design. It was focused on dribbling, passing, and shooting tests that were conducted for young football players. The guideline was as follows: The number of instruments for football experts was 36 questions, and the number of instruments for expert evaluation was 36 questions. The questions were based on the following criteria: (1) score 1 is given if the answers do not match, (2) score 2 is given if the answers are not appropriate, (3) score 3 is given if the answer is appropriate, and (4) score 4 is given if the answer is very suitable.

Table II. Overall Data from Evaluation of Football Experts and Educational Evaluation Experts

No	Expert	Skor min	Skor max	Skor result	Persentase
1	Football (n=1), Total instrument: 48 points	96	384	351	91,41%
2	Education evaluation (n=1), Total instrument 48 points	96	384	370	96,35%
			$\bar{X}$		93,88%

Based on the data that is displayed in Table II, it is known that the overall average percentage of evaluation results from 2 football experts are 93.88%. It means that the product of the test can be used in developing the football skills of young players.

Next, Table III below presents the processing of the entire data from the evaluation of the Phase I trial group (small group) and the Phase II trial (large group). As have been

stated, it was developed and designed by focusing only on shooting test models, dribbling test models, and passing test models.

The test guidelines are as follows. Number of instruments for phase I trials (small groups) and phase II trials (large groups) were 9 test items. Next, there were 10 teenagers in the Phase I trial (small group) and 20 teenagers in the staged trial II (large group). The assessment criteria are: (1) If the result is A, the score given is 4, (2) If the result is B, the score given is 3, (3) If the result is C, the score given is 2, and (4) If the result is D, the score given is 1. The test of the small group was held on August 10<sup>th</sup>, 2018, at 15.30-17.15 WIB (Time of West Indonesia), while the large group test was held on August 19, 2018, 15.30-17.15 WIB.

Table III. Results Data for Overall Phase I (Small Group) and Phase II Trial (Large Groups)

No	Aspect	Score	Score	Score	Percentage
1	Test group stage I (n = 10) with the number of instruments as many as 72 items	720	2880	2692	93,47%
2	Test group stage II (n = 10) with the number of instruments as many as 72 items	720	5760	5204	90,35%
$\bar{X}$					91,91%

Based on the results of the data from Table 3, it is known that the overall number of percentages of the evaluation results in the Phase I test (small group test) and Phase II test (large group test) is 91.91%. It means that the test product can be used in developing skills of young football players, especially in joining football test in Bangli regency, Bali- Indonesia.

However, based on the experts' suggestions, the products of the test are needed to be revised. Summary of revisions based on input and suggestions from football experts, as well as from the evaluation of experts, and educational/ training experts' evaluation are described as follows:

a. When the shooting test (matches) was conducted, the conditions in the field that is for shooting training model the X position (kicker) was out of the field. This is not in accordance with the conditions in the field.

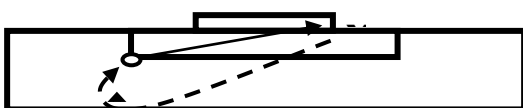


Figure 1. Shooting training model before revised by football experts

b. The distance between the kicker and the ball, especially on the silent ball shooting test must be noted.

Before being revised by football experts that is on the shooting test model the stationary ball in the distance of the kicker with the ball was 1 meter. After being revised, the distance of the kicker with the ball has been changed to 2-3 meters. The reason for changing the distance of the kicker to the ball is the kick and the ball speeds were not maximum. The prefix distance was too short. If the distance of the kicker with the ball is 2-3 meters, the kick will be more optimal because the distance between the kicker and the ball is longer. With a distance of 2-3 meters, the kicker will have time to determine the target.

c. Shooting test for the moving ball

Shooting test for the moving ball can be seen in the following Figure 2 and Figure 3.

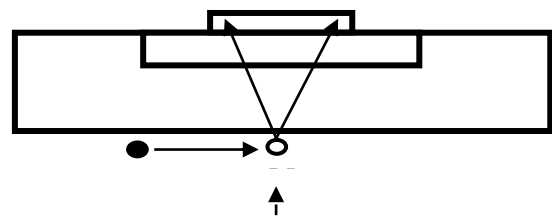


Figure 2. Test Shooting Model 2

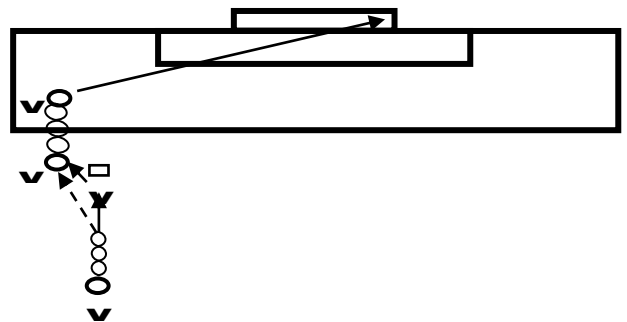


Figure 3. Test Shooting Model 3

d. Dribbling Test

Dribbling Test movement, as well as the test information and its instruction, can be seen in Table IV.

Table IV. Dribbling Test

Test Information	Instruction
	❖ The ball is always in control
	❖ Try to keep our eyes on the ball
	❖ The longer the movement the faster we have to be
	❖ Control the

**Game Area:**

- ❖ A to B, B to C, C to D, and D to A = 10-15 M
- ❖ How to do a test:
- ❖ Dribbling the zigzag towards the front side.
- ❖ Move from A to B, B to C, C to D, and D to A by keep using the outside right leg and left leg.
- ❖ Take turns with the right and left legs.
- ❖ Calculate the time used

speed and flexibility and rotate the body



2. Revise the movement so that it can be clarified again, namely when sliding the ball with the tip of the foot.
  3. Revise the duration of time.
- After applying revision, the results of the trials (small groups) and field tests (large groups) were better.

**IV. CONCLUSION**

The product of dribbling, passing and shooting tests in football games for young football players in Bangli regency, Bali- Indonesia can help football trainers. By conducting the test with the model developed, the trainers will be easier to find high-quality prospective football players. Therefore, it is stated that the products, as well as the model, are recommended to be applied. If there are no problems with training, this model can be continued. If there is any problem, adjustments can be made. Furthermore, a repetitive work evaluation needs to be carried out to obtain the suitability of the basic training program for football dribbling, passing, and shooting skills.

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**e. Passing Test**

Passing Test movement, as well as the test information and its instruction, can be seen in the following Table 5.

Table V. Passing Test

Test Information	Instruction
(wall) (Right: B)	<ul style="list-style-type: none"> <li>❖ Focus on the middle of the ball</li> <li>❖ Put attention to the body position during passing</li> <li>❖ When passing the ball, the focus of the eyes must be always fixed on the ball</li> <li>❖ The direction of the ball must be right to the target or to the friend.</li> </ul>
<ul style="list-style-type: none"> <li>❖ 3 meters</li> </ul>	
How to do the test:	
<ul style="list-style-type: none"> <li>❖ Passing towards the front wall with horizontal passing</li> <li>❖ After passing, then wait for the direction of the front ball or in the direction of the ball</li> <li>❖ After that, pass back.</li> <li>❖ Do it continuously for 30 seconds.</li> <li>❖ Count the correct movements</li> </ul>	

Furthermore, about the revision, based on the data from the evaluation of football experts, there are several revisions to the products developed, including:

1. Revise the number of tests.