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## ANALYSIS OF UNDERSTANDING AND APPLICATION OF FOOTBALL ACTIONS

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### Abstract

This study aims to analyze the understanding and application of basic football actions, especially passing and first touch techniques, in STKIP Pasundan Cimahi Football UKM athletes. These basic techniques are considered important because they affect the effectiveness of the game and the team's success in building attacks. This study uses a quantitative descriptive method with a one-shot case study approach, where data collection is carried out once through direct observation of 10 athletes. The research instrument is an observation sheet containing indicators of passing and first touch skills. The results of the analysis show that the passing technique value tends to be higher than the first touch, but the results of the Wilcoxon Signed Ranks Test show no statistically significant difference between the two ( $p > 0.05$ ). Thus, it can be concluded that the athletes have a good understanding and application of football actions, especially in the passing aspect. This study recommends increasing the intensity of structured training for the first touch aspect in order to achieve a balance in basic technical abilities as a whole.

**Keywords:** Analysis, passing, first touch.

Football is a team sport that requires each player to master basic techniques to support teamwork and smooth game strategy. Basic techniques such as passing and first touch have an important role in building an effective attack and maintaining the rhythm of the game. The author's experience while playing football shows that the player's inability to master basic techniques leads to disruption of the team's flow of play and potential conflicts between players. This emphasizes the importance of mastering basic techniques by every individual, both amateur and professional players. According to him, [1] passing is an important technique to move the ball accurately and precisely to teammates. Without a good mastery of passing techniques, the effectiveness of game strategies becomes impaired. In addition, first touch has a crucial function in setting the tempo, building attacks, and maintaining possession. A good first touch will make it easier for players to make advanced decisions such as passing, dribbling, or shooting the ball. In the context of modern games, basic technique is not only limited to motor skills, but also involves understanding tactics and decision-making. In [2] the philosophy of Filanesia, it is emphasized that it must have good basic techniques so that the games that already exist in the Filanesia curriculum can run without obstacles, there are 5 basic techniques, namely passing, first touch, dribbling, heading, and shooting. Good passing is very important in football "It is one of the basic

techniques of playing football that is very complex or important that is often done in football games and most football games are done with passing" [3] "Passing or passing the ball to friends must be with the right speed, time, and direction of the ball, in order to create good cooperation. This is important because the majority of players' involvement with the ball occurs in short and long passing actions with high intensity." [4] "A footballer must have basic technical skills to be able to play well, one of which is passing. Passing is a basic technique that is very useful as an attacker and even for putting the ball into the opponent's goal." [5] In football, basic techniques are very vital, passing is an effort to send to friends or comrades with the aim of building an attack to score goals and achieve victory. First touch is an effort to hold the ball using the feet "The ability to control the ball affects the player's decision making in continuing his follow-up action, whether he will pass back, dribble or shoot into the goal." [4] "The goal is to stop the ball to control the ball, set the tempo of the game, shift the pace of the game and make it easier to pass. With good ball control carried out by football players, players don't need to worry so that the ball can be easily grabbed by other players. Ball control is one of the basic techniques in the game of football. Every soccer player must have ball control techniques in order to be able to control the ball well" [6] [7] the first touch is very decisive in building an attack, if you don't have good technique, the attack cannot be carried out according to the plan that has been planned beforehand. Heading the ball or what we usually head is one of the many techniques in football "Heading is hitting the ball with the head, more precisely the ball on the forehead of the person who does the heading. This heading is useful for clearing, more precisely called Heading clearing. Then Heading is also useful in scoring goals". [8] "The faster and more precise the movement of the body, the more the ball can be headed sharply towards the goal and it is possible to be difficult to anticipate by the opposing goalkeeper." "The ability [9] to head the ball can be supported by good individual skills when heading the ball with the right accuracy. A footballer who masters good ball heading techniques with the right accuracy can head the ball exactly on target or what the player wants." Doing heading movements requires good [10] timing and strength to match what is desired, heading or heading requires all the muscles in the back that are strong from the neck to the waist. Shooting is one way to score "Shooting is a basic skill to kick the ball towards the goal with the aim of scoring a goal. Shooting must be done hard and have high accuracy so that the chances of the ball entering the goal are greater." "Accuracy in shooting [11] the ball is the main key to achieving success in the match." "The [12] shooting used in this football game is an effort made when attacking and the effort is to give the team a chance to defeat the opposing team until the specified time limit." So [13] shooting must be honed continuously so that the accuracy and precision of kicks can score a lot and achieve victory. In football, dribbling is an effort to dribble the ball towards the opponent's defense "The basic technique of dribbling in the

game of football is one of the most important basic techniques. Football technique is the basic of the game of football so the players are required to master basic techniques well."<sup>[14]</sup> "Dribbling is carrying the ball while running to keep possession of the ball, usually dribbling is done when the team is stuck in an attack so that it can easily penetrate the opponent's defense." "The ability to dribble is the main quality that every football player must have. Strong dribbling skills allow a player to outperform opponents quickly, pass the ball, or try to take a shot on goal." <sup>[15][16]</sup> Dribbling requires speed, strength, and agility to be able to get to the opponent's area to create opportunities to score goals, not forgetting that it must be accompanied by good basic techniques. The Indonesian football curriculum through the philosophy of Filanesia emphasizes the importance of action with and without the ball, as well as emphasizing cooperation, spatial awareness, and quick decisions in every phase of the game. Therefore, this study is important to analyze the extent to which the understanding and application of basic football actions, especially passing and first touch, are applied by athletes. This research also aims to provide an overview of the quality of mastery of basic techniques as the basis for the development of more structured exercises.

Understanding is a person's absorption to absorb something that must be thought about to carry out something. According to Aulia Khairunnisa, "understanding concepts is a very important part. Understanding concepts is an important foundation for thinking in solving everyday problems. Public understanding of the importance of exercise and a healthy lifestyle in improving the quality of life that has a positive impact on the future or in the future. "According to Kartono in Cholid, "The knowledge and understanding that coaches have are the benchmark for success in achieving achievements. As explained (Cholid, 2018) Coaches as the main actors in the <sup>[17]</sup> <sup>[18]</sup> transfer of knowledge process have a great responsibility in shaping the abilities and mentality of their players, therefore the productivity of coaches' performance needs to be deceived and improved." Comprehension is a person's ability to absorb, understand, and execute information or concepts in real life. Understanding is an important basis for thinking, solving problems, improving the quality of life, and achieving success, both in the life of the general public and in the world of sports, such as the role of coaches in shaping the abilities of athletes.<sup>[19]</sup>

## **METHODS**

This study is a quantitative descriptive research with a one-shot case study approach. This design is used to find out and analyze the understanding and application of football actions, especially basic passing and first touch techniques, on one group of samples at a time of observation. This research does not use special treatment, but only direct observation of the implementation of techniques in the context of real games. The population in this study is all

active students of STKIP Pasundan Cimahi who are members of the Football Student Activity Unit (UKM). The sample was selected by purposive sampling, which is a sampling technique based on certain considerations, such as activeness in training and trainer recommendations. The sample used was 10 athletes who met the criteria of relevance to the research objectives. Data is collected through direct observation during the game. The instruments used are structured observation sheets that contain indicators of assessing passing skills (ball impact, passing weight, accuracy, passing choice, and passing quality) and first touch (check in check out, shoulder check, body shape, ball direction, and observation of the surrounding situation). Scores are given in a scale range of 1–4 for each indicator. Data analysis was carried out through a non-parametric statistical test using the Wilcoxon Signed Ranks Test because the data was not normally distributed (based on the Shapiro-Wilk test). Previously, the data was tested for validity and reliability to ensure the accuracy of the measuring tool. The validity test uses Pearson correlation, while the reliability test uses Cronbach's Alpha value.

## **RESULTS AND DISCUSSION**

This study discusses the extent to which STKIP Pasundan Cimahi Football UKM players understand and apply two basic football techniques, namely passing the ball and first touch (first ball control). From the results of observations of 10 players, it is known that the average score for passing technique is higher than first touch. This means that in general the players are more skilled at passing the ball than controlling the ball when they first receive the pass. However, after data analysis using the Wilcoxon statistical test, it turned out that the difference between passing and first touch was not significant. This means that even though passing looks better, it is not scientifically strong enough to conclude that passing is much better than first touch. It could be that the difference occurs due to the practice factor that is more often done in the passing technique. According to the theory of Halimi and Rifan, passing is an important technique in building an attack, while the first touch greatly determines the smooth running of the game because it concerns the initial control of the ball. When the first touch is good, players can immediately make a decision, whether to dribble, pass, or shoot. Uneven training can be the reason why the first touch is still not optimal. In fact, the first touch is also important so that the ball is not easily grabbed by the opponent. Previous research by Riyal and Effendi also stated that proper practice can greatly improve a player's basic techniques, including ball control. In conclusion, the players already have a pretty good understanding of this basic technique, especially in terms of passing. But from a practical point of view, first touch still needs to be improved so that the two techniques can be balanced. For this reason, coaches are advised to give

additional exercises that focus more on ball control so that the quality of the game can improve overall.

## CONCLUSION

Based on the results of the research conducted on STKIP Pasundan Cimahi Football UKM athletes, it can be concluded that the players already have a fairly good understanding and application of basic football actions, especially in passing techniques. Although in general the passing value is higher than the first touch, the results of statistical analysis show that the difference is not significant. This indicates that the two techniques are quite balanced even though there is a slight inequality in terms of mastery. Overall, the results of this study show that players already understand the importance of basic techniques in the game, but they still need to be improved, especially in the aspect of first touch so that the team's game performance can be more optimal.

## RESEARCH RESULTS

Table 1. Data from the research results

Yes	Name	Impact ball	Weight Passing	Accuracy	Passing options	Quality of passing	Value
1	Iqbal	4	4	3	4	4	19
2	Rafi	4	4	4	4	4	20
3	Guntur	4	4	3	4	4	19
4	Rizki	4	4	4	4	4	20
5	Wawan	3	3	3	3	3	15
6	Adzikri	4	4	4	3	4	19
7	Elang	3	4	3	4	4	18
8	Awal	3	3	2	3	4	15
9	Afghan	3	4	3	3	3	16
10	Randhika	3	4	4	4	4	19

Yes	Name	Check in check out	Shoulder check (scanning)	Body shape	Keep the ball away from the opponent	Look around before and after receiving the ball	Value
1	Iqbal	4	4	4	4	3	19
2	Rafi	4	4	4	4	3	19
3	Guntur	4	4	3	4	4	19
4	Rizki	4	4	4	4	3	19
5	Wawan	3	3	4	3	3	16
6	Adzikri	4	4	4	4	4	20
7	Elang	4	4	4	3	3	18



8	Awal	3	4	3	3	4	17
9	Afghan	3	3	4	3	4	17
10	Randhika	4	4	4	3	4	19

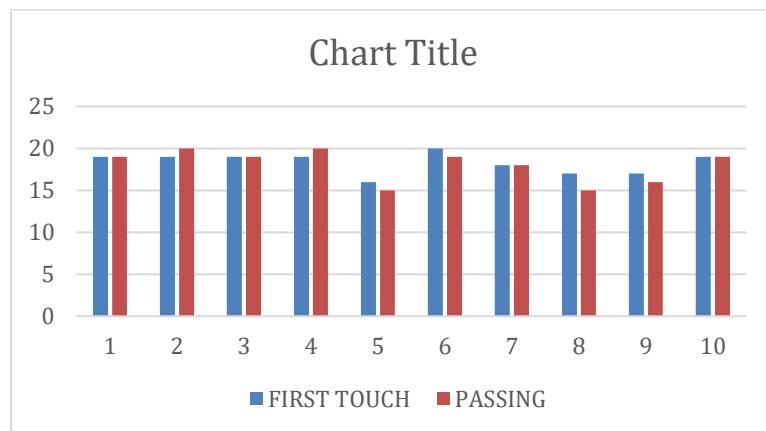


Diagram 1. Respondent Answer Results

Table 2. First Touch Validity Test

Correlations		x1	x2	x3	x4	x5	Score total
x1	Pearson Correlation	1	.764*	.218	.655*	-.218	.900**
	Sig. (2-tailed)		.010	.545	.040	.545	.000
	N	10	10	10	10	10	10
x2	Pearson Correlation	.764*	1	-.250	.500	.000	.758*
	Sig. (2-tailed)	.010		.486	.141	1.000	.011
	N	10	10	10	10	10	10
x3	Pearson Correlation	.218	-.250	1	.000	-.500	.126
	Sig. (2-tailed)	.545	.486		1.000	.141	.728
	N	10	10	10	10	10	10
x4	Pearson Correlation	.655*	.500	.000	1	-.200	.758*
	Sig. (2-tailed)	.040	.141	1.000		.580	.011
	N	10	10	10	10	10	10
x5	Pearson Correlation	-.218	.000	-.500	-.200	1	.084
	Sig. (2-tailed)	.545	1.000	.141	.580		.817
	N	10	10	10	10	10	10
Score total	Pearson Correlation	.900**	.758*	.126	.758*	.084	1
	Sig. (2-tailed)	.000	.011	.728	.011	.817	
	N	10	10	10	10	10	10

\*. Correlation is significant at the 0.05 level (2-tailed).

\*\*. Correlation is significant at the 0.01 level (2-tailed).

Table 3. First Touch Reliability Test

Reliability Statistics	
Cronbach's Alpha	
.637	5

Table 4. Passing Validity Test

### Correlations

		X1	X2	X3	X4	X5	TOTAL SCORE
X1	Pearson Correlation	1	.500	.469	.408	.500	.759*
	Sig. (2-tailed)		.141	.172	.242	.141	.011
	N	10	10	10	10	10	10
X2	Pearson Correlation	.500	1	.625	.612	.375	.813**
	Sig. (2-tailed)	.141		.053	.060	.286	.004
	N	10	10	10	10	10	10
X3	Pearson Correlation	.469	.625	1	.383	.234	.762*
	Sig. (2-tailed)	.172	.053		.275	.515	.010
	N	10	10	10	10	10	10
X4	Pearson Correlation	.408	.612	.383	1	.612	.775**
	Sig. (2-tailed)	.242	.060	.275		.060	.008
	N	10	10	10	10	10	10
X5	Pearson Correlation	.500	.375	.234	.612	1	.678*
	Sig. (2-tailed)	.141	.286	.515	.060		.031
	N	10	10	10	10	10	10
SKORTOTAL		.759*	.813**	.762*	.775**	.678*	1
		Sig. (2-tailed)	.011	.004	.010	.008	.031
		N	10	10	10	10	10

\*. Correlation is significant at the 0.05 level (2-tailed).

\*\*. Correlation is significant at the 0.01 level (2-tailed).

Table 5. Reliability Test

Reliability Statistics	
Cronbach's Alpha	N of Items
.801	5

Table 6. NORMALITY TEST

Tests of Normality				
		Shapiro-Wilk		
	Test	Statistic	df	Sig.
Results	First Touch	.871	10	.102
	Fitting	.820	10	.025
a. Lilliefors Significance Correction				

Less than 0.05, the data is not normally distributed. Because the significance value in both data is less than 0.05, it is concluded that the data is not normally distributed. Therefore, data analysis should use non-parametric tests, such as the Wilcoxon Signed-Ranks Test for paired data.

Table 7. HOMOGENEITY TEST

Tests of Homogeneity of Variances		Living	Statistic	df1	df2	Sig.
Results	Based on Mean		2.416	1	18	.138

Based on the results of the Levene test, it is known that the data has a homogeneous variance ( $p = 0.138 > 0.05$ ). Thus, the homogeneity assumption is fulfilled and the data can be used in analyses that require equal variance (if required).

Table 8. WILCOXON TEST

Ranks		N	Mean Rank	Sum of Ranks
Passing - First_Touch	Negative Ranks	4a	3.75	15.00
	Positive Ranks	2b	3.00	6.00
	Ties	4c		
	Total	10		

a. Passing < First\_Touch  
b. Passing > First\_Touch  
c. Passing = First\_Touch

Based on the results of the Wilcoxon Signed Ranks Test, there are 4 data that show a lower Passing score than First\_Touch, 2 data shows a higher passing, and 4 data shows the same score. Despite the differences, the test results showed a significance value of 0.317 ( $> 0.05$ ), which means that there was no statistically significant difference between the Passing and First Touch values.

Table 9. Wilcoxon Signed Ranks Test

Test Statistics <sup>a</sup>	
Z	Passing - First_Touch -1,000b
Asymp. Sig. (2-tailed)	.317

a. Wilcoxon Signed Ranks Test  
b. Based on positive ranks.

Based on the results of the Wilcoxon Signed Ranks Test, a Z value of -1,000 was obtained with a significance (Asymp. Sig. 2-tailed) of 0.317. Since the significance value is greater than 0.05, it can be concluded that there is no significant difference between Passing and First Touch. In other words, the change or difference between the two variables is not statistically strong enough to be considered significant.



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