



**Analysis of Motor Ability on The Ability To Kick The Ball In Football Games**

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This study aims: 1) To find out how the motor skills of Syekh Yusuf's football school (SSB) students in Gowa Regency. 2) To find out how the ability to kick a football school student (SSB) Syekh Yusuf, Gowa Regency. 3) To find out the relationship between motor skills and the ability to kick a ball, SSB Syekh Yusuf students, Gowa Regency. The method used in this research is descriptive method with a quantitative approach to the type of correlational research. The population in this study were all students of SSB Syekh Yusuf, Gowa Regency. The sampling technique used simple random sampling consisting of 27 people. The results of this study: 1) The motor skills of Syekh Yusuf Gowa Regency Football School Students (SSB) tend to be in the very good category. 2) The ability to kick the ball in Syekh Yusuf's Football School Students (SSB) in Gowa Regency tends to be in the good category. 3) Motoric ability has a significant correlation with the ability to kick a ball in Syekh Yusuf's Football School Students (SSB), Gowa Regency, amounting to 20.2% with an R value of 0.449 and an Fcount of 6.311.

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**INTRODUCTION**

Living humans must move, from children to the elderly, everyone carries out activities, whether in the form of gross or fine movements, according to their respective abilities. Movement (motor) as a general term for various forms of human movement

behavior. (Amung Ma'mun and Yudha M Saputra, 2000: 30), "perception is the process by which we gain momentary awareness of what is happening outside our body". All movements carried out voluntarily are perceptions of movement. Perceptual movement development is the part of a child's development that notices changes in movement



perceptual motor movement include balance, awareness of space, temporal awareness and awareness of direction. Perceptual motor is formed by two systems, namely: (1) the perception system, and (2) the sensory system.

Modern football is done with running skills and ball passes are done with simple movements, with speed and accuracy (Hasanuddin, 2018). According to Sucipto (2007) in (Valentino & Hasanuddin, 2023), football is a team game, each team consists of eleven players, one of which is the goalkeeper. This game is almost entirely played using the legs, except for the goalkeeper who is allowed to use his arms in his own legal kick area. In its development, this game was played in the field. Football is growing rapidly among society because this game can be played by men and women, children, adults and the elderly. Meanwhile, according to Muhajir, (2007: 1), "Football is a game played by kicking, the aim of which is to put the ball into the opponent's goal by defending the goal so as not to concede the ball."

The game of football is a group game that involves many elements, such as physical, technical, tactical and mental (Herwin, 2006: 78). Thus, football is a team game that involves many elements, such as physical, technical, tactical and mental, played by each team consisting of eleven players with the aim of putting as many balls into the opponent's goal as possible and defending the goal from being conceded by referring to predetermined regulations. The essence of the game of football is to score as many goals as possible against the

opponent's goal and defend the goal so that the opponent is unable to score goals (Sucipto, et al. 2000: 7). Basically, the game of football is an attempt to control the ball and to win it back if it is controlled by the opponent. Therefore, to be able to play football, you must master good basic football techniques.

In the game of football, there are various techniques that a football player needs to have, namely kicking, stopping the ball, dribbling, heading, tackling, throw-in and guarding the goal. goal keeping) (Sucipto, et al. 2000: 17). Currently, the development of the game of football is very rapid, this is marked by the many football schools (SSB) being established, one of which is the Syekh Yusuf Football School, Gowa Regency.

Syekh Yusuf Football School (SSB) is a football school located in Kab. Gowa, has participated in many competitions and can talk a lot by showing various achievements in South Sulawesi and even at the national level. SSB Syekh Yusuf also participates in various competitions and can be said to be able to compete with other teams. From the results of the researcher's observations, at SSB Syekh Yusuf there is still a lack of awareness among students to learn about basic techniques for playing football, especially kicking the ball, which is indicated by students being more likely to want to play football directly without knowing the basic techniques for kicking the ball first. During practice, students only kick the ball as best they can, and play without using correct techniques and tactics. This makes the training less effective and the material is not well received by students. When playing

games, it appears that students are less sensitive in receiving external stimuli, indicated by when on the field the students are not concentrating, lack support from friends who control the ball, and cannot know or predict when to shoot.

Good basic skills in soccer will really support a good soccer game, so to achieve the goal of playing well a student must master the basic techniques in soccer. In a game of football, all body parts must actively move and require a series of abilities to do it well. In football, it is not only the basic techniques for playing football, but there are other important elements, namely the element of physical ability which consists of strength, endurance, explosive power, speed, flexibility, agility, coordination and balance (Hasanuddin & Hasanuddin, 2021). Each individual has different perceptual motor skills when playing football. If students have good perceptual movements then when they make body movements when playing football they will be balanced. So, in a football game, all body parts must actively move, the eyes see the direction of the opponent, friend and ball, then the brain orders the body or nerves to move or take the next step. So that each limb can respond well, it is necessary to develop good motor coordination and perceptual motor skills in children.

According to Saputra, quoted by (Suparminto, 2015), "perceptual motor is often also explained as the relationship between movement and perception". Perception is the process of receiving, selecting and understanding information or stimuli from outside. Perception produces awareness of what

is happening outside our body and is our ability to receive information through the senses. Based on the opinions above, it can be seen that the relationship between perceptual motor and the basic ability to play football is very close, because in a football game all body parts must actively move, the eyes see the direction of the opponent, friend and the ball, then the brain orders the body or nerves to move or take a step. furthermore. So that each limb can respond well, it is necessary to develop good motor coordination and perceptual motor skills in children. The ability to kick a ball requires perceptual movements and body movements that require good motor coordination so that kicking the ball will get good results. However, to find out the relationship between perceptual motor and the ability to kick a ball, the truth needs to be tested through research.

## **METHODS**

Based on the problems that will be discussed in this research, the researcher used correlational research. The goal of correlational research is to identify predictive associations using correlation techniques or more sophisticated statistical techniques. The results of correlational research also have implications for decision making, as reflected in the appropriate use of actuarial predictions.

Sugiyono, (2017: 117) provides the understanding that "Population is a generalized area consisting of objects or subjects that have certain qualities and characteristics that are determined by researchers to be studied and then conclusions drawn. The population used

for this research is the total number of 58 SSB Syekh Yusuf students in Gowa Regency.

The sample is part of the number and characteristics of the population (Sugiyono, 2017: 118). According to Salim and Haidir, (2019: 220) a sample is a portion of the population that has the same characteristics or qualities as the population. If the population is large and it is not possible for the research to study everything in the population, for example due to limited funds, personnel and time, then researchers can use samples taken from that population. What is learned from the sample, conclusions can be applied to the population. For this reason, samples taken from the population must be truly representative. (Sugiyono, 2017: 118).

In this research, test instruments were used, including motor skills, namely for SSB

Syekh Yusuf students, Gowa Regency. The motor ability instrument uses the Barrow Motor Ability test (1979:139-142), which consists of: (1) standing broad jump, (2) zig-zag run test, (3) 60 yard dash. The data collection technique uses tests and measurements and the ability to kick the ball, namely students kick the ball towards the goal with numbers given on the underside of the crossbar.

## FINDINGS AND DISCUSSION

### Findings

Descriptive is intended as a general graph of the state of the data and this graph can be obtained through the results of descriptive analysis of motor ability variable data which includes standing broad jump, zig-zag run test, and 60 yard dash.

Table 1. Summary of the results of descriptive analysis of variable data on motor skills and ability to kick a ball for Syekh Yusuf football school (SSB) students, Gowa Regency.

Variable	Mean	SD	Varians	Range	Min.	Max.
Motor skills	149,97	14,803	219,131	51,45	124,11	175,56
Ability to Kick the Ball	49.9759	7.58642	57.554	33.37	29.66	63.03

#### 1. Percentage of motor ability categories

Data from measuring the motor skills of Syekh Yusuf Football School (SSB) students in Gowa Regency totaled 27 students including Standing Broad Jump, Zig-Zag Run and 60 Yard Dash. Next, each component score is converted into a T-Score, where the total T-Score is the physical condition score. Because there are no norms for assessing motor skills, the grouping of scores is only based on the

assessment norm table to determine the category. There are 5 categories based on the table, including: Very good, good, fair, poor and very poor categories. For clarity, the category percentages are summarized in the following table.











Yusuf Football School (SSB) students in Gowa Regency, a correlation calculation was carried out to obtain a value of  $r = -0.449$  ( $P \leq \alpha 0.05$ ), this value when consulted with the table Correlation interpretation shows that the level of correlation between motor skills and the ability to kick a ball in Syekh Yusuf Football School (SSB) students in Gowa Regency is at a medium level. This is relevant to the grouping results of descriptive analysis of motor ability data in this study. If we look at it in terms of motor skills, the level of correlation between the motor skills of Syekh Yusuf Football School (SSB) students in Gowa Regency and their ability to kick a ball turns out to be a very significant correlation. This was discovered after testing the calculated  $r$  value which was greater than the  $r$  table value or ( $P \leq \alpha 0, 05$ ).

By knowing this significant correlation, in developing and improving the ball kicking ability of the Syekh Yusuf Football School (SSB) students in Gowa Regency, we can pay special attention to their motor skills by increasing the motor component abilities between standing broad jump, zig-zag run and The 60 yard dash run by the Sheikh Yusuf Football School (SSB) Students of Gowa Regency. Thus, if the results obtained are related to the framework of thought and theoretical studies that have been carried out, then, These results are in line with the theory put forward by Buhari (2008: 76) which states that the perfection of very high sporting abilities often depends on the student's abilities and is the key difference between success and failure for those who play sports. The motor skill components in question include: standing

broad jump, zig-zag run, and 60 yard dash. Thus, basically the results of this research support the existing theory. Based on the explanation above, it is reasonable to conclude that if students have good motor skills, they will improve their ability to kick the ball in soccer games.

## CONCLUSION

Based on the results of hypothesis testing and discussion of research results, the following conclusions can be drawn:

1. The motor skills of Syekh Yusuf Football School (SSB) students in Gowa Regency tend to be in the very good category.
2. The ability to kick the ball among Syekh Yusuf Football School (SSB) students in Gowa Regency tends to be in the good category.
3. Motor ability has a significant correlation with the ability to kick a ball in Syekh Yusuf Football School (SSB) Students, Gowa Regency, amounting to 20.2% with an R value of 0.449 and an F value of 6.311.

Based on the conclusions from the research results, the following suggestions are put forward:

1. To coaches and coaches to continue to improve motor skills in accordance with the results of this research in order to increase achievement, especially for students at the Syekh Yusuf Football School (SSB) Gowa Regency.
2. Athletes and students must know how important it is to improve motor skills because it can support the achievement of



