

Survey of Basic Technical Skill for Futsal Male Student High School

Yogi Ferdy Irawan^a, Indra Prayoto^b

^{a,b} Sports Education, Faculty of Teacher Training and Education, University of Ma'arif Nahdlatul Ulama Indonesia

yogiferdian17@yahoo.com^a, berlianfcputrasadang@gmail.com^b

Abstract

This research aims to find out: 1) Futsal playing skills of futsal extracurricular participants; 2) Basic techniques of playing futsal extracurricular participants. The sample in this study was an extracurricular futsal participant at Muhammadiyah Vocational School of Sadang which numbered 20 participants. This research design is a quantitative descriptive study with one variable without making comparisons and connecting with other variables. This study uses the FIK Jogja Futsal Skills Test instrument. The data analysis technique used is percentage, aims to collect data, present data and determine value, in addition to conclusions that can be made with reference to the standard of basic futsal skill level that has been determined. The results of the study can be concluded that the level of futsal playing skills of futsal athletes is sufficient with the consideration of the most frequency in the category enough with an average number of 76.61 at intervals 70-82, namely middle value. The results of this study have implications: 1. The emergence of coach awareness in improving the quality of exercises carried out, especially exercises related to the ability to play futsal. 2. Encouraged coach to improve basic technical skills of playing futsal such as passing, dribble and shooting in students, as well as as an effort to achieve maximum results. This research can contribute information about the skill level of futsal athletes, so that it can be used as a consideration in compiling a training program or further research aimed at improving the futsal skills of futsal athletes.

Keywords: Basic Skills, Futsal, Extracurricular, Student High School

Abstrak

Penelitian ini bertujuan untuk mengetahui: 1) Keterampilan bermain futsal peserta ekstrakurikuler futsal; 2) Teknik dasar bermain peserta ekstrakurikuler futsal. Sampel dalam penelitian ini adalah peserta futsal ekstrakurikuler di Muhammadiyah Vocational School of Sadang yang berjumlah 20 peserta. Desain penelitian ini adalah studi deskriptif kuantitatif dengan satu variabel tanpa membuat perbandingan dan terhubung dengan variabel lain. Penelitian ini menggunakan instrumen FIK Jogja Futsal Skills Test. Teknik analisis data yang digunakan adalah persentase, bertujuan untuk mengumpulkan data, menyajikan data dan menentukan nilai, di samping kesimpulan yang dapat dibuat dengan mengacu pada standar tingkat keterampilan futsal dasar yang telah ditentukan. Hasil penelitian dapat disimpulkan bahwa tingkat keterampilan bermain futsal atlet futsal cukup dengan pertimbangan frekuensi terbanyak dalam kategori yang cukup dengan jumlah rata-rata 76,61 pada interval 70-82, yaitu nilai tengah. Hasil penelitian ini berimplikasi: 1. Munculnya kesadaran pelatih dalam

meningkatkan kualitas latihan yang dilakukan, terutama latihan yang berkaitan dengan kemampuan bermain futsal. 2. Mendorong pelatih untuk meningkatkan keterampilan teknis dasar bermain futsal seperti passing, dribble dan shooting pada siswa, serta upaya untuk mencapai hasil yang maksimal. Penelitian ini dapat memberikan kontribusi informasi mengenai tingkat keterampilan atlet futsal, sehingga dapat dijadikan pertimbangan dalam menyusun program pelatihan atau penelitian lebih lanjut yang bertujuan untuk meningkatkan keterampilan futsal atlet futsal sekolah menengah atas.

Kata kunci: Keterampilan Dasar, Futsal, Ekstrakurikuler, Sekolah Menengah Atas

1. Introduction

Futsal was first popular in Montevideo, Uruguay in 1930, by Juan Carlos Ceriani (Riyadi & Doewes, 2017; Widiyono & Mudiono, 2021). The uniqueness of futsal is gaining attention throughout South America, especially in Brazil. The skills developed in this game can be seen in the world-renowned style that Brazilian players show outdoors, on ordinary-sized pitches (Irawan & Limanto, 2021; Sabdono, Sutapa, & Phytanza, 2019). While Brazil continues to be the world's futsal center, the game is now played under the protection of the Federation International de Football Association worldwide, from Europe to Central and North America as well as Africa, Asia and Oceania (Burhaein, 2017; Sabdono et al., 2019; Sutopo & Misno, 2021).

Futsal is a game of indoor football and has a smaller field size than the size of a football field (Azizah & Sudarto, 2021; Riyadi & Doewes, 2017). Futsal comes from the Spanish language, *futbol* (soccer) and *sala* (room), which when combined means to be "indoor football". Similar to football, futsal is a football game played by two teams, but the difference is futsal consist of five people each and has different rules of the game with football (Irawan & Limanto, 2021; Widodo & Najibuzzamzam, 2021). In addition to the five main players, each squad was also allowed to have a reserve player. Unlike other indoor soccer games, futsal pitches are restricted to lines, not nets or boards (Phytanza, Burhaein, Sukoco, & Ghautama, 2018; Widiyono & Mudiono, 2021).

Futsal entered Indonesia in 2002 after Indonesia was appointed by the AFC (Asian Football Confederation) futsal to host the "Futsal Asian Championship" tournament (Burhaein, Ibrahim, & Pavlovic, 2020; Sabdono et al., 2019). At that time the tournament was broadcast live by one of the private television stations in Indonesia so that Indonesian people can watch and get to know the sport of futsal (Ardian, Suharjana, & Burhaein, 2019; Sabdono et al., 2019). Starting from the tournament, little by little the community began to accept and many entrepreneurs often held futsal tournaments in their employees' environment. To be able to achieve optimal futsal achievements need coaching. Coaching must start early, young age is very decisive towards achieving optimal achievement quality in the sport of futsal. Talented young athletes need to process with the coaching process scientifically, then emerge the achievements of athletes as much as possible at certain ages. In addition to coaching, to improve the achievement of playing futsal, many factors need to be considered such as infrastructure facilities, technical abilities, and the training process. Muhammadiyah Vocational School of Sadang is one of the vocational schools that pay attention to the interests and talents of learners in the field of futsal sports. Futsal activities are carried out outside of lesson hours and have

been programmed by the school to become one of the extracurriculars. Before the futsal program is implemented, students are given information in advance about extracurriculars in the school, to provide opportunities for students to choose through questionnaires with several alternative choices of other activities. Extracurricular activities in the field of sports are volleyball, pencak silat and futsal.

The activity is programmed for all students of class X at Muhammadiyah Vocational School of Sadang, while for students of grades XI and XII are not allowed to participate in extracurricular activities because it is prioritized for academic achievement, considering students to concentrate more in preparation for the National Final Examination (UAN) or School Examination (US). Based on the results of observations, futsal extracurricular activities are held every Thursday and Saturday. 15.00 to 17.00 WIB in the field. Facilities and infrastructure supporting extracurricular futsal include: futsal field, ball, mini wicket and cones. The number of balls is as many as 7 futsal balls, 2 mini wickets and cones as many as 30 pieces.

Based on preliminary studies conducted to see the urgency in the field. The results of the interview showed that Muhammadiyah Vocational School of Sadang had achievements that had been achieved, namely in 2019 to get the final opportunity in the Kabumen Regency Student Futsal League in 2020. This achievement is the best achievement ever obtained by the futsal team Muhammadiyah Vocational School of Sadang, Kebumen Regency. Futsal extracurricular participants from class X numbered 20 children in 2019/2020. All this is obtained from the results of the student's own choice given through the questionnaire. Students are given the questionnaire to choose for themselves what interests will be pursued by providing choices including extracurricular basketball, volleyball, laxation, music, and futsal. The expectation of students in following the extracurricular activities of futsal in school in addition to being able to channel talent, also to improve talent skills and achievement in playing futsal. To be able to play futsal well required a basic skill level of playing futsal, so that it is able to play for 2 x 20 minutes with the focus and technique of each student.

Based on the results of observations on the ground, researchers found a problem that among the many extracurricular activities, only extracurricular futsal has not been able to contribute satisfactory achievements both at the regional and national levels. The futsal activities in Muhammadiyah Vocational School of Sadang have not received good achievements and are different from the achievements that have been achieved by several high schools / vocational schools in Kabumen Regency. In addition, students of Muhammadiyah Sadang Vocational School are also not yet members of the Regency futsal team that is accommodated by the Kebumen Regency Futsal Association. This attracted the interest of the author to find out how much basic futsal technique skills, especially the extracurricular participants of futsal at Muhammadiyah Vocational School of Sadang. 1. Identification of Problems Based on the background of the problem can be identified various problems as follows: 1. There has been no research on the futsal skills of the extracurricular participants of Muhammadiyah Vocational School of Sadang futsal. 2. Lack of achievement of Muhammadiyah Sadang Vocational School Students in the field of futsal sports. 3. There is no measure of how big the basic futsal technique skills of Futsal Extracurricular participants in Muhammadiyah Vocational School of Sadang. The goals to be achieved in this study are: 1.) To find out how much basic technical skills of futsal extracurricular participants at Muhammadiyah Vocational School of Sadang. 2) To motivate builders and participants after knowing the basic technical skills of futsal extracurricular participants at Muhammadiyah Vocational School of Sadang .3.) To explain to

researchers and readers, especially futsal lovers about information on basic futsal engineering skills at Muhammadiyah Vocational School of Sadang.

2. Research Methodology

2.1 Participant

The subjects in this study were all the extracurricular futsal participants at Muhammadiyah Vocational School of Sadang. Participant determination technique using purposive sampling (Burhaein, Tarigan, Budiana, Hendrayana, & Phytanza, 2021; Fraenkel, Wallen, & Hyun, 2012; Phytanza, Burhaein, & Pavlovic, 2021). The criteria are 1) Futsal Participants of Muhammadiyah Vocational School of Sadang; 2) Be active in futsal training and competitions, and; 3) Willing to be a participant in the study. Based on these criteria, participants can be determined precisely. The students who were participants in this study numbered 20 male students. Participants were in the age range of 15-18 ($M = 16.5$; $SD = 1.75$).

2.2 Research Design

This research is a quantitative description study with one variable without making comparisons and connecting with other variables. Descriptive research is not intended to test a particular hypothesis, but simply describes "what it is" about something variable, symptom or circumstance (Arikunto, 2013; Phytanza & Burhaein, 2020; Sugiyono, 2015). The method used in this study is a survey, the survey was conducted to find out the futsal playing skills of futsal extracurricular participants in Muhammadiyah Vocational School of Sadang.

2.3 Research Instruments

This Research Instrument uses the FUTSAL FIK Jogja Test quoted from the Futsal Playing Skills Test (Mahendra & Saryono, 2012). Tests compiled to measure basic techniques of playing futsal include: passing, controlling, dribbling and shooting.

2.4 Data Collection Techniques

Research in the field of Muhammadiyah Vocational School of Sadang in September 2020 and using data collection techniques with survei.

Table 1. Futsal Basic Skills Data Collection Techniques

No	Basic Futsal Skills	Data collection techniques	Unit
1.	Dribble	Dribble from post 1 to post 4 or the ball stops.	Units of seconds are calculated from post 1 to post 4 or the ball stops.
2.	Passing without Controlling	10 times without control passing test	
3.	Rotate 2 cones	One cone rotates to the left, and one cone rotates to the right	
4.	Passing with Controlling	Test passing control as many as 10 times right foot and left foot	
5.	Shooting on target	Shooting at goal Using 1 time right foot or left foot	

2.5 Data Analysis Techniques

Data analysis is the processing stage, after the research data is collected. This study is a descriptive research / overview that aims to provide a reality picture of the level of futsal playing skills of futsal extracurricular participants in Muhammadiyah Vocational School of Sadang. The data analysis technique used is percentage, aims to collect data, present data and determine value and in addition can be done the proposed meaning with reference to the standard of basic futsal skill level that has been determined.

In the FIK jogja futsal skills test made by Mahendra & Saryono (2012) tidak disajikan dalam kategori. This researcher used a category owned by Anas Sudijono. Categorization based on mean and standard deviation. The results of the study are poured into 5 categories, namely very high, high, medium, low and very low (Fraenkel et al., 2012; Mohamad, Sulaiman, Sern, & Salleh, 2015). The categorization can be described as Table 2.

Table 2. Statistical Formula

No.	Formula	Category
1.	$X \geq (M + 1,5 SD)$	Very Good
2.	$(M + 1,5 SD) \leq X < (M + 0,5 SD)$	Good
3.	$(M - 0,5 SD) \leq X < (M + 0,5 SD)$	Medium
4.	$(M - 1,5 SD) \leq X < (M - 0,5 SD)$	Low
5.	$X \leq (M - 1,5 SD)$	Vey Low

Furthermore, because this is an inverse data, the meaning of the category will be reversed as follows.

Table 3. Norms categorizing Basic Technical Skills playing Futsal

No.	Formula	Category
1.	$M - 1,5 SD \geq X$	Very Good
2.	$M - 1,5 SD < X \leq M - 0,5 SD$	Good
3.	$M - 0,5 SD < X \leq M + 0,5 SD$	Medium
4.	$M + 0,5 SD < X \leq M + 1,5 SD$	Low
5.	$M + 1,5 SD < X$	Vey Low

3. Results and Discussions

3.1 Results

The first study result is in the form of original data from the measurement of basic technical ability to play futsal in athletes. The data can be seen in Table 4.

Table 4. Data results from basic technical skills playing futsal

No	Participants	Class	Best	Seconds	Ranking
1	Testee 1	X TKRO	105,45	65,45	5
2	Testee 2	X TKRO	103,12	63,12	2
3	Testee 3	X AK	115,34	75,34	9

4	Testee 4	X TKRO	125,09	85,09	12
5	Testee 5	X AK	102,01	62,01	1
6	Testee 6	X AK	118,39	78,39	10
7	Testee 7	X TKRO	112,76	72,76	7
8	Testee 8	X TKRO	125,20	85,20	14
9	Testee 9	X TKRO	125,75	85,75	16
10	Testee 10	X AK	124,14	84,14	11
11	Testee 11	X TKRO	125,88	85,88	17
12	Testee 12	X AK	105,29	65,29	4
13	Testee 13	X TKRO	113,12	73,12	8
14	Testee 14	X AK	112,06	72,06	6
15	Testee 15	X AK	103,76	63,76	3
16	Testee 16	X TKRO	135,05	95,05	19
17	Testee 17	X TKRO	134,19	94,19	18
18	Testee 18	X AK	135,11	95,11	20
19	Testee 19	X AK	125,36	85,36	15
20	Testee 20	X TKRO	125,18	85,18	13

This research is a quantitative descriptive study with one variable or single without making comparisons or connecting with other variables. From the results of research on the survey of basic skills of playing futsal, extracurricular futsal participants at Muhammadiyah Vocational School of Sadang need to be described the results of this study.

Table 5. Descriptive Statistics

Competence	N	Min	Max	M	SD
Futsal Skills	20	62,01	95,11	78,56	10,72
Valid N					

Description: N = Number of Students; Min= Minimum Value; Max= Maximum Value; M= Mean; SD= Standard Deviation

In descriptive statistics there is no significance test, no error level, because the researcher does not intend to make generalizations, so there are no generalization errors. Previously collected data is analyzed and verified and verified data 2 first. The next step is to calculate the score by changing the unit from minutes to seconds. In this study researchers measured the subject's futsal skills in seconds, excluding values below the second unit. This is done to facilitate calculations. Researchers calculated with Microsoft Excel media to make it faster and more efficient.

The results of the study obtained a maximum value (the longest) of 95.11, a minimum value (fastest) 62.01 and an average obtained of 76.61 and a standard deviation of 11.39.

Furthermore, the data is categorized according to the formula that has been determined into 5 categories, namely Good Once, Good, Enough, Less, and Less Once. Table 7 is a calculation of the norms of the category of futsal playing skill levels of futsal extracurricular participants at Muhammadiyah Vocational School of Sadang.

Table 6. Normative Calculation of Futsal Extracurricular Participant Test Results

Formula	Limitation	Category
$M - 1,5 SD \geq X$	$59 \geq X$	Very Good
$M - 1,5 SD < X \leq M - 0,5 SD$	$59 < X \leq 70$	Good
$M - 0,5 SD < X \leq M + 0,5 SD$	$70 < X \leq 82$	Medium
$M + 0,5 SD < X \leq M + 1,5 SD$	$82 < X \leq 93$	Low
$M + 1,5 SD < X$	$93 < X$	Vey Low

Information:

X = Score

M = Mear (Average)

SD = Standart Deviation

Referring to the categorization of the calculated tendencies, the distribution of the level of futsal playing skills of futsal extracurricular participants in Muhammadiyah Vocational School of Sadang based on the responses of research subjects can be known. Table 6 here is the distribution of futsal playing skill levels of futsal extracurricular participants at Muhammadiyah Vocational School of Sadang, Kebumen Regency.

Table 7. Frequency Distribution of Futsal Playing Skill Level

Interval	Category	Frequency	%
$59 \geq$	Very Good	0	0 %
60-70	Good	7	35 %
69-82	Medium	5	25 %
81-93	Low	5	25 %
$93 <$	Vey Low	3	15 %
Total		20	100 %

3.2 Discussions

Skill is a person's success in achieving effective and efficient goals determined by speed, precision, shape and ability to adjust (Ali, 2011; Burhaein, Tarigan, & Phytanza, 2020; Sindik, 2014). Futsal is a team game played five against five people in indoor and outdoor courts. The game rolls faster from foot to foot with a small, flat and hard surface of the field in a given time and a team's victory is determined by the number of putting the most balls into the opponent's goal (Sabdono et al., 2019; Tarista & Jayadi, 2017; Widiyono & Mudiono, 2021). Futsal playing skills are an ability of speed, accuracy possessed by extracurricular futsal participants to dribble, passing and shooting quickly and precisely to create maximum results (goals) and each team can play fast from foot to foot to open space.

Based on the results of futsal skills tests as many as 20 extracurricular participants of Muhammadiyah Vocational School of Sadang received the following data: 0 students or 0%, The number of participants was declared Good: 7 students or 35%, The number of participants was declared Sufficient: 5 students or 25%, The number of participants was declared Less: 5 students or 25%, The number of participants was declared Less Once: 3 students or 15%. This is due to several factors that can affect the level of futsal playing skills of futsal extracurricular participants. The factors that can affect are: (1) facilities and infrastructure, (2) the level of futsal playing skills (dribble, passing and shooting) in each extracurricular participant, (3) training, and (4) the fitness level of extracurricular participants. An important factor in the achievement of one's futsal achievement is the mastery of futsal playing skills possessed by the player himself. Forms of futsal playing skills such as; Basic passing techniques, basic techniques of holding the ball (control), basic techniques of the hull (chipping), basic dribbling techniques (dribbling) and basic techniques of shooting the ball (shooting). To be able to master the basic skills of playing good futsal requires regular practice and discipline. Training can be done anywhere outside the school by utilizing the existing field.

In the implementation of futsal skills tests, the FIK Jogja futsal skill test test there are several categories that are tested, namely including dribble, passing without stopping (without controlling) 10 times right or left with a distance between the kick point and the wall which is 2 meters, passing with controlling 10 right and left and shooting 1 right and 1 left with a distance between the kick point and the wall which is 2.5 meters. Of these tests, futsal extracurricular participants are required to quickly complete a series of tests, because the best value can be obtained with the fastest time. So that it can allow extracurricular futsal participants to do tests quickly regardless of distance when kicking on a wall or wall.

One of the factors that can affect the results of futsal skill tests is practice. Exercise is an activity to improve skills by using various equipment in accordance with the goals and needs of the sport. The objectives and objectives of the exercise in general, among others: (1) improving basic physical qualities in general and thoroughly, (2) developing and increasing special physical potential, (3) adding and perfecting techniques, (4) developing and perfecting strategies, techniques, and playing patterns, and (5) improving the quality and psychic abilities of extracurricular participants in competing (Bompa & Buzzichelli, 2019; Lloyd & Oliver, 2012).

Thus the results of the overall research can be concluded that, the level of futsal playing skills of futsal extracurricular participants in Muhammadiyah Vocational School of Sadang is stated enough as many as 10 students (50%). This means that the futsal skill level of the extracurricular futsal participants is between Good and Less while the average value of 76.61 at intervals 70-82 is the middle value.

4. Conclusions

Based on the results of the study it can be concluded that the level of futsal extracurricular futsal playing skills in Muhammadiyah Vocational School of Sadang falls into the category quite based on table 7 regarding frequency distribution with the number of overall futsal extracurricular participants, namely 20 participants. The results of this study have implications for the emergence of awareness of builders in improving the quality of exercises carried out, especially exercises related to the ability to play futsal. The next implication is the triggering of coach to improve basic techniques of playing futsal such as passing, dribble and shooting in students, as well as as an effort to achieve maximum results. The limitations of this study are 1) The seriousness of each student in conducting a series of tests cannot be controlled; 2) The physical condition of the student before the test cannot be controlled so that it can affect the test; 3) The field (area) is not in accordance with the expected (limitations of the place), so the size does not match the instrument. This research can

contribute information about the skill level of extracurricular futsal participants at Muhammadiyah Vocational School of Sadang, so that it can be used as a consideration in compiling a training program or further research aimed at improving the futsal skills of futsal extracurricular participants in Muhammadiyah Vocational School of Sadang.

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