

FUTSAL BASED TECHNIQUES EXERCISE MODEL (AS) BASED ON GAMES FOR JUNIOR HIGHT SCHOOL STUDENTS

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ABSTRACT

Research purposes development This is for produce product model exercise book skills technique futsal basics (AS) based game which can give benefit to the coach for make it easier coach in apply material exercise. This research using research and development models Research and Development from Borg and Gall consisting of ten steps in research. Design study experiment in the form of the one group pretest-posttest design. Subject riset is students junior high school age consisting of from 40 students with 28 practice model items and 40 students without given treatment. Stages in study This is: research introduction, evaluation expert, trial products consisting of from small group try-out and field try group, as well as effectiveness testing product. Test the effectiveness of the model using test skills technique base with compare group control and experiment. Group experiment done with give pre-test before treatment and post-test after treatment. While group control given pre-test and post- test However without treatment. Test comparison group control and experiment with spss-16 then group control is passing = 0.218, controlling = 0.684, dribbling = 0.456, shooting = 0.271 or p-value > 0.05 then no there is significant differences in groups control. While in the group experiment is passing = 0.000, controlling = 0.000, dribbling = 0.000, shooting = 0.000 or p-value < 0.05 then there is significant differences in groups experiment before and after giving treatment. With thus application of training models skills technique base futsal (AS) based game for junior high school age is necessary done for increase ability technique base student.

Keywords: Model, Training Futsal, Basic Techniques, Games, students.

1. INTRODUCTION

Sport is very close thing with man When and where just is . Because sport is one of need life that must be filled by every Human . Sports occupy one of position most important in life human beings . In today's modern life This man No Can separated from activity sport Good as one of the work special, as spectacle, recreation, eyes livelihood, health and also culture. Activities sport become a much need part because sports are very influential to activity motion someone. Activities sport No only own meaning as means for health physical only, but sport can used as means education, achievements and also sports as tool unifier, Man in journey his life experiencing the learning process start from sitting, crawling, standing, walking and running. So that in life daily man No let go from activity movement. Activity motion can Acquired at school or outside school. At school activity motion served in eye lesson education physical that is with follow activity sports. According to Bucher in Mu'arifin, education physical is an integral part of the entire educational process, which has objective development inhabitant in a way physical (bodily), mental, emotional, and social through activity physical that has chosen for to realize objective the.

According to Widiastuti (2014) skills motion is ability For do movement in a way efficient , and manifestation and quality coordination and control on parts the body involved . Lakhsana (2011) stated that futsal (*futbol sala*) in Language Spanish means football in room) is game football is played in room . Game This Alone performed by five players every team. Different with conventional football whose players amount to eleven people each team. Size field and size the ball is even bigger small compared to size used in field soccer grass . Rules the game is not either The same with Football . Rules game in futsal sport is made such that strict by FIFA so that game this walk fair play and also at the same time for avoid injuries that can happened. This is caused by the field used for match international no from grass, but from wood or rubber/plastic. With size more field small and quantity more players little, futsal games tend to more dynamic because fast movements, in futsal players also learn for play more accurate in matter technique base play, like passing, control, dribbling and shooting techniques.

Lhaksana (2011) explains required ability control technique base playing futsal, such as; (1) techniques base bait (*passing*), (2) Basic techniques holding the ball (*control*), (3) technique base bait stomach (*chipping*), (4) technique base dribbling the ball (*dribbling*), (5) techniques base Shoot the ball (*shooting*). According to Naser, Ajmol Ali and Paul Macadam (2017) stated that " *a futsal player needs to have a great capacity of intermittent endurance, repeated sprint ability, and leg power, while technical aspects include the ability of high level shooting and passing skills, agility and coordination*"

1.1 A accessibility

At school intermediate First learning education physical have role important in growth and development students . Learning education physical as one of the tool education can to form attitude body and also motion perfect body in accordance with function from tools body This is . shown with form body that is not hunched, not tilted, can walking and jumping with good, and do activity other as should be without the obstacles that interfere. Both aspect the developed with give stimulation from outside . This is will cause the emergence activity in form Study as distributor from activities that have been owned by students previously, namely in form exercise. Therefore that, learning education proper physical condition served in the form of variation form exercises and activities the student who was called with Study while exercise.

Sport is activities that are enjoyed by some big students. One of them is futsal sport . Futsal sport is one of the branch sport a popular game that is loved by the public Indonesia No except South Sulawesi society . This is seen from the amount futsal tournament that has been held . Through tournament student this is it Lots popping up talented futsal player. One of the most quality tournament ever is in South Sulawesi such as the Futsal Open Cup (between students / schools) throughout South Sulawesi. There are several representative school that often experiencing defeat , one of them representative school from regency Soppeng . Representative team from area This only able to qualify for the last 16. After observation , trainer the Still need reference about more training models varies . Because the players feel bored and not develop so that influence appearance moment do technique based.

1.2 Research purposes

In general general objective from study This is For generate training models technique base which is effective and more varied . In specifically for Training model technique futsal based game can become reference in prepare training programs, provide discordant thought at a time can made into as guidelines for futsal coaches and education teachers physical as well as coach extracurricular futsal in effort develop learning programs and materials his training, as well as open outlook to coach about importance creativity in practice for reduce boredom.

2. RESEARCH METODOLOGY

1. Model Design

Model in study This development presented in part procedure development , which is usually follow the development model adopted by the researcher . The model can also give framework Work For development theory and research . With follow the model adopted by researchers so will obtained a number of input (*input*) for use done refinement products produced whether in the form of teaching materials , media or other products . Planning product development form exercise technique futsal basics based game quoted from *Borg and Gall* own steps as following :

i. Research and information collecting

Thing that is determined is an idea that will be developed, R & D can start from the potential and problems that exist around. Determining the potential problems in the training model development model is based on preliminary studies that have been carried out by researchers in the field by conducting observation techniques and interviews with trainers and students, then it can be concluded that There is a number of The type of training model that is carried out is still monotonous and has not created a pleasant training atmosphere . So from that's the exercise that will be made will more pleasant From the previous one From the existing problems , researchers took the initiative to develop a technique training model. basic futsal based game

ii. Planning

Collecting information; after the potential and problems can be demonstrated factually, then it is necessary to collect various information that can be used as material for planning. Data collection here is to review various literature or literature studies related to the model concepts that will be developed in accordance with the product to be created and referring to needs analysis, expert reviews and field trials. There is a number of common problems happens inside exercise technique the basics of futsal are preparation, implementation, follow through. Basically third common problems occurs in technique the basics of futsal are the most basic thing in technique futsal basics. researcher interested For make A step beginning make product later can seen based on third problem The underlying image is as follows. Researcher for know error technique in technique futsal basics. Here are picture draft from technique based.

iii. Develop preliminary form of product

Product design is the final result of a series of initial research, which can be in the form of a new work design, or a new product. In this stage, researchers create an initial product or new work design in the form of a series of training models. technique basic futsal based game For junior high school age . In making the training models that will be developed according to what the researcher sees, especially in school children who participate in extracurricular activities in junior high school. Researchers see there is There is a number of type pattern monotonous exercises given to student said . So the researcher take the initiative for make A draft moreover formerly For to describe activities that will be done at the time application of the model. The application of this model also aims to ensure that children junior high school age No feel monotonous, and also the students feel like For follow the processes in exercises that have been made.

iv. Preliminary Field Testing

At the stage This researcher furthermore conduct field tests beginning with give product as many as 120 model items, which means will given to students extracurricular activities at school Intermediate First country 1 Liliraja Soppeng Regency South Sulawesi with subject as many as 20 people. And will do interview moreover formerly to coach or teachers by providing questionnaires to obtain observational data, and also involving experts For

analyze the models that have been created and implemented in existing schools .

v. *Main Product Revision*

Revised 120 product items that have been given suggestions and input from the experts expert so that there is more results Good from before . After revise expert test results . Then it will known There is How many products carried out in stages furthermore .

vi. *Main Field Testing*

At this stage, the main trial of the product that has been produced and has received revisions from experts. So from That at stage This researcher will apply input and suggestions about product previously that has been revised , which was then will be tested scale big on three school intermediate the first to be in the district Soppeng

vii. *Operational Product Revision*

At this stage , revisions are made to the previous product that has been... conducted on a scale test big and has recommended by existing experts and trainers .

viii. *Operational Field Testing*

After going through several stages, including product trials and revisions. Researchers can conduct trials of 30 subjects, data collected through interviews, observations, questionnaires and re-analyzed by experts whether or not the product made is feasible.

ix. *Final Product Revision*

Researchers make revisions to the final product of the engineering training model. futsal game-based basis based on advice from experts and data from product trials in the field.

x. *Dissemination and Implementation*

Researcher spread products that have been produced through meeting or journal scientific . Researcher can also work The same with publisher For product .

2. Place and Time of Research

i. *Place and Subject Study.*

Study Implemented by Junior High School in Regency Soppeng , Subject study is student man futsal extracurricular .

ii. *Research Time*

Time required in study research and development with referring to research research and development from Borg and Gall requires 3 months time .

3. Characteristics of the Developed Model

Development of training models technique futsal basics based the game that will compiled and developed in the form of new and modified models consisting of 30 (three) ten) training models .

i. *Research objectives*

Users who are targeted in the exercise model development research technique futsal basics based games in extracurricular activities for junior high school (SMP) Intermediate First) in Soppeng this has the following characteristics:

a. *Male students futsal extracurricular*

b. *Students aged around 13-17 years (homogeneous subjects), this is assumed to facilitate the implementation of product trials.*

ii. *Research subjects*

The subject selection technique applied in this study is saturation/census sampling, which is also known as all members of the population being used as samples.

4. Research Approach and Methods

The approach used in study This is approach qualitative and quantitative, which are approach for find answer from problem through formulation the problem that has been formulated in Chapter I is the exercise model technique futsal basics based game For junior high school students. final result study development This is a training model technique futsal basics based this game will produce product in the form of new exercise model design or perfecting what has been There is in a way complete with specification the product at a time test effectiveness from the training model created, so can increase skills and qualities so that can also used as handle in activity practice technique futsal basics.

5. Model Development

Development of training models skills technique base in futsal game For child Junior high school age is aimed at producing training models technique base which is effective and more Variative . Result data analysis need served through a number of method that is interview with teacher or futsal coach and distribution questionnaire to junior high school students who participated activity futsal extracurricular . Result data validation will presented by three experts futsal that was obtained through questionnaire. Data from results trials group that originates from member extracurricular futsal with method fill out the questionnaire instrument for trials group small with 20 subjects, trial field as many as 60 subjects and effectiveness test as much as 40 people subject.

Based on the data obtained researcher through interviews and questionnaires to 60 students and so on processed and described . Formulation research conducted to student implemented in the month January 2018. Analysis need in form questionnaire at school Intermediate First . Based on analysis need the can know that: (1) Students own sufficient interest big for follow activity futsal extracurricular. (2) Students feel boredom at the moment exercise because of variation exercise technique base given by the trainer tend monotonous . (3) Students want existence development of training models technique base futsal for add variation training . (4) Coach extracurricular futsal requires a training model technique base more futsal Variative (5) Coach need media references in the form of book electronic both electronic and non - electronic use support the training process. Findings in the field or studies introduction furthermore described and done analysis so that results This nature descriptive and analytical with make studies introduction as reference

6. Model Qualification

After researcher do stages collection and creation draft exercise model technique futsal basics for child junior high school age . The next steps taken researcher conduct expert test . Expert test done aiming For get eligibility or validity of the resulting model with evaluation direct from futsal experts .Based on expert testing can concluded that exercise model variations technique futsal basics for child junior high school age , 2 exercise models stated No worthy so that the total training model changed from the beginning totaling 30 exercise models into 28 practice models and can implemented to junior high school students . Variations exercise technique futsal basics (AS) 11 and 24 are training models that are not worthy , Item model exercise 11 process No varied so that No suitable For child junior high school age while the item model exercises technique futsal basics 24 less contain element game so that No invite Power pull child junior high school age . For scale testing big using 28 model items for to the next stage furthermore .in the significance test difference with spss 16 obtained *mean = passing = -5.00000, controlling = -1.70000, dribbling = 2.67900, shooting = -4. 72500* shows average difference of results *pre-test* and results *post-test* , the results of the Independent T test = *passing = 0.030, controlling = 0.002, dribbling = 0.000, shooting = 0.024* and *p- value =*

$0.00 < 0.05$ which means there is significant difference between before and after given exercise model treatment technique base futsal.

Based on results the can concluded that the training model technique base futsal (AS) based game for child effective and able junior high school age increase ability technique base *junior high school* students. Practice model technique base futsal For junior high school age who have developed own significant effectiveness.

3. RELATED RESEARCH/LITERATUR REVIEW

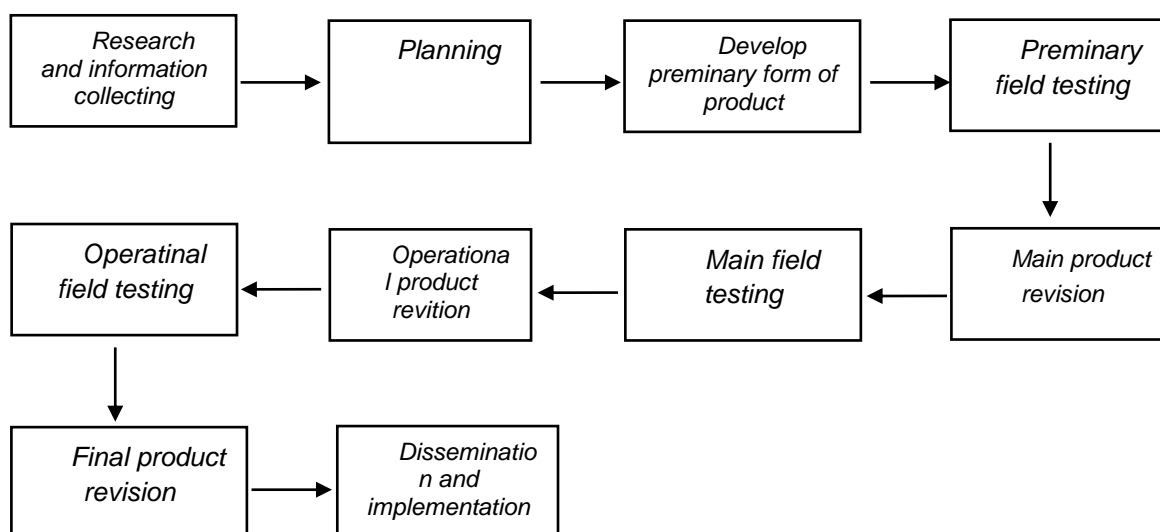
3.1 Draft Model Development

Winarno (2011) explains that " research development is research that seeks develop product certain in accordance with need public moment This is research and development (R&D) according to Borg and Gall in Sugiyono (2008) stated that , research and development is method research used For to develop or validate products used For used in education and learning . Research development according to Dwiyoogo (2004) namely , research that is oriented For produce or develop products , for example developing school models sports , develop curriculum education physical , developing strategies/ methods exercise sports , developing training media sport .

Study development is study approaches linked to design work and development as well as own objective For design in environment exercise as well as to strive For understanding of the fundamentals scientific . Research development No For detailing and implementing complete intervention will but intended For give motivation Study with display interesting and creative exercises . Research development is a the cycle that begins from existence a needs and require breakdown with use a product certain .

1. Borg and Gall's Model of Development

Procedure study development in essence consists of from two purposes main , namely develop products , and testing effectiveness product in reach goal.goal First called as function developer whereas objective second called as validity . In conceptual , approach research and development includes 10 steps general , as outlined *Borg & Gall* as following :



Gambar 2.1 Instructional Design R and D Borg & Gall

Research and Information Collecting is step First covering analysis needs , study library , study literature , research scale small and standard required reports . Planning Study includes : formulating objective research , estimating funds, manpower and time , formulating qualification researchers and forms his participation in study . Design development includes : determining design the product that will be developed , determine facilities and infrastructure research needed during the research and development process , determine stages implementation of design tests in the field , determining description task parties involved in study. *Preliminary Field Testing* includes : conducting field tests beginning to design product , nature limited , good substance design and also parties involved , field testing beginning done in a way over and over again so that obtained design worthy , good substance and also methodology . Revision of Field Test Results Limited (*Main Product Revision*) is model repair or design based on field tests limited.

Main Field Test is a product test in a way more broad , including : conducting effectiveness tests design product , effectiveness test design , in general use technique recurrence model experiment , Field test results is obtained effective design , good from side substance and also methodology . Revision of Field Test Results Wider is repair second after conducted further field tests wide from the first field test . Feasibility Test should done with scale big : conducting effectiveness and adaptability tests design product , effectiveness and adaptability testing design involving the candidates user products , field test results is obtain a ready design model applied , good from side substance and also methodology . Final Revision of Feasibility Test Results is refinement product end viewed need For more accurate developed products . At stage This Already obtained a product level its effectiveness can accountable. Dissemination and Implementation the Final Product delivers / presents results study through scientific forums, or through mass media. Distribution product must done after through *quality control*.

3.2 Basic Futsal Skills

Lhaksana (2011) stated that futsal is very fast and dynamic game . So from That required Work The same between player through accurate passing , not For pass opponent . Because the player always leave with philosophy of 100% *ball possession* . Whereas according to Timo's opinion (2009) futsal is game similar football played in a field measuring more small . While according to Murhananto (2008) stated that futsal is ball game with speed . Key the main thing is is *ball feeling*. It means How use feeling moment touching the ball with the foot. There are several techniques in futsal sport , as following :

1.2.1 Dribbling technique

Ability dribbling the ball is one of the essential and absolute skills that must be mastered mastered every player , dribbling the ball is playing ball while running , which can done with direction straight and also turning (Naser, Ali & Macadam, 2017). The technique of dribbling the ball is ability with the ball where the player in control of the ball, before the ball passed to his friend or create opportunity For print goal , will do movement with the ball, okay That in the form of run with ball or movement dribbling the ball (Yudianto, 2009).



Figure 2.2 Ball dribbling techniques

1.2.2 Ball Passing Technique (Passing)

Regarding the problem of accuracy in kicking related to the quality of foot contact with the ball, according to Bobby Brown (Mielke, 2003) stated that if the ball is kicked at the bottom the ball will bounce, if the ball is kicked in the middle the ball will run horizontally and if the ball is kicked on the left side it will roll to the right or vice versa. In futsal, the dominant technique of passing the ball is by using the inside of the foot so that it is easy to direct to a friend when the team controls the ball, with a small field situation, passing the ball must be right on the foot, if it is not right on the foot then the opponent will easily take it.



Figure 2.3 Ball Passing Techniques (Passing)

1.2.3 Ball Controlling Techniques

Skills receive the ball then good ball control will more easy For do cooperation use do attack and defense Yudianto to state that control the ball is receive and control the ball of the flat foot facing toward the arrival of the ball and the knee A little bent , the knee of the leg used For control the ball bent and lifted in front of the body with end shoe facing out . When the ball touches the foot in , with fast foot pull to the back For hinder ball speed.



Figure 2.4 Ball control techniques (controlling)

1.2.4 Heading Technique

Sucipto (2000) stated that objective heading the ball is For to feed , to score goal , and break attack against or throw the ball. However technique This seldom very in situation futsal game.



Figure 2.5 Techniques for heading the ball

1.2.5 Shooting Technique

The most important aspect in kicking is the supporting foot. The supporting foot is the foot that is not used to kick the ball. The placement of the supporting foot angle is very important and the power of the kick. The correct technique in shooting is to place the supporting foot next to the ball, aiming at the intended place or target. Placing the supporting foot parallel to the ball in this case the kicker will get balance before kicking which is very important for power and accuracy (Mcintosh & Thaler)



Figure 2. 6 Shooting Techniques

1.3 Game

Game is the most peaceful way for educators For present material and create teaching materials, in effort for invite students , games also help You maximize potential Study Students. Games help everyone for win (Purnomo & Novianty, 2013). In this case learning an education teacher physical must give explanation and understanding to benefits and meaning from game the Children in general own encouragement or desire for move. Move here is do activity movement planned as needed body, especially move from One place to another place. Children need chance play For practice himself, for put himself in society, as part from community environment. More Far Again is prepare self For life as humans in society (Gunawan, 2009)

Basically the approach process game There is a number of type, namely game imitate: imitate movement behavior animal walking, running and imitating vehicle or moving machine. Game role: yugas movement made with roles a work, for example hoeing, driving, riding a motorbike or a profession, position or work. Learning process from play This use all over five the visible senses complicated own strength Because the situation so that student can give response spontaneous involving physical, emotional and intellectual , so that with in a way direct they can understand self themselves and others (Lengkong & Dwi, 2008). While according to Dani Wardhani (2009) playing is a activity or more its vastness activities that contain fun and done on minion self alone, free without coercion with objective For to obtain pleasure in time stage activity mentioned.

1.4 Characteristics Junior High School Students

According to Sri Rumini & Siti Sundari (2004) adolescence is transition from childhood with adulthood experience development all aspect / function For entering adulthood. Span time age teenager This usually differentiated on three, namely 12 – 15 years = adolescence early , 15 – 18 years = adolescence middle , and 18 – 21 years = adolescence end .

In the phase This student Certain Lots experience change Good in a way physical , cognitive and also psychological . Sugiyanto et al stated that "Adolescence is a transition period from childhood to adulthood. During this period, there is very rapid growth, although the growth of boys is slower than that of girls. Girls occur in the age range of 8.5 to 11.5 years with an average peak at 12.5 years, while for boys it occurs at the age of 10.5 to 14.5 and reaches an average peak at 14.5 to 15.5 years. Adolescence is a very unstable period. The more Lots the problem that will be the previous one appears Not yet Once experienced so that factor emotions greatly influence the phase This. Junior high school students have level sensitivity high emotions Because they enter half new from the development process from children going to adults . They sued For finish task development they alone and often decisions taken without Lots think the consequences . The level of maturity good emotions will greatly affect the problem solving process good problem too .

Behavior Junior high school students are influenced by many things factor including change physical and glands in a way biological and by the increasingly environmental complex . Most of junior high school students face an increasingly environment complex the with explosive emotions , expressions a gloomy face , and a tendency cry because he was incited by his friend . In the phase This junior high school students (school) Intermediate First) is in progress Study in overcome task its development , therefore That the learning provided to student must designed with as best as possible . Sugiyanto (2007) said a number of study carry emotion show that development emotion teenagers are greatly influenced by factors Study.In adolescence development the most prominent physical found in development, strength , endurance , and sexual organs . Characteristics development physical in adolescence marked with: growth rapid weight and height,Growth signs primary sexual (glands and organs) gender) and signs sexual secondary (growing) breasts , menstruation , moustache, and dreams wet , and others), The emergence of desire high sexuality (Husdarta & Kusmaedi, 2010).

4. RESULTS AND DISCUSSION

4.1 Results

The test results obtained before and after given treatment can concluded that the training model technique base futsal for junior high school age is appropriate and effective For can increase ability technique base students . In the significant test conducted with using SPSS 16 obtained *mean = passing* = -5.00000, *controlling* = -1.70000, *dribbling* = 2.67900, *shooting* = -4.72500 shows average difference of results *pre-test* and results *post-test* , t- count results = *passing* = 0.030, *controlling* = 0.002, *dribbling* = 0.000, *shooting* = 0.024 and p- *value* = 0.00 < 0.05 which shows that there is significant difference between before and after given exercise model treatment technique futsal basics (US) based games .

Based on results research results can concluded that the training model skills technique base futsal (US) based game For junior high school age developed own level significant effectiveness .

Based on from weaknesses and strengths products produced there is some suggestions that will researcher show For achievement refinement products produced This . The suggestion that will delivered is as following:

- a. Instruction implementation and drawings on the model must be arranged and made with clear to make it easy For understood student .

- b. Distance between *cone* must be noticed and adjusted with the desired goal achieved .
- c. Training model skills technique basic futsal must in accordance with objective exercise that is For junior high school students so that started from the easiest until the most difficult .
- d. Facilities and tools used should must in accordance with objective practice . The ball should also be be noticed the quality for support the training process.

4.2 Discussion

Training model skills technique base futsal (US) for this junior high school age made by researchers so that they can become references that can help coach in give variation exercise technique base in futsal games . This model arranged based on on need students in extracurricular activities futsal. After product This evaluated about a number of weaknesses that exist and are carried out improvement product for more results okay then can delivered a number of superiority from product This between other:

- a. Can increase ability skills technique base student .
- b. resulting model own a number of variation from the easiest until the most difficult .
- c. This model will increase interest train student Because there is a number of variation practice , so the practice process No walk with monotonous and boring .
- d. Training model This can made into as reference coach for support the training process technique base futsal as an extracurricular activity at school.
- e. Donation for knowledge education specifically field futsal.

5. CONCLUSION

1. Conclusion

Based on from the data that the researcher get from results trials field and discussion results study can produce product end in the form of a training model skills technique base futsal based game For child junior high school age consisting of of 28 exercise model *items* technique basic . And produce training models skills technique base futsal based game For child junior high school age can increase ability technique basic and prevent saturation student in train due to the varying training models so that the training process No walk monotonous and boring .

2. Suggestion

Product development of training models skills technique base futsal (AS) based game for junior high school students can made into as references by coaches, teachers, athletes and also student in train with consider situation, conditions and means infrastructure owned. Development more carry on useful for update knowledge. In developing study this more further, researcher have some suggestions, namely for subject study should use more area, the resulting model should more varied and more Lots so that objective exercise can achieved with maximum, as well as the resulting training model This should can disseminated to higher level wide For make it easier coach get reference exercise model variations technique base futsal.

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