

INNOVATION TOOLS FOR BIOMOTOR TRAINING AND FOOTBALL TECHNIQUES

by Nawan Primasoni, Fauzi, Siswantoyo, Danang Wicaksono

ABSTRACT

This research aims to develop biomotor training tools and football techniques individually in the sport of football by integrating with technology.

This research is research and development. The development of biomotor training tools and football techniques is carried out with several stages, namely: (1) preliminary studies, (2) product manufacturing, (3) expert validation and revision, (4) product trials; small-scale trials/revisions and large-scale trials/revisions, and (5) end products. Small-scale and large-scale trials were conducted at the Faculty of Sports Sciences, Yogyakarta State University. The data collection technique used in this study is an instrument in the form of an assessment sheet. This research data analysis technique is qualitative descriptive and curative descriptive.

The result of this study is that biomotor training tools and football techniques have been developed for individual passing and physical football drills that are equipped with a drilling box, a physical exercise sample book, and a usage manual.

Kata Kunci: *biomotor, skill soccer*