

STUDIES MOTOR ABILITY IN THE GAME OF FOOTBALL

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ABSTRACT

Abstract. The purpose of this research is to know the elements motor ability priority in the game of football. The method used is descriptive qualitative and quantitative, using a questionnaire instrument designed to determine the elements motor ability priority in playing football in the Special Sports Class (KKO) SMA Special Region of Yogyakarta. The research was carried out from 1 August to 15 September 2023. The sample consisted of 12 KKO trainers. Mendeley.com analysis shows that there is a relationship motor ability in a football game (soccer) contained in mendeley.com, in 2019-2023 there were 2411 manuscripts, in the form of journal articles, theses, books, generics and reports. Data analysis shows the priority of elements motor ability needed in training and soccer matches is very dominant. Instrument content validation motor ability in football for four basic football game techniques using a correlation analysis approach product moment, analyzed using SPSS version 22. Validity coefficient index motor ability endurance 0.865; power 0.929; speed 0.910, power 0.923, coordination 0.958, agility 0.983, flexibility 0.984, and balance 0.947. The average percentage is 12.50%, indicating that from eight elements motor ability (endurance, strength, speed, power, coordination, agility, flexibility and balance) are almost all needed during practice and competition. So all the elements motor ability it is necessary to get a sufficient portion of the training process with the basic techniques of football; dribble (dribbling), pass the ball down (short-passing), receiving and controlling the ball (receiving and controlling), and shoot the ball into the goal (shooting).

Kata Kunci: *motor ability, football, high school KKO*