



The Different Effects of Massed and Distributed Practice Method on Soccer Players' Dribbling Skill

Bagus Kuncoro; Risa Agus T.W; Teguh Santosa

Lecturer at UTP Surakarta, Indonesia

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Abstract

Investigation of the different effects of massed and distributed practice method on soccer players' dribbling skill is important to assess which practice method is more effective in enhancing players' dribbling skill. The research samples consist of players in SSB Junior Soccer Academy (JSA) Squad 2021. The samples are divided into two groups; Group 1 employs the distributed practice method and Group 2 employs the massed practice method. Analysis of the data shows that: (1) massed practice method and distributed practice method yield significantly different effects on players' dribbling skill (t -count = 0.5452 and t -table = 2,145 with a significance rate of 5%) and (2) dribbling drills using the lateral foot significantly enhance players' dribbling skill compared to the massed dribbling practice method. The final result of this research shows that players in Group 1 have their dribbling skill improved by 22.020% while players in Group 2 have theirs improved by 11.448%.

Keywords: *Massed Practice; Distributed Practice; Soccer Dribbling*

Introduction

Football school (known as SSB/Sekolah sepak bola) is a school for learning football game, sports organization, especially football, functioning to develop athletes' potentials, and a place to supervise football since their early age. Football school aims to enhance athletes' achievements when entering their senior age in both national and international levels. The football school components include responsibility, certified coaches, curriculum, as well as training equipment and facilities. The main objective of football school is to prepare athletes' physical aspects, techniques and tactics in facing opponents when participating in any football match, acquiring public acceptance, and maintaining the organization's survival. Sriyantoro (2014) defines football school as "an institution to teach the basic techniques of football and playing football to students starting from the methods and mastery of good and correct football techniques".

Football is a game sport often played in mono- and multi-events. Sport is a group game, with each consisting of eleven people, and one of them serving as the goalkeeper in the game. <http://ejournal.utp.ac.id/index.php/JIS/article/view/935> (Bagus Kuncoro: 2012). Football greatly requires strengthening of prime physical condition and good techniques and tactics, along with speed and

accuracy. It needs athletes with dribbling capability in order to have a good control over the ball. Dribbling may be mastered freely when an athlete is able to avoid his rivals or outwit them well. Hadiqie (2013) defines dribbling as “a skill in football absolutely needed and mastered”. Dribbling may be defined as a running movement using one’s feet to propel a ball for it to move continuously on the ground.

Indonesian citizens love football quite much, as may be observed with the great number of spectators and players occupying the tribune when Indonesia was playing. This sport has been socialized from lower to upper class. The current President pays good attention to football, as may be observed that during the pandemic this sport remain maximized by maintaining the players’ health. This sport develops quite rapidly. Currently, almost all people like to play football. One of the determinants of the success in creating reliable football players is through early coaching at Football School (SSB). The importance of football school is that it serves as a medium for football players to practice and develop.

There are various basic capabilities in football, such as stopping (stopping ball), shooting (kicking ball into goal), passing (passing ball), heading (heading ball), and dribbling (dribbling ball). According to Yunus: 2013, “football basic techniques include: (1) kicking ball technique, (2) receiving ball technique, (3) dribbling ball technique, (4) heading ball technique, (5) seizing ball technique, (6) throwing ball technique, (7) ball feint technique, and (8) keeping ball technique”.

One of the important basic capabilities a player is to master is dribbling, both through massed practice and distributed practice. Dribbling capability is important to master since it is impossible for a player to pass his rivals and enter rival’s area without this capability. A team’s victory is determined by individual player’s foresight while dribbling into rival’s area to feed his teammates. Dribbling capability may be supported with individual’s good skill while dribbling with high accuracy.

Sports practice aims to maintain and improve physical condition and fitness in football game. According to Timmo Scheunemann (2012), there are some physical conditions which support player’s physique “(1) speed, (2) strength, (3) endurance, (4) flexibility, (5) accuracy, (6) power, (7) coordination, (8) reaction, (9) balance, and (10) agility”. The expert’s explanation needs support to improve player’s physical condition and fitness in order to improve their skill, particularly dribbling. The practice principles need to be enhanced by applying football player’s physical condition and skill.

The practice principles are as follows: Practice load or intensity given must conform to respective individual’s capability for optimal overcompensation, and the program is to continue based on the result of overcompensation. Individualization in practice is an important necessity during practice period and is beneficial to each athlete’s needs, by disregarding achievement level needed individually as per their capability and potential, learning characteristics and specificity of type of sport (Budiwanto: 2012). Practice is a systematic process of practicing or working, performed repeatedly, with increasing practice or work load each time. Continuous practice will have fitness level increased.

On the contrary, when practice stops, fitness will decline. The result of months of practice will quickly diminish in case of no practice for several weeks, thus, an athlete must keep practicing every day. When the load is increased progressively, body organs will adapt to the change well (Sukadiyanto: 2011). With daily practice, the condition previously reached will be well maintained. Practice principles cannot be disregarded and must be performed in implementing practice program for optimal achievement. Practice must be designed and adapted to each athlete’s needs for the best result.



Figure 1: running with the ball (Luxbacher:2011)

The purpose of dribbling includes getting close to target, passing rivals, and slowing game down. Some practice techniques for improvement of dribbling capability includes massed practice and distributed practice methods for dribbling in football game at SSB Junior soccer academy (JSA) in 2021.

The massed practice method is also called solid training method. In massed practice, a person practices the activities learned continuously without break time or with quite short break time. For a skill in a sport type to be well mastered, in practice implementation, an athlete must repeat the movements with as much frequency as possible. The massed practice method is to arrange practice turn performed continuously without break time.

With regard to the massed practice method, Adang Suherman and Agus (Mahendra: 2011) state that “The massed practice or solid practice method is a practice of a sport skill in which the time available is utilized without break”. The massed practice method is the principle of arrangement of skill practice turn, that it is performed continuously without break. The skill learned is practiced or implemented repeatedly until the time limit or completion of scheduled program without break

The distributed practice method is an approach of practice marked with arrangement of practice time alternately with break time”. The distributed practice method is the opposite of the massed practice method. The distributed practice method is the principle of skill practice turn arrangement which is implemented alternately with break time in practice time. According to Andi Suhendro (2011), Distributed practice is the “principle to arrange practice turn that practice is performed alternately with break time”. The distributed practice method is principally an arrangement of practice turn of which implementation is performed alternately between practice time and break time. Break time is an important factor and must be taken into consideration in the distributed practice method.

The distributed practice method is a practicing method in consideration of break time, which is as important as practice (training) time. Many players get injured because of lack of break time, which will affect their improvement of how they dribble correctly. Break time within practice time aims to have them recovered through sufficient break, and understanding is necessary in improvement of player’s physique and skill in arranging player’s technique and strategy, since break time is as important as practice time.

Methodology

The research method determination was influence by the research object. The research therefore employed an experimental method. The experimental research was conducted on something else in a controlled condition (Sugiyono, 2011).

The research took 30 people as the samples who were sampled randomly through drawing. The data were collected through test and measuring dribbling capability (Nurhasan: 2011). The data analysis in the research consists of reliability test, analysis prerequisite test and difference test.

Result and Discussion

Based on the research and data analysis conducted, the following results are obtained: 1. There is significant difference between training with massed practice and training with distributed practice on the dribbling capability in football game among male players of SSB Junior soccer academy (JSA) in 2021, as proven with final test calculation result of each group, that $t_{count} = 0.5452$ is lower than $t_{table} = 2.145$ with significance level 5%. 2. Training with distributed practice presents better influence than that with massed practice on the dribbling capability in football game among male players of SSB Junior soccer academy (JSA) in 2021. The percentage of improvement of dribbling capability in football game shows that group 1 (group treated with distributed practice) of 22.020% > group 2 (group treated with massed practice) of 11.448%.

Conclusion

Based on the data analysis result, the following conclusion is obtained: 1. There is significant influence between training with massed practice and training with distributed practice on dribbling capability 2. Training with distributed practice has better influence than that with massed practice on dribbling capability in football game.

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