



## **Analysis of Motor Skills on the Ability to Kick the Ball Students of SSB Sheikh Yusuf Gowa Regency**

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**Abstract:** This study is a correlational study that aims to determine the relationship between motor skills and the ability to kick the ball SSB Sheikh Yusuf Gowa Regency students. The motor ability is the independent variable, while the kicking ability is the dependent variable. The population in this research is all SSB Sheikh Yusuf Gowa Regency students, while the sample is students aged 13-16 years. Data from the results of the study were obtained by giving motor ability tests, namely; Standing Broad Jump, Zig-Zag Run, 60 Yard dash, to the ability to kick the ball into the goal. When viewed in terms of motor skills where the level of correlation of the motor skills of the Sheikh Yusuf Football School (SSB) Gowa Regency students on the ability to kick the ball turns out to be a very significant correlation, this is known after testing the rcount value is greater than the rtable value or ( $P \leq \alpha 0.05$ ).

**Keywords:** Motor Skills, Kicking Ability, Soccer.

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### **INTRODUCTION**

The game of soccer is a sporting activity that is actually very old. Historical evidence shows that the game, albeit in a simpler form, was played thousands of years ago in various parts of the world. For example, there are records of games similar to soccer in ancient China, Greece and Rome. This shows that football has very deep roots in the history of human civilization.

Nowadays, soccer is more than just entertainment or a way to pass the time. Along with the times and its increasing popularity, football has become a highly competitive and professional sport. Many players, clubs and countries invest heavily in football, both in terms of finance, technology and human resources. Their main goal is to achieve the highest possible performance, both at national and international levels.

To achieve high performance in football, well-planned and continuous training is required. This exercise covers various aspects, from mastering basic techniques, game strategies, to improving the physical and mental condition of players. Good training not only focuses on improving individual skills, but also on teamwork and understanding game tactics. Through consistent and continuous training, players can develop their abilities optimally, so that they can compete at the highest level and achieve the desired achievements.

Thus, football is not just about playing and having fun, but also about dedication, hard work, and commitment to continuous improvement. Achievement in football cannot be achieved instantly; it takes time, effort, and high discipline to achieve.

Football is a big ball game played by two teams, each consisting of eleven players, including a goalkeeper. The goalkeeper has a special task to protect the goal from the opponent's attack and try to prevent the ball from entering the goal.

The essence of the game of soccer is to score as many goals as possible into the opponent's goal while defending your own goal from being conceded. The main goal of each team in the

match is to control the ball, create opportunities to score goals, and organize the defense so that the opponent does not succeed in scoring goals.

The game of soccer is essentially a collective effort to control the ball and reclaim it when it is in the opponent's possession. It involves various strategies and tactics designed to optimize possession, minimize the opponent's chances of scoring, and maximize one's own chances.

To be able to play football well, every player must master basic football techniques which include skills such as dribbling, passing, shooting, and defending. These basic techniques are very important because they are the foundation for players to be able to participate effectively in the game. Players who master basic techniques well will be better able to control the ball, make the right decisions, and cooperate with their teammates to achieve team goals.

Therefore, mastering the basic techniques of soccer is the first and most important step in developing a player's ability. These techniques must be taught and trained continuously so that players can perform optimally in every match. Mastery of techniques also helps players understand the dynamics of the game, increase confidence, and contribute more to the team.

To be able to produce an optimal soccer game, a player must be able to master various techniques in the game. Mastery of these techniques includes skills such as dribbling, passing, shooting, and defense, as well as understanding game tactics. Each type of technique taught must be followed by a consistent and sustainable training program. Continuous practice will help players master these techniques so that this ability can be used in various conditions and obstacles that exist in every match.

The basic techniques of playing football involve the ability to perform specific movements or tasks that are not always directly related to the game situation. For example, dribbling exercises can be done without any pressure from opposing players, or passing exercises are done with a fixed target. These basic techniques are very important to be given to students so that they have basic knowledge and skills about football.

Knowledge of basic soccer techniques not only helps students understand how to play correctly, but is also very influential in developing the talents they have. This is where a person's disposition, nature, and playing character will be seen during the game. For example, a player who is disciplined in practicing basic techniques will show the same discipline and perseverance in matches. Likewise, a player who is creative in developing basic techniques will probably show the same creativity in dealing with unexpected situations during the game.

The importance of mastering basic techniques cannot be overlooked. With strong basic techniques, a player will have a solid foundation to develop advanced skills and understand more complex game tactics. Basic technique training also helps improve coordination, speed, and accuracy in play. Therefore, any football training program should place a strong emphasis on teaching and mastering basic techniques as the first step in forming competent and high-achieving players.

## METHODS

Based on the results of the data normality test, the test results obtained can be summarized in the table below.

	Shapiro-Wilk		
	Statistik	df	Sig.
Kemampuan Motorik	0,958	27	0,324
Kemampuan Menendang Bola	0,972	27	0,657

Based on the table above, it can be seen that from the results of testing the normality of the data using the Shapiro-Wilk test, it shows the following results:

1. For motor ability data, the Shapiro-Wilk statistical value is 0.958 (Sig. 0.3243 >  $\alpha$  0.05), so it can be concluded that the motor ability data on soccer school students (SSB) Sheikh Yusuf Gowa Regency is normally distributed.

2. For data on the ability to kick the ball, the Shapiro-Wilk statistical value is 0.972 (Sig. 0.657 >  $\alpha$  0.05), so it can be concluded that the data on the ability to kick the ball in soccer school students (SSB) Sheikh Yusuf Gowa Regency is normally distributed.

#### Correlation Analysis

To determine the closeness of motor skills to the ability to kick the ball, the calculation of the correlation value of Pearson (r) at a significance level of 5%. The summary of the calculation results can be seen in the following table

Variabel penelitian	N	Pearson Correlation	Sig. (2-tailed)
Kemampuan Motorik (X) terhadap Siswa Sekolah Sepakbola (SSB) Syekh Yusuf Kabupaten Gowa			
Kemampuan Menendang Bola (Y) pada Siswa Sekolah Sepakbola (SSB) Syekh Yusuf Kabupaten Gowa	27	-0,449	0,019

Based on the table, it can be seen that the results of the calculation of the correlation value using the Pearson test obtained a value of  $r = -0.449$  ( $P = 0.019 \leq \alpha 0.05$ ) can be interpreted that there is a correlation between motor skills and the ability to kick the ball to Soccer School Students (SSB) Sheikh Yusuf Gowa Regency including a significant category.

Based on the research hypothesis which states that there is a correlation between motor skills and the ability to kick the ball to Soccer School Students (SSB) Sheikh Yusuf Gowa Regency, a correlation calculation is carried out so that a value of  $r = -0.449$  is obtained ( $P \leq \alpha 0.05$ ) this value when consulted with the correlation interpretation table, it is known that the level of correlation between motor skills and the ability to kick the ball to Soccer School Students (SSB) Sheikh Yusuf Gowa Regency is at a moderate level. This is relevant to the results of grouping descriptive analysis of motor ability data in this study.

## RESULT AND DISCUSSION

### CONCLUSION

Based on the results of hypothesis testing and the discussion of research findings, the following conclusions can be drawn, The motor skills of soccer school students (SSB) at Sheikh Yusuf Gowa Regency tend to be in the excellent category. This indicates that the majority of students demonstrate a high level of proficiency in the basic motor skills required for playing soccer. However, it should be noted that other categories (such as average or below average) have a low frequency, suggesting that only a small number of students fall outside the excellent category.

The ability to kick the ball among the Soccer School Students (SSB) at Sheikh Yusuf Gowa Regency tends to be in the good category. This implies that most students possess a good ability to execute ball-kicking techniques, which is a critical skill in soccer. Nevertheless, similar to motor skills, the other categories (such as very good, average, or poor) have a low frequency, indicating that most students do not deviate significantly from the good category.

There is a significant correlation between motor skills and the ability to kick the ball among the Soccer School Students (SSB) at Sheikh Yusuf Gowa Regency. This means that students with better motor skills tend to have a better ability to kick the ball. The strong relationship between these two variables highlights the importance of developing motor skills as a foundation for improving specific soccer skills such as kicking.

The findings underscore the importance of targeted training programs that focus on enhancing motor skills to improve overall soccer performance. Given the significant correlation between motor skills and ball-kicking ability, coaches and trainers should emphasize activities that develop coordination, agility, strength, and precision in their training regimens. By doing so, they can ensure that students not only excel in basic motor skills but also translate these skills into improved performance in specific soccer techniques.

Furthermore, the low frequency of students in other categories suggests that while most students perform well, there is still a need for individualized attention to those who may be struggling. Identifying and addressing the unique needs of these students can help elevate their skills to match those of their peers, fostering a more uniformly high level of proficiency across the entire student body.

In conclusion, the research highlights the critical role of motor skill development in soccer training and its direct impact on key soccer abilities such as ball kicking. To achieve optimal performance, soccer schools should implement comprehensive training programs that cater to the development of both general motor skills and specific soccer techniques.

To coaches and coaches to continue to improve motor skills in accordance with the results of this study in order to improve achievement, especially for students of the Sheikh Yusuf Football School (SSB) Gowa Regency.

For athletes and students must know how important it is to improve motor skills because it can support the achievement of maximum results in the skill of kicking the ball according to the results of this study.

For further research it is suggested that researchers who will conduct research on basic techniques for playing soccer, especially the ability to kick the ball, are expected to continue this research with a broader scope, so that it can be more complete information in terms of sports coaching, especially football.

To future researchers to increase the variables and the number of samples desired.

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