
IDENTIFIKASI TEKNIK DASAR SEPAK BOLA DENGAN DAVID LEE TEST PADA ATLET REMAJA

IDENTIFY THE BASIC SOCCER TECHNIQUES THROUGH DAVID LEE TEST FOR YOUTH ATHLETES

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Abstrak

Penelitian ini bertujuan untuk mengidentifikasi keterampilan teknik dasar pemain pada klub Black King Papua. Keterampilan teknik dasar yang dianalisis meliputi passing, dribbling, shooting, dan controlling. Penelitian ini menggunakan metode survei kuantitatif dengan melakukan pengujian menggunakan instrumen Tes Teknik Sepak Bola Dasar David Lee. Sampel tersebut terdiri dari 20 pemain Black King Papua berusia 15-18 tahun yang mengikuti rangkaian tes di lapangan SMAN 1 Bae Kudus. Hasil penelitian menunjukkan variasi kemampuan pemain: 4 pemain (20%) berada di kategori unggulan, 4 pemain (20%) berada di kategori memadai, 9 pemain (45%) berada di kategori kurang, dan 3 pemain (15%) berada di kategori sangat kurang. Mayoritas pemain mengalami kesulitan menggiring bola, mengoper, dan menembak, yang memengaruhi lamanya waktu yang dibutuhkan untuk menyelesaikan tes. Temuan ini menunjukkan bahwa keterampilan teknik dasar pemain masih perlu ditingkatkan melalui program pelatihan yang lebih terstruktur, intensif, dan berkelanjutan. Hasil penelitian ini diharapkan dapat memberikan dasar bagi pengembangan program pembinaan yang lebih efektif untuk meningkatkan kinerja pemain Black King Papua.

Kata kunci: sepak bola, *david lee test*, atlet

Abstract

The This research aims to identify the basic technical skills of players in the Black King Papua club. The basic technical skills analyzed include passing, dribbling, shooting, and controlling. This study uses a quantitative survey method by conducting tests using the David Lee Basic Football Technical Test instrument. The sample consisted of 20 Papuan black king players aged 15-18 years old who took part in a series of tests on the field of SMAN 1 Bae Kudus. The results showed a variation in the player's abilities: 4 players (20%) were in the superior category, 4 players (20%) were in the adequate category, 9 players (45%) were in the poor category, and 3 players (15%) were in the very poor category. Most players have difficulty dribbling, passing, and shooting, which impacts the length of time it takes to complete the test. These findings suggest that players' basic technical skills still need to be improved through a more structured, intensive, and ongoing training program. The results of this research are expected to provide the basis for the development of a more effective coaching program to improve the performance of Papuan Black King players.

Keywords: soccer, *david lee test*, athletes

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INTRODUCTION

Football is a very popular sport in many parts of the world and plays a role in improving physical fitness, building character, and strengthening social relationships. According to (Nuryanta & Wibowo, 2021). The high level of exposure to football through print and electronic media is an indication that the sport is the most popular in the world (Rachim et al., 2016). Almost every country has a professional league, national team, and fan community, making soccer an important part of social, cultural, and even political life.

Historically, the game has been known since the 2nd century BC in China as Tsu Chu, followed by similar games in Japan (Kemari) and Italy (Calcio), Modern football was standardized in 1863 with the founding of The Football Association (FA) (Farhan et al., 2024). In Indonesia, the development of football was marked by the establishment of the Indonesian Football Association (PSSI) in 1930, which played a role in player development and competition development (Ardiyanto & Wijayanti, 2023). Papua is one of the regions that has produced superior talents such as Boaz Solossa, Ricky Kambuaya, and Titus Bonai. However, according to (Zulhidayat, 2018), the development of basic techniques for young players in Papua still faces challenges related to facilities, coaching staff, and coaching systems that are not optimal.

In football, basic technique is an important component. Support the effectiveness of individual and team performance. Basic techniques include four main aspects of passing, dribbling, shooting, and controlling (Kuswiranto, 2024) Good mastery of technique has an impact on the effectiveness of game strategies (Denis et al., 2025). While weaknesses in basic techniques can reduce the quality of player performance (Fadli, 2019), this is in line with findings (Riko, 2024), which states that players with good basic technical mastery have higher confidence and are able to make quick decisions on the field. Previous research has shown that mastering medium to good basic techniques has a significant impact on the quality of *the game*, especially for young and beginner players (Syakirah, 2024).

In addition, basic technical skills are closely related to the ability to build teamwork and adapt to match dynamics (Rizky, 2021), Structured training has been shown to increase players' basic technical skills, especially in passing, dribbling, and shooting, by 10-15% (Septian, 2024). Mastery of basic techniques is not only influenced by motor skills, but also eye-foot coordination (Ardiyanto & Wijayanti, 2023). According to Pradana et al. (2020), football playing skills are determined by elements of physical condition such as speed, agility, coordination, and precision of movements that are interrelated in the basic engineering process (Pradana, 2021)). To be able to play football well, a player must master ball handling skills and control body movements (Coordination et al., 2017).

Mastery of basic techniques, especially the ability to kick or shoot, determines the quality of the game (Ahmad Nasution, 2018). A strong team is a team whose players are able to kick the ball quickly, accurately, and on target (Agung Nugroho & Devi Catur Winata, 2018) One of the development clubs that has received attention is Black King Papua which consists of promising young players from Papua. The club serves as a talent development platform to prepare players to compete at a higher level.

While Papuan players are generally known for their physical strength, there is still considerable variation in their basic technical abilities (Aldi, n.d.). Some players show excellent dribbling and controlling skills, while others remain weak in passing and shooting. This situation highlights the need for objective and standard evaluation to comprehensively assess a player's basic technical abilities. Some research has been done on basic engineering skills, but few focus on Papuan players outside their home region, including those in the Papuan black king club.

The lack of quantitative data on the fundamental technical abilities of Papuan black king players creates a research gap that needs to be addressed. Therefore, this study identifies the

meaning of recognizing, defining, and limiting problems or phenomena clearly as the first step of research, so that it can be measured and researched further (Horne, 2000). A player's basic technical abilities, including passing, dribbling, and shooting, use standardized tests, tests administered and assessed uniformly and consistently for all participants, ensuring the same questions, timing, and scoring methods for each individual (Andra et al., 2024). to get an objective picture as the basis for developing a more effective training program. A sports program is a systematic written guideline for training athletes or individuals to achieve a goal of achievement gradually, by increasing the training load repeatedly from easy to difficult (Bile & Tapo, 2021).

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METHOD

This study uses a quantitative method with a survey and test approach to measuring the level of mastery of basic football techniques among Papuan black king players. Qualitative research methods are approaches based on the philosophy of postpositivism, where research is carried out in natural situations without going through experiments. In this method, the researcher acts as the main tool in data collection using triangulation techniques, as well as analyzing data inductively and qualitatively, with the main focus on understanding meaning rather than looking for generalizations (Somantri, 2005).

The quantitative method was chosen because the data collected is a numerical measurement of basic technique skills, including passing, dribbling, shooting, and controlling (Irfan Syahroni, 2022)), the sample in this study is all 20 Papuan Black King players, the sample is part of a population that represents the number and characteristics. In qualitative research, sample selection uses special techniques such as purposive sampling, which is to determine data sources based on criteria relevant to the research objectives (Etikan, 2016).

The sample size is not rigidly limited as in quantitative research, but is flexibly adjusted to explore comprehensive and in-depth data during the process (Somantri, 2005). A population is a group of individuals with similar characteristics, which serves as the basis for data collection (Subhaktiyasa, 2024). This population was chosen because all players are actively involved in football training activities, making it relevant for research in order to identify weaknesses in basic football techniques. A sample is a portion or representative sample that has characteristics that are representative of the population (Aban, 2020) Based on these criteria, the researcher selected 20 players aged 15-18 years as a research sample. The sampling technique used is purposive sampling, which is a deliberate sampling technique based on certain considerations relevant to the purpose of the research, such as age, activeness in training, and player involvement in club matches.

The test instrument used in this study is to test and survey the basic techniques of football, The test instrument is a measuring tool in the form of a series of questions, worksheets, or tasks that are used to measure the ability, skills, knowledge, personality, or affective aspects of the

research subject (Zhang et al., 2014). The David Lee development and proficiency test developed by Subagyo Irianto was used to collect data for this study and was declared valid, reliable, and objective, meaning that it can be used as a standard test to identify basic football techniques in Papuan Black King players (Irianto et al., 2024). The test targets include four main aspects of passing, shooting, dribbling, and controlling. The following are the Test Areas of Basic Football Techniques bola.

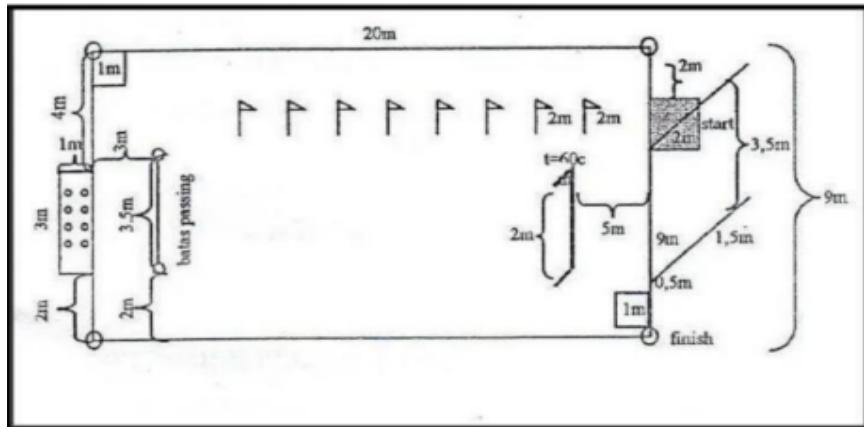


Figure 1. Test Area

RESULTS

Based on the results of the basic technique test conducted on 20 Black King Papua players using the David Lee test instrument, the best time data for each player was obtained in completing a series of tests that included dribbling, passing, controlling, and shooting. The test is done twice for each player, with the best time being the result.

Table 1. Statistical Data Results

Player Name	Best time (seconds)	Category	Player Name	Best time (seconds)	Category
Melianus	52,31	Enough	Esmi	57,26	Less
Ham	54,35	Less	Yakem	56,42	Less
Daut	58,37	Very less	Andika	58,29	Less than once
Pemis	2,27	Very good	Natalis	53,09	Enough
Yeskiel	56,09	Less	Eli	3,65	Very good
Rondi	55,01	Less	Kafri	52,25	Enough
Hugo	56,69	Less	Tinus	57,08	Less
Eldan	2,03	Very good	Novel	50,10	Enough
Nelson	10,26	Very good	Simon	56,39	Less
Joseph	57,09	Less	Dem	59,27	Less than once

The table shows that there is a variation in the player's ability to complete a series of basic technique tests (dribbling, passing, controlling, and shooting). Players like Eldan (2.03 seconds), Pemis (2.27 seconds), Eli (3.65 seconds), and Nelson (10.26 seconds) show the fastest times compared to other players, so they can be classified as players with good mastery of basic techniques. Meanwhile, players like Dem (59.27 seconds), Daut (58.37 seconds), and Andika

(58.29 seconds) took longer to complete the test. The long turnaround time shows that players still struggle to maintain dribbling stability, ball control, and accuracy when passing and shooting.

Table 2. Category Frequency Distribution Basic Technical Ability

Category	Frequency	Percentage
Very good	4 players	20%
Enough	4 players	20%
Less	9 players	45%
Less than once	3 players	15%
Total	20 players	100%

The results of the categorization show that the basic technical ability of Papuan black king players is still dominated in the low category. Four players (20%) are categorized as Excellent, while four players (20%) are in the Sufficient category. Most players, nine (45%), are in the Deficient category, and three players (15%) are in the Very Deficient category. This means that a total of 60% of players still have low basic technical skills, especially in the aspects of ball control and transitions between technical stages.

These findings confirm that players' basic technical abilities are generally not optimal and require improvement through more structured and intensive training. The test results also showed that many players take a long time to complete the dribbling sequence, especially when passing through a cone in a zigzag pattern. These findings illustrate that ball control, agility, and player coordination are not optimal. According to the theory, dribbling requires the ability to keep the ball close to the feet and a combination of agility and coordination (Kuswiranto, 2024).

DISCUSSION

The difficulty of the players in keeping the direction of the ball proves that their basic dribbling technique has not developed well. The players with the fastest time showed that consistent dribbling practice can improve movement efficiency. Many players experience inaccuracies in both high and low passes. This increases the testing time as players have to repeat the touch. Low pass accuracy generally arises from basic mistakes, such as the use of the toe when kicking, the position of the footrest that is too far from the ball, and the inaccuracy of the touch point in the center of the ball. This technical error has an impact on the degradation of the quality of the feed and makes the player take longer to execute,

This emphasizes that the mastery of passing techniques that are not optimal needs to be improved through a more systematic training program and the application of correct techniques so that the accuracy and effectiveness of passing can increase (Nuryanta & Wibowo, 2021). Passing in football is a technique of passing the ball from one player to another player in a team with the aim of maintaining possession and building attacks effectively (Hidayat, 2019). The theory explains that passing is influenced by the accuracy of the position of the supporting foot, the strength of the leg swing, and the balance of the body (Fadli, 2019)). The findings of the study showing low passing accuracy support this theory. Inconsistent passing also shows that the basic technical training within the club is still poorly structured.

The test results show that the player's shooting ability is still low, shown by the many repetitions of the kick. The main problem is accuracy and unstable strength. According to good shooting techniques is achieved when the player can position his body and hit the ball correctly. Studies have found that many kicks miss the target to support this theory, suggesting the need for increased targeted shooting exercises. Some players have difficulty stopping and controlling

the ball in the control area during testing. This directly impacts the timing and fluency of other techniques. The theory states that ball control is the basis of all soccer skills (Nuryanta & Wibowo, 2021). This control technique is important to temporarily stop the movement of the ball so that players have space and time to determine their next move, such as passing, dribbling, or shooting (Ferdiansyah, 2021).

The difficulty of players controlling the ball shows that their technical foundations are still weak. Poor ball control is also a contributing factor to low dribbling and passing performance. Shooting is a basic technique in the game of football that aims to shoot the ball towards the opponent's goal with optimal precision and power to score goals. Shooting techniques are carried out by kicking the ball using various parts of the foot such as the inner leg, outer leg, indors, and toes (Aji Suryo Putro, 2024). Overall, the results of the basic technique test using the David Lee instrument show that most players have not fully mastered the basic technique. This is strengthened by the theory of Zulhidayat (2018) which states that limited facilities, training, and mentoring can hinder the development of basic techniques for young players.

This condition is also experienced by the Papuan black king who faces limited training facilities, which has an impact on the technical abilities of the players. Implications for Coaching: The results of this study provide direction that clubs need to implement more structured basic technique training to improve the quality of passing, shooting, dribbling, and ball control. In addition, they need to provide better training facilities and conduct regular evaluations to monitor player progress.

CONCLUSION

Based on the results of David Lee's test on 20 Papuan black king players, it was found that 4 players were in the very good category, 4 players in the good category, 9 players in the low category, and 3 players in the very poor category. These findings show that most players are still weak in basic techniques, especially dribbling, passing, controlling, and shooting. Players in the excellent category show good ball control, coordination, and accuracy, while players in the poor category have difficulty controlling the ball, maintaining dribbling speed, and executing accurate passes and shots. Overall, the players' basic technical skills still need to be improved through structured coaching and continuous training to support optimal team performance.

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