

The Development of a Box Rebounder Tool as a Media for Training Basic Passing and Controlling Techniques in Football

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The Development of a Box Rebounder Tool as a Media for Training Basic Passing and Controlling Techniques in Football

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ABSTRACT

This study aims to develop a box rebounder tool as a training medium for basic passing and controlling techniques. The research was conducted in April 2023. The research location was at SSB Cemerlang Sidodadi Ramunia and SSB Kualanamu. The research subjects in this study were 10 people for small group trials and 20 people for. This research method is research development (R & D). In the small group trial of the athlete subject, a score of 540 was obtained with a percentage of 77.14% (valid) meaning that the product of the development of the box rebounder tool for passing and control techniques is valid. In the small group trial of the training subjects, a score of 61 was obtained with a percentage of 81.33% (valid) meaning that the product of the development of the box rebounder tool for passing and control techniques is valid. In the trial of the large group of athlete subjects, a score of 1204 was obtained with a percentage of 86% (valid) meaning that the product of the development of the box rebounder tool for passing and control techniques is valid. And for testing large groups of training subjects, a score of 211 was obtained with a percentage of 93.78% (valid) meaning that the product of the development of the box rebounder tool for passing and control techniques is valid. So it can be concluded that the development of the Rebounder Box Tool as a Media for Training the Basic Techniques of Passing and Controlling in Football is considered valid (successful).

KEYWORDS

Football; Passing and control techniques; Box Rebounder

INTRODUCTION

The rapid progress of science and technology (IPTEK) cannot be denied that various research innovations are growing rapidly. Advances in Science Technology or Science and Technology have helped many human activities in various activities, especially in the field of sports which has helped in the field of training and matches. Humans themselves are the main subject of science and technology factors developed. Science and technology support has helped many athletes to excel so that in starting from talent search, training, to competitions athletes and coaches are assisted.

Football is currently developing Indonesia also has the desire to show its existence in the world of local and international football. This has made many experts think about how the quality of Indonesian football can be calculated. Then how can we form a quality national team in order to answer the great expectations of the Indonesian people whose loyalty cannot be doubted. Unfortunately, there are a lot of things that need to be fixed in Indonesian football, one of which is the training process. In Indonesia, the training process is still different from abroad. Abroad, the training aids are more sophisticated than those used in Indonesia. Utilization of modification tools is expected to help trainers to design training

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