



ISSN: 2548 - 4613
Vol. 3, December 2018

PROCEEDINGS AISTEEL 2018

THE 3rd ANNUAL INTERNATIONAL SEMINAR ON TRANSFORMATIVE EDUCATION AND EDUCATIONAL LEADERSHIP

Education, Learning and Leadership Innovation

03-04 October 2018
Emerald Garden Hotel, Medan - Indonesia

Organized by:
**Postgraduate School
State University of Medan
North Sumatera, Indonesia**

Supported and Coordinated by:



Indexing By :





9 772548 461 001



Proceedings of The 3rd Annual International Seminar on Transformative Education and Educational Leadership (AISTEEL 2018)

“Education, Learning, and Leadership Innovation”

Emerald Garden Hotel, Medan City, North Sumatera, Indonesia
October 3-4, 2018

Editorial Board

Editorial-in-Chief

Dr. Juniastel Rajagukguk, M.Si (State University of Medan, Unimed)

Deputy Editor

Dr. Saronom Silaban, M.Pd (State University of Medan, Unimed)

International Advisory Board / Scientific Committee

Prof. Dr. Kala Saravanamuthu (University of Newcastle, Australia)

Prof. Arjen EJ Wals (University of Gothenburg, Sweden)

Prof. Dr. Bornok Sinaga, M.Pd (Unimed, Indonesia)

Prof. Dr. Aytekin Isman (Sakarya University, Turkey)

Prof. Peter Charles Taylor, Ph.D., Med., B.Sc., Dip.Ed (Murdoch University, Australia)

Prof. Dr. Mukhlas Samani, Ph.D (Indonesia)

Prof. Dr. Jailani bin Md. Yunos (University Tun Hussein on Malaysia)

Prof. Dr. Nurahimah Mohd. Yusuf (UTM, Malaysia)

Assoc. Prof. Dr Pedro Isaias (University of Queensland, Australia)

Assoc. Prof. Elisabeth Taylor, Ph.D (Murdoch University, Australia)

Dr. Bambang Sumintono, M.Ed (Universiti Malaya, Malaysia)

Dr. Isma Widyaty, M.Pd (UPI, Indonesia)

Prof. Dr. Syahrul R, M.Pd (UNP, Indonesia)

Prof. Amrin Saragih, MA., Ph.D (Unimed, Indonesia)

Assoc. Prof. Ade Gafar Abdullah, M.Si (Universitas Pendidikan Indonesia)

Eng. Asep Bayu Dani Nandiyanto (Universitas Pendidikan Indonesia)

Prof. Dr. Hartono, M.Pd (Universitas Negeri Semarang)

Please cite the proceeding as “Proceeding of the First Annual International Seminar on Transformative Education and Educational Leadership Vol. 3” with the following abbreviation: *Proc. Aist.*, **3**

**Proceedings of the 3rd Annual International Seminar on Transformative Education
and Educational Leadership (AISTEEL 2018)**

Preface

The 3rd Annual International Seminar on Transformative Education and Educational Leadership (AISTEEL 2018) was held in Emerald Garden Hotel, Medan City-Indonesia on 3-4 October 2018. This seminar is organized by Postgraduate School, Universitas Negeri Medan and become a routine agenda at Postgraduate program of Unimed now.

The AISTEEL is realized this year with various presenters, lecturers, researchers and students from universities both in and out of Indonesia participating in, the seminar with theme “Education, Learning and Leadership Innovation.”

The plenary speakers coming from various provinces in Indonesia have been present topics covering multi disciplines. They have contributed many inspiring inputs on current trending educational research topics all over the world. The expectation is that all potential lecturers and students have shared their research findings for improving their teaching process and quality, and leadership.

The third AISTEEL presents a keynote speaker and 4 distinguished invited speakers from Australia, Singapore, Taiwan, and Malaysia. In addition, presenters come from various Government and Private Universities, Institutions, Academy, and Schools. Some of them are those who have sat and will sit in the oral defence examination.

There are 326 articles submitted to committee, some of which are presented orally in parallel sessions, and others are presented through posters. The articles have been reviewed by double blind reviewer and 198 of them were accepted for published by Atlantis Press indexed by International Indexation. Meanwhile 83 papers were published in online International Proceedings indexed by Google Scholar. The Committees of AISTEEL invest great efforts in reviewing the papers submitted to the conference and organizing the sessions to enable the participants to gain maximum benefit.

Grateful thanks to all of members of The 3rd Annual International Seminar on Transformative Education and Educational Leadership (AISTEEL 2018) for their outstanding contributions. Thanks also given to Universitas Negeri Medan for published this volume.

The Editors

Bornok Sinaga
Rahmad Husein
Juniastel Rajagukguk

Table of Contents

<i>Titles and Authors</i>	<i>page</i>
Design of Physical Practicum Tools on Rotational Dynamics Matter with Scientific Concept <i>Fretty Doharni Ritonga; Nurdin Bukit; Betty M.Turnip</i>	1
Analysis of the Leading Sector and Its Effect on the Economy in Pakpak Bharat Regency <i>Dinar Melani Hutajulu; M. Nasir; Arwansyah</i>	6
Analyze the Characteristic and Factors Cause of Bullying Behaviours in Early Childhood <i>Fadhilah Syam Nasution; Anita Yus; Aman Simaremare</i>	12
Play Finger Painting in Creative Art Model to Help Smooth Motoric Development and Creativity of Group a in Kindergarten at Aek Loba Pekan Village <i>Lola Wita Harahap; Sri Milfayetty; Rosmala Dewi</i>	18
Maintenance of Gayonese Kinship Terms by Gayonese Minority Migrants in Jabodetabek <i>Desi Purnama Sari; Siti Aisyah Ginting; Berlin Sibarani</i>	22
Effect of Functional Training and TRX Suspension Training on Body Composition member Golden Fitness and Spa <i>Rafliansyah; Nurhayati Simatupang; Albadi Sinulingga</i>	26
Interpersonal Metaphor Used in the Boss Baby Movie <i>Khairuni Syafitri; Siti Aisyah Ginting; Anni Holila Pulungan</i>	29
Speech Act in Indonesia Lawyers Club: KPK vs Novanto <i>Theresia Fransiska Sidabutar; Zainuddin; Busmin Gurning</i>	32
The Effect of Instructional Strategy and Style Ofthinking Secuential on Students Outcome MAN Medan <i>Siti Aisyah Hanim; Tiur asih siburian; Darwin</i>	36
The Effect of Cooperative Learning Models and Self Efficacy on Student Mathematics Learning Outcomes <i>Sabdo Puji Rahayu; Mukhtar; Keysar Panjaitan</i>	39
Ideational Grammatical Metahpor in Reading Texts for Senior High School English Textbooks <i>Diemam Ferzhawana; Siti Aisyah Ginting; Zainuddin</i>	43
Effect of Soft Modification on Student Learning Results PAB 13 Kwala Begumit Private Vocational School <i>Iskandar Fahmi</i>	47
Differences in Metacognitive Ability of Students Through Learning Realistic Mathematics Education and Problem Based Learning in Pangkalan Susu Senior High School <i>Chairi Mutia Lubis; Waminton Rajagukguk; Kms.M.Amin Fauzi</i>	51
Development of Interactive Learning Media Projection of Working Drawing on Students of Class X TKR in SMK Markus 2 Medan <i>Irwan Panggabean; R. Mursid; Samsidar Tanjung</i>	56
Metaphor of Modality in Donald Trump's Speech in United Nation General Assembly 2017 <i>Nursyah Handaya; Siti Aisyah Ginting</i>	60
Traditional Sport Of Silek Tuo In Minangkabau Community (a study of Silek tuo advice)	63

<i>Prima Nanda; Sabaruddin Yunis; Agung Sunarn</i>	
Improved Student's Generic Science Skills With The Application of Cooperative Learning Models Based on Batak Culture	
<i>Rika Sari Indah Harahap; Derlina; Rahmatsyah; Sahyar; Bornok</i>	66
Management Development Athletes of Shorinji Kempo North Sumatra Region	
<i>Arti Kurniaty Bangun</i>	71
Efforts to Improve Learning Results Free Basketball Shot (Free Throw) Through The Application of Teaching Style Inclusion	
<i>Bob Rahmat Manalu</i>	75
Development of Egosan Engineering Extension Models with Straight Sticking in Pencak Silat	
<i>William Filipus; Amir Supriadi; Tarsyad Nugraha</i>	77
The Development of Interactive Learning Media of Athletic on Physical Education in SMP Negeri 15 Medan	
<i>Akhmad Khaidir; Budi Valianto; Tarsyad Nugraha</i>	81
The Effect of Learning Model and Self-Reliance Learning toward Science Learning Outcomes	
<i>Rohima; Mukhtar; Samsidar Tanjung</i>	84
The Effect of Learning Method and Kinesthetic Perception on The Learning Outcomes of Lay Up Basketball	
<i>Saiful Adrian; Nurhayati Simatupang; Suprayitno</i>	88
Analysis Of Physical Education Teacher Management Skills In State Elementary School Sub-District Medan Tembung	
<i>Syahrul Effendi Nasution; Amir Supriadi; Albadi Sinulingga</i>	91
Innovation Of The Speed Model Using Running With The Ball Techniques In Football	
<i>Julio Roberto; Amir Supriadi; Novita</i>	95
The Development of Penetration Drill Training Technique of Wrestling Sport	
<i>Ihsan Idris Silalahi; Jan Bobby Nesra Barus</i>	99
Speech Function of Anies Baswedan's Speech in Approval Ceremony as the Governor of Jakarta in the Period of 2017-2022	
<i>Ahmad Rifa'i Ritonga; Sumarsih</i>	102
Development of Web-Based Learning Media to Enhance Writing Capability of Biography Text of Student Class X SMA	
<i>Rencus B. Sinabariba, Tiur Asi Siburian, Mutsyuhito Solin</i>	105
Implementing the Teaching Supervision by Principals in Improving the Performance of Teachers in Aceh Besar	
<i>Said Ashlan</i>	109
Female Principal Leadership	
<i>Hendro Widodo; Hengkang Bara Saputra</i>	115
The Ways of Rohingya Teenagers in Medan Realized Their Language Attitude	
<i>I Wayan Dirgayasa; Rahmat Husein; Lonni NurIffah Nasution</i>	120
Metaphor in Umpasa of Saurmatua Toba Batak Ceremony	
<i>Heppy Yersin Digita Purba; Rahmad Husein; Anni Holila Pulungan</i>	124
The Influence of Part Method, Whole Method and Determination Exercise Methods on Improving Exercise in the Sports Branch of Pencak Silat Single Art Category of College Students SPDKK (Art of Kencana Kwitang Self Defense) Deli Serdang Year 2018/2019	
<i>Mawar Sari</i>	127
Figurative Expressions in The Karo Batak Wedding Ceremony Generated by The	130

<i>Philosophy of Rakut Sitelu</i>	
<i>Desi Haryati Nianggolan</i>	
Evaluation of Implementation of Sustainable Professional Development (PKB) for Junior High School Physical Education Teachers to Increase Professionalism in Tebing Tinggi City	
<i>Mhd Fazar Afandi</i>	135
Development of Innovative PJOK teaching materials on floor gymnastics materials to improve learning outcomes of Grade Students at Junior High School	
<i>Bangun Saragih</i>	138
The Influence of the Discovery Learning Model assisted with Image Media and Motivation Against Civics Learning Outcomes of Students in Class IV of Public Elementary Schools 055980 Aman Damai 2017/2018	
<i>Heryansyah Ginting; Dede Ruslan; Reh Bungana Br.Perangin-angin</i>	142
Development of science teaching materials based on Science Technology Society (STM) and its influence on learning outcomes of fourth grade students of MIN Medan Tembung	
<i>Diah Hafizhotul Husna; Nuraini; Ramlan Silaban</i>	149
The Improvement of Cooperative Learning Model Application Skill in Numbered Head Together Through Clinical Supervision of Art Teacher in SDN 060886 Medan Baru	
<i>Unita Vitta Omas Sianturi; Martua Manullang; Rosmala Dewi</i>	154
Gold of North Sumatera Program Coach Performance	
<i>Suyono; Hariadi; Supryetno</i>	159
Transitivity Systems Analysis of Bilingual Civic 3 Education Textbook for Grade XII	
<i>Jusup Sitepu; Anni Holila Pulungan; I Wayan Dirgeyasa Tangkas</i>	163
The Lecturer Performance Development of the STKIP Bina Bangsa Getsempena Banda Aceh	
<i>Saiful Bahri</i>	169
The Interference of Batak Mandailing Language to Indonesian (In The Interaction At The Seventh Grade Students Of Madrasah Tsanawiyah Swasta Al-Azhar Kabupaten Tapanuli Selatan Padang Sidempuan)	
<i>Siti Jahria Sitompul; Abdurrahman Adisaputera; Sumarsi</i>	175
The Influence of Microbiology Dictionary and Microbiology Textbook Utilization in the Contextual Learning Framework on Biology Students Higher Order Thinking Skills	
<i>Kiki Rizqi Sahara; Hasruddin; Ashar Hasairin</i>	177
The Differences of Learning Style and Students' Creativity to Students' Achievement in Dribbling the Ball in Playing Football of Seventh Grade Students of SMP Ar – Rahman Percut	
<i>Muammar Afif Marpaung; Imran Akhmad; Rahma Dewi</i>	180
Development of Gobag Sodor Game Model to Increase Interest in Elementary Students	
<i>Siska Nova Undari</i>	184
The Influence of Research-Based Learning with Portfolio Assessment on Science Process Skills in Microbiology Course for Biology Program Students	
<i>Saudah Rahmayanti; Hasruddin; Tumiur Gultom</i>	187
The Influence of Teaching Style and Confident Against the Results of a Study of Shooting in the Game of Football (Experiment Studies the Self Check Style and the Guided Discovery Style at a Private Junior High School Seventh Grader	
	191

Tembung Sabilina)	
<i>Muhammad Syaiful; Ramadhan Harahap</i>	
Development of Mirror Writing Teaching Materials Based on Class XI Media Literation of Lolomatua 1 State High School	
<i>Yanida Bu'ulolo; Biner Ambarita; Marice</i>	195
The Development of Teaching Materials for Technology- Assisted Procedure Text in Vocational High School	
<i>Nova Andarini; Biner Ambarita; Malan Lubis</i>	197
Development of Adobe Flash Based Floor Gymnastics Media Learning on Health Sport Education Lesson	
<i>Hardiansyah</i>	201
The Effect of Learning Approach and Linguistic Competence Capability Reading The English Narative Text of Student SMA Negeri 6 Padangsidempuan.	
<i>Sukriyah Batubara; Keysar Panjaitan</i>	206
Analysis Effect of Household Consumption, Investment and Labor to Economy Growth In Sumatera Utara	
<i>Richna Handriyani; Arwansyah; Sahyar</i>	209
Idioms Translation Strategies in Pasung Jiwa Novel English Version	
<i>Hariyanto; Amrin Saragih; Sumarsih</i>	213
Code Mixing in Novel: A Case of Indonesian Literary Work	
<i>Nurul Hidayanti Hasibuan; Amrin Saragih; Sumarsih</i>	216
Logico-Semantic Relation in Presidential Debate Between Hillary Clinton and Donald Trump	
<i>Annisa Risma Khairani Lubis; Della Fransiska Ginting; Jumino Suhadi</i>	221
Semiotic Meanings in Cigarette Advertisement Texts	
<i>Rodearta Purba; Zainuddin; Amrin Saragih</i>	227
Modality as Hedging Device in the US Presidential Election Debate	
<i>Roobby Hamdanur; Anni Holila Pulungan; Zainuddin</i>	232
The Improving Mathematical Communication Ability Through Realistic Mathematical Approach Based on Toba Batak Culture	
<i>Aman Sanusi Siregar</i>	235
Speech Functions of Doctors and Patients on Medical Consultation Process	
<i>Resti Citra Dewi; Anni Holila Pulungan, Sumarsih</i>	239
The Development of Venturimeter Instrumentation in Dynamic Fluid	
<i>Zahrani Dalimunthe; Rahmatsyah; Derlina</i>	243
Lexical Metaphors in Onang-onang of Bobby and Kahiyang Tortor Dance	
<i>Siti Rahma Ritonga; Anni Holila Pulungan; Didik Santoso</i>	246
The Discourse Markers in President Joko Widodo's Speeches in KTT APEC China in 2015	
<i>Syahbuddin Nasution1; Busmin Gurning; I Wayan Dirgayasa Tangkas</i>	249
Preparation of Papers in Two-Column Format for AISTEEL Conference	
Proceedings Translator's Strategies in Transferring Cultural Values in Ratatouille Film	
<i>Femy Septiani; Anni Holila Pulungan</i>	254
Lexical Metaphor In Printed Car Advertisements	
<i>Misdiana; Siti Aisyah Ginting; Amrin Saragih</i>	258
Political Discourse Analysis of Donald Trump Political Speech	
<i>Elisa Silviani Siregar; Prof. Dr.Zainuddin, M.Hum; Prof.Dr. Sri MindaMurni, MS</i>	263
Motivation of Farmers in Group Management to Develop Maize Cultivation	267

<i>Nurliana Harahap; Mahendra Ginting Manik; Indah Listiana</i>	
Appraisal of Healthy Product Advertisement on Television	
<i>Nurun Nazipah Harahap; Siti Aisyah Ginting; Rahmad Husein Napitupuluh</i>	274
Lexical Metaphor in Andrea Hirata's "The Dreamer" Novel	
<i>Nurul Sa'adah; I Wy. Dirgeyasa; Siti Aisyah Ginting</i>	277
Impoliteness Strategies Used by Governor Candidates of DKI Jakarta in Governor Election Debate 2017	
<i>Sri Minda Murni; Busmin Gurning</i>	281
Intertextuality in Travel Umroh Advertisement	
<i>Afifah Nurul Khoirot Nasution; Anni Holila Pulungan; Eddy Setia</i>	287
Intertextuality on Oral Discourse in Sari Matua Batak Toba Ceremony	
<i>Dyan Yosephin Hutagalung; Anni Holila Pulungan; Rahmad Husein</i>	290
The Effect of Mangosteen (<i>Garcinia mangostana</i> L.) Peel to Creatine Kinase Serum in Male Rats (<i>Rattus norvegicus</i>) with Fatigue from Swimming	
<i>Rika Nailuvar Sinaga; Jumadin IP; Zulaini</i>	293
Analysis of Technology Utilization to Measure The Throw Distance of The Ball on Hammer Throw	
<i>Riki Prastian; Agung Sunarno; Sabaruddin Yunis Bangun</i>	296
The Interactions of Social Stratification and Karonese Register in Giving Pedah Pedah Perjabun	
<i>Elkana Putra Tarigan; Amrin Saragih; Siti Aisyah Ginting</i>	300
Implementation Management Training Volleyball Club of Pertamina Year 2017	
<i>Reza Wibowo; Sanusi Hasibuan; Budi Valianto</i>	305
Lexical Metaphor in Printed Car Advertisements	
<i>Misdiana; Siti Aisyah Ginting; Amrin Saragih</i>	308
Improving Students' Reading Comprehension Ability In Descriptive Text Through Flashcard	
<i>Aisya Hartati</i>	309
The Role of Teacher's Training Model and Technological Approach to the Improvement of Teachers' Professionalis	
<i>Intan Sufiah Batubara</i>	312
The Difficulties of Students at the Second Year of St.Thomas 3 Senior High School Medan in Translating English Idioms into Indonesian	
<i>Fitri Susi Sinurat</i>	315
The Effect Of Applying The Great Wind Blows Strategy On The Students' Vocabulary Mastery	
<i>Gisca Irdayana Lubis</i>	321
Attitude of Examiners in Thesis Convocation	
<i>Mara Sutan Siregar</i>	325
Politeness Strategies in Mandailing Wedding Ceremony	
<i>Nurun Nazipah Harahap; Fatma Raudah Siregar</i>	329

Innovation Of The Speed Model Using Running With The Ball Techniques In Football

Julio Roberto¹

Departement of Sport Education
Post Graduate Student School State
University of Medan
North Sumatra, Indonesia
email: julioroberto681@gmail.com

Amir Supriadi²

Lecturer of Postgraduate Sports
Education State University of Medan
North Sumatra, Indonesia

Novita³

Lecturer of Postgraduate Sports
Education State University of Medan
North Sumatra, Indonesia

Abstract-- The purpose of this research is to develop the model of speed training in football using the technique running with the ball. This study was conducted on football athletes aged 15-18 years. So treatment location located at Medan Sakti Junior, PPLP North Sumatra, Siantar FC Junior and Harjuna Putra Junior with a sample size of 70 athletes. This research uses purposive sample and qualitative and quantitative techniques. Data collection techniques in this study using the speed test for qualitative and questionnaires for experts in the form of quantitative data. Data analysis techniques using t-test statistical procedures. The results of this study indicate that the development of speed training model using running with the ball technique affect the results of the speed running football athletes aged 15-18 years.

Keywords: Speed, Football, Running

I. INTRODUCTION

The Indonesian nation is one of the developing countries in the fields of science and technology and in other fields, including sports. Sports is a real manifestation in developing human resources and improving human dignity and dignity to realize the ideals of the nation. In general, people want to succeed in various sports disciplines, and the success gained in one sport is an accumulative result of various aspects of business, said to be because the success of sports achieved by a person is the result of a combination of various types of business aspects that contribute to achieving success the sport.

Sports as a physical activity is very popular among teenagers, because at this age it is considered the most suitable for developing talent and potential to become an accomplished athlete. To make athletes perform well, it takes a long time through a planned, tiered and sustainable process.

Likewise, as in other developing countries, soccer in Indonesia is one of the most popular sports among the children, teenagers and adults, both from the bottom of the economic community, middle-class and even upper-class society. We can easily find soccer sports in all directions and even in rural areas.

Football games are always constantly evolving according to the needs of the community for sports that are so interesting to watch. Football in modern times always presents matches that are good in terms of physical, technical, tactical and mental. The progress of the football sport requires every player to show their true abilities or qualities so that the soccer match deserves to be watched widely by the public. For this reason, each team plans regularly and planned so that the players who will be coached must be in accordance with the criteria of football itself. One of the criteria that must be met by every soccer player is a good and excellent physical condition. This criterion must be possessed by every football player because football matches take place for a long time and are played with a wide place.

Football, like sports that prioritize relentless movement when running to receive operands in certain circumstances or dribbling towards the target must always pay attention to the improvement in physical condition of speed. According to Verheijen (2014: 41) that "Every action in football must have a speed component that serves to support other players so as not to lose in possession of the ball". This means that football players must still be able to master the ball for a long time without having to reduce speed.

Speed is absolutely needed by a football player. Bompa (2009: 315) also expressed the same opinion that "in many sports, such as football the ability to move quickly underlies the success of a game". The faster the ball is taken from the opponent, the greater the chance to master the match for a long time. Mastery of the game against opponents continuously will provide convenience in planning opportunities for the occurrence of goals. In addition, players who have speed can take advantage of opportunities to score goals by moving as quickly as possible or unexpectedly breaking away from obstacles and guarding opposing players. During full-speed matches it is very necessary with certain game conditions that require players to react to opponents and balls (Frank 2009: 21).

Seeing this condition certainly the development of physical conditions must begin at an early age and junior. The development of young players is a very important priority to create reliable football players to form football teams that excel on the international stage. One of them has been carried out by the government is to develop a system of training young athletes through a forum called the Student Training and Education Center (PPLP) in various provinces. The government in North Sumatra province has had a Student Education and Training Center (PPLP) for a long time. For this reason, the test results at PPLP are always a benchmark for improving football in a province both physically, technically, tactically and mentally.

Based on the results of physical tests for the last 5 years at PPLP North Sumatra as a place to coach athletes in their teens or junior age in accordance with data obtained from the Youth and Sports Service of North Sumatra Province supporting the statement of the previous trainer which showed that the physical condition of the player was very bad. The most decreased physical tests occurred on the 30-meter run test and ran 20 meters. The ability of players is always in the category enough in every year of all players who are in PPLP North Sumatra.

Looking at the data, the author made observations to several football clubs in Medan. During speed training, the trainer only focuses on providing training methods without using balls such as training intervals and ladder drills. Interval training with a lot of repetition and varying distances makes players often tired and tired of the condition of the exercise while the ladder drill uses a ladder-shaped tool that is more focused on footwork.

Players do a lot of speed training by running a certain distance over and over again and the same movements result in fast boredom. Moreover, the speed training method that rarely changes makes many players not so eager to attend training sessions. Players are always in a hurry to complete this exercise program so that the rest time between repetitions is not enjoyed regularly to restore the body's condition to be better prepared to start training. Furthermore, this condition is not very good if left continuously. As a result the quality of the exercise is not maintained and the appearance of the athlete actually decreases due to fatigue and boredom. The form of speed training provided by the trainer looks less attractive to athletes when the training process lasts a long time.

Based on these factors, researchers are interested in developing a ball speed training model. Exercises that use the ball are expected to make it easier for athletes to increase speed without losing touch techniques to the ball. Researchers try to develop a speed training model using a technical approach, namely dribbling techniques. This technique was developed into the ability to dribble but touches the ball very

little. Researchers developed a speed training model for children aged 15-18 years. This age was chosen because in the age-old football branch there were many young players who were ready to go through a continuous training program and towards specialization to achieve high achievement. According to Bompa (2009: 33) suggests "specialization programs begin at the age of 15 to 17, without neglecting previous sports and activities". Then he also explained "Top performance is achieved after 5 to 8 years in the specialization sports stage". Moreover, many famous athletes are starting to organize training at the junior level, namely ages 14-18 years (Bompa 2009: 33)

The technique of running with the ball is one form of exercise that requires the player to run as fast as he can while mastering the ball. This exercise not only focuses on running speed but requires that players can stay balanced to control the ball so that it is not captured by the opponent. This exercise will be different from the form of speed training that has been provided by the trainer. Exercises that only focus on running to a particular area are developed through the ball as the target so that it provides another motivation for the athlete to chase the ball without realizing that he is running after him at full speed. The main reason the writer gives this model of training is in accordance with the guidelines of the Indonesian football curriculum. According to Scheneumann (2014: 156) "one way to improve the speed of using the ball"

With a varied training model through a combination of technical and physical aspects can make the athlete's physical condition continues to increase and the atmosphere of training is fun for athletes so that athletes can not always feel bored and bored quickly.

A. *Speed*

Speed is one element of physical condition. Bompa in Imran Akhmad (2013: 133) states that "to achieve an achievement for an athlete, the main factor that must be addressed is the physical condition factor. A team will be able to achieve good performance if it has good physical condition and good mastery of technique. Having a good physical condition has not guaranteed to be able to achieve, because achievement is not only determined by physical conditions but also because of the maturity of mastering the technique so that it can contribute greatly to high achievement.

Speed can be defined as the ability to carry out similar movements in a row in the shortest time to travel a distance. Lumituarso (2007: 62) states speed is the ability to move places or move on the entire body or part of the body in a short time.

B. *Running With The Ball*

In the era of modern football, running with the ball is always equated with dribbling. Atiq Ahmad (2012: 35) argues that the basic techniques that have been carried out have a unity in the game of soccer, such as dribbling techniques with running with the ball aiming to counterattack with maximum speed so that it can contrude other techniques. The running with the ball technique has its own distinctive movement with dribbling. The touch of the foot to the ball through a constantly changing direction is evident when the player is dribbling. This is not the case with running with the ball techniques that prioritize running speed with little touch to the ball.

According to Sneyers (2007:250) that the purpose of running with the ball is :

- 1) Learn to see something regionally (panoramic)
- 2) Develop an instinct where an object (ball) is located, how it moves, where it will stop (so that a player can easily master it)
- 3) Perform movements automatically..

II. METHOD

In this development researchers used research and development methods. Where to develop a product in the form of Running With The Ball training techniques in Football. In the research process, it has three stages that must be done, namely pre-development, development and field trials. In the pre-development stage, what is done is collecting information consisting of literature, data, preliminary studies that include field observations related to the needs analysis of the products to be developed and drafting a draft football material. During the development phase, the first draft was the draft manuscript to expert experts who are competent in the field of Football, Sports Exercise Programs and audio-visual media. After being tested by experts, the next step is to revise the manuscript and then take a picture of the training model that matches the script and do the editing and prototype making. After the editing process and the making of the prototype, the next step is the second trial by experts consisting of soccer experts, audio-visual media and sports academics. After conducting expert test II, the next step is to make improvements to the advice given by the expert so that the products are ready to be tested in the field. The last stage is a field trial in the Football Club aged 15-18 years. The trial was carried out during the training process by using the Running With The Ball technique product developed. After that, researchers conducted interviews with coaches and athletes how they thought about the products that had been used. After obtaining information about the product being developed, the final step is to repair the product so that it is better and more suitable for use.

The type of data used in this study is qualitative and quantitative data. Data sources that will be obtained in this study consist of several sources, namely, tests, and experts. Data obtained from teachers and students covers how they think about the speed training model using the Running With The Ball technique.

Data collection techniques that will be used are using triangulation data consisting of test data and expert opinions. The form of data analysis that will be used is qualitative descriptive analysis. And quantitative. Interviews were conducted to experts and after conducting product trials by asking about the opinions of experts about the use of the Running With The Ball technique. Then the test was conducted for athletes aged 15-18 years using a 20-meter running test.

With the development of a speed training model using the Running With The Ball technique in football. Running With The Ball technique, can help coaches and athletes to increase speed and develop speed training models in football. For trainers, this exercise model can be used during the training process for athletes so that the training process can run well. As for athletes, this exercise model can be used to increase running speed.

III. CONCLUSION

Based on the explanation above it can be concluded that it is necessary to develop an exercise model in order to help coaches and athletes to increase running speed in football. One exercise model that can be developed to increase running speed is the exercise model using the running with the ball technique. Using this running with the ball technique can help the trainer to increase running speed during the training process and for athletes to be used as self-training materials.

REFERENCES

- [1] Akhmad, I. 2013. *Dasar-dasar Melatih Fisik Olahragawan*. Medan :Unimed Press
- [2] Atiq, A. 2012. *Tingkat Keterampilan Teknik Dasar Sepakbola LPI SMP 3 Pontianak Tahun 2012*.Jurnal Keolahragaan. 2(1). 35.
- [3] Azandi, F. 2013. *Pengembangan Model Latihan Teknik Menggiring Dan Mengoper Dalam Sepakbola (Studi Pada Atlet Usia 11-12 Tahun di Kota Medan)*. Jurnal Keolahragaan. 2(1).
- [4] Batty, C. Eric. 2005. *Latihan Sepakbola Metode Baru Serangan*. Bandung : CV. Pionir Jaya
- [5] Bahagia, Y, dkk. 2000. *Atletik*. Jakarta: Depdiknas.
- [6] Bompa, O, T & Half, G.G. (2009). *Periodization : Theory and Methodology Of Training*. United States : Human Kinetics
- [7] Borg & Gall. 1989. *Educational Research an Introduction, Seventh Editions*. University of Oregon.United State of America.
- [8] Borg, W. R., Gall, J, D & Gall, M. D. (2003). *Educational Research: An Introduction (7th ed.)*. New York: Longman, Inc.
- [9] Brown, E.L &Feriggnio, A.F. (Eds). 2005. *Training For Speed, Agility and Quickness. (2nd ed)*.United States. Human Kinetics.
- [10] Danurwindo. dkk. 2017. *Kurikulum Pembinaan Sepakbola Indonesia*. Jakarta: PSSI

- [11] Daral, R. F. 2009. *Tes Keterampilan Sepakbola Usia Dini 10–12 Tahun*. Jakarta: Depdiknas.
- [12] Daryono. 2014. *Pengembangan Model Permainan Bola Basket Ring Ball Siswa SMP Se- Kecamatan Lubuk Raja Oku*.Jurnal keolahragaan.12(3). 22.
- [13] Davies, P. 2005. *Total Soccer Fitness*.Rio Network Llc.
- [14] Diputra. R. 2015. *Pengaruh Latihan Three Cone Drill, Four Cone Drill dan Five Cone Drill Terhadap Kelincahan (Agility) & Kecepatan (Speed)*.Jurnal Keolahragaan.27.
- [15] Djuminar. M. 2004. *Gerak-Gerak Dasar Atletik Dalam Bermain* . Jakarta: PT Raja GrafindoPersada
- [16] Dwiyojo, W. 2004. *Konsep penelitian dan Pengembangan*. Malang: Universitas Negeri Malang.
- [17] Emzir. 2010. *Metodologi Penelitian Pendidikan Kuantitatif dan Kualitatif*. Jakarta : PT. Raja Grafindo Persada
- [18] FIFA. 2009. *Laws Of The Game* (Peraturan Permainan) / PSSI.
- [19] Frank, G. 2014. *Soccer Training Programs*. United Kingdom. Meyer and Meyer Sports.
- [20] Giriwijoyo, Y.S. 2007. *Ilmu Faal Olahraga*. Bandung : FPOK UPI Bandung.