



Profile of Basic Soccer Skills Among 14-Year-Old SSB Players in Pandeglang Regency In 2025

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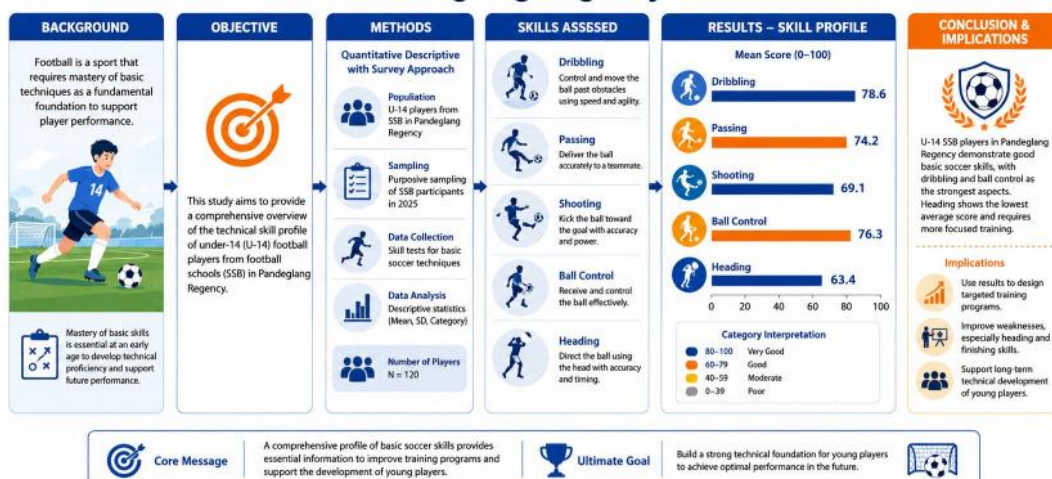
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ABSTRACT

Background, Football is a sport that requires mastery of basic techniques as a fundamental foundation to support player performance. Objective, This study aims to provide a comprehensive overview of the technical skill profile of under-14 (U-14) football players from football schools (SSB) in Pandeglang Regency. The basic techniques evaluated in this study include dribbling, passing, shooting, ball control, and heading. Methods, The research method used is quantitative descriptive with a survey approach. The data collection instrument involved validated skill tests adapted to youth football training standards. The sample consisted of players selected using total sampling, with criteria including active U-14 players who had participated in regular training programs for at least one year. Data were analyzed using descriptive statistics in the form of percentages to illustrate each player's skill level. Research results, Good category (25%), sufficient category (58.3%), and poor category (16.7%). In conclusion, this study found that basic technique training across many SSBs still requires improvement, particularly in terms of training variety and consistency. These findings are expected to serve as a reference for coaches, SSB instructors, and sports development stakeholders in designing more effective and adaptive youth training programs. Furthermore, the results contribute as baseline data in building a developmental athlete database in the region.

Keywords: Football, Skills, Players, Football School, Pandeglang

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INTRODUCTON

Sport is an integral part of human cultural heritage; it aims not only to achieve physical and mental fitness but also to gain maximum appreciation to elevate the status and honor of a region or country. Sports conducted routinely can improve physical and mental health conditions, bring pleasure, and achieve accomplishments. Sport serves not only for physical and mental freshness but also as a means to enhance the dignity of individuals, regions, and nations (Darwis & Harsono, 2022).

Football is highly favored by various layers of society, both as athletes and spectators. This is because football constantly adapts to the times, encompassing technical, physical, tactical, and psychological aspects. If these four factors are met, a player is certain to achieve success. To create high-quality and successful players, the sport of football must fulfill four main aspects: technique, physical condition, tactics, and mentality. These four aspects are the main foundation for creating quality players. Techniques in football include primary skills such as dribbling, passing, shooting, ball control, heading, as well as defending and attacking techniques. Players who master techniques well have an advantage in controlling the game and are more effective when facing opponents. Routine and structured technical training is crucial to improving a player's performance on the field (Siregar et al., 2021).

According to Putra (2023), football also demands high-speed loading and the ability to make decisions under opponent pressure. Football players must master basic football techniques and have a prime physical condition to play the game well; there are constituents in football activities that can influence how well a player performs. To improve the performance of football players, according to Siregar (2021), training is a crucial factor in achieving success.

The age of 14 is an important transitional phase in the development of young athletes, including in football. At this stage, children experience rapid physical, motor, and cognitive growth, making it a crucial moment to build a strong foundation of technical skills. According to sports literature, this age falls into the category of the *golden age of motor learning*, a period when individuals are in optimal condition to absorb techniques and motor coordination quickly and effectively (Syamsudin et al., 2023).

Additionally, many athlete development programs at the national and international levels begin selecting and developing young talents in this age group, meaning that basic technical abilities at the age of 14 can be an important indicator of long-term development success. By measuring and mapping the basic technical abilities in the U-14 group, coaches and SSB administrators can design training programs that are more accurate, targeted, and aligned with the children's developmental needs.

In Pandeglang Regency itself, SSBs that foster this age group also serve as the vanguard in producing potensial athletes to represent the region in various regional and national competitions.

Therefore, it is very important to determine the extent of basic technique mastery among 14-year-old players as a basis for improving the quality of training and regional football achievements. Based on the elaborated background, the researchers were motivated to conduct a study titled "Profile of Basic Football Technique Skills in U-14 SSB Players in Pandeglang Regency in 2025".

Consequently, there are two main issues. First, the low basic football skills of Indonesian U-14 players, which are still below international standards. Second, the limitations of previous studies, which are generally partial, not comprehensive, and lack relevance to the local context. Therefore, this study attempts to comprehensively analyze the effectiveness of certain training methods on the mastery of basic football technical skills in U-14 players in Indonesia. This research is expected to provide practical contributions for coaches and football academies in improving the quality of early childhood development, as well as theoretical contributions by clarifying a basic technique development model that is more suitable for the characteristics of young players in Indonesia.

METHODS

This study used a quantitative descriptive method with a survey approach. This method aims to systematically and objectively describe the basic football technical skill levels of U-14 SSB players in Pandeglang Regency in 2025. Descriptive research does not provide specific treatments to the subjects; rather, it merely captures the conditions occurring in the field according to the actual situation.

The population in this study was all U-14 SSB players in Pandeglang Regency in 2025. The sampling technique used was total sampling, meaning the entire population was used as the research sample. Thus, the total sample in this study was 28 players.

The research instrument used was a basic football technical skill test covering passing, dribbling, heading, control, and shooting. Each test was conducted according to established implementation procedures so that the obtained data is objective and can comprehensively describe the players' basic technical abilities.

RESULTS

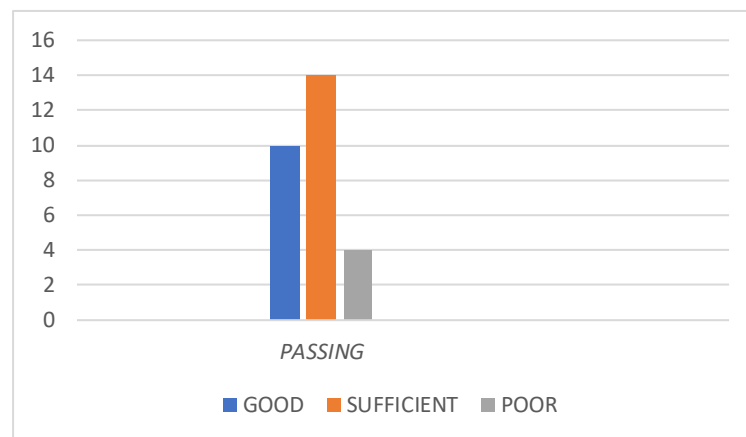
Based on the test results that have been conducted and collected, an analysis of the discussion obtained in previous studies will be presented in this chapter. The research results will be utilized in accordance with the proposed objectives regarding the Profile of Basic Soccer Skills Among 14-Year-Old Players in Pandeglang Regency in 2025. The overview and results of the study can be seen in the following descriptions:

Passing Skill Test Results

In this test, the football passing skills obtained from 28 U-14 players in Pandeglang Regency can be described as follows:

Table 1. Passing Skill Test Results

No	Norm	Sample	Percentage	Category
1.	≥ 8 balls	10	35,71 %	Good
2.	6-7 balls	14	50,00 %	Sufficient
3.	≤ 5 balls	4	14,29 %	Poor
Total		28	100 %	

**Figure 1. Passing Skills Test Results**

The passing ability of the players shows that 35.71% are in the good category, 50.00% are sufficient, and 14.29% are poor. These results indicate that most players are already capable of passing the ball with the correct technique, but there is still inconsistency in accuracy.

Dribbling Skill Test Results

In this test, the dribbling skills obtained from 28 U-14 SSB players in Pandeglang Regency can be described as follows:

Table 2. Dribbling Skill Test Results

No	Norm	Sample	Percentage	Category
1.	≤ 21 second	9	32,14 %	Good
2.	22-23 second	16	57,14 %	Sufficient
3.	≥ 24 second	3	10,72 %	Poor
Total		28	100%	

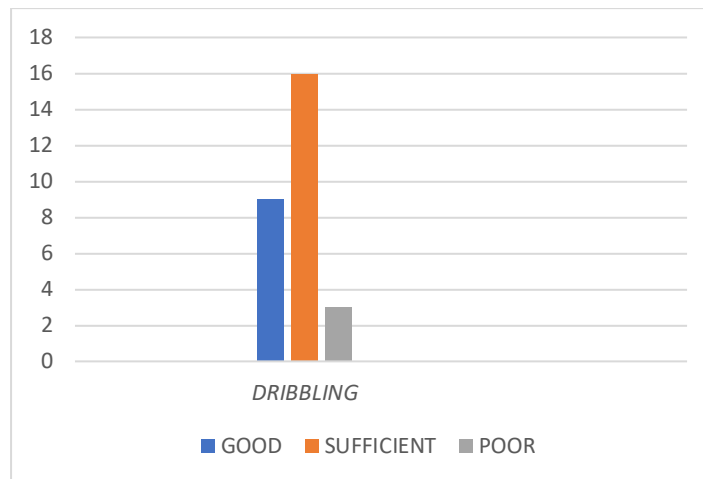


Figure 2 Dribbling Skill Test Results

In the dribbling component, the results showed 32.14% of players were in the good category, 57.14% were sufficient, and 10.72% were in the poor category. This means the players' dribbling abilities are already in a good category. This demonstrates the effectiveness of the basic training programs conducted at SSBs in Pandeglang Regency.

Heading Skill Test Results

In this test, the heading skills obtained from 28 U-14 SSB players in Pandeglang Regency can be described as follows:

Table 3. Heading Skill Test Results

No	Norm	Sample	Percentage	Category
1.	≥ 5 balls	9	32,14 %	Good
2.	3-4 balls	13	46,43 %	Sufficient
3.	≤ 2 balls	6	21,43 %	Poor
Total		28	100 %	

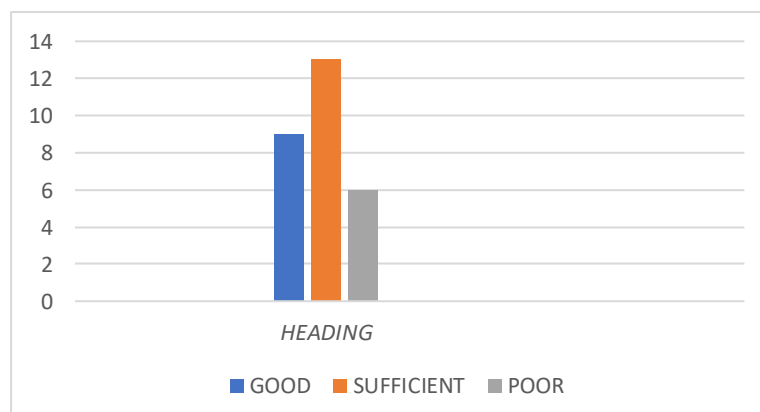


Figure 3 Heading Skill Test Results

The heading test showed that 32.14% of players were categorized as good, 46.43% as

sufficient, and 21.43% as poor. Most players still find it difficult to head the ball in the right direction, especially when the ball is thrown upwards and requires jumping; there are still inaccuracies in timing or improper ball contact.

Control Skill Test Results

In this test, the control skills obtained from 28 U-14 SSB players in Pandeglang Regency can be described as follows:

Table 4. Control Skill Test Results

No	Norm	Sample	Percentage	Category
1.	≥ 18 times	7	25,00 %	Good
2.	11-18 times	18	64,29 %	Sufficient
3.	< 10 times	3	10,71 %	Poor
Total		28	100 %	

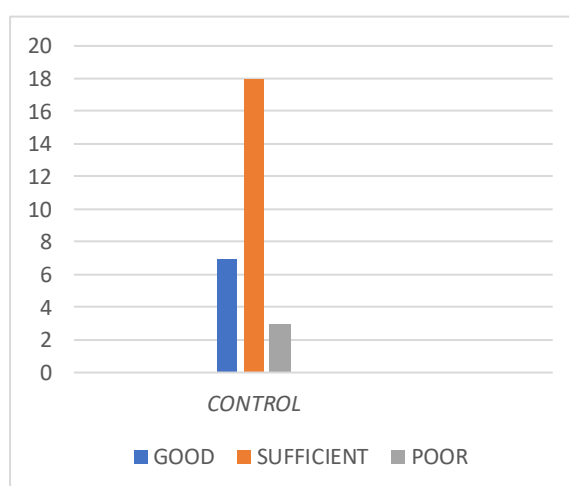


Figure 4 Control Skill Test Results

Control ability is at a level of 25.00% good, 64.29% sufficient, and 10.71% poor. This indicates that the majority of players have moderate ball possession abilities, with the main weakness being the first touch.

Shooting Skill Test Results

In this test, the shooting skills obtained from 28 U-14 SSB players in Pandeglang Regency can be described as follows:

Table 5. Shooting Skill Test Results

No	Norm	Sample	Percentage	Category
1.	≥ 8 balls	8	28,57 %	Good
2.	6-7 balls	15	53,57 %	Sufficient

No	Norm	Sample	Percentage	Category
3.	≤ 5 balls	5	17,86 %	Poor
Total		28	100 %	

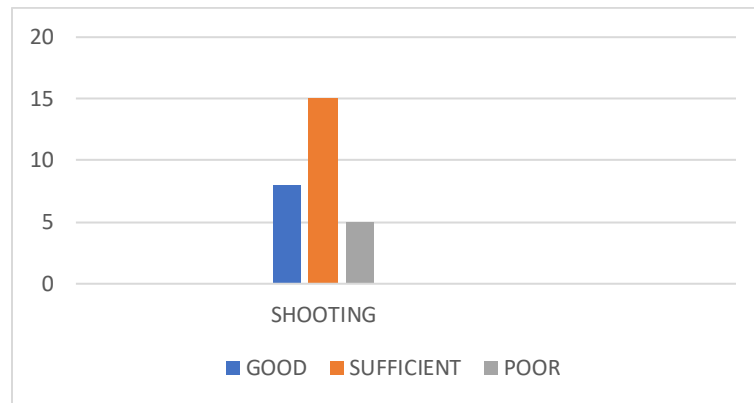


Figure 5 Shooting Skill Test Results

In the shooting component, the results show that 28.57% are categorized as good, 53.57% as sufficient, and 17.86% as poor. This indicates that the ability to shoot on goal still needs to be improved because it is the most important aspect.

Overall Results of Basic Soccer Technical Skills

Table 6. Overall Results of Basic Soccer Technical Skills

No	Sample	Percentage	Category
1.	4	14,29 %	Good
2.	23	82,14 %	Sufficient
3.	1	3,57 %	Poor
Total		100%	

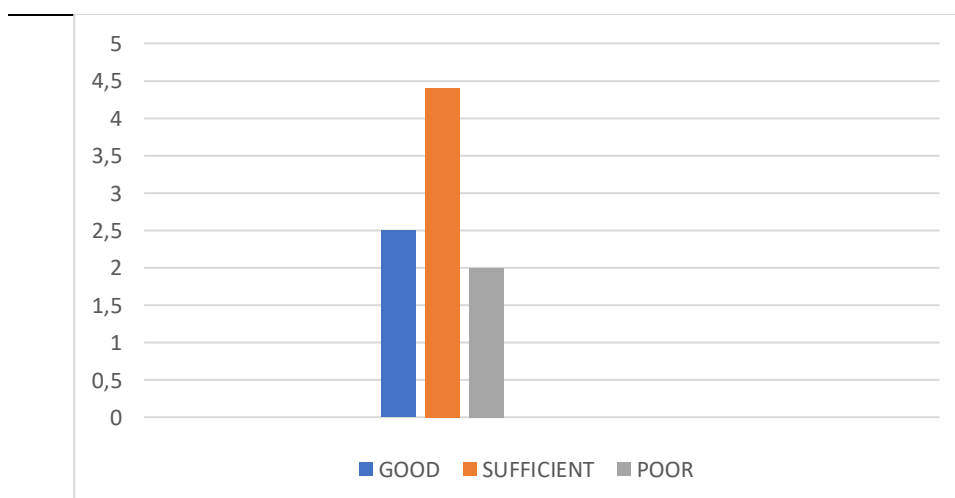


Figure 6 Overall Results of Basic Soccer Technical Skills

Based on the basic football technical skill test results covering passing, dribbling, heading, control, and shooting, calculations and groupings were performed to determine the overall basic technical skill level of U-14 players. The overall category was determined by observing the dominant trend from the five test components, thereby obtaining a general overview of the players' basic technical abilities.

Based on Table 6 above, it can be seen that out of the 28 U-14 players who took the overall basic football technical skills test:

- A total of 4 players (14.29%) are in the good category.
- A total of 23 players (82.14%) are in the sufficient category.
- A total of 1 player (3.57%) is in the poor category.

These results indicate that most U-14 players fall into the sufficient category in basic football technical skills. This suggests that the players already have a fairly good technical foundation but still require continuous improvement so their basic technical abilities can develop into the good category. Dribbling ability is the most prominent component, while shooting and control still require more attention in the training program. Based on this description, coaches are advised to design training programs more focused on improving shooting accuracy and ball possession.

Instrument Validity Test

The validity test aims to determine the extent to which the instrument can accurately measure basic football technical skills. The sample size in this study is 28 students, so the degrees of freedom (df) in the validity test is:

$$df = N - 2 = 28 - 2 = 26$$

The validity test was conducted using the Pearson product-moment correlation formula:

$$r_{xy} = \frac{N\sum XY - (\sum X)(\sum Y)}{\sqrt{[N\sum X^2 - (\sum X)^2][N\sum Y^2 - (\sum Y)^2]}}$$

Table 7. Validity Test Results

No	Test Item	R Count	R Table	Category
1	Passing	0,65	0,361	Valid
2	Dribbling	0,72	0,361	Valid
3	Shooting	0,68	0,361	Valid
4	Control	0,59	0,361	Valid
5	Heading	0,55	0,361	Valid

Validity Conclusion: All test items have an r-count value > r-table (0.361), meaning all

instruments are declared valid and suitable for use in this research.

Reliability Test Results

The calculation results obtained a reliability coefficient of: $r_{11}=0.78$

Table 8. Reliability Interpretation

Coefficient Interval	Reliability Level
0,80 – 1,00	Very High
0,60 – 0,79	High
0,40 – 0,59	Sufficient
0,20 – 0,39	Low
0,00 – 0,19	Very Low

Based on the reliability value of 0.78, which falls into the 0.60–0.79 interval, the instrument is included in the High category and declared reliable. The study instrument is a facility or tool used by researchers in collecting data to facilitate their work and provide better results, which are more complete, precise, and systematic, making them easier to process. The sports branch skill test aims to measure the quality of students' abilities in a specific sport. This test reveals the strength of basic technical abilities in the field of sports. It serves field purposes and is used and run according to test guidelines (Elan et al., 2022).

Validity in this context refers to the extent to which the test instrument can accurately reflect or measure basic football technical abilities. The instrument used is an adaptation of basic football technical skill test guidelines that have been used in various previous studies, as explained by Elan et al. (2022), who stated that sports instruments must be developed based on material accuracy and suitability to the participants' context. The test instruments, such as shooting on goal, zig-zag dribbling, heading to a target, ball control through paired passing, and passing to a target, have been adjusted to early childhood football skill standards and validated by sports experts.

Instrument reliability is guaranteed through repeated testing procedures and the use of multiple measurement methods. The test was conducted twice for each item, and the best score from the two attempts was recorded as the final score. This technique is used to reduce result variability caused by chance factors or players' temporary physical conditions. As explained by Ardiansyah et al. (2023), a dual data collection approach and repetition in measurement are among the most effective methods to ensure the high reliability of a test tool in quantitative research.

Reliability assessment was also supported by the use of standard tools such as stopwatches for time, tape measures for distance, and cones for obstacles, to maintain a consistent test environment. All tests were conducted on the same field, with identical treatment and instructions for all research subjects. This is in accordance with the guidelines for implementing skill tests by Hilmi (2023), which emphasizes the importance of procedural consistency in the implementation of physical skill tests.

With content validity reinforced through expert review and procedural reliability maintained through retesting, it can be concluded that the instrument used in this study is feasible and reliable for measuring the basic football technical skills of U-14 SSB players in Pandeglang Regency.

DISCUSSION

Basic techniques in the game of football are the foundation for someone to be able to play football. A football player must possess the ability to execute all techniques, both with and without the ball. From this explanation, a conclusion can be drawn that to achieve all of this, many factors certainly affect basic football techniques, one of which is training.

Training is a systematic process, and it constitutes an activity carried out repeatedly every day with progressively increasing training loads to improve basic football technical abilities. Based on the opinion above, it can be concluded that achieving basic football playing skills requires stages in training, such as the planning stage, which requires time during the training process, and this process must be carried out regularly and progressively (Syauqi et al., 2025).

Based on the research results regarding basic football technical skills among U-14 SSB players in Pandeglang Regency, it was found that generally, the players' basic technical abilities fall into the sufficient category. This shows that players already have a basic mastery of football playing techniques, but the quality of execution still requires improvement to reach the good and excellent categories.

The players' passing abilities are mostly in the sufficient category. This condition indicates that players understand basic passing techniques but are still suboptimal in aspects of accuracy, power, and consistency. A study by Utomo and Indarto (2021) states that passing is the most dominant technique in football as it serves as a link between players and a determinant for the smoothness of teamwork. Therefore, limited passing abilities can directly impact the overall effectiveness of team play.

In the dribbling technique, research results show that the players' abilities are also in the sufficient category. This indicates that players are able to control the ball while moving, but still experience difficulties in maintaining ball control at high speeds and under opponent pressure. Research by Prasetyo and Sugiyanto (2020) explains that good dribbling requires coordination, agility, and stable ball control, which can only be achieved through repetitive and continuous training.

Furthermore, players' shooting abilities show relatively lower results compared to other techniques. This indicates that players are still suboptimal in the directional accuracy and power of their shots on goal. According to research by Sularno et al. (2022), shooting is the most complex technique because it involves muscle strength, motor coordination, and decision-making, thus requiring a more intensive portion of training compared to other basic techniques.

The ability to control or stop the ball also falls into the sufficient category. Players are

generally able to receive the ball but are not yet fully stable in controlling it during fast gameplay situations. Research by Febrianta and Sabillah (2023) asserts that good ball control is the primary foundation in mastering basic football techniques as it is a prerequisite for effectively performing passing, dribbling, and shooting.

Meanwhile, players' heading abilities demonstrate the lowest results compared to other basic techniques. This can be caused by factors such as age, courage, and limitations in neck muscle strength and motor coordination. Research by Harahap and Hendryanto (2024) states that heading is often a technique less mastered by young players because it is rarely trained specifically and there are still concerns regarding the risk of collision.

Overall, the findings in this study are consistent with previous studies showing that basic football technical abilities among adolescent players are at a moderate or sufficient level and still require structured development. Thus, comprehensively improving the quality of basic technical training becomes the main necessity in developing U-14 SSB players.

CONCLUSIONS AND SUGGESTIONS

Based on the results of the basic football technical skills test on U-14 players, an overview was obtained that the passing ability of players mostly falls into the sufficient category. This shows that, in general, players are able to pass with the correct technique, but the level of accuracy and consistency still needs to be improved so that more players reach the good category. Passing, as a primary basic technique in football, requires special attention because it greatly influences the smoothness of teamwork during matches.

The dribbling test results show that the majority of players are in the good category, meaning the dribbling ability of U-14 players has developed very well. Speed and ball control while passing obstacles are prominent advantages in this group. Meanwhile, in the heading test, most players are in the sufficient category, indicating that heading ability still needs improvement, especially in terms of timing, neck muscle strength, and courage during aerial duels.

The control test results show that most players are in the sufficient category, indicating that their ball control ability is quite good but still unstable in maintaining ball possession consistently. In the shooting test, the majority of players are also in the sufficient category, which shows that the accuracy and strength of kicks towards the goal still need to be improved. Overall, it can be concluded that the basic football technical skills of U-14 players fall into the sufficient category, with dribbling being the most dominant component, while shooting, control, and heading still require more attention in the training program.

Considering that this study still has limitations, the researchers suggest developing and

adding research aspects in future studies. In addition, it is hoped that specific technologies or applications will be developed to measure the level of basic football technical playing abilities.

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