

Investigating High School Students' Skills to Play Hockey

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Investigating High School Students' Skills to Play Hockey

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Abstract

This study aimed to determine the high school hockey team's skills to play hockey. The research was descriptive and quantitative with a survey approach. The population in this study was the student hockey athletes in Indonesia. The purposive sampling technique was used to choose the samples by considering specific criteria. Therefore, this study involved 26 student hockey athletes as the research sample. Games Performance Assessment Instrument Components (GPAI) were used to collect the data, which were then analyzed using the percentage and the GPAI calculation formula. The results showed that overall the students' skills to play hockey at SMA Negeri 14 Tangerang Regency was 0.56 (56%) or at the sufficient level. This finding indicates that their skills need improvement to help them achieve better.

Keywords: Playing Skills, Hockey, Students Athlete

I. INTRODUCTION

Hockey is a game that requires excellent physical abilities, qualified skills, and good mental abilities (Budiman et al., 2022). This sport is played in groups, with six players for indoor hockey and eleven for field hockey (Budiman & Prabowo, 2020). However, to attain the best results, more than just physical prowess, intellectual capacity, and attitude are required, as playing skills are equally essential (Dadan et al., n.d.; Memmert & Harvey, 2008)

With higher playing skills, athletes can compete more effectively and efficiently. There are several skills or playing techniques in hockey, such as the push technique, which is often used for passing; the dribble technique to pass opponents; the hitting technique to hit hard on the ball; and others. Every movement, choice, and skill execution will be more effective if the athlete has excellent playing skills. He will know when to dribble, pass, and score goals by avoiding simple errors. This will develop the game's efficacy, which will support the accomplishment.

Indonesia is not included in the top 50 for indoor hockey and is ranked 77th in the world for field hockey (International Hockey Federation, 2022). Some of the underlying issues, in addition to the lack of physical abilities and inferior mental and skill abilities, Indonesian hockey athletes' playing skills are still below that of the world's top countries.

Even high school athletes and students need solid playing skills; these qualities are not just necessary for senior or professional athletes. If young athletes have good hockey-playing skills, they can improve their skills at the senior level.

So far, there is no concrete data about the playing skills of student hockey athletes in Indonesia. Therefore, the author was interested in researching high school students' hockey-playing skills.

II. METHOD

This study used a quantitative descriptive research method with a survey approach. Twenty-six hockey athletes from SMA Negeri 14 Tangerang Regency were chosen as research samples using a purposive sampling technique. Game Performance Assessment Instrument (GPAI) was used to determine their hockey playing skills (Memmert & Harvey, 2008). The data were then analyzed using descriptive data with simple percentages.

III. RESULT AND DISCUSSION

Result

After assessing the students' playing skills, their average hockey playing skills ¹ can be seen in the following table.

Table 1. The Average Test Results of Student Athletes' Hockey Playing Skills

Indicator	Correct	Incorrect	Total	Score
DMI	110	95	205	0,54
SEI	98	77	175	0,56
SI	58	43	101	0,57
GP			481	0,56

Table 1 shows that the Decision Making Index (DMI) for the SMA Negeri 14 Tangerang Regency hockey team was 0.54 (54%), where there were 110 correct decisions and 95 incorrect decisions. In the Skill Execution Index (SEI), the score was 0.56 (56%), as there were 98 correct decisions and 77 incorrect decisions. In the Support Index (SI), the students scored 0.57 (57%) with 58 correct decisions and 43 incorrect decisions. Overall, the hockey team's playing skills at SMA Negeri 14 Tangerang Regency was 0.56 (56%) or at the Sufficient level.

Discussion

Based on the study's findings, it can be seen that the students' hockey-playing skills at SMA Negeri 14 Tangerang Regency students are in the sufficient category. During the assessment, many elementary mistakes were observed when playing. For example, passes directed at teammates were often inappropriate, sometimes leading to the opponent and sometimes not within the range of a teammate's stop ball. In addition, the dribble techniques were also sometimes inappropriate. The ball was often stopped by the opponents, and the players tended to force it to break through the opponent's guard. Even when they got the opportunity to score a goal, sometimes it was also wasted; either the goalkeeper managed to block it, or the shot was not on target.

In some cases, the lack of teammates' support was also observed. The players often looked confused and, therefore, made mistakes. In fact, supports such as movements to open space and assists from a teammate who controls the ball are necessary for this sport. This is crucial so that the ball is not easily seized by the opponent and creates opportunities to score goals.

Weakness in decision-making was also seen during the assessment. Athletes occasionally questioned when to pass, when to dribble, or even when to score goals. Due to the game's fast pace, if the players are late to make a decision, the opportunity to score goals or take advantage of other opportunities, such as passing or carrying out the coach's game plan, will pass them by.

Athletes must have excellent playing skills in almost all sports (Festiawan, 2020; Hidayat et al., 2020), particularly hockey (Didymus & Fletcher, 2017; Timmerman et al., 2017). Some factors can influence playing skills, including concentration (Taufik, 2019). High-concentration athletes will be able to think clearly and rapidly, which will help them swiftly read the match scenario and make a decision. Other playing skills are also determined by physical considerations (Hidayat et al., 2020). An athlete won't perform at his best during a tournament if he is physically and mentally exhausted. Therefore, to prevent athlete tiredness, preparing players for rotations in hockey is necessary.

IV. CONCLUSION

Based on the study's results, it can be concluded that the student's skills in playing hockey at SMA Negeri 14 Tangerang are only in the sufficient category. An athlete may be able to excel because the opposing team is at the same level or even lower. However, their skills must be continuously improved, bearing in mind that young athletes, in this case, students, are the seeds of professional athletes. They will later compete at a higher level to defend Indonesia so that they can achieve more on the international stage.

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