



## Use of Guided Discovery Teaching Style in Learning Football Passing

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### Abstract

Physical and health education is one of the teaching and learning activities provided by teachers to students which aims to provide movement learning experiences as an effort to develop the potential possessed by students. Teaching style according to the term, namely (teaching style) is often replaced by the term teaching strategy (teaching strategy) whose meaning is considered the same, namely strategies to encourage student participation in carrying out the tasks given. This research was based on government efforts and policies that are in accordance with students' needs in learning and self-development, in terms of knowledge (cognitive), attitudes (affective) and movement skills (psychomotor). The aim to be achieved in this research is to reveal data regarding the use of the Guided Discovery Teaching Style in Learning Football Passing in Class VIII at SMP Negeri 2 Ciasem. This research uses a qualitative approach. The subjects of this research were the sources of information, namely 4 class VIII students studying at SMP Negeri 2 Ciasem and 1 teacher. Thus, the number of subjects for this research was 5 people.

*Keywords: Teaching style , Football passing , Guided discovery*



## **Introduction (10%)**

Physical and health education is one of the teaching and learning activities provided by teachers to students which aims to provide movement learning experiences as an effort to develop the students' potential (Kasan et al., 2020).

According to the Big Indonesian Dictionary, learning comes from the word *ajar* which means trying to gain knowledge. The definition of learning is as follows: "learning is collecting a certain amount of knowledge". This knowledge is obtained from someone who knows better or is better known as the teacher (Imron, 2017).

Learning, namely: learning is any relatively permanent change in behavior that occurs as a result of practice or experience. James O Wittaker defines learning as follows: "Learning may be defined as the process by which behavior originates or is altered through training or experience". This definition means that learning is a process where behavior is generated or changed through practice or experience (Abnisa, 2020). The guided teaching style is a translation of discovery. "Discovery is a mental process in which students are able to assimilate a concept or principle." Roestiyah N.K. (2015:20).

Teaching style according to the term, namely (teaching style) is often replaced by the term teaching strategy (teaching strategy) whose meaning is considered the

same, namely strategies to encourage student participation in carrying out the tasks given. Basically it is a set of decisions made to support teaching activities. Teaching styles are used in conjunction with existing needs and situations and conditions. Based on Mosston's style anatomy, Niel J. Dougherthy proposed six teaching styles, namely: (1) Command style, (2) Task style, (3) Reciprocal style, (4) Reciprocal style. small groups, (5) Guided Discovery Style

(Guided Discovery Style), and Problem Solving Style (Problem Solving). (Male et al., 2021).

Football is a game played by 11 (eleven) people including the goalkeeper. When playing soccer, you are only allowed to move your legs, head and chest. Only goalkeepers are allowed to use their hands. Football is a team game played by two teams, each team consisting of eleven players including a goalkeeper. The game can be played with all parts of the body except with both arms or hands (Fatkhur Rahman, 2021).

In terms of soccer game rules, the match duration lasts 2 x 45 minutes, interspersed with 15 minute rest periods (Bayu Suta et al., 2022). The duration of the match is not counted in the case of: substitution of players, a player is injured and must be taken off the field, and other cases, Number of Players. Football matches are played by

two teams, each consisting of 11 players, a maximum of 3 player substitutions in a match. In other matches, substitutions can be made for up to 5 players, players can swap positions with the goalkeeper, as long as the referee gets approval when the match is stopped or the ball is dead. Basic football techniques consist of ball holding techniques, dribbling techniques, shooting ball techniques, heading ball techniques, throwing ball techniques, tricking opponents, and stealing the ball from opponents (Maulana et al. al., 2020).

Passing is passing or passing the ball to a friend. Good and correct passing is very necessary in the game of soccer, because by mastering this technique it will make it easier for our friends to receive the ball. Like kicking, passing can also be done with the outside and inside of the foot or with the head or chest (if we have really mastered this technique). The passing technique can be done using the inside of the foot and the outside of the foot (Nuryanta & Wibowo, 2021).

## Method

According to the journal we reviewed on the Use of Guided Discovery Teaching Style in Learning Football Passing in Class VIII Students at SMP Negeri 2 Ciasem" using a qualitative approach with a case study method. This method is also called an

artistic method, because the research process is more artistic in nature, and is called an interpretive method because the research data is more related to interresearch. of data found in the field for sampling researchers use

"purposive sampling".

## Results and Discussion

From the journal that I have reviewed for this informant, it consists of 1 (one) teacher and 1 deputy principal for curriculum as well as 32 students in class VIII at SMP Negeri 2 Ciasem. Samples or research subjects are usually small and selected based on the purpose (purposive) of the research. Based on this description, the author determined the sample, namely: The students in the sample were students of SMP Negeri 2 Ciasem, The students in the sample were students in class VIII of SMP Negeri 2 Ciasem, The students in the sample were 4 students from class VIII with a total of 32 students who received the best value.

From the results of the research description, it is clear that the Guided Discovery Teaching Style is Used in Learning Football Passing for Class VIII Students at SMPN 2 Ciasem. Information obtained through observation, interviews and documentation studies of 5 research subjects, including one teacher of physical education, sports and

health (R1), and four students of SMPN 2 Ciassem class VIII (R2, R3, R4, R5) . Based on the results of the interview, the following information was obtained

Number		Number complete	KKM	Afe ktif	Kog nitif	Psiko Motor	Total
No.	No parent						
1	22237164	Ahmad Ronal	72	73	85	77	78
2	22237165	Amir Wirasuta	72	74	77	75	75
3	22237166	Ananda Putri K.	72	76	74	77	76
4	22237167	Andika Repansa	72	74	80	75	76
5	22237168	Andrei Agazi	72	77	74	75	75
6	22237170	Aril Sulaeman	72	75	77	78	77
7	22237171	Chisil Olivia N.	72	78	76	75	76
8	22237172	Dhita Safinah	72	76	75	79	77
9	22237173	Fajar Habibi	72	73	75	80	76
10	22237174	Falah Dzamar S.	72	75	76	74	75
11	22237175	Gina Yunia	72	76	74	76	75
12	22237176	Guntur Lesmana	72	76	76	75	77
13	22237177	Indriyani	72	73	77	77	76
14	22237178	Jihan Widiyah	72	74	73	76	74

	Responden 1 (R1)	Responden 2 (R2)	Responden 3 (R3)	Responden 4 (R4)	Responden 5 (R5)
Name	Destia	Ahmad Ronal	Aril Sulaeman	Dhita Safinah	Zidan Alakisar
Age	24 Tahun	13 Tahun	13 Tahun	14 Tahun	13 Tahun
Education	S1 Pendidikan Jasmani Olahraga dan Kesehatan	Pelajar SMPN 2 Ciassem kelas VIII	Pelajar SMPN 2 Ciassem kelas VIII	Pelajar SMPN 2 Ciassem kelas VIII	Pelajar SMPN 2 Ciassem kelas VIII
Pekerjaan	Guru Pendidikan Jasmani Olahraga dan Kesehatan	Siswa	Siswa	Siswa	Siswa

## **Respondents 1 (R1)**

According to R1, the background to learning football passing using a guided discovery teaching style is so that learning goes well so that it can improve student achievement in physical learning. The aim of using a guided discovery teaching style in learning football passing is that students are able to appreciate everything in the material provided by the teacher and students understand it well, so that students can pass the limits of the KKM at SMPN 2 Ciasem for class VIII. In my opinion, the use of a guided discovery teaching style is where students are given the freedom to develop their techniques where students learn actively and creatively and then students can make soccer passes that they have modified. According to R1, what is expected from using the guided discovery teaching style is variety of learning so that it is not monotonous. So that learning can run well. In learning at

In schools, there are three aspects that serve as benchmarks for assessment, namely cognitive, affective and psychomotor.

The material I provide in learning soccer passing techniques is the basic techniques for passing from the start, when the student passes and after the student passes.

Learning about soccer passing is carried out during physical education, sports and health lessons at SMPN 2 Ciasem. The assessment carried out is by practice where students dribble past the Cons that have been prepared.

## **Respondents 2 (R2)**

Based on the results of interviews with class VIII students at SMPN 2 Ciasem, R3 revealed that his background in taking soccer passing lessons was so that I understood how to make soccer passes well. My goal is so that I can be better at making soccer passes.

In my opinion, learning soccer passing using a guided discovery teaching style is so that I can develop my passing techniques better and master soccer passing techniques more. The material provided is the basic technique for passing, starting from the initial passing technique, when passing and after passing. The learning of soccer passing techniques was carried out during Physical Education class hours on the field and the assessment was also carried out practically where I passed in groups and passed to each other.

## **Respondents 3 (R3)**

R3 revealed that the background to taking soccer lessons was because I didn't really understand the game of soccer, especially soccer passing. My goal is that I can learn and be able to make soccer passes. In my opinion, the guided discovery teaching style is where I have to be active and creative in developing passing techniques that can work well. The material provided is about football passing techniques which are carried out in every physical education lesson, sport and health, the assessments carried out in passing lessons are carried out practically.

#### **Respondents (R4)**

According to R4, my background in taking soccer passing lessons was because I like the game of soccer, so my goal in taking soccer lessons was so that I could play soccer better. The guided discovery teaching style is where I can play soccer well and can improve my soccer technique by developing the basic techniques.

with guidance from the teacher. The material taught is the basic technique of passing football and this lesson is given during Physical Education class hours starting with a practical assessment where students are divided into small groups and pass each other.

#### **Respondents 5 (R5)**

According to R5, learning using the guided discovery method is a good method in his desire to understand and really understand playing football. And can realize his wish to be able to play football better, especially when passing football. R5 revealed that in my opinion the use of this guided discovery teaching style is where I can learn according to the technique combined with my habit of making soccer passes and of course with guidance from the teacher.

The material taught is how to make a soccer pass from the initial technique to the final technique in making a soccer pass. The techniques include the following: 1) kicking the ball. 2) the part of the foot that makes the blow. 3) And movements after kicking the ball.

This soccer passing lesson is carried out during physical education, sports and health lessons on the field. The assessment carried out by the teacher is practical by means of students passing in groups.

Of the various teaching styles that exist and the description above, the guided discovery style is the most effective style in the learning process at school because the guided discovery teaching style or also called The Guided Discovery style is to look for alternative answers in the form of movements that are asked, such as how to do techniques. football passing. The aim of this style is to discover a concept by answering a series of questions prepared by

the teacher. These actions are given by the teacher or with direction from the teacher which are carried out by students. Based on the results of research in the field, either through interviews, with research subjects or through documentation studies regarding the use of a guided discovery teaching style in learning football passing.

### **Conclusion**

According to the review of this article, the aim of using a guided discovery teaching style in learning soccer passing is so that students can understand the concepts contained in learning soccer passing and can pass better. The guided discovery teaching style is a teaching style that is student-centered so that students can find ways of learning according to their expectations so that students can play an active role in the learning process with guidance from the teacher. Of course, in this lesson the material presented is the basic techniques for passing football. .

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