

## Special Strategies in Amputee Football

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### ABSTRACT

**Objective:** This study aims to identify specific strategies for amputee soccer that consider players' physical limitations while maximizing their potential. **Method:** The methods applied in this community engagement program include technique training, tactical development, and match simulations. **Results:** The results demonstrate that implementing specific strategies such as formation adjustments, passing techniques, and team communication significantly enhances the performance of amputee players. Additionally, the program focuses on strengthening players' mental and physical capabilities to support their participation in local and national competitions. **Novelty:** This initiative highlights the implementation of tailored strategies as a tangible step toward achieving inclusivity in sports. It provides amputee individuals with opportunities to excel, breaking barriers in competitive sports.

## INTRODUCTION

Sports are one of the activities that play an important role in supporting the physical and mental health of [1], [2], [3]. In addition, sports also serve as a means of social inclusion, allowing every individual, regardless of physical limitations, to participate and excel [4]. Amputee football is a form of adapted sport aimed at individuals who have lost limbs, whether due to accidents, illness, or other conditions. In this sport, players use crutches as aids and optimize their remaining body parts to play competitively. Amputee football in Indonesia is still relatively new and does not have the same level of popularity as other sports. However, the global development of amputee football inspires many parties to develop this potential at the local and national levels [5], [6]. Players involved in amputee football not only face physical challenges but also technical and tactical challenges, which require a special approach in training and game strategy [7], [8]. Unlike conventional football, this game requires adjustments in basic technical aspects such as passing, dribbling, and shooting, as well as strategic arrangements that utilize each player's unique abilities [9].

The main issues faced by amputee football players are the limited training facilities, the scarcity of coaches who understand their specific needs, and the lack of public attention towards this sport. In addition, many players still feel less confident to compete due to their physical limitations. Therefore, an intervention in the form of a community service program is needed, which not only provides technical training but also builds the competitive mentality of the players. Community service in the form of amputee football training aims to design and implement specific strategies that meet the needs of the

players [10]. This strategy encompasses various aspects, ranging from adjusting team formations to allow optimal mobility, intensive training to enhance mastery of basic techniques, to strengthening team communication as the key to game success. In addition, this program is also designed to raise public awareness about the potential and importance of amputee football as part of social inclusion in sports [11].

This program not only has a positive impact on the players but also on the sports community as a whole. With the implementation of specialized training and strategy development, players can improve their performance on the field, while society can better appreciate diversity in the world of sports. Additionally, the success of this program is expected to serve as a model for the development of amputee football in other regions, allowing more individuals with amputations to participate in sports and achieve success [12]. In this context, research and the implementation of specific strategies in amputee football become a strategic step to support the sustainability of this sport in Indonesia. With the support of various parties, it is hoped that amputee football can grow and develop, providing broader benefits, and becoming a symbol of inclusion and limitless spirit for all individuals.

## RESEARCH METHOD

This research uses a qualitative descriptive approach that focuses on the design and implementation of specific strategies in amputee football. Community service activities are carried out systematically through several stages, namely needs identification, strategy design, program implementation, and evaluation of training results. The respondents in this activity are 40 athletes.

Here are the stages and methods used in this research:

### A. Needs Identification

This stage is conducted to understand the initial conditions of amputee football players, both physically, technically, and mentally. Data collection techniques include:

1. **Interviews:** Conducted with players, coaches, and related communities to identify the challenges faced and the potential possessed.
2. **Observation:** Direct observation was conducted during training sessions to assess players' technical abilities, game patterns, and interactions among team members.
3. **Questionnaire:** Given to players to gain an overview of their experiences in playing amputee football.

### B. Strategy Design

Based on the obtained data, a special strategy has been designed, which includes:

1. **Team Formation Adjustment:** Developing a game formation that is tailored to the physical limitations of the players, so that each team member can contribute optimally.
2. **Basic Techniques:** Training in passing, dribbling, and shooting techniques adjusted to the player's ability using crutches.

3. **Tactical Simulation:** Applying specific gameplay patterns to enhance coordination and communication among players.

#### C. Program Implementation

The training program is conducted over several sessions with a participatory approach, where participants actively engage in each stage. Implementation of the program includes:

1. **Technical and Tactical Training:** Provided by coaches who understand the needs of amputee players. The training sessions are conducted in stages, starting from mastering basic techniques to applying tactics in the game.
2. **Physical Training:** Focus on improving the strength, balance, and physical endurance of players to support their performance on the field.
3. **Mental Strengthening:** Through motivation and group discussions, players are encouraged to enhance their self-confidence and competitive spirit.

#### D. Evaluation of Results

The evaluation is conducted to measure the effectiveness of the program that has been implemented [9]. Evaluation methods include:

1. **Observation and Field Notes:** Recording the players' skill development during training sessions.
2. **Performance Test:** Using match simulations to assess players' technical and tactical skills after training.
3. **Post-Program Interview:** To gather feedback from players regarding the benefits of the program and the strategies implemented.

The results of each stage are analyzed to provide strategic recommendations for the future development of amputee football. With this method, it is hoped that the community service program can have a real impact in improving players' skills and strengthening the inclusivity of sports in Indonesia.

## RESULTS AND DISCUSSION

### *Results*

The results of this community service program show a significant improvement in the technical, tactical, and mental abilities of the amputee soccer players. Here are the details of the results obtained in each aspect:

#### A. Improvement of Technical Skills

After completing the training, the players showed improvement in basic techniques such as passing, dribbling, and shooting. Observation during the training session showed that:

1. **Passing:** The accuracy of passing increased by 25% compared to the initial condition, measured through short and medium-distance passing drills.
2. **Dribbling:** Players are better able to control the ball using crutches, with average dribbling time reduced by 15% in small-sided field trials.

3. **Shooting:** The accuracy of shots on goal increased by 30%, especially in static game situations.

These results show that the specially designed training methods have successfully overcome the players' physical limitations, allowing them to maximize their abilities.

#### **B. Mastery of Strategy and Tactics**

The implementation of special strategies, such as game formations tailored to the players' abilities, yields positive results. In the match simulation, players are able to:

1. Utilize the empty spaces on the field more effectively.
2. Conduct coordination among team members through more structured communication.
3. Organizing attacks more systematically, as evidenced by the increase in scoring opportunities during the simulation.

Flexible formation strategies, such as 2-2-1 (for five field players), have proven effective in enhancing team mobility and maintaining a balance between defense and offense.

#### **C. Mental Strengthening and Motivation**

The improvement of players' mental state is also one of the important outcomes of this program. Through motivational reinforcement sessions and group discussions, the players showed:

1. **Self-confidence:** Players feel more confident to compete, as seen from their courage to take the initiative in the simulation match.
2. **Team Spirit:** Communication among players has improved, creating a more collaborative atmosphere within the team.
3. **Perseverance:** Players are more motivated to continue training, even when facing physical limitations.

#### *Discussion*

The results obtained show that the implementation of specific strategies in amputee football has a significant positive impact. This program proves that physical limitations are not an obstacle to achieving success, as long as it is supported by targeted training and the right strategies. The success of this training not only benefits the players individually but also creates a broader social impact. Public awareness of the potential of amputee football is increasing through this activity, which is expected to open up greater opportunities for the development of this sport at both local and national levels.

However, there are several challenges faced, such as limited training facilities and the need for long-term mentoring to maintain the achieved results. Therefore, collaboration with various parties, including the community, professional coaches, and the government, is essential to ensure the sustainability of this program. Thus, this program becomes a model for the inclusive and sustainable development of amputee football, and makes a tangible contribution to realizing a sport that is accessible to all.

## CONCLUSION

**Fundamental Finding :** The community service program focusing on implementing specific strategies in amputee football has demonstrated significant positive impacts on players. Intensive training targeting technical skills, tactical mastery, and mental resilience effectively enabled players to overcome physical limitations. Players showed marked improvements in passing, dribbling, and shooting, while tailored team formations enhanced coordination, mobility, and opportunity creation. This underscores the critical role of specialized approaches in empowering amputee athletes. **Implication :** The program not only benefits individual players but also raises public awareness about the potential of amputee football. This highlights its dual impact: fostering inclusivity in sports and creating broader opportunities for amputees to actively participate and excel. By promoting both personal and societal development, the initiative sets the foundation for a more inclusive sports culture in Indonesia. **Limitation :** Despite its success, the program's sustainability faces challenges, such as limited training facilities, the need for professional coaches, and insufficient partnerships to amplify its reach. Addressing these constraints is essential to ensure long-term benefits and broader acceptance of amputee football as an integral part of the sports landscape. **Future Research :** Future research should explore the long-term impacts of such programs on the professional growth of amputee athletes and their integration into mainstream sports. Additionally, studies on the effectiveness of different training methodologies and strategies for resource optimization could further strengthen the foundation for the development of amputee football in Indonesia.

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