



ONLINE TRAINING PROGRAM AND STUDENTS ATHLETIC SKILLS DEVELOPMENT IN FUTSAL SPORTS

¹ROMMEL B. MACARUBBO, ²EDILBERTO Z. ANDAL

¹0000-0002-8914-681X, ²0000-0002-9095-4734

¹rommel.macarubbo@deped.gov.ph, ²edilberto.andal@lspu.edu.com

¹Aplaya National High School, Santa Rosa City, Laguna, Philippines

²Laguna State Polytechnic University, San Pablo City, Laguna, Philippines

ABSTRACT

This study focused on the effectiveness of video-based platforms as a tool of instruction in developing physical, technical, and tactical skills in Futsal sports in the student's athlete of Aplaya National High School, and South Ville-IV National High School. During the school year 2020-2021. Students' athletes were selected in different grade levels from grade seven to grade 12, using purposive sampling techniques. The study employed a quasi-experimental design. Percentage means standard deviation dependent, and independent T-test were used to compare the difference of video-based platform and virtual-based platform groups in selected students' athletes of Aplaya National High School and Southville-IV National High School. The study revealed that video-based training and virtual-based training can help students' athletes develop their futsal skills. But the video-based platform can enhance the futsal skills performance of student-athlete better than the virtual-based platform. In addition, the knowledge and skills development in video-based groups through physical, technical, and tactical skills. Thus, the study recommended that a video-based platform can be used as a tool of instruction in student's skills, performance development in Physical Education and sports training programs.

Keywords: Online Training Program, Video-based, Virtual based, Students Athletic Skills, Sports Development.