



The Effect Of Rondo Training Model On Passing Ability In Futsal Games Of State Senior High School 2 Takalar

Achmad Karim¹

{achmad.karim@unm.ac.id¹}

Universitas Negeri Makassar, Jl. A. P. Pettarani, Tidung, Kec. Rappocini, Kota Makassar, Sulawesi Selatan 90222¹

Abstract. This study is an experimental investigation designed to assess the impact of the Rondo Training Model on passing proficiency in the futsal game at SMA Negeri 2 Takalar. The independent variable in this study is the rondo training model, whereas the dependent variable is the short pass test. The study's population comprised 50 pupils from SMA Negeri 2 Takalar. Employing a categorization strategy for sampling with a sample size of 20 students. The research data was acquired through a pre-test and post-test methodology. The employed data analysis technique is statistical analysis utilizing computer software, namely the SPSS application, which includes preparatory tests such as the normality test and the paired sample t-test. The normality test results indicate a significance of 0.090 for the pretest data and 0.067 for the posttest data. If $\text{Sig} > 0.005$, then the pretest and posttest values are considered normal. Following the execution of a significance test utilizing the paired sample t-test, a calculated t-value of 6.030 and a significance level of 0.005 ($P < 0.05$) were determined, leading to the rejection of H_0 and the acceptance of H_1 . This indicates a significant effect of the rondo training model on the passing proficiency in futsal at SMA Negeri 2 Takalar.

Keywords: rondo training model, passing ability, futsal extracurricular

1 Introduction

Sports have emerged as a global social phenomenon. Sports serve as a medium for leisure, education, accomplishment, and health. Sports activities can be utilized to attain specific achievement objectives. The discipline of sports coaching and development aims to enhance the physical and spiritual well-being of the entire community, promoting discipline, sportsmanship, and cultivating athletic accomplishments that inspire national pride. Moreover, it is equally significant that sports constitute an integral feature of daily life, rendering them essential for the community, regardless of age. games activities conducted in schools are equally

prevalent, with futsal being one of the games offered. Futsal is a sport that is extensively appreciated by many demographics, resulting in its rapid development. Beyond their widespread enjoyment, sports confer other advantages, such as promoting health, enhancing physical fitness, and providing a platform for achieving improvement. Moreover, Futsal is inclusive of age, ethnicity, religion, and race, so fostering national unity. Futsal is predominantly a male-dominated sport. Nonetheless, there are other roles portrayed by women. Futsal has evolved from a national to an international sport. The substantial increase of Futsal aficionados can be attributed to advancements in scientific strategies and gameplay modifications. Futsal in Indonesia is highly popular among the community due to its numerous goals, which encourage players and clubs to engage in national and international tournaments, including the Student League, Porda, Pon, Nusantara Futsal League, Pro Futsal League Indonesia, and the National Futsal Team. When discussing strategy, the term Futsal Rondo, often referred to as *kuncing-kucingan*, will be recognizable to Futsal enthusiasts; this game is highly beneficial in enhancing team cohesion and technique. Rondo serves as an effective therapeutic exercise for players, enhancing their skills while also providing a pleasurable medium for learning modifications.

Rondo signifies a game played by a collective of individuals. The participants are separated into two teams, such as in a Rondo exercise with 4 players versus 2, where the group of 4 must complete a specified number of passes, is restricted to one touch of the ball, and takes place within a confined square area. One of its applications is to preparing the game for receiving pressure in confined spaces while retaining ball control. Rondo as a method for evaluating player proficiency. The significance of 4 vs 2 training lies in comprehending ball progression, the relevance of positioning and stance angle to visual range and ball velocity, and its role in enhancing press resistance, among other factors. Coaches can evaluate players' composure under pressure, creativity in circumventing opponent pressing, involvement in executing third line passes, and confidence in ball processing prior to passing through 4 vs 2, 5 vs 3, or 4+3 vs 4 Rondo training exercises. Recognizing the significance of Rondo training within a team context, the researcher resolved to create a Rondo training model specifically for Futsal games. Consequently, the implementation of the Rondo training model in Futsal at SMA Negeri 2 Takalar reveals that numerous students exhibit deficiencies in fundamental passing technique skills during Futsal games. Common errors include inaccurate passing, insufficient attention to passing tactics, improper passing speed, and the use of excessive or inadequate strength. It is essential to investigate the futsal passing proficiency using the rondo training model through research. The impact of the rondo training approach on the passing proficiency in futsal at SMA Negeri 2 Takalar.

2 Method

A method is a systematic methodology employed to get scientific information, aimed at uncovering and addressing issues presented in a study. The

orientation and intent of disclosing facts or truths are aligned with those identified in the study to attain the anticipated objectives.

1. Research Location

This study was carried out in the educational environment of SMA Negeri 2 Takalar. Types of Research This study constitutes a form of experimental research. Experimental research is a method employed to ascertain a causal relationship between two variables, intentionally manipulated by researchers while minimizing or controlling extraneous elements, aimed at determining the effects of a therapy (Arikunto, 2020:9).

3. Investigative Variables This study utilized two independent variables (free) and one dependent variable (bound). Research variables are elements identified by the researcher for examination to gather information and draw conclusions (Sugiyono, 2015:2). The independent variables (el rondo training model and 1-2 combination passing training) are designated as influencing variables, whilst the dependent variable (passing accuracy) is a variable that is affected by or results from the independent variables (Arikunto, 2020:162).

4. Population and Sample Demographics

Sugiyono, 2016: A population is a defined group of things or persons possessing specific features and characteristics, identified by researchers for study and subsequent analysis. Every study must invariably utilize a subject of investigation, referred to as a population. The population comprises all individuals utilized as subjects in research. The study population must possess same or nearly identical features. Consequently, the population in this study comprises all pupils of SMA Negeri 2 Takalar.

Example Suharsimi Arikunto (2006: 131) constitutes a segment or representative of the population under investigation. This sampling method employs the Categorization technique with a sample size of 20 samples.

5. Analytical Methods for Data

The gathered data will be analyzed with the SPSS (Statistical Package for the Social Sciences) software to guarantee data accuracy prior to analysis. Moreover, data analysis is conducted with the subsequent methodologies:

1. Descriptive Analysis

Descriptive analysis is a research methodology that involves the collection of actual data, which is subsequently organized, processed, and analyzed to elucidate the prevailing issues (Toolkit et al., 2010).

2. Assessment of Normality

The normalcy test is a fundamental prerequisite in data processing. This normality test seeks to ascertain the normal distribution of the data. If the data is not normally distributed, the calculation employs non-parametric methods. Data is considered regularly distributed if the p-value exceeds 0.05; conversely, if the p-value is less than 0.05, the data is not normally distributed.

3. Paired Sample T-Test

The paired t-test is a hypothesis testing procedure that utilizes dependent data (paired). This test employs the identical sample but administers varying treatments. The prerequisites for doing a paired t-test are that the data must be interval or ratio in nature, and both sets of paired data should exhibit a normal distribution. Researchers typically seek to compare data collected prior to treatment (pretest) with data obtained subsequent to treatment (posttest).

3 Results

1. Descriptive Analysis

A descriptive study was performed on the experimental group data about the rondo training model's impact on the passing ability in futsal at SMA Negeri 2 Takalar. The analysis results summary is presented in the table below.

Table 1. Summary of descriptive data analysis

Statistics	Variable	
	Pretest	Posttest
N	20	20
Mean	56.25	65.10
Median	58.00	65.00
Std.Deviasi	7.468	2.337
Range	27	8
Min	20	60
Max	67	68

The subsequent data description of each variable can be derived from the table above:

1. The pretest data regarding the passing proficiency of futsal extracurricular students at SMA Negeri 2 Takalar, based on a sample size (N) of 20, revealed an average score of 56.25, a mean of 58.00 points, a standard deviation of 7.468 points, a range of 27 points, a minimum score of 40 points, and a maximum score of 67 points.

2. The posttest data regarding the passing proficiency of futsal extracurricular students at SMA Negeri 2 Takalar indicated that, from a sample size (N) of 20, the average score was 65.10 points, the mean score was 65.00 points, the standard deviation was 2.337 points, the range was 8 points, the minimum score was 60 points, and the maximum score was 68 points.

2. Assessment of Data Normality

The results of the conducted normalcy test are attached. The results of the normalcy test regarding the passing ability in the futsal game at SMA Negeri 2 Takalar are encapsulated in the subsequent table:

Table 2. Results of the normality test of the data

Variable	N	Shapiro-Wilk	Sig.	A	Note
Pretest	20	0.918	0.090	0,05	Normal
Posttest	20	0.911	0.067	0,05	Normal

The findings of the normality test for the futsal passing ability data at SMA Negeri 2 Takalar, as presented in Table 3, allow for the following conclusions:

1. The pretest data about the passing proficiency in the futsal game at SMA Negeri 2 Takalar exhibited a Shapiro-Wilk value of 0.918 and a significant level of 0.090, which exceeds α 0.05, indicating normality.
2. The posttest data about the passing proficiency in the futsal game at SMA Negeri 2 Takalar yielded a Shapiro-Wilk value of 0.911 and a significant level of 0.067, which exceeds α 0.05, indicating normal distribution.

Consequently, it can be inferred that the data on the passing proficiency in the futsal game at SMA Negeri 2 Takalar follows a normal distribution.

3. Hypothesis Testing a. The experimental group exerts an influence on the rondo training model regarding the passing skill in the futsal game at SMA Negeri 2 Takalar.

The study results indicate a substantial difference in passing skill between the experimental group and the rondo training model in the futsal game at SMA Negeri 2 Takalar. The analysis yielded the following data:

Table 3. t-Test Results

Variable	Mean	t count	Df	Sig.	Note
Pretest	56.25				
Posttest	65.10	6.030	19	0,000	Significant

The t-value is 6.030, with a significance level of 0.000, as seen in the table above. The obtained significance value is 0.000, which is less than 0.05. It can be concluded that the alternative hypothesis (H_a) is accepted and the null hypothesis (H_o) is rejected. The hypothesis is accepted, indicating that the experimental group influences the rondo training model on the passing ability in futsal at SMA Negeri 2 Takalar.

4 Discussion

The hypothesis testing results indicate that the rondo training model significantly affects the passing ability in futsal at SMA Negeri 2 Takalar. The study results indicate a t-value of 6.030 with a significance level of 0.000. The obtained significance value is 0.000, which is less than 0.05. It can be concluded that the alternative hypothesis (H_a) is accepted whereas the null hypothesis (H_o) is rejected. The hypothesis is accepted, indicating that the rondo training model influences the passing skill in the futsal game at SMA Negeri 2 Takalar. The hypothesis testing results are accepted, indicating that the rondo training model significantly influences the passing ability in the futsal game at SMA Negeri 2 Takalar. Following the treatment received by the experimental group, which emphasized the rondo training model, participants exhibited increased motivation to complete tasks in a shorter duration. The posttest scores are demonstrated to increase dramatically. The results

of the control group are insignificant. This is due to the nature of this research as a quasi-experiment, indicating that researchers are unable to comprehensively oversee student activities beyond the instructional/treatment framework established by the researcher. Students whose learning results have significantly improved may have done so due to their continued practice outside the prescribed lesson or treatment schedule provided by the researcher. For children whose talents have diminished, it is probable that they did not engage with the practice diligently. This finding is substantiated by Alif Sya'ban Ghaly Habitullah (2020). The test results confirmed the premise that the rondo training model influences the passing ability in futsal at SMA Negeri 2 Takalar, as evidenced by the improvements observed following the implementation of this training model during extracurricular sessions. This model enhances pupils' concentration on achieving the objective. The posttest findings of the experimental group shown a substantial rise, whereas the posttest results of the control group were not significant. The hypothesis test revealed that the experimental group exhibited a t-value of 6.030 and a significance value of 0.000, which is less than 0.05. Consequently, it can be concluded that the target rondo training model significantly influences the passing ability in futsal at SMA Negeri 2 Takalar.

5 Conclusion

The research conclusions, derived from data analysis and discussion, are articulated as follows The rondo training methodology significantly impacts the passing proficiency of futsal players at SMA Negeri 2 Takalar.

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