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Ketepatan Akurasi Passing Dan Koordinasi Mata-Kaki Pada Pemain Sepakbola STOK Bina Guna

Accuracy of Passing and Eye-Foot Coordination in STOK Bina Guna Football Players

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Abstract. This study aims to determine the relationship between eye-foot coordination and passing accuracy. This research is a type of correlational research. The population in this study was all 25 players. This sampling was carried out using a purposive sampling technique, namely based on the objectives set by the researchers, totaling 20 players. The instrument for this research was the Mitchell Soccer Test for eye-foot coordination and the passing accuracy test was carried out using the passing accuracy test. The data analysis technique uses product moment correlation analysis techniques (simple correlation and double correlation) with a significance level of $\alpha = 0.05$. The results of the research are that there is a significant relationship between eye-foot coordination and passing accuracy in STOK Bina Guna football players.

Keywords: Accuracy, Passing Accuracy, Eye-Foot Coordination

1 Introduction

Football is a sport played by two teams with each team consisting of 11 players including a goalkeeper. The game of soccer requires a field, soccer shoes and a soccer ball. The aim of the game of football is to put as many balls into the opponent's goal as possible, and try to defend the goal so as not to concede the ball (Toto Subroto, et al., 2009: 7.3). A. Sarumpaet, et al.

(1992:17), states that football technique is one of the foundations for someone to be able to play football, which includes techniques without the ball and with the ball. Techniques without the ball include running, jumping, tackling (grabbing the ball), body cart, and goalkeeping techniques without the ball, namely placing under the crossbar. Meanwhile, techniques with the ball are techniques: 1) kicking, 2) holding the ball, 3) holding and controlling the ball, 4) dribbling the ball, 5) special goalkeeper techniques. Toto Subroto, et al. (2009:8.32), says that kicking is the activity most often carried out in the game of football. Kicking the ball to get good results requires good technical skills. According to Komarudin (2011: 70-110) Kicking the ball (passing) can be divided into 3, namely: 1) Short passes, 2) Long passes, and 3) Kicking the ball into the goal (shooting). . Long passes are usually carried out when there is a violation in the midfield, kicks at goal, corner kicks, and crosses from the side of the field (croosing) which often make it easier for strikers to score goals.

Coordination is the ability to perform movements at various levels of difficulty quickly and precisely efficiently (Djoko Pekik Irianto, 2002: 77). For every person to be able to perform movements or skills, from easy, simple to complex ones, it is regulated and commanded by the central nervous system which has been stored in memory first, therefore, to be able to carry out correct coordinated movements, proper nervous system coordination is also needed. includes the central nervous system and peripheral nervous system with muscles, bones and joints (Anam et al., 2018). Coordination is required in almost all contested sports and games. The level of good or bad coordination of a person's movements is reflected in his ability to carry out a movement smoothly, precisely, quickly and efficiently. According to Sukadiyanto (2002: 141), the main indicators of coordination are accuracy and economical movement. Thus, coordination is the result of a combination of performance from the quality of muscles, bones and joints to produce effective and efficient movement. Where the movement component consisting of energy, muscle contractions, nerves, bones and joints is neuromuscular coordination. Neuromuscular coordination is movement that occurs in a sequence at the right time and the movement contains energy.

The problem in this research is that the players do not master passing techniques and ball control so they are not well coordinated. Dribbling the ball is not fast enough and not agile so that opposing players can easily steal the ball. Providing feedback in the form of long passes that are not on target, heading that is less effective and kicking the ball into the goal (shooting) is not on target, often goes off target and is easily caught by the goalkeeper, so it does not result in goals. Defeat or decline in performance above does not just happen, it may be caused by internal or external factors. Internal factors can be caused by low physical abilities, inefficient technical skills, low cognitive abilities in absorbing information related to exercise, poor nutritional status. It can also be caused by personality, such as low achievement motivation and so on. External factors can be caused by unmet needs for facilities and infrastructure that support the quality of training, strict campus policies, the distance of the field from where students live, incompetent trainer qualifications and so on. The quality or skill of the coach in implementing and running the training program plays a very important role in improving the basic technical skills of students/players in playing football. The trainer must be able to create a training program well in accordance with the training targets and objectives to be achieved.

There are many training approaches that can be used, such as the global training approach, conventional training approach, playing training approach, elementary training approach, training approach through game modification and other training approaches. The STOK Bina Guna team coach still uses a conventional training approach in training his players. The coach should be able to use other training methods to compare in order to obtain a method that is

suitable and suitable for the players' needs. Therefore, apart from conventional methods, the author wants to apply a new training method in training at STOK Bina Guna, namely by modifying the game of football. This research aims to determine the relationship between eye-foot coordination and passing accuracy of STOK Bina Guna football players. According to Sajoto (1995), accuracy is a person's ability to control free movements towards a target. Accuracy is a factor that someone needs to achieve the desired target. Accuracy is a factor that a person needs to give direction to someone with certain aims and objectives. According to Poerwodarminto (1996), accuracy is defined as showing thoroughness or accuracy.

Accuracy is the ability to direct consciously towards the desired object. According to Suharno (1985), accuracy is the ability to direct a movement towards a target in accordance with the goal. Accuracy is the correspondence between the will (desired) and the reality (results) obtained against certain targets (goals). According to Suharno (1998), accuracy is the ability to direct a movement towards a target according to its purpose. Based on the definition above, it can be concluded that accuracy is a person's ability to direct a free movement towards the target they want to aim for. Furthermore, the factors that influence determining accuracy are as follows: a). High coordination, good accuracy, b). The size of the target, c). Sense sharpness, d). How far away the target is, e). Mastery of technique, f). How fast the movement is, g). Feeling of the player and accuracy, and h). The strength and weakness of a movement. Every sport definitely requires coordination, no different from the game of football itself. What is needed in the game of football is more dominant eye-foot coordination, because in this game what plays a big role is eye sight and foot agility in processing the ball. According to Lutan (2000), coordination is a person's ability to carry out movements with various levels of difficulty quickly, efficiently and with precision.

According to Irianto (2002), coordination is the ability to perform movements at various levels of difficulty quickly and precisely efficiently. The level of good or bad coordination of a person's movements is reflected in his ability to perform a movement skillfully. An athlete with good coordination is not only able to perform a skill perfectly, but also easily and quickly perform skills that are new to him. Good coordination can change and move quickly from one movement pattern to another so that the movement becomes effective. According to Ismaryati (2006), coordination is defined as a harmonious relationship of mutual influence between muscle groups during work, which is demonstrated by various levels of skill. According to Sukadiyanto (2002), the main indicators of coordination are accuracy and economical movement. Thus, coordination is the result of a combination of performance from the quality of muscles, bones and joints to produce effective and efficient movement.

Based on the various opinions above, it can be concluded that coordination is a series of elements of eye and leg movements that become a movement or combine several movements into a certain movement quickly, efficiently and with precision.

2 Method

This research is classified as correlational research, which is meant by correlational research, namely the aim of detecting the extent of variations in correlation coefficients. In other words, this research will look at the relationship between eye-foot coordination as the independent variable and passing accuracy ability as the dependent variable. The population in this study was all 25 STOK Bina Guna Football people. The sample used a purposive sampling

technique, which was based on the objectives set by the researchers, totaling 20 STOK Bina Guna football players.

The instrumentation used in this research is by measuring the variables contained in this research: 1) the independent variable, namely eye-foot coordination, measured using the Mitchell Soccer Test. 2) dependent variable: passing accuracy, measured using the passing accuracy ability test. The data analysis technique used in this research is using product moment correlation with the aim of seeing the form of the relationship between the independent variable (X1) and the dependent variable (Y). The independent variable in this research is eye-foot coordination with the dependent variable being passing accuracy. Mathematically, this model is according to Riduwan (2005).

3 Result

A. Eye-Foot Coordination (X)

Based on the results of the wrist flexibility test, the maximum score was 10 and the minimum score was 5. Besides that, the mean (average) = 7.2 and Standard Deviation = 1.44 were obtained. For a clearer description of the eye-foot coordination data, see the table below:

Table 1. Eye-Foot Coordination (X)

Interval Class	Fa	Relatively	Category
>9.37	2	10%	Very Well
7.93-9.36	6	30%	Good
6.48-7.92	0	0%	Enough
5.05-6.47	10	50%	Not Enough
<5.04	2	10%	Very Less
Amount	20	100%	

From the table above, it can be illustrated through the histogram below:

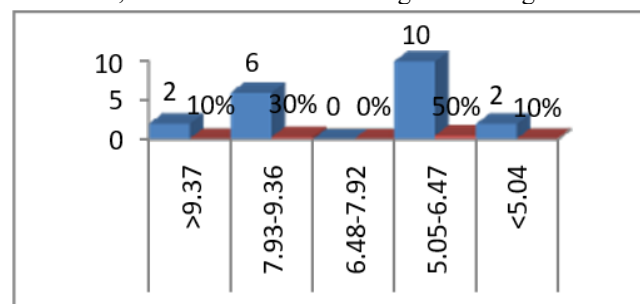


Figure 1: Eye-Foot Coordination Histogram (X)

Based on the histogram above, of the 20 sample people, 2 people (10%) had ankle coordination ranging between >9.37 in the very good category, 6 people (30%) had ankle coordination ranging between 7.93-9.36 in the good category, 0 people (0%) had eye-foot coordination ranging between 6.48-7.92 in the sufficient category, 10 people (50%) had eye-foot coordination ranging between 5.05-6.47 in the poor category, and 2 people (10%) had eye-foot coordination ranging between <5.04 with very less category.

B. Passing Accuracy (Y)

Based on the results of the passing accuracy test with STOK Bina Guna football players, a maximum score of 9 was obtained and a minimum score of 5. Apart from that, a mean (average) value of 7.05 and a Standard Deviation of 1.32 were obtained. For a clearer description of passing accuracy data with STOK Bina Guna football players, see the table below:

Table 2. Frequency Distribution of Passing Accuracy (Y)

Interval Class	Fa	Relatively	Category
>9.04	2	10%	Very Well
7.72-9.03	6	30%	Good
6.39-7.71	5	25%	Enough
5.07-6.38	5	25%	Not Enough
<5.06	2	10%	Very Less
Amount	20		

From the table above, it can be illustrated through the histogram below:

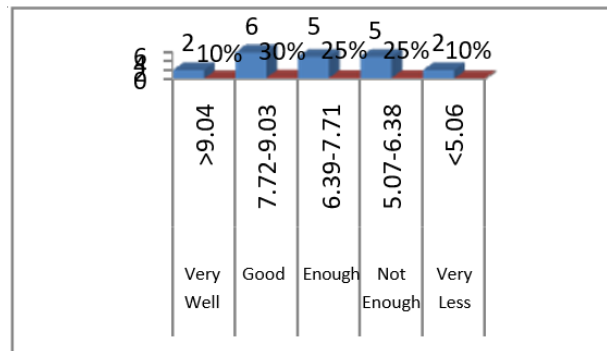


Figure 2: Histogram of Passing Accuracy(Y)

Based on the histogram above of the 20 sample people, 2 people (10%) had passing accuracy ranging between >9.04 in the very good category, 6 people (30%) had passing accuracy ranging between 7.72-9.03 in the good category, 5 people (25%) had passing accuracy ranged between 6.39-7.71 in the sufficient category, 5 people (25%) had passing accuracy ranging between 5.07-6.38 in the poor category, and 2 people (20%) had passing accuracy ranging between < Ltab, so the data was declared normal. The results of the normality analysis of data distribution for each variable can be seen in the table below:

C. Normality test

Before testing the hypothesis about the relationship between eye-foot coordination (X) and passing accuracy (Y), the data analyst requirements must first be tested, namely the normality test of the data distribution. The normality test for data distribution was carried out using the Lilifors test. If the data from each variable is normally distributed then the data in the research is suitable for hypothesis testing. Data from each variable in a study is said to be normally distributed if the $L_o < L_{tab}$ value, then the data is declared normal. The results of the normality analysis of data distribution for each variable can be seen in the table below:

Table 3. Summary of Data Distribution Normality Test

No	Variabel	N	L_o	L_{tab}	Distribution
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1	Eye-Foot Coordination (X)	20	0,1557	0,1900	Normal
2	Passing Accuracy(Y)	20	0,1381	0,1900	Normal

The table above shows that after analyzing the data normality test through the Lilifors test, an eye-foot coordination (X) score was obtained with $Lo = 0.1557$ with $n = 20$, while $Ltab$ at the significant test level $\alpha = 0.05$ obtained a score of 0.1900 which is bigger than Lo . Based on this, it can be concluded that the data obtained from the eye-foot coordination test is normally distributed.

Then, after analyzing the normality test of the passing accuracy data (Y), a score of $Lo = 0.1381$ with $n = 20$ was obtained, while $Ltab$ at the significant test level $\alpha = 0.05$ obtained a score of 0.1900, which is greater than Lo so it can be concluded that the scores obtained from passing accuracy are normally distributed.

Based on the description above, it turns out that all variables (X and Y) data are distributed normally, because each variable's Lo score is smaller than $Ltab$ at the significance test level $\alpha = 0.05$. This is significant that the data for each variable in this study is normal or the population from which the sample data was taken is normally distributed.

D. Hypothesis Testing

There is a significant relationship between eye-foot coordination and passing accuracy of STOK Bina Guna football players. To prove this hypothesis, a hypothesis test was carried out using simple correlation analysis. For more details, see the following table:

Table 4. Summary of Simple Correlation Analysis Results of eye-foot coordination (X) with passing accuracy (Y)

Correlation	(<i>rhitung</i>)	$\alpha = 0,05$	<i>t_{hit}</i>	<i>t_{tab} $\alpha = 0,05$</i>
Eye-Foot Coordination With Passing Accuracy	0.579	0,444	3,01	1,72

Based on the results of a simple correlation analysis in the table above, it shows that the correlation coefficient between eye-foot coordination and passing accuracy is positive. It can be seen that from the statistical analysis carried out, the calculated r is 0.579 and the r table at the level of $\alpha = 0.05$ with $n = 20$ is obtained at 0.444, thus the calculated $r > r$ table. This shows that the eye-foot coordination variable has a significant relationship with passing accuracy, this is proven through a significance test where the distribution coefficient $th = 3.01$ and the distribution coefficient $tt = 1.72$ with $\alpha = 0.05$ and $n = 20$ are obtained. Therefore, hypothesis one in this study is accepted as true empirically.

4 Discussion

The research results prove that eye-foot coordination (X) has a significant relationship with passing accuracy (Y). This result is characterized by the acquisition of r count of 0.579 and r table at the $\alpha = 0.05$ level of 0.444, thus r count $> r$ table, meaning that the foot-eye coordination of football players has a significant relationship with passing accuracy skills. Therefore, the eye-toe element plays a role in passing accuracy. Passing in the game of football according to Mielke (2007:19) is "the art of transferring the momentum of the ball from one player to another. Passing is best done using the feet, but other parts of the body can also be used." Thus, it can be

said that passing is a person's attempt to move the ball from one player to another player in a team, for example by using the feet.

According to Lutan (2000:77), coordination is a person's ability to carry out movements with various levels of difficulty quickly, efficiently and with precision. According to Irianto (2002:77), coordination is the ability to perform movements at various levels of difficulty quickly and precisely efficiently. The level of good or bad coordination of a person's movements is reflected in his ability to perform a movement skillfully. An athlete with good coordination is not only able to perform a skill perfectly, but also easily and quickly perform skills that are new to him. Good coordination can change and move quickly from one movement pattern to another so that the movement becomes effective.

According to Sukadiyanto (2002: 139), coordination is needed in almost all sports competitions and games, in this case coordination is very dominant in playing football. A player who has good eye and foot coordination will be able to make more contributions to the team, especially when providing short or long passes to teammates. Coordination is also important when in unfamiliar situations and environments, for example changes in the playing field, equipment, weather, lighting and opponents faced. The level of good or bad coordination of a person's movements is reflected in the ability to carry out a movement smoothly, precisely, quickly and efficiently. An athlete with good coordination is not only able to perform a skill perfectly, but also easily and quickly perform skills that are new to him. Good coordination can change and move quickly from one movement pattern to another so that the movement becomes effective.

Coordination is required in almost all sports competitions and games, in this case coordination is very dominant in playing football. A player who has good eye and foot coordination will be able to make more contributions to the team, especially when providing short or long passes to teammates. In the game of soccer, if a soccer player has good coordination, it can make it easier for the player to pass quickly and with precision.

5 Conclusion

Based on the research results, the following conclusions can be expressed, namely, there is a significant relationship between eye-foot coordination and passing accuracy in STOK Bina Guna football players.

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