



Passing Practice Using Targets to Improve the Results of Futsal Game Passing Accuracy in Extracurricular Elementry Labschool UMJ

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Abstract

This research is based on problems that occur in extracurricular futsal at Elementry of Labschool UMJ, where the results of passing accuracy are considered not maximal. From these problems, researchers tried to offer solutions for passing accuracy training by using targets as a reference in increasing passing accuracy. This research uses one group pretsest-postest experimental research method. The population in this study was 30 people. The sample in this study was 30 people with total sampling techniques. From the calculation results that have been tested, the pre-test results show the effect of target passing training on passing accuracy getting a value of 46.67. The average post-test result was 56.33, an increase between pretest and post-test of 8.66. Based on the results of the normality test, the Passing pre-test using the target gets a result of 0.186 and the post-test Passing group using the target has a statistical significance of 0.219. With the SPSS 25 program, all these data of 0.186, 0.219 and 0.265 > 0.05 meet the tolerance limit of the Kolmogrov-Smirnov normality test at a significance level of 5%. Based on the results of the homogeneity test, pre-test and post-test passing data using targets and also improvement data for passing exercises using targets with significant levels are 0.699, 0.699, 0.941 > 0.05 > 0.05. Based on the data from the pre-test and post-test passing results using the targets presented in the t test results, a t value of -3.058 and statistical significance of 0.0001 was obtained. There is an effect of passing training using targets on accuracy with t count - 3.058 < -t table -6.117 and significant values 0.001 < 0.05.

Keywords: *Passing, Accuracy, Target*

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INTRODUCTION

Sports today have developed rapidly, the need for physical, psychic, mental and social can be met through sports activities (Portenga et al., 2016). This refers to a sport today has developed rapidly, the need for physical, psychic, mental and social can be met through sports activities (Portenga et al., 2016). This refers to a health and recreational sports association (Sánchez et al., 2018). Futsal is one of the many sports that are in demand by the public today besides football (Festiawan et al., 2019; Wicaksono et al., 2020).

Futsal has now become a favorite sport of people around the world from children to adults. Futsal has its own features, the movement moves quickly by running every time and the smaller field size of football is a characteristic of this sport (Sera et al., 2011; Sinatriyo et al., 2020). The goal of the futsal game is to create chances and score as many goals as possible against the opponent's goal to win the game. In this case, there are various aspects to support the success of playing futsal such as physical, technical, tactical, and mental aspects (Tirtayasa et al., 2020).

Technique is an integral part of futsal. In futsal, techniques consist of passing, controlling, dribbling, and shooting (Festiawan, 2020), which supports the success of running tactics to achieve game goals (Naser et al., 2017). Passing is one of the most frequently used techniques, because futsal is a game of passing each other between teammates quickly to create a goal opportunity (Mashud et al., 2019).

Futsal requires good basic technical skills, because teams that have good playing skills will have more possession of the ball and the game. Keep in mind that passing is the most preferred basic technique in futsal games (Marhaendro & Saryono, 2012), this is because passing is used as a link for the running of tactics to create a goal. The importance of mastering this passing, an effective training method is needed to support the improvement of basic futsal playing skills (Iedynak et al., 2020)

Training is an activity given or carried out by individuals with the aim of improving their abilities (Suganda, 2017). Providing training is an important part because it will have an effect on improving a passing skill (Festiawan, 2020). The more often you practice with the appropriate training unit will have a good impact on the player. Active and passive passing training methods are a method that is considered effective for solving problems with basic futsal playing skills.

(Kurniawan. F, 2012: 141), Juan Carlos Ceriani created the game of futsal in Montevideo, Uruguay, around the 1930s. Outdoor futsal is a popular variant that is played with unique talents that are on full display for a full match. On a regulation-sized playing field. The great Brazilian player, Pele, for example, perfected his ability to play futsal. Although Brazil remains a sports hub, futsal is now played in countries around the world thanks to the efforts of the Fédération Internationale des Associations de Football (FIFA). The regions of Africa, Asia, and Oceania fall into this category, as well as Europe, Central America, and North America. The goal of the futsal game is to create chances and score as many goals as possible against the opponent's goal to win the match (Fitranto & Budiawan, 2019).

(Kuncoro. R, 2016 : 15), futsal is an action-packed and lightning-fast competition. In a rather limited field, the margin of error is very small. Players are constantly striving to have the ball completely, therefore effective passing and teamwork are essential. The idea of 100% ball possession dictates that players should not try to pass to each other.

(Lhaksana. J, 2012: 7-8), Futsal is a high-energy sport because the ball is continuously passed from one player to the next, players must keep moving, and success in the game requires skill and hard work. The soles of the feet are pretty much used when players hold the ball in futsal, but the skill level required to play is very similar to the grassfield version of the game. The flat, hard surface and relatively small size of the pitch mean that the ball will not go far after being kicked.

In the game of futsal requires basic techniques, namely, dribbling, passing, control, shooting. All these basic techniques need to be mastered by all players, in order to create a beautiful game on the field and be able to win the game. In Indonesia, there is still uneven distribution of basic technical skills, because there is not even an understanding of mastering good basic techniques to play futsal games. Therefore, it is necessary to practice basic techniques seriously. Regarding the basic techniques of futsal games (Lhaksana, 2012: 29) argues that one must be able to learn core futsal skills in order to play the game successfully. Among them are passing, ball possession, chipping, dribbling, and shooting.

Principles of exercise according to (bompa, 2003:321), active participation in training, comprehensive development, specialization, individuality, variety, training process, increased load. Meanwhile, according to (Singh 2012: 12) the principles of training include "Principles of continuity of training, principles of increasing training load, principles of individual matter, principles of active participation, principles of planned and systematic training, principles of general and specific training, Principles of competitive training and specialization (principles of competitive and specialised training), principles of clarity, principle of continuity, principles of ensuring results, principle of critical training load, principle of adaptability, principle of uniformity and differentiation, principle of awareness, principle of visual presentation visual presentation), principle of feasibility".

In this study, to improve the results of passing accuracy in futsal games, researchers used a model of passing to target training. The target used is a colorful cone as a target medium and also as a special attraction for athletes who follow the training program. According to (Mitchell,

Oslin, and Griffin, 2003:7-8) in target play, points are awarded for moving the ball or other object closer to the goal, and the farther the distance, the greater the score. Since almost every form of physical activity has an end point or purpose, this is where most other forms of exercise begin.

The ability to aim a shot or pass precisely is what is meant when talking about accuracy in sports. When the target is far away, or it will be something closer. (Anam. Khoiril, 2013: 79). Even futsal players need to have a solid understanding of the basic strategies of the game, especially those that apply to precision. One of the necessary characteristics, as stated by (Palmizal 2011: 143), is the ability to move in an appropriate way to direct goods to their intended place. Accuracy is characterized by having goals and objectives, precise, precise and flexible in moving, performing certain movements at certain times and frequencies, and receiving structured and continuous training that can produce effective and efficient automation movements. According to (Danny Mielke, 2007: 19)

METHOD

This study used the experimental method one groups pre-test post-test. According to (Ali Maksum, 2012: 65), the main purpose of experimental research is to establish a causal relationship between the factors investigated. Research experiments, as defined by (Sugiyono, 2016: 72), are studies in which the effects of a treatment are investigated under well-controlled conditions.

RESULTS AND DISCUSSION

Tabel 1. Research Findings of the Rotating Passing Exercise Group and Pair Passing: Statistical Analysis

No.	Types of calculations	<i>Pre-test</i>	<i>Post-test</i>	Increased
1.	Total Value	1.400	1.660	260
2.	Average	46,67	55,33	8,66
3.	Largest	60	80	20
4.	Smallest	30	40	10
5.	Largest frequency (modus)	50	50	0
6.	Frequently occurring frequency (median)	50	50	0

The pretest results of the effect of target passing training on passing accuracy get a value of 46.67. The average post-test result was 56.33, an increase between pretest and posttest 8.66.

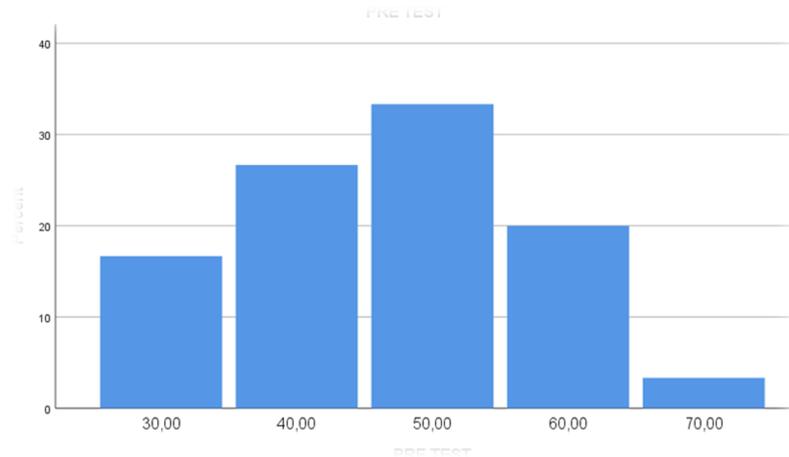


Figure 1. Passing Group Pre-test Results Bar Chart Using Targets

Pre test results Passing using targets. There were 5 students who managed to get a score of 30. While there were 8 students who managed to get a score of 40. There were 10 students who managed to get a score of 50. There were 6 students who managed to get a score of 60 and there was 1 student who managed to get a score of 70.

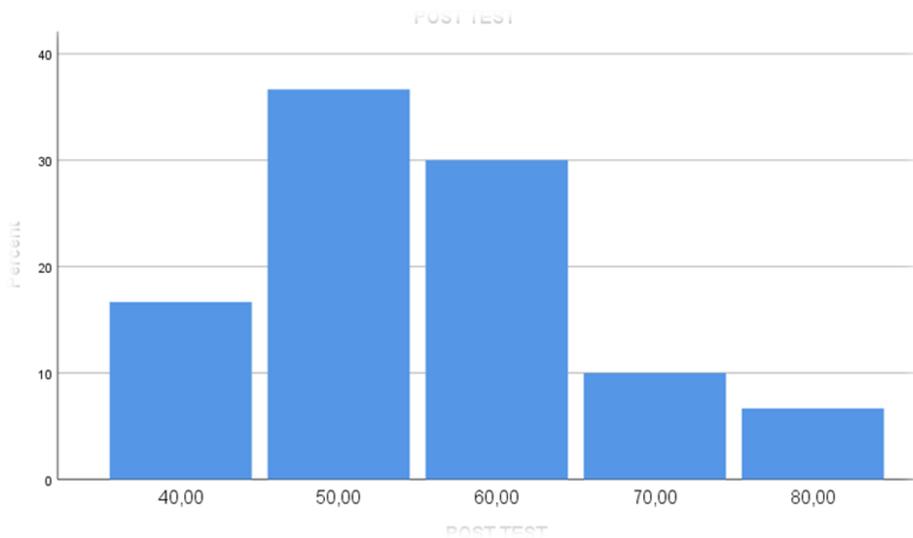


Figure 2. Group Post-test Results Bar Chart Passing Using Target

Diagram of the post test results Passing using targets. There were 5 students who managed to get a score of 40. While there were 11 students who managed to get a score of 50. There were 9 students who managed to obtain a score of 60. There were 3 students who managed to get a score of 70 and there were 2 students who managed to get a score of 80.

Table 2. Independent Sample t-test results from Pre-test and Post-test Group for Passing Using Target

Group Type	Independent Sample t Test			Information
	T	Sig Value	Sig 5%	
Pre test Passing Using Targets	-6,117	0,0001	0,05	Signifikan
Post Test Passing Using Targets	-6,117	0,0001	0,05	Signifikan

The results of passing accuracy get an average of 46.6667, after getting the average treatment to 55.3333. The standard defiation of passing accuracy results was 10.93345 > 11.05888 after being given standard treatment, the average error after treatment was 2.01907 and 1.99616 before treatment. The magnitude of the correlation coefficient is 0.0751 with t table of 0.000 < 0.005. The average coefficient of passing accuracy results is -8.66667 The result is the average difference between passing results before and after treatment. The calculated t magnitude of -6.117 with the table t significance level of 0.000 < 0.05 has an effect but is not significant.

Discussion

Passing is the art of moving the momentum of the ball from one player to another (Haris et al., 2020). Passing is one of the basic futsal techniques that every player needs. The basic technique of passing must be really mastered by a player because it is an important basic technique To pass the ball and shoot the ball into the goal requires very good accuracy, it must be considered by every player. (Budiwanto, 2012: 43) states that accuracy, often known as precision, is the skill of guiding an action to the correct location, or the execution of an action without errors. In order to create teamwork that is beautiful in clay and can create many goals so as to make victory for the team. There are several factors that cause this to happen, the lack of sincerity of learners in practicing which results in not being serious or joking in practice. Even though in terms of school trainers have chosen quality and of course already licensed. It is unfortunate when the trainer has had it but the students still do not have, maybe this will be a note for the coach to pay attention to his students in training so that students are more serious in training.

Exercise is the systematic application of functional stimuli gradually with the aim of

improving performance. Basically, according to (Sukadiyanto, 2010: 1) states that exercise is a process of change for the better. Achieving performance requires a systematic training program to help the body adapt. According to (Sukadiyanto, 2010: 1) exercise comes from English words which can have a double meaning practice, exercise, training. The definition of exercise derived from the word exercise is an activity aimed at improving the skills (skills) of practicing with various devices in accordance with the goals and needs of the sports industry.

This means that in carrying out exercise activities to obtain sports movement skills are always supported by using various supporting devices. In the course of practice, exercise is part of the training process derived from exercise exercise. In short, any training process derived from the word practice requires some form of practice. (Irianto, 2002: 11-12) states this is more reflexive for movement efficiency, and for who needs to do it repeatedly. Training is defined as a systematic and repetitive procedure, with an increasing burden over time (Hariono, 2006: 1). In addition, exercise is an effort that an individual makes to improve his abilities so that he can more successfully achieve a goal. (Sukadiyanto 2010: 5) writes that helping athletes complete their movements is the main goal of daily training procedures.

This is because the provision of training methods is in accordance with the principle of exercise. The results showed that activities carried out repeatedly and in accordance with the principles of training will improve futsal playing skills (Festiawan, 2020), further (Arifin, 2018) said that training has an important role in children's motor development, so that it can create experience and lead to better motor behavior changes.

CONCLUSION

From the calculation results that have been tested, the pre-test results show the effect of target passing training on passing accuracy getting a value of 46.67. The average post-test result was 56.33, an increase between pretest and post-test of 8.66. Based on the results of the normality test, the Passing pre-test using the target gets a result of 0.186 and the post-test Passing group using the target has a statistical significance of 0.219. With the help of the SPSS 25 program, all these data of 0.186, 0.219 and 0.265 $>$ 0.05 meet the tolerance limit of the Kolmogrov-Smirnov normality test at a significance level of 5%. Based on the results of the homogeneity test, pre-test and post-test passing data using targets and also improvement data for passing training using targets with significant levels are 0.699, 0.699, 0941 $>$ 0.05 $>$ 0.05. Based on the data from the pre-test and post-test passing results using the targets presented in the t test results, a t value of -

3.058 and statistical significance of 0.0001 was obtained. There is an effect of passing training using targets on accuracy with $t \text{ count} - 3.058 < -t \text{ table} -6.117$ and significant values $0.001 < 0.05$.

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