



The Effect of Pass and Move Training on The Passing Skills of Extracurricular Futsal Students of SMPN 13 Bandar Lampung

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Abstract

Futsal has now become a favorite sport for people all over the world from children to adults. The purpose of this study was to determine the effect of pass and move training on the passing skills of extracurricular futsal students at SMPN 13 Bandar Lampung. This type of research is descriptive quantitative with an experimental method. The data collection instrument in this study used a passing controlling test. The population of this study was 20 students who took extracurricular activities at SMPN 13 Bandar Lampung, so that the entire population was used as a research sample with a total sampling technique totaling 20 extracurricular students at SMPN 13 Bandar Lampung. The data analysis technique in this study was supported by SPSS 25 software through the analysis that will be used as follows. (1) Data normality test > 0.05 normally distributed, (2) Homogeneity test using the Levene-test > 0.05 homogeneous data, (3) Research hypothesis using the t-test (paired sampled t-test) with a sig. level < 0.05. The results of the study showed that there was an effect of pass and move training on the passing skills of extracurricular futsal students at SMPN 13 Bandar Lampung with a sig value of 0.000 < 0.05. Thus, the pass and move training method can be used as a reference for futsal passing training programs in practice in improving futsal passing performance so that players can make decisions correctly and quickly in terms of the direction of passing the ball.

Keywords: *Futsal, Practice, Pass and Move, Passing*

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INTRODUCTION

Sports have developed to date both for the needs of physical activity, maintaining physical fitness, and also supporting achievement (Eynon et al., 2022). This refers to a health and recreational sports association (Mujahid, 2024). Futsal is one of the many sports that are popular with the public today besides football (Yuliandra et al., 2020). Futsal has now become a favorite sport for people all over the world from children to adults (Gumantan et al., 2021). Futsal has its own special features, fast moving movements by running all the time and a smaller field size than football are the characteristics of this sport (Muhsin et al., 2021). The goal of the futsal game is to create opportunities and score as many goals as possible into the opponent's goal to win the match (Agras et al., 2023). In this case, there are various aspects to support the success of playing futsal, one of which is the application of techniques (Fahrizqi, 2018).

Techniques in futsal are an important and integral part, in futsal techniques consist of passing, controlling, dribbling, and shooting which support success in the process of implementing futsal game techniques in achieving the same goal (González-Víllora et al., 2022). Passing is one of the most dominant techniques in futsal games used to pass each other to each other to create goal opportunities (Dewi & Pakpahan, 2018). In addition, futsal requires good basic technical skills, because a good team will control the ball and the game more. In futsal, passing is a basic technique that is prioritized, so passing is used as a connection, process, and the running of a goal-making tactic (Gumantan, 2022). The importance of mastering basic passing techniques in futsal requires an effective training method that will support the improvement of basic abilities and skills.

Training is one of the activities carried out by someone with the aim of improving their abilities (Mahfud et al., 2020). Through providing training becomes an important part of the effect, especially in improving passing (Álvarez-Kurogi et al., 2019). The more often you practice with the appropriate training method, the more significant the impact on the player (Bompa & Buzzichelli, 2019). Through the pass and move training method is a method that will be effective as a solution to solving problems in this study, especially basic futsal playing skills in basic passing techniques. Research by Festiawan (2020) shows that by providing training treatment through a tactical and strategic approach, there is an increase in basic passing skills in futsal games with a percentage of 72% (23 athletes).

Meanwhile, research by Festiawan et al (2019) shows that providing small sides games training affects the accuracy of player passing with a sig. value of $0.01 < 0.05$, which means the hypothesis is accepted. In accordance with previous research, there needs to be further review and provision of pass and move training methods for futsal passing skills. Based on the results of initial observations obtained through futsal extracurricular students of SMPN 13 Bandar Lampung, it showed that 76.67% (13 students) were included in the low category for passing skills. This happened because there was a mistake in hitting the ball with the foot so that the intended pass was not on target. Students still had difficulty in passing the ball so that the ball always went out or was successfully taken by the opponent, and they still had difficulty finding a passing space in moving the ball. In addition, the training methods used tended not to pay attention to the physical condition of the students so that they were still ineffective. Meanwhile, only 23.33% (7 students) succeeded in passing skills, this was because from an early age they were accustomed to following training at official clubs at the encouragement of both parents. Thus, the purpose of this study was to determine the pass and move training on the futsal passing skills of extracurricular students of SMPN 13 Bandar Lampung. In addition, there

needs to be an in-depth study related to the provision of pass and move training on the futsal passing skills of extracurricular students at SMPN 13 Bandar Lampung as one of the steps to provide new training methods and provide effective training to improve basic futsal playing skills, especially basic passing techniques.

METHOD

The research used is an experimental method. The experimental research method is a study to determine the provision of treatment and its impact on individuals. The research design used is One Group Pre-test and Post-test (Sugiyono, 2020). The provision of treatment in this study used the pass and move training method which was carried out for 16 meetings in accordance with the training program guidelines. The population of this study was 20 students who took extracurricular activities at SMPN 13 Bandar Lampung, so that the entire population was used as a research sample with a total sampling technique totaling 20 extracurricular students at SMPN 13 Bandar Lampung. The instrument used was the passing controlling test (Narlan et al., 2017) by collecting data, namely the results recorded how many times the testee could make a valid pass from behind the boundary line with a time of 40 seconds repeatedly towards the rebound wall then, the testee did the test and the supervisor monitored the ball hitting the target area and counted the number of successful passing bounces from behind the boundary line for 40 seconds. Below is a picture of the research instrument.

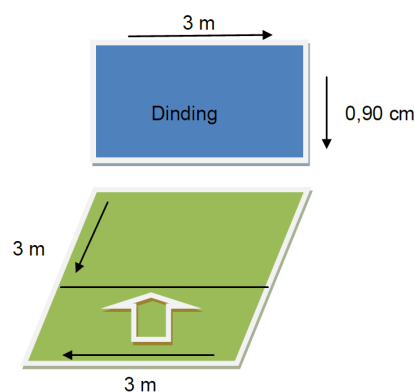


Figure 1. Passing Controlling Test Instrument
Source: (Narlan et al., 2017)

The data analysis technique in this study is supported by using SPSS 25 software through the analysis that will be used as follows. (1) Data normality test > 0.05 normally distributed, (2) Homogeneity test using Levene-test > 0.05 homogeneous data, (3) Research hypothesis using t-test (paired sampled t-test) with a sig. level < 0.05).

RESULTS AND DISCUSSION

Result

This study aims to determine the effect of pass and move training on the passing skills of futsal extracurricular students at SMPN 13 Bandar Lampung. This study was conducted for 16 meetings through the results of pretest and posttest research data. Below are the results of descriptive statistical data analysis as follows.

Tabel 1. Statistical Analysis Results

<i>Pretest Statistical Analysis Futsal Passing Skills</i>		<i>Posttest Statistical Analysis Futsal Passing Skills</i>	
N	20	N	20
Mean	11,10	Mean	15,10
Std. Deviation	1,997	Std. Deviation	1,165
Minimum	6	Minimum	13
Maximum	14	Maximum	17

Based on table 1 above, the results of the descriptive statistical analysis of the pretest and posttest data of futsal passing skills are obtained, namely in the pretest the mean value was 11.10, the standard deviation value was 1.997, then the lowest value was 6, and the highest value was 15. While in the posttest the mean value was 15.10, then the standard deviation value was 1.165 and the lowest value was 13, and the highest value was 17. Below are the results of the prerequisite tests in this study as follows.

Tabel 2. Normality Test Results

Data Group	<i>Shapiro-Wilk</i>
	<i>Sig.</i>
Futsal passing pre-test	0,119
Futsal passing post-test	0,125

Based on the results in table 2 above, the results of the normality test on the futsal passing pretest using Shapiro-Wilk are sig. 0.119 > 0.05, so the pretest data is normally distributed. While the results of the futsal passing posttest obtained a normality test value of sig. 0.125 > 0.05, so the data on the posttest is normally distributed.

Tabel 3. Homogeneity Test Results

Test of Homogeneity of Variances	
<i>Levene Statistic</i>	<i>Sig.</i>
	.202

According to the results of the homogeneity test in table 3 above, the sig value is 0.202 (Homogeneous), so it can be concluded that the data in this study has a homogeneous variance.

Then, because the data in this study are normally distributed and homogeneous, the hypothesis test in this study uses a parametric test type, namely the paired sample t-test.

Tabel 4. Paired Samples Test Results

Kelompok Data	Pretest-Posttest	Information
Sig. (2-tailed)	0,000	Significant

Based on the results of the paired samples test analysis above, the sig value is 0.000 <0.05. Thus, the results of the study obtained the results that there is an effect of pass and move training on the passing skills of extracurricular futsal students at SMPN 13 Bandar Lampung.

Discussion

Based on the results of the study above, there is an effect of pass and move training on the passing skills of extracurricular futsal students at SMPN 13 Bandar Lampung. By implementing the pass and move training method, extracurricular futsal students at SMPN 13 Bandar Lampung have increased significantly. This is very much needed in playing futsal, because by mastering this technique it will make it easier for teammates to receive the ball. To master passing, it is necessary to master the movement so that the desired target is achieved. When the basic techniques possessed by the player are good enough, it will be easy to enter the opponent's defense and score goals. However, on the other hand, if the player cannot master the basic passing technique optimally, it will have an impact on the difficulty of passing the ball to teammates and ultimately the attack will be easier to stop by the opponent.

Therefore, the player's ability to pass well during the game situation is the main skill that underlies the success of performance in team sports. Passing training needs to be done so that players can make decisions correctly and quickly in terms of the direction of passing the ball and which part of the foot to use. Based on the part of the foot used, passing is classified as the inside of the shoe for short passes, the front of the foot for long passes, the inside of the instep for lob passes, the outside of the foot for crosses, and the inside of the foot for medium and long passes (Aisy, 2024). Research by Adikara & Bima, (2024) showed that of the total 28,271 passes analyzed, 59.6% were played in various forms using the inside, 14.6% with the inside of the instep, 9.1% with the inside of the instep and 16.7% with the outside. In addition to studying the use of the foot where the passing part is used, the success of the pass is limited by changes in the range of interpersonal values between ball carriers, so in practice it is necessary to develop futsal passing performance by manipulating the interpersonal distance

values between players (Adil et al., 2024). Based on the passing distance, passing can be divided into three, namely short pass, medium pass, and long pass (Agras et al., 2023).

In addition, other research by Doewes et al (2022) showed that the right training method can improve futsal passing ability by 73.33%. The pass and move training method used successfully improved passing ability in extracurricular students of SMPN 13 Bandar Lampung. The main consideration in achieving passing skills is accuracy. Therefore, the results of this study can be used as a reference for training passing starting from short-range passing, then medium-range passing, and finally long-range passing with a variety of training methods and can be a recommendation for using variations of the pass and move training method.

CONCLUSION

Based on the results of the study above, it can be concluded that there is an effect of pass and move training on the passing skills of extracurricular futsal students at SMPN 13 Bandar Lampung with a sig value of $0.000 < 0.05$. Thus, the pass and move training method can be used as a reference for futsal passing training programs in practice in improving futsal passing performance so that players can make decisions correctly and quickly in terms of the direction of passing the ball.

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