



The Effect of Paired Passing Training on the Lower Passing Ability

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Abstract: This study aims to determine the effect of paired passing exercises on the lower passing ability of Bintang Junior soccer school students aged 10-12 years. The type of research is experimental with the design "The One Group Pretest Posttest Design". The research population was Bintang Junior SSB students, aged 10-12 years, totaling 27 people. The instrument used was the low ball passing test from Subagyo Irianto (1995: 9) with a validity of 0.812 and a reliability of 0.856. Data analysis used t test with 5% significance level. The results showed that there was a significant effect of paired passing training on the lower passing ability of Bintang Junior soccer school students aged 10-12 years, with a t value of $6.574 > t$ table 2.09, and a significance value of $0.000 < 0.05$, and a percentage increase of 37.69%. Based on the analysis of research results, it can be concluded that there is a significant influence of pair passing training on the bottom passing ability of Bintang Junior football school students aged 10-12 years.

Keywords: Passing; Skills; Soccer

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INTRODUCTION

Football is a game played in groups, each team consisting of a goalkeeper, defender, midfielder and forward (Nugroho & Lubis, 2022). A goalkeeper may use all parts of the body to play except the hands (only in the goal area) (Wijaya, 2021). The aim of the game of football is to score as many goals as possible against the opponent's goal and guard your own goal so that the opponent does not concede a goal. For the team that can score the most goals against the opponent's goal within 2 x 45 (90 minutes), that team wins (Zarone et al., 2022).

There are several basic movement abilities in the game of football, such as: passing, stopball (stopping the ball), shooting (kicking the ball towards the goal), heading (heading the ball), and dribbling (dribbling the ball) (Karim & Jahrir, 2022). On the field, various combinations of techniques and movements possessed by each player really support ball control to achieve victory (Lubis & Syahputra, 2017). If a team's ball control is good and each player has good basic football technical skills then the chance of winning is high. To support this, you must follow tiered and continuous coaching so that you have clear goals to achieve (Wicaksana et al., 2021).

In the game of football, communication between players is needed to establish good cooperation in playing as the key to success (Pamungkas, 2021). Football players must also master the basic techniques in playing football, the basic movements or techniques

of playing football include movements or techniques without the ball and movements or techniques with the ball (Armanjaya et al., 2023; Rangga et al., 2023; Reky Wijayandaru Tarigan & Irwansyah Siregar, 2021). Movements or techniques without the ball are movements without using a ball that are carried out in football games such as walking, tiptoeing, jumping, rolling, turning, dodging and stopping suddenly, while movements or techniques with the ball are movements or techniques in the game football by controlling the ball which includes the ability to recognize the ball with body parts (ball feeling), kick the ball (passing), kick the ball into the goal (shooting), dribble the ball (dribbling), receive and control the ball (receive and controlling the ball), head ball (heading), feinting, grabbing the ball (sliding tackle-sliding), throwing the ball in (throw-in) and guarding the goal (goal keeping) (Lubis et al., 2020). In the game of football, one of the most dominant basic techniques used is passing. Passing in the game of soccer has the aim of passing the ball to a teammate in order to create space, so that the player can score a goal against the opponent's goal and can defend the defensive area for the defender (Ibrahim, 2022).

Researchers think that in the game of football, passing ability is very important because with precise and accurate passing, passing the ball to a friend will be easy to receive and master, so that the ball is not easily lost or taken by the opponent. Having good passing skills with few mistakes can make a game even more interesting to watch. Based on the results of observations made in SSB Bintang Junior training to be used as research objects, it can be seen that there are still many children or students who are not yet able to pass correctly. This is shown when playing, many students make mistakes in passing, including: not passing, reaching a friend, passing too fast so that it is difficult for a friend to control the ball, passing carelessly so that it is not clear where the ball will be given, passing incorrectly towards a friend so that he gives the wrong pass. Apart from that, trainers give monotonous training so that children experience boredom in training. When playing, children usually often make careless passes, sometimes this carries over to the game. The lack of variety in training causes children to feel bored and often make basic mistakes when passing during training and matches.

The reason the researcher conducted research at SSB Bintang Junior was because the researcher was also one of the trainers at SSB, so the researcher saw the problem clearly that the ability to pass down, especially for children aged 10-12 years, was still lacking. SSB Bintang Junior has several coaches. Among them are Mr. Marjuki as head coach at SSB Bintang Junior, Suwardi, Patmono, Hafid Wafi, Rama Prama. SSB Bintang Junior has several age groups which are coached separately based on age groups, including (1) ages 7-9 years 30 students, (2) ages 10-12 years 30 students, (3) ages 13-15 years 34 students. As a Football School, SSB Bintang Junior already has very good criteria and conditions, the facilities and infrastructure to support training are relatively complete. Apart from the 2 permanent goals, SSB Bintang Junior also has 4 goals for half the field, 2 small goals, quite a lot of cones and a total of 40 large and small cones. There are 5 stakes made from paralon and the paralon made for obstacles is in the form of a jump goal. whether small, medium or high, the total is 20.

SSB Bintang Junior has quite good training facilities such as mini goalposts, fields, all of which are very conducive for training activities, however there are several shortcomings that still need to be addressed, namely during the rainy season there will definitely be several spots on the field that will be flooded with water. The large potential that SSB Bintang Junior has makes many students interested in joining. Therefore, in the future, SSB Bintang Junior must improve the quality of infrastructure and trainers. The

grouping of training schedules at SSB Bintang Junior for children aged 10-12 years is Tuesday and Thursday at 15.30-17.30 WIB and Sunday morning at 07.00-09.00 WIB. Many mistakes in passing are because children still like to play as they please because at the age of 10-12 years children still tend to like playing, training methods that are less creative and innovative are one of the factors where children often make mistakes when passing when playing football. Based on the opinion above regarding the importance of passing training for football players, coaches need to choose which training method will be used to improve passing techniques. Based on these problems, the researcher intends to conduct experimental research to find out this research entitled "The Effect of Pair Passing Training on the Lower Passing Ability of Junior Star Football School Students Aged 10-12 Years".

METHOD

This research is a quasi experiment, is The One Group Pretest Posttest Design" or there is no control group (Sukardi, 2009: 18). The experimental method with non-separate samples means that the researcher only has one group, which is measured twice, the first measurement (pretest) is carried out before the subject is given treatment, then the treatment, which is finally closed with the second measurement (posttest).

The test was carried out twice, namely before and after treatment. The difference between the pretest and posttest is assumed to be the effect of the treatment or experiment. So it is hoped that the results of the treatment can be known more accurately, because there is a comparison between the conditions before and after the treatment. The treatment given in this study was pair passing practice. The treatment is carried out three times per week according to the training schedule at SSB Bintang Junior, namely on Tuesday, Thursday and Sunday morning for 16 meetings (Tjaliek Soegiardo, 1991: 32).

Suharsimi Arikunto (2006: 136) research instruments are tools or facilities used by researchers in collecting data to make their work easier and better. Data collection in this research was by measurement tests which were used for initial measurements (pretest) and final measurements (posttest). The instrument that will be used is a football playing skills test compiled by Subagyo Irianto (1995: 9) in the section "making a low pass towards the target", namely a small goal in the shape of a target area with a width of 1.5m and a stake height of 0.5m with the kicker's distance from the goal being 9m and the line behind the goal also being 9m and the legal boundary line being 1.5m. The validity of the test is 0.812 and the reliability is 0.856. Passing is said to be correct if it enters a predetermined target through a predetermined legal line.

This test is intended to measure the accuracy of passing down using the inside of the foot. Data collection in this research used tests and measurements. The tool used is a small goal with a width of 1.5 m and a height of 0.5 m with a distance of 9 m from the kicker, the line behind the goal is also 9 m, and the legal line is 1.5 m long. A kick is valid and considered entered if it enters the target area, hits the upper limit and/or hits the stake, and the force of the kick must reach the back boundary line of the goal (distance 9 m). Scoring is the number of valid kicks received out of ten kicks. The data collection technique in this research is by using tests. The test used in this research uses the low ball passing test from Subagiyo Irianto (1995: 9). Before proceeding to the t-test, there are requirements that must be met by researchers that the data analyzed must have a normal distribution, for this reason it is necessary to carry out normality tests and homogeneity tests (Suharsimi Arikunto, 2006: 299).

The normality test is nothing more than actually testing whether the distribution of the data to be analyzed is normal or not. Testing is carried out depending on the variables

to be processed. Testing the normality of data distribution uses Chi Square with the help of SPSS 16. If the p value is > 0.05 then the data is normal, but on the other hand if the analysis results show a p value < 0.05 then the data is not normal.

In addition to testing the distribution of values to be analyzed, it is necessary to test homogeneity to be sure that the groups that form the sample come from a homogeneous population. Homogeneity is sought using the F test from pretest and posttest data using the SPSS 16 program. The homogeneity test is carried out using the anova test, if the analysis results show a p value > 0.05 , then the data is homogeneous, but if the data analysis results show a p value < 0.05 , then the data is not homogeneous. Hypothesis test According to Arikunto (2006: 307), to analyze experimental data using pretest-posttest one group design data, the t-test formula is used, so the formula used is the t-test.

RESULT AND DISCUSSION

Result

This research was carried out from April 16 to August 27 2021. The pretest was taken on April 16 2021 and the posttest on August 27 2021. Treatment was carried out 16 times with a training frequency of 3 (three) times a week, namely on Tuesday, Thursday, and Sunday morning. The results of the pretest and posttest on the lower passing ability of Bintang Junior football school students aged 10-12 years are presented in table 1 as follows::

Table 1. Research Results Data

No	Name	<i>Pretest</i>	<i>Posttest</i>	Difference	Ranking
1	Deprianto	5	7	2	10
2	Iksan	4	6	2	19
3	Ipan	7	5	-2	20
4	Mason	6	9	3	1
5	Edo	7	9	2	2
6	Dito	5	8	3	4
7	Nafsrul	4	7	3	11
8	Defan	7	7	0	12
9	Yito	4	7	3	13
10	Luky	5	7	2	14
11	Nando	6	7	1	15
12	Adit	7	9	2	3
13	Jefri	5	7	2	16
14	Dekson	6	7	1	17
15	Ganang	6	8	2	5
16	Aziz	5	8	3	6
17	Rustam	5	8	3	7
18	Natan	6	8	2	8
19	Taufik	5	7	2	18
20	Nanda	3	8	5	9

The results of the descriptive statistical analysis of the pretest and posttest of the lower passing ability of Bintang Junior football school students aged 10-12 years, are presented in table 2 below:

Table 2. Descriptive Statistics

Statistics	<i>Pretest</i>	<i>Posttest</i>
<i>N</i>	20	20
Mean	5.4000	7.4500
Median	5.0000	7.0000
Mode	5.00	7.00
Std. Deviation	1.14248	.99868
Minimum	3.00	5.00
Maximum	7.00	9.00
Sum	108.00	149.00

When displayed in the form of a frequency distribution, the results of the pretest and posttest on the lower passing ability of Bintang Junior football school students aged 10-12 years are presented in table 3 as follows:

Table 3. Frequency Distribution

No	Interval	Category	<i>Pretest</i>		<i>Posttest</i>	
			F	%	F	%
1	9-10	Very good	0	0%	3	15%
2	7-8	Good	4	20%	15	75%
3	5-6	Enough	12	60%	2	10%
4	3-4	Not enough	4	20%	0	0%
5	0-2	Very less	0	0%	0	0%
Amount			20	100%	20	100%

Based on the data above, it shows that the pretest and posttest results of the lower passing ability of Bintang Junior Football School (SSB) students aged 10-12 years, for the pretest results are in the "very poor" category at 0% (0 students), "poor" at 20 % (4 students), "fair" by 60% (12 students), "good" by 20% (4 students), and "very good" by 0% (0 students), while for the posttest it was in the "very poor" category " by 0% (0 students), "poor" by 0% (0 students), "fair" by 10% (2 students), "good" by 75% (15 students), and "very good" by 15% (3 students).

The normality test is intended to determine whether the variables in the study have a normal distribution or not. The normality test calculation uses the Kolmogorov-Smirnov Z formula, with processing using the SPSS 16 computer program. The results in table 4 are as follows.

Table 4. Normality test

Group	p	Sig.	Information
<i>Pretest</i>	0,487	0,05	Normal
<i>Posttest</i>	0,258	0,05	Normal

From the results of table 4 above, it can be seen that all data has a p value (Sig.) > 0.05, so the variables are normally distributed. The homogeneity test is useful for testing the similarity of samples, namely whether or not the variance of samples taken from the

population is uniform. Homogeneity rule: if $p > 0.05$, then the test is declared homogeneous, if $p < 0.05$, then the test is said to be inhomogeneous. The homogeneity test results of this research can be seen in table 5 as follows:

Table 5. Homogeneity Test

Group	df1	df2	Sig.	Information
<i>Pretest-Posttest</i>	1	38	0,445	Homogen

Table 5 above can be seen from the pretest sig value. $p 0.445 > 0.05$ so the data is homogeneous. The t-test was used to test the hypothesis which states "there is a significant effect of pair passing practice on the bottom passing ability of Bintang Junior Football School (SSB) students aged 10-12 years", based on the results of the pre-test and post-test. If the results of the analysis show significant differences, then pair passing practice has an influence on increasing students' bottom passing ability. The research conclusion is declared significant if the calculated t value $>$ t table and the sig value is smaller than 0.05 ($Sig < 0.05$). Based on the results of the analysis, the data in table 6 is as follows:

Table 6. T-test Pre-Test and Post-Test Results of Passing Ability

Kelompok	Rata-rata	t-test for Equality of means				
		t ht	t tb	Sig.	Selisih	%
<i>Pretest</i>	5,40	6,574	2,09	0,000	2,05	37,96%
<i>Posttest</i>	7,45					

The results of the t-test can be seen that the t count is 6.574 and the t table is 2.09 (df 19) with a significance p value of 0.000. Because t count is $6.574 >$ t table 2.09, and the significance value is $0.000 < 0.05$, then this result shows that there is a significant difference. Thus the alternative hypothesis (H_a) which states "there is a significant influence of pair passing practice on the bottom passing ability of Bintang Junior Football School (SSB) students aged 10-12 years", is accepted. This means that pair passing practice has a significant influence on improving the bottom passing ability of Bintang Junior Football School (SSB) students aged 10-12 years. From the pretest data, the average was 5.40, then during the posttest the average reached 7.45. The magnitude of the increase in motor skills can be seen from the difference in the average value, namely 2.05, with a percentage increase of 37.96%.

Discussion

Based on the analysis of research data, a significant increase was obtained in the group studied. Providing paired passing practice treatment had a significant influence on increasing the bottom passing ability of Bintang Junior football school students aged 10-12 years. This research aims to determine the significant effect of pair passing practice on the bottom passing ability of Bintang Junior Football School (SSB) students aged 10-12 years. The sequence of activities that must be carried out so that conclusions can finally be drawn are: (1) a pretest is held with the aim that The student's underpassing ability is known, (2) treatment is given in pairs passing practice 16 times, (3) then the last is holding a posttest which aims to determine whether or not there has been an

increase in the underpassing ability of the subjects who were treated. To determine the differences or influence of paired passing practice on students' bottom passing ability, it can be proven using the t-test. The t-test will display the calculated t-value and its significance.

The results of the t-test show that there is a significant effect of pair passing practice on the bottom passing ability of Bintang Junior football school students aged 10-12 years, this is proven by t count $6.574 > t$ table 2.09, and a significance value of $0.000 < 0.05$. The students' bottom passing ability increased after carrying out the paired passing practice treatment as shown by the post-test score being greater than the pre-test score.

This is proven by the post-test average score of 5.40, better than the pre-test average score of 7.45. There is an increase in the ability to pass down because the method of passing training in pairs involves passing to the target face to face and doing it repeatedly, so that the ability to pass increases. Based on the research results, it can also be seen that there are several children whose lower passing ability has increased drastically, and some have even decreased their ability.

This is because this type of research is a quasi-experiment, meaning that researchers cannot fully monitor children's activities outside of the training/treatment schedule provided by researchers. It is possible for children to improve their abilities drastically because these children also continue to practice outside the training/treatment schedule given by researchers. Meanwhile, for children whose abilities actually decrease, it is possible that the children do not take part in the training seriously, and there are also children who are sick when collecting posttest data so that their abilities are not optimal.

CONCLUSION

Based on the analysis of research results, it can be concluded that there is a significant effect of pair passing training on the bottom passing ability of Bintang Junior Football School Students aged 10-12 years, with a calculated t value of $6.574 > t$ table 2.09, and a significance value of $0.000 < 0.05$. and a percentage increase of 37.69%.

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CONFLICT OF INTEREST

Clearly explain whether there are any conflicts of interest related to the reported research.

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