

The Effect of Passing Practice With Playing Patterns on Football Passing Accuracy

Moch Andrian*, Adang Sudrazat, Rizal Ahmad Fauzi

Physical Education of Elementary Teacher Program, Sumedang Campus, Universitas Pendidikan Indonesia, Bandung, Indonesia.

* Correspondence: adang.sudrazat@upi.edu

Abstract

The problem found among SSB Bina Putra Pamekar students is that there are still many students who do not pass correctly when playing football. Therefore, the researcher offers passing training using play patterns in order to improve passing accuracy in SSB Bina Putra Pamekar students. This study aims to examine the results of passing training using play patterns on passing accuracy in SSB Bina Putra Pamekar students. The research method used in this study is pre-experiment with the research design "the one group pretest posttest design", or the absence of a control group, and the sample selection technique used is purposive sampling. The test or instrument used to measure the ability of passing techniques is adapted from Suparjo's soccer passing test, using data analysis of normality test, homogeneity test, paired sample T-Test test, and R-Square regression test. The findings obtained by the researchers were that passing training with play patterns was able to improve the passing accuracy of each participant by 63.8%. The remaining 36% is influenced by external factors. Based on the passing accuracy normality test data conducted with Kolmogorov-Smirnov, the normality test results for the pre-test value were 0.471, while the post-test value was 0.698. It can be concluded that the data is normally distributed because the significance value obtained is > 0.05 , so H_0 is accepted.

Keyword: Football; passing; playing patterns

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Introduction

According to (Yuliya, 2021) One of the supporting factors for improving the quality of human resources is sport. Sport in human life in general is very influential because, with sport, humans can improve body fitness and maintain health (Gumantan et al., 2020). Apart from maintaining physical fitness, sport can also be used as a means of achieving achievement; therefore, sport really needs special attention and guidance in an effort to find new seeds and improve student achievement. All sports require the ability to master techniques, tactics, strategy, and mentality, as well as supporting facilities and infrastructure in training and games (Utomo & Indarto, 2021).

Sport is a physical activity that is developing very rapidly and is loved by everyone in the world, from children to the elderly. Sport is defined as any systematic activity to encourage, foster, and develop physical, spiritual, and social potential Law Number 3 of 2005 concerning the National Sports System (Aulia & Asfar, 2021). One example of a sport that is used as a means of education and achievement is football (Irsyada & Qoriah, 2022). Every sport has a goal for the game. Just like in a football game. The aim of the game of football is that players try to put as many balls into the opponent's goal as possible and defend their goal so as not to concede the ball (Aji, 2021). In the game of football, good cooperation is required, and of course, it must be supported by the correct techniques (Mahfud et al., 2020).

The purpose of the game above is only temporary, because the most important and expected goal for the world of education is football as a mediator to educate children so that in the future they will become intelligent, skilled, honest, and sportsmanlike children. Apart from that, we hope that children will grow and develop a spirit of competition, cooperation, social interaction, and moral education (Kismono & Dewi, 2021). According to (Liansyah, 2023) football consists of two words, namely "soccer" and "ball.". "Soccer" can be called kicking, namely kicking (using the foot), while "ball" is a tool for playing that has a round shape made of leather, rubber, or other materials, so in short, football is a game that is played by kicking the ball there.

This is done by players with a target goal, and the aim is to put the ball into the opponent's goal as much as possible (Soniawan et al., 2021). The game of soccer is a team game; each team contains 11 core players, one goalkeeper, and several reserve players (Liansyah, 2023). One of the basic techniques that is very important in soccer is passing the ball. Therefore, every football player must master the technique of passing the ball correctly passing the ball is often also called passing (Irfan et al., 2020). Passing is moving the ball from one player to another, to pass, the right part of the body is the foot, there are several ways to use the foot passing technique, namely passing with the inside of the foot, passing with the outside of the foot passing with turtle feet (Pelamonia & Hutapea, 2020).

For this reason, a coach needs to choose which method or form of training will be used or applied in good passing. There are various training methods to improve passing accuracy. One way is to practice passing in a predetermined direction at varying distances (Pelamonia & Hutapea, 2020). With good passing accuracy from each player, a smooth flow of the ball is created so that the implementation of a game strategy, both in terms of preparing attacks and dismantling the opponent's defense, can also run well (Putra et al., 2020). Players' physical

endurance when competing must also be trained so that students remain stable while playing for two rounds of the match (N. Ihsan et al., 2018).

According to (Arisandy & Liana, 2013) the parent football organization in Indonesia, namely PSSI, regularly holds football championships in order to find superior seeds through existing football organizations in Indonesia. To help young soccer players achieve success, in Indonesia, many institutions have been established to develop prospective soccer players, better known as SSB (Aulia et al., 2024). SSB is an organization in the field of sports, especially football, that has the function of developing students' potential (Ihsan et al., 2021). The goal of a football school is to produce students who are talented or have good abilities, are able to compete with other football schools, can satisfy the community, and maintain the survival of an organization, especially in the field of football (Gunawan & Mahfud, 2022). SSB's specific target is to gather and expand opportunities for each player to explore the potential that exists within them. Apart from that, SSB also introduces and provides the right understanding of playing good football (Yola & Rifki, 2020).

Based on observations made by researchers at one of the SSBs in Sumedang district, more precisely in Tanjungkerta district, the SSB is SSB Bina Putra Pamekar. This can be seen during practice; there are still many students who are not able to pass correctly or are inaccurate in passing. The player is too hasty to pass to his partner. Even though passing is an important thing in the game of football, Therefore, researchers offer passing exercises using playing patterns in order to increase passing accuracy among SSB Bina Putra Pamekar students. Because the basic technique of playing soccer determines the extent to which players can improve the quality of the game.

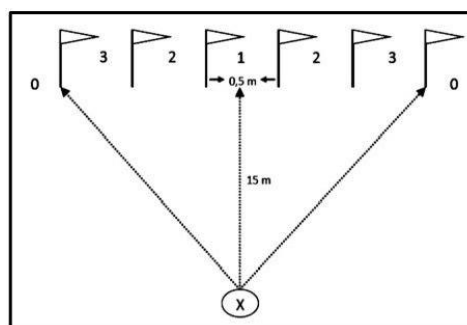
In this case, the author wants to apply passing exercises using playing patterns at SSB Bina Putra Pamekar, such as playing cat and mouse, face-to-face passing, and diamond passing. Rondo, also known as cat and mouse, is a method to improve passing ability that is implemented at all levels of football players (Sugiyanto et al., 2019). According to (Adha et al., 2022) rondo, or cat and mouse, includes almost all aspects of the game of football except shooting. Rondo, or what is commonly known as cat and mouse, is a game that turns out to be very effective in improving a team's chemistry and technique. Rondo is a form of training with a circle scheme filled with several players and placing one or two players in the middle of the circle (Istighfar, 2020). In (Rahadian et al., 2024) the form of training is that the players standing around the circle must try to continue to control the ball by passing it to each other. On the other hand, the player in the middle of the circle must try to cut the ball (Istighfar, 2020). Diamond passing is a form of passing practice that is carried out in a rectangular position and a corner 15 meters away using two balls. This exercise is carried out to improve the passing accuracy skills of the players who do it. This exercise can support a player's ball-feeling ability when passing the ball to a partner and determine how far the pass will be with the existing distance (Pramudyatama & Mardhika, 2024).

Methods

The focus of this research is to find a causal correlation between the treatment of variables. The independent variable, namely playing patterns such as cat and mouse training,

face-to-face passing, and diamond passing, influences the dependent variable or is influenced by it, namely passing accuracy. Researchers used a quantitative approach to solve this research problem with an experimental research design of the pre-experimental design type. The experimental research method is a research method used to find the effect of certain treatments (Sanjaya, 2023). The design used in this research is "the one group pretest posttest design," or there is no control group (Badawi et al., 2019). This research will compare the pretest and posttest passing accuracy of SSB Bina Putra Pamekar students. Specifically, by making observations (observation (O)) before the treatment (treatment (X)) is given pretest. Then observations are made again (observation (O)) after the treatment (X) is given posttest (Kholis, 2023).

The reason the author chose the one-group pre-test-post-test design was because there were no control variables and the sample was not chosen randomly. This is in line with the opinion of (Sugiyanto et al., 2019), "This design does not have control variables, and the sample is not chosen at random" (p. 112). In the form of the research design above, a pretest is carried out to determine the accuracy of students' passing before the treatment is given. Then the participants were given training treatment, namely playing patterns such as cat and mouse exercises, face-to-face passing, and diamond passing. Next, a posttest was carried out to measure whether there was an effect after the treatment was given. This population is SSB Bina Putra Pamekar students, totaling 20 children. The sample technique for this research used a purposive sampling technique with the following members of SSB Bina Putra Pamekar, male students who were in high classes, poor mastery of passing techniques, with a sample of 20 people.



Picture 1. Assessment of passing accuracy according to Suparjo, 2009:97 in (Effendy, 2015).

The test carried out to measure the ability of passing techniques adapted from the Suparjo football passing test, with a validity of 0.963 and a reliability of 0.900, was given at the beginning and end of the research process. Tools and equipment: (1) Whistle and target, such as cardboard or a goal; (2) ball; (3) test form; and (4) writing utensils. Each student is given the opportunity to kick five times towards the target. Then the scores obtained from doing it five times are added up or accumulated. If the ball hits one of the targets, the score obtained is the largest number among the targets hit by the ball. The distance between the testicles and the goal target is 15 m. The more passes that hit the highest score, the more scores you will get. This test is carried out before and after receiving treatment.

Information:

0.5 m: distance between each stake goal.

X: The player who makes the pass towards the goalpost.

15 m: Distance between player and target

1-3: score

Data analysis here is an effort by researchers to find out the results of research that has been carried out; apart from that, it is also to increase the researcher's understanding of something that has been researched. This analysis needs to be continued by looking for meaning to increase this understanding. Apart from that, there are also several ways to analyze data using this pre-experimental method, namely the normality test, the homogeneity test, the paired sample T-test, and the R-square regression test.

Results

Table 1. Pretest and posttest test data results

No	Nama Sampel	Nilai	
		Pretest	Posttest
1	Ifan	9	11
2	Denatan	6	6
3	Raihan	5	8
4	Riki	11	13
5	Ibnu	8	10
6	Daffa	9	12
7	Aziz	11	13
8	Afif	11	14
9	Alif	5	7
10	Aljuna	5	8
11	Andra	6	9
12	Sendi	7	7
13	Doni	8	8
14	Rizky	10	8
15	Insaan	9	10
16	Agim	7	9
17	Farhan	6	8
18	Iqbal	9	10
19	Aryo	9	9
20	Zidan	9	11
Rata-Rata		8,00	9,55

The table above explains the pretest and posttest results of the experimental group playing patterns such as cat and mouse exercises, face-to-face passing, and diamond passing, consisting of 20 sample students. This table serves to assess the pretest and posttest results from cat and mouse exercises, face-to-face passing, and diamond passing. The average pretest score is 8.00, while the average posttest score is 9.55. To summarize, the pretest and posttest scores of the experimental group for cat-and-mouse training, face-to-face passing, and diamond passing, which include the mean, standard deviation, minimum, and maximum values, can be seen as follows:

Table 2. Description of the table

	Descriptive Statistics				
	N	Minimum	Maximum	Mean	Std. Deviation
Pretest Passing Accuracy	20	5	11	8,00	2,026
Posttest Passing Accuracy	20	6	14	9,55	2,212
Valid N (listwise)	20				

The table above presents the results of the pretest and posttest of the experimental group of passing training with play patterns. This allows for the determination of minimum, maximum, average, and standard deviation values. For the pretest, the average value was 8.00, the lowest value was 5, the highest value was 11, and the standard deviation was 2.026. For the posttest, the average value was 9.55, the lowest value was 6, the highest value was 14, and the standard deviation was 2.212.

Table 3. Normality Test

One-Sample Kolmogorov-Smirnov Test			
		Zscore(Pret est) Pretest	Zscore(Postt est) Posttest
		Passing Accuracy	Passing Accuracy
N		20	20
Normal Parameters ^{a,b}	Mean	0E-7	0E-7
	Std. Deviation	1,00000000	1,00000000
Most Extreme Differences	Absolute	,189	,158
	Positive	,138	,158
	Negative	-,189	-,092
Kolmogorov-Smirnov Z		,846	,708
Asymp. Sig. (2-tailed)		,471	,698

a. Test distribution is Normal.

b. Calculated from data.

Based on normality test data carried out using Kolmogorov-Smirnov, the pretest value was 0.47, while the posttest value was 0.69. It can be concluded that the data has a normal distribution because the significance value obtained is > 0.05 , so H_0 is accepted. Homogeneity testing is carried out to determine whether the variance between the groups being tested is homogeneous or not. If the p value > 0.05 , then the data is homogeneous, and if the p value < 0.05 , then the data is not homogeneous.

Table 4. Homogeneity test

Test of Homogeneity of Variances				
Pretest Ketepatan Passing				
Levene Statistic	df1	df2	Sig.	
,087	1	38	,769	

Based on the results of the homogeneity test in the control and experimental groups, the sig value (0.769) > 0.05 indicates that the data is homogeneous. To find out and answer the formulation of the problem that has been planned in advance and look for a significant effect

on cat-fighting, face-to-face passing, and diamond passing exercises, a hypothesis test is carried out using paired sample t-test Ha: There is no increase in passing training with play patterns to improve passing accuracy. Ho: There is an increase in passing training with play patterns to improve passing accuracy. The test criteria are Ho can be accepted if the significance value is less than 0.05, and Ho is said to be rejected if the significance value exceeds 0.05. Based on the normality test that has been normally distributed, the paired sample t-test is then carried out. The following are the results of the paired sample t-test test that has been carried out using the SPSS 17.0 for window application:

Table 5. Paired Sample T-Test

		Paired Differences				t	df	Sig. (2-tailed)	
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
					Lower				Upper
Pair 1	Pretest of Passing Accuracy - Posttest of Passing Accuracy	-1,550	1,356	,303	-2,185	-,915	-5,111	19	,000

Based on the table above, the significance value that has been obtained from the paired sample t-test results is 0.000. So it can be said that the data has increased because the significance value <0.05. So it can be concluded that there is an increase in the sample after being given passing training material with play patterns. Based on the output table of t test results, the value obtained is sig = 0.00, which means it is smaller than 0.05, thus Ho is rejected and Ha is accepted.

Table 6. R-Square Regression Test

Model Summary					
Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	
1	0.799 ^a	0,638	0,618	1.253	

a. Predictors: (Constant), posttest accuracy passing

From the table above, the magnitude of the effect between the pretest and posttest is 0.638 x 100% = 63.8%. This shows that each participant was able to show an increase of 63.8% from the pre-test results to the post-test. This means that passing training with playing patterns can increase the passing accuracy of each participant by 63.8%. The remaining 36% is influenced by outside factors. Football is a sport that requires very good technical mastery. The technique that is often used, namely good and correct passing, will make it easier for players to organize attacks so that they can create goals against the opponent's goal. In this research, researchers want to know the effect of practicing playing patterns. on passing accuracy in soccer games among SSB Bina Putra Pamekar students. From the entire series in this research, the researcher obtained the results that playing pattern training had an effect on the accuracy of passing in soccer games played by SSB Bina Putra Pamekar students.

The results of this research were proven by the results of hypothesis testing, where the value could be concluded as H_0 accepted, which means This means that in this research, there is an influence. Based on the processing and analysis of pre-test and post-test data, passing accuracy has an average pre-test score of 8.00, with the lowest score being 5 and the highest score being 11. While the post-test average was 9.55, with the lowest score being 6 and the highest score being 14, Based on the normality test data for passing accuracy carried out with Kolmogorov-Smirnov, the normality test results of the pre-test value were 0.471, while the post-test value was 0.698. It can be concluded that the data has a normal distribution because the significance value obtained was > 0.05 , so H_0 was accepted. After the normality test, a homogeneity test was carried out to find out whether the data was homogeneous or not. If the results of the homogeneity test were obtained with a sig. $0.769 > 0.05$, then the data is homogeneous.

Next, an R-square test was carried out to determine the magnitude of the influence of playing pattern training on the football passing accuracy of SSB Bina Putra Pamekar students. The results of the R-squared test showed that the magnitude of the influence between the pre-test and post-test was $0.638 \times 100\% = 63.8\%$. This shows that each participant was able to show an increase of 63.8% from the pre-test results to the post-test. This means that practicing playing patterns can increase the passing accuracy of each participant by 63.8%. Passing is indeed the most important thing, as according to (Permadi et al., 2023), every football player must be able to have good passing skills because it is necessary to move the ball from point to point. Passing is the main thing that all football players must master. ball because good technical mastery will improve the quality of the player.

Discussion

The results of this study are discussed by understanding and interpreting the data obtained from research conducted on 25 January - 5 May 2024. The purpose of this discussion is to answer the research questions that have been set and to measure the achievement of research objectives, as well as to prove the research hypothesis. The game of football is a team game, so the success in winning a game is greatly influenced by the cohesiveness of the team itself. To be a good team there must be good coordination between players. Coordination itself will look very good if the kick or pass given is right on target. Therefore, good passing skills are needed by players, because this is one of the basic techniques of playing football that must be mastered by players (Gutawa & Kafrawi, 2022).

Therefore, to improve the quality of passing in SSB Bina Putra Pamekar students, researchers here provide more than 1 passing training material to improve the quality of passing these children. Before conducting the treatment, the researcher here has previously seen first how the children's condition is when playing football. It turns out that there are still many shortcomings and also mistakes when passing to his friend, there are so many losses with the wrong passing such as losing possession of the ball, the attack that is built fails to create opportunities, becomes a counterattack from the opponent and can even be an opportunity for the opponent and make it a goal from the passing error.

Therefore, after seeing such a situation, the researcher provides a cat-and-mouse exercise treatment with many variations so that it is not boring, and is carried out in a structured manner so that the learner has a positive impact on the sample. According to (Anggraeni, 2019) the learning plan that will be taken regarding the teaching model learning process must be prepared as well as possible in order to achieve specific changes in students as expected. As has been formulated into a problem that will be examined in this study regarding whether there is an effect of passing training exercises with play patterns on the accuracy of football passing in SSB Bina Putra Pamekar students? How much influence does passing training with play patterns have on the accuracy of football passing in SSB Bina Putra Pamekar students after being given treatment? Therefore, the researcher will.

Researchers provided training materials for cat-fighting, face-to-face passing, and diamond passing. The results showed the difference in passing in SSB Bina Putra Pamekar students before being given training material and after being given training material. At the time of the first observation or pretest, many players or students were careless in passing and also lacked energy when passing. Therefore, the researcher conducts training by providing several cat-fighting exercises, face-to-face passing, and diamond passing to improve the quality of the players' passing by providing this material, the player is easy to understand the material and apply it well so as to produce excellent passing accuracy or accuracy.

Based on the results of the data analysis obtained, it can be concluded that cat-fighting, face-to-face passing, and diamond passing exercises are proven effective to be given to SSB Bina Putra Pamekar students, especially the age of elementary school children, besides that it is also very influential on the passing accuracy of the players as carried out in this study. So that cat-fighting, face-to-face passing, and diamond passing training have an influence on success and also an increase in the passing accuracy of the players. It is not without help that the creation of an increase in the accuracy of passing in these players is not solely due to the material provided but because of the desire and sincerity of the players in training to improve their passing quality.

As has been done in the paired sample t-test data analysis, which has a resulting t value of -7.161 so that the resulting sig. (2-tailed) of 0.000. So it can be said that the data has an influence on improving the quality of passing because of the significance value. Skills in terms of basic passing techniques are very necessary and must be mastered by football players. As has been stated by the theories of previous researchers above, training using varied training patterns is very important to improve the quality of passing and also make children not bored when doing training. As evidenced in the data processing that has been done, there is an increase in the quality of passing in SSB Bina Putra Pamekar students, which is 19.1%.

Thus, passing training with playing patterns has an influence in increasing the accuracy of passing in practicing football. The success of this study is also not impossible because of the help of previous studies such as for example in the assessment of passing accuracy according to (Suparjo, 2009: 97 in (Effendy, 2015)) Tests conducted to measure the ability of passing techniques adapted from Suparjo's football passing test with a validity of 0.963 and reliability of 0.900 were given at the beginning and end of the research process. It is not without reason that researchers use this test pattern because the test pattern has been validated and has also been done before.

Therefore, to adjust it, the researcher made several variations of passing exercises that were carried out and also related or influenced the passing accuracy of the players and also the correlation with the test pattern which would later be carried out to determine whether the passing quality of the players had improved or not. The application of passing training with play patterns is proven to significantly improve the accuracy of football passing, supported by statistical analysis using SPSS 17.0 for Windows. The results of the pretest and posttest of the experimental group of passing training with playing patterns consisting of 20 sample students. To assess the pretest and posttest results of passing training with play patterns, the average pretest score was 8.00, while the average posttest score was 9.55.

To summarise the pretest and posttest scores of the experimental group of passing training with play patterns, which include the mean, standard deviation, minimum, and maximum values. For the pretest, the mean value was 8.00, the lowest value was 5, the highest value was 11, and the standard deviation was 2.026. For the posttest, the average value was 9.55, the lowest value was 6, the highest value was 14, and the standard deviation was 2.212. Based on the normality test data conducted using Kolmogorov-smirnov, the normality test results for the pretest value are 0.471 while the posttest is 0.698. It can be concluded that the data is normally distributed because the significance value obtained is > 0.05 so that H_0 is accepted.

The application of passing training with playing patterns is proven to significantly improve the accuracy of football passing, supported by statistical analysis using SPSS 17.0 for Windows and paired sample t-test hypothesis testing and r-square regression. The significance value is 0.00, lower than 0.5, which indicates a statistically significant difference in passing accuracy. The post-hoc test in table 4.6 revealed that each participant was able to show an increase of 63.8% from pre-test to post-test results. This means that the passing exercise with a play pattern was able to improve the passing accuracy of each participant by 63.8%.

In conclusion, passing training exercises with play patterns can be used effectively to improve passing accuracy in football. In the method of passing training with play patterns increases the efficiency of passing accuracy in students at SSB Bina Putra Pamekar. This method is carried out with several playing patterns such as cat-and-mouse training or El Rondo, face-to-face passing, and diamond passing. Therefore, to improve the quality of passing in SSB Bina Putra Pamekar students, researchers here provide more than 1 passing training material to improve the quality of passing these children.

Conclusion

The aim of this research is to find out whether playing pattern training has an effect on passing accuracy in SSB Bina Putra Pamekar students' soccer games, based on the results of research on the homogeneity hypothesis test, which can be seen in Table 4, namely where the Sig value (0.769) > 0.05 , so that the data is homogeneous, and from this research it can be concluded that the influence of playing pattern training on the accuracy of soccer passing for SSB Bina Putra Pamekar students is because the Sig value is greater than 0.05. Next, to find out the magnitude of the influence of playing pattern training on the passing accuracy of SSB Bina Putra Pamekar students, it can be seen in Table 6, with the results of the magnitude of the

influence between the pre-test and post-test being $0.638 \times 100\% = 63.8\%$. This shows that each participant was able to show an increase of 63.8% from the pre-test results to the post-test. This means that practicing playing patterns can increase the passing accuracy of SSB Bina Putra Pamekar students for each participant by 63.8%. The results of this research indicate that using playing pattern training can be a training method to improve passing accuracy in soccer games, because using this playing pattern training can not only increase passing accuracy; it can also increase students' concentration in practice and during matches.

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