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EFFECTIVENESS OF PASSING TECHNIQUE SKILLS THROUGH EXERCISE METHODS FOR SSB IMAM BONJOL PADANG U 13 ATHLETES

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Abstract ¹

Problems: The problem in this research is that the passing skills of the Imam Bonjol U-13 Football School athletes are still low. **Purpose:** The aim of this research is to determine the effectiveness of passing technique skill through exercise methods for SSB Imam Bonjol U 13 athletes. **Methods:** The type of research is quasi experiment. **Results:** The results of this research are: 1) There is significant effectiveness of passing technique training through a series of training approaches for Imam Bonjol U-13 Football School athletes ($t_{count} = 2.02 > t_{table} 1.76$). **Conclusion:** Based on the research results, a series of training approach can improve passing technique skills according to the U-13 age classification, so further research needs to be carried out to examine at a higher age. To add other factors that can influence the results of passing technical skills, it is necessary to add other variables, so that the results of passing technical skills increase even more.

Keywords: Passing Technique; Series of Training Approach.


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INTRODUCTION

The popularity of the game of football cannot be doubted. Crowds can occur everywhere when big matches are held, such as the World Cup, and can even raise the enthusiasm of all supporters in all parts of the world. A good game performance can be created if all players have all the supporting components such as strong physical endurance, speed and continuous energy expenditure in order to support the intensity of playing football (Byantara, 2016).

The beautiful game displayed shows advanced technical skills in football, such as passing, controlling, dribbling, heading and shooting. One of the techniques that

will be discussed is passing. Yhusril et al., (2022) stated that passing or passing the ball is moving the ball from player to other player in a team correctly. This technique is usually used to get the ball closer to the opponent's goal by working together (Tya Maya Ningrum, Velyan Mahyudi, Prayogo, et al., 2023). To control the ball and create opportunities to score goals, team members must improve their ability to pass and receive the ball well. These abilities complement each other because every ball passed must be received and controlled by teammates. However, if your passing and receiving skills are not good it will result in the ball being released and wasting the opportunity to score a goal.

In the game of football, players are required to be able to control the ball better, so that the opportunity to score goals is quite large. Abrar and Syahara (2019) stated that the factors that determine passing accuracy are; high coordination, good accuracy, size of the target, sharpness of the senses, how close the target is, mastery of technique, speed of movement, feeling of the player and accuracy, and strength and weakness of a movement. According to Sergio (12: 2020), through his passing network, passing can be applied to explore the behavior of football players, identify key players in a match and measure the centrality and probability of passing success in various areas of the field. Passing networks are dynamic systems, consisting of articulated and interactive units enabling the identification, quantification and evolution of play over time, taking into account stochastic forces combined with the analytical complexity typical of the organization of a team.

Based on this, passing skills are one of the important techniques given to athletes. The provision of passing material must also be adjusted to the training method. According to Shawn (2013:132) based on the main findings from his research, the effects of the exercise sequence do not differ significantly between circuits and traditional sequences except when performing hanging cleans. So choosing the right method will make it easier for athletes to understand and carry out the techniques that will be given.

One method that will be implemented is a series of training approach. A series of exercises is a series of activities carried out in stages from simple to complex exercises, including warm-up, main training activities, small group games, and cool-down. The training load will start from light training on the first training day, then there will be an increase in the training load given on the second training day and for the following training days the training load will continue to be increased until the training program objectives created by the coach are achieved and there is an improvement in the condition and technique of the athletes being trained. after being given training using a series of training methods (Tya Maya Ningrum, Velyan Mahyudi, Bhayangkara Jakarta Raya, et al., 2023). Using the training series method can also help in implementing the training concepts provided by a trainer.

According to Dietrich, et al, in further emphasizing the series of training approaches, namely the sequence of exercises used to achieve the goal of improving technical elements is also carried out separately or even carried out in combination with technical elements that are interconnected with each other. To know that the sequence starts with easy activities and ends with gradually difficult sequences.

This research aims to determine and clarify the benefits of the training sequence approach method for improving soccer players' passing techniques. Through our analysis of how these methods can impact player performance and skill, we hope to add important context to the ongoing conversation about best training practices for soccer players. Understanding and utilizing technical training for developmental skills is important. This research aims to clarify the revolutionary potential of the training sequence approach method in developing skilled soccer passing techniques.

METHOD

The type of research carried out in this research was a "pre-test and post-test group design" experiment. This research was carried out in the Imam Bonjol field, Padang. The population in this study were all athletes registered at SSB Imam Bonjol Padang, totaling 115 people. The sampling technique used purposive sampling,

taking all 14 athletes in the U-13 category. The instrument used in the research measures athletes' passing skills. The data analysis technique uses statistical analysis of the mean difference t test.

Result

Descriptive results of data on passing skills of Imam Bonjol Padang U-13 Football School athletes, by carrying out conventional technique training 14 times. Descriptive data can be seen in the following table:

Table 1. Descriptive Analysis of Data

No	Category	Number of People	Mean	Min	Max
1	Pre-Test	14	5,71	5	8
2	Post-Test	14	7,36	5	11

Based on the analysis of the initial test data (pre-test), the passing skills of 14 football athletes, of the 14 players used as samples, the highest score = 8 and the lowest score = 5. Then the standard deviation = 0.99 and the average score were obtained. = 5.71. Based on table 5, the passing skills of football athletes, from the pre-test data, 0 people (0%) athletes had a football athlete passing skill score in the interval class > 11.96 which was in the very good category. 0 people (0%) had a soccer athlete's passing skill score in the interval class $10.40 - 11.96$ in the good category. 1 person (7%) had a soccer athlete's passing skill score in the interval class $8.81 - 10.39$ in the medium category. 2 people (14%) had a football athlete's passing skill score in the interval class $7.24 - 8.80$ in the poor category and 11 people (79%) had a football athlete's passing skill score in the interval class < 7.24 in the very poor category. For more details, see the image histogram:

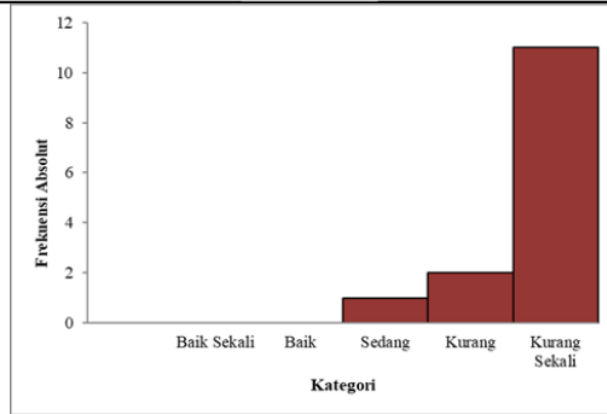


Figure 1. Histogram of Pre-Test Results (Pre-test) of Athletes' Passing Skills Imam Bonjol Padang U-13 Football

Based on the analysis of the final test data (post-test) of passing skills on 14 football athletes, from the 14 athletes used as samples, the highest score = 11 and the lowest score = 5. Then the standard deviation = 2.34 and the average score were obtained. average = 7.36. Based on the table above, the passing skills of football athletes, from the pre-test data, 2 people (14%) of the athletes had football passing skill scores in the interval class > 11.96 , which is in the very good category. 3 people (21%) had soccer athletes' passing skill scores in the interval class $10.40 - 11.96$, in the good category. 0 people (0%) had a soccer athlete's passing skill score in the interval class $8.81 - 10.39$, is in the medium category. 2 people (14%) had a football athlete's passing skill score in the interval class $7.24 - 8.80$, in the poor category, and 7 people (50%) had a football athlete's passing skill score in the interval class < 7.24 in the very poor category. For more details, see the image histogram:

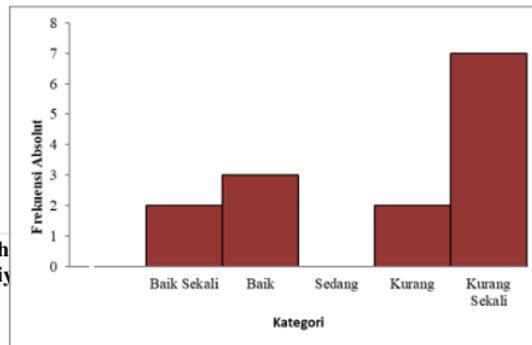


Figure 2. Histogram of Pre-Test Results (Post-test) of Athletes' Passing Skills
Imam Bonjol Padang U-13 Football

The hypothesis proposed is "There is a significant influence of technical training through a series of training approach in improving the inner leg passing skills of Imam Bonjol Padang U-13 Football School athletes". Based on the comparative analysis using the mean difference test (t-test) formula which was carried out, the results of the mean difference test analysis (t-test) were obtained as follows:

Table 2. Summary of Hypothesis Testing Results

Variabel	mean	N	tcount	tabel	Information
Skills <i>(pre-test)</i>	5,71				
Passing <i>(post-test)</i>	7,36	14	2,02	1,76	Significant

The results of the t-difference test analysis stated that there was a significant influence of technical training through a series of exercises approach in improving the inner leg passing skills of Imam Bonjol Padang U-13 Football School athletes, where the average passing skill (pre-test) was 5,71 and the average final data (post-test) passing skills was 7.36. This is also based on the results of the t test analysis, where $t_h = 2.02 < t_t = 1.76$ at a significance level of $\alpha = 0.05$. Thus H_a (hypothesis) is accepted while H_o is rejected. In conclusion, there is a significant influence of technical training through a series of training approach in improving the inner leg passing skills of Imam Bonjol Padang U-13 Football School athletes.

DISCUSSION

Football is a complex sport, not only physical, but also about how quickly a person makes decisions in a game (Okilanda et al., 2021). As stated by Mitchel (Psotta & Martin, 2011), "game performance in sports games is based on cognitive-perceptual processes that lead to decision making about movement responses and sensory-motor processes that are responsible for the implementation of skills". Football requires more skill from players than other sports.

Luxbacher (2004: 7) explains that these skills are a process of instruction to achieve goals through planning and evaluating learning. Apart from technique, in football the physical and mental condition of players is also very important. Excellent physical condition is very necessary because when playing football you will make a lot of movements with fast intensity (Pratama et al., 2022). Mental and psychological conditions are also very influential in playing football because mental and psychological conditions play a role in efforts to win in a football match. One of the fundamental components that must be mastered in order to play soccer well is passing the ball (Desy Tya Maya Ningrum et al., 2024).

Rahmalia, et all (2018) explains that Football training has historically emphasised solitary drills and repetitive routines to increase shooting power and accuracy. Playing technique is a fundamental completeness as a basis for playing, apart from other coaching (Arisman, 2018). From the definition above, technical training is very influential in improving the inner leg passing skills of football athletes. Rozi and Syahara (2019) exercise is an activity developed to prepare physical conditions with the aim of increasing abilities to a higher level.

CONCLUSION

Based on the results of the research that has been described, the following conclusions can be expressed: there is a significant influence of technical training through a series of exercises approach in improving passing skills using the inside of the foot of Imam Bonjol Padang U-13 Football School athletes ($t_{count} = 2.02 > t_{table} 1.76$), using this training model.

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But apart from the results obtained in this research, factors related to the training process also greatly influence the results achieved, such as intensity, duration, volume, frequency and intervals in the training itself. Because each of these factors plays a role in the continuity of programmed training.

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