

THE EFFECT ONE TOUCH AND DOUBLE TOUCH PASSING DRILL TRAINING ON INCREASING PASSING ACCURACY

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Abstract

This study aims to examine the effectiveness of one touch and double touch passing drill training methods in improving the passing accuracy of football players aged 10–12 at SSB Putera Harapan Kedungjati. Employing a quantitative experimental method with a two-group pretest-posttest design, 20 participants were divided equally into two groups using the matched subject design. Group A was trained using one touch passing drills, while Group B received double touch passing drills over 12 sessions. Data were collected using a short passing test and analyzed through paired sample t-tests. The findings revealed significant improvements in both groups' passing accuracy, with Group A showing a mean increase from 42.50 to 67.50 and Group B from 45.00 to 72.50. Statistical analysis confirmed that both methods significantly enhanced passing accuracy ($p < 0.05$), with the double touch passing drill being more effective. These results suggest that both drill methods can be used effectively in youth football training, with double touch passing showing superior impact on technical skill development.

Keywords: Passing drill: Passing accuracy: Effect of practice: Soccer technique drills: Passing method Score

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INTRODUCTION

Sport is an activity that aims to maintain and improve the health of the body, both physically and mentally. In addition to physical benefits, exercising also improves emotional and social well-being through interaction with a sports team or community (Sinurat & Noprizal, 2024). Soccer is a team sport where each player has a specific role, such as defender, midfielder, attacker, and goalkeeper. Movement in soccer involves various basic skills, such as running, dribbling, passing, and shooting, all of which are part of the technical skills in the game (Bozkurt et al., 2020). football is a sport that uses a ball and is played by two teams facing each other (Sulistio et al., 2019). Almost the entire game is done with the

feet, except for the goalkeeper who can use his hands in certain areas during a penalty kick (Sudarmono et al., 2020). Football is a very popular and popular sport, so cooperation between players is an important thing that must be owned by every team that wants to win and produce an interesting match (Doewes et al., 2020).

The main goal of a soccer game is to win by scoring as many goals as possible into the opponent's goal, and trying to keep your own goal from being conceded (Putra et al., 2022). In soccer, there are two types of basic techniques, namely techniques with the ball and without the ball. Techniques without the ball include things like running, changing direction, jumping, leaping, and body trickery. While techniques with the ball involve skills such as stopping the ball (Stopping), passing (passing), kicking the ball into the goal (shooting), heading (heading), and dribbling (Dribbling), Of the various techniques available, a very important technique to master is the passing technique. Passing in soccer is a very important basic technique, Passing or passing has the meaning of a pass to a friend or a ball passed from one player to another player in a team in order to provide an opportunity to take possession of the ball (Sidik Muhammad et al., 2020).

Passing is a technique in the game that aims to flow or move the ball from one player to another in order to maintain smooth play and teamwork (Maulana et al., 2020). In passing, there are several things that need to be considered, such as accuracy, strength, and the right time (Fahry et al., 2024). The accuracy aspect in football is one of the things that is very important to achieve success in a match, because the ability of players to control the ball precisely can determine the course of the game and the final result. Football in Indonesia has grown rapidly in recent years, thanks in no small part to the great contribution of the Football School, Football Schools today are not only focused on achievement, but also pay more attention to coaching, discipline, and good behavior, both on the field and off the field (Jihad & Annas, 2021).

Based on the results of observations made at the SSB Putera Harapan Kedungjati training session for the 10-12 year old age group on Wednesday, January 15, 2025, as well as in a trial match that took place at Gelora Bumi Kalikan

Field on January 21, 2025, After observing the players during training in the field, researchers found problems related to passing accuracy. When conducting trials, researchers also observed that the passing quality of SSB Putera Harapan Kedungjati players was not optimal, especially when compared to opposing teams of the same age. It was found that the players still faced difficulties in terms of passing accuracy while practicing on the field, Researchers also conducted a passing test on Wednesday, February 5, 2025, researchers obtained the following pretest data :

Table 1. Pre-test

No	Name	Ball in	Result	Category
1	EVN	3	75	Good
2	RFA	4	100	Excellent
3	AKBR	3	75	Good
4	BNTG	1	25	Less
5	ANDK	1	25	Less
6	IVD	2	50	Medium
7	ISL	2	50	Medium
8	ARY	1	25	Less
9	FTH	2	50	Medium
10	NKI	4	100	Excellent
11	AGM	4	100	Excellent
12	RYHN	1	25	Less
13	HYKL	1	25	Less
14	RMN	1	25	Less
15	RZKY	0	0	Very less
16	YN	1	25	Less
17	TGR	2	50	Medium
18	DPA	1	25	Less
19	RGL	1	25	Less
20	HKM	0	0	Very less

Training aims to develop athletes' abilities and readiness to achieve the highest achievements (Permadi, 2016). Training is a process that aims to improve athletes' abilities through various exercises, understanding of theory, and knowledge, This process is carried out by applying techniques and rules that have been scientifically tested, as well as well-planned and structured training principles, so that training objectives can be achieved effectively (Ida Lestari & Sugihartono, 2021). One touch passing is a technique of passing the ball using only one touch, which is directly receiving and sending the ball. This technique requires accuracy,

speed in decision making, and the ability to control the strength and direction of the ball well (Podungge, 2021). One-touch passing is usually used in situations that require a quick response, such as when a player is under pressure from the opponent or when trying to cross the opponent's defense line. Improving one-touch passing accuracy can help a team to be more effective in defending the ball and building attacks (Zainuddin et al., 2023).

Double Touch Passing is a technique where the player takes two steps in passing the ball. First, the ball is received with one touch, then the ball is sent with the second touch. According to (Rahmat, 2016) This technique gives players the opportunity to control the ball first before passing, resulting in more precise passing, Two-touch passing is usually used in situations that require high accuracy, such as when trying to penetrate the opponent's defense line or looking for teammates who are in hard-to-reach positions. Based on the problems that have been found, it is hoped that the two types of training applied can have an impact on improving the passing accuracy of SSB Harapan Putera Kedungjati players, researchers are interested in conducting research with the title “The Effect of Drill Passing One Touch and Double Touch Training on Passing Improvement at SSB Harapan Putera Kedungjati Ages 10-12”. This study aims to determine how much influence Drill Passing One Touch and Double Touch exercises have on improving passing accuracy.

METHOD

This research uses a quantitative research method, which is an approach that relies on the principle of objective measurement of observed phenomena, relying on numbers, statistics, and mathematical analysis as the basis for drawing conclusions. The experimental research method is an approach used to determine the impact of a particular treatment on other variables in a controlled situation (Sugiyono, 2016: 72). The experimental research method is a research method used to look for the effect of certain treatments (Arifin, 2010). The research design used in this study was “The two-group pretest-posttest design” (Beaumont, 2009:14). which involves two groups with measurements before and after treatment. This

study used the Matched by Subjects Design (M-S) design pattern, in which subjects were divided into two equal groups, This group division is done by the Ordinal Pairing method.

the next step is to separate the subjects into two groups using the ABBA pattern, the population in question is all Harapan Putera Kedungjati Football School players who are in the age range of 10 to 12 years, with a total of 20 players. The data collection method in this study was carried out through a short passing test. Meanwhile, the data analysis used paired sample t-test which was processed with the help of SPSS software version 25.

Table 2. Treatment

Meeting	Core Exercise	Set	Repetition	Rest
1-3	Passing triangle	2	4	2 menute
4-6	Wrist strengthening exercises, serving with a racket weighing 80-84 grams	3	2	2 menute
7-9	Game pass the ball successfully into the open space	3	3	2 menute
10-12	Game passing drill with shoot on goal	3	4	2 menute



Figure 1. Tes short pass (Bobby Charlton, 2016)

Assessment Mechanism

1. Every ball that successfully hits the target or enters the goal will be given a score of 25 points, while the ball that is not on target scores 0 points.
2. Each participant is only given one try, and the kick is carried out using the strongest leg of each player.

RESULT AND DISCUSSION

The study was conducted over 12 meetings. In the first meeting, participants underwent a pretest to measure their initial conditions, while the last meeting was

used as a posttest to evaluate the final results after the treatment. During the research period, participants received 12 treatments, with a training schedule that took place 4 times a week, to be precise every Monday, Wednesday, Friday and Sunday. After the entire series of meetings was completed, the posttest results from the Putera Harapan Kedungjati team players were then collected and analyzed to determine the progress that occurred. Data description is a general representation of the information obtained through variables in a study. This information is collected through experiments on research samples, producing numerical data which is then analyzed using a descriptive statistical approach. This approach aims to collect, manage, present, and analyze the research data. Data processing was carried out with the help of Microsoft Excel and SPSS software.

Tabel 3. Group A Post-Test

No.	Name	Score	Category
1.	AGM	100	Excellent
2.	RFA	100	Excellent
3.	EVN	100	Excellent
4.	ISL	75	Good
5.	BNTG	75	Good
6.	ANDK	50	Medium
7.	HYKL	50	Medium
8.	RGL	50	Medium
9.	HKM	50	Medium
10.	RZKY	25	Less
Average		67.50	

Group B Harapan Putera Kedungjati has completed the post-test, and the results obtained can be seen as follows:

Tabel 4. Group B Post-Test

No.	Name	Score	Category
1.	NKI	100	Excellent
2.	AKBR	100	Excellent
3.	IVD	100	Excellent
4.	RYHN	75	Good
5.	TGR	75	Good
6.	FTH	75	Good
7.	ARY	50	Medium
8.	DPA	50	Medium
9.	RMN	50	Medium
10.	YN	50	Medium
Average		72.50	

This study involved 20 players from the Harapan Putera Kedungjati team as samples. The data collected in the form of pretest and posttest results which were

then analyzed using SPSS for Windows software. The purpose of this analysis is to obtain a descriptive statistical description of the available data. The descriptive statistics used in this study include a number of important information that provides an overview of the data obtained. Some of the key indicators presented include the mean, which shows the central tendency of the data; the standard deviation, which describes the degree of spread or variation of the data from its mean; and the minimum and maximum values, which show the range of the lowest and highest values achieved by respondents in the pretest and posttest measurements.

Table 5. The initial and final scores of group A have been summarized in the descriptive statistics.

	N	Minimum	Maximum	Mean	Std. Deviation
Pretest	10	0	100	42.50	37.361
Posttest	10	25	100	67.50	26.484
Valid N (listwise)	10				

Table 6. The initial and final scores of group B have been summarized in the descriptive statistics

	N	Minimum	Maximum	Mean	Std. Deviation
Pretest	10	25	100	45.00	25.820
Posttest	10	50	100	72.50	21.890
Valid N (listwise)	10				

Based on the results of pretest and posttest descriptive statistics obtained from 20 Harapan Putera Kedungjati players who were divided into 2 groups, the pretest score of group A (Drill passing one touch) was a minimum of 0 and a maximum of 100, with a mean of 42.50 and a standard deviation of 37.461. Then the posttest score of group A is a minimum of 25 and a maximum of 100, with a mean of 67.50 and a standard deviation of 26.484. Then the pretest score of group B was a minimum of 25 and a maximum of 100, with a mean of 45.00 and a standard deviation of 25.820. The Posttest results of group B (Drill passing double touch), minimum 50 and maximum 100, with a mean of 72.50 and standard deviation of 21.890. serves as the final series to end training activities. ji normality is a method used to determine whether the distribution of a data follows a normal distribution pattern or not. One of the techniques that can be used to perform.

Table 7. Results of the Normality Test group A

	Statistik	Df	Sig.	Statistik	Df	Sig.
Pretest	,280	10	,025	,862	10	,080
Posttest	,246	10	,089	,874	10	,111

Based on the table above, the normality test results for group A (Drill passing one touch) show that the significance value on the pretest is 0.080, while on the posttest it is 0.111. Because both significance values are greater than 0.05, the pretest and posttest data in group A can be concluded to be normally distributed.

Table 8. Results of the Normality Test Group B

	Statistik	df	Sig.	Statistik	Df	Sig.
Pretest	,281	10	,025	,791	10	,011
Posttest	,248	10	,082	,805	10	,017

Based on the table above, the normality test results for group B (Drill passing Double touch) show that the significance value on the pretest is 0.011, while on the posttest it is 0.017. Because both significance values are greater than 0.05, the pretest and posttest data in group B can be concluded to be normally distributed. Homogeneity test analysis was carried out as a further step to determine the similarity of variance between the data groups studied. This analysis process utilizes the help of SPSS software on the Windows operating system. The determination of the results is based on the significance value (sig.) resulting from the test. If the significance value is smaller than 0.05, it can be concluded that the data does not have a homogeneous distribution, or in other words, the variance between groups is different. Conversely, if the significance value is greater than 0.05, then the data is declared homogeneous because it has a similar variance. A summary of the homogeneity test results is shown in the following table, based on the results of the data processing that has been done.

Table 9, Homogeneity Test

Tests of Homogeneity of Variances

		Levene Statistic	df1	df2	Sig.
hasil	Based on Mean	.257	2	6	.782
	Based on Median	.176	2	6	.842
	Based on Median and with adjusted df	.176	2	4.898	.843
	Based on trimmed mean	.257	2	6	.782

The significance value obtained is 0.782, which means that the value is above the 0.05 threshold. Thus, it can be concluded that the data has a homogeneous distribution. After normality and homogeneity testing is completed, the next step is to analyze the players' pretest and posttest results using a paired t-test. This test aims to determine whether there is a significant difference between the initial and final conditions. The analysis process was carried out using the help of SPSS software for Windows.

Table 10. Group A t-test results

group Average	Mean	Paired Sample Test			
		t ht	t tb	Sig.	difference
<i>Pretest a</i>	42.50	7,297	2,20	0,001	25
<i>Post-test a</i>	67.50				

Based on the table above, it can be seen that the significance value is 0.001 (smaller) <0.05 . And get t count 7.297 and t table 2.20 (db11), Because t count $7.297 > 2.26$. Then these results show there is a significant difference. Thus there is an effect of the influence of one touch passing drill on improving the passing accuracy of Putera Harapan Kedungjati players. With a difference of pre-test and post-test 25.

Table 11. Group B t-test results

group Average	Mean	Paired Sample Test			
		t ht	t tb	Sig.	difference
<i>Pretest a</i>	45.00	4,031	2,20	0,002	27,5
<i>Post-test a</i>	72.50				

Based on the table above, it can be seen that the significance value is 0.002 (smaller) <0.05 . And get t count 4.031 and t table 2.20 (db11), because t count $4.031 > 2.26$. Then these results show there is a significant difference. Thus there is an influence on the effect of double touch passing drill on improving the passing accuracy of Putera Harapan Kedungjati players. With the difference between pre-test and post-test 27.5. This indicates that the average results before treatment are lower than after treatment is given. Thus, it can be concluded that the application of one touch passing drill method and double touch passing drill contributes to improving the passing accuracy of Harapan Putera Kedungjati players. Based on the results of the data processing that has been done, it can be seen that the double touch passing drill training method provides more effective results compared to the one touch passing drill training method. This is shown from the average score of the trainees, where the group using the double touch passing drill method recorded a score of 72.50, while the group using the one touch passing drill method only scored 67.50. Thus, it can be concluded that double touch passing drill training is more capable of developing basic passing technique skills than one touch training, especially in the context of improving player performance in actual game situations.

CONCLUSION

The results showed that the one touch and double touch passing drill training methods proved effective in improving passing accuracy. This improvement has an important role in supporting the development process of young players at Harapan Putera Kedungjati Football School. Therefore, these findings can be used as a valuable reference for coaches in designing and implementing a more systematic and targeted training program. By adjusting the training method to the age and physical condition of each player, the coach can choose the most appropriate approach to optimize training results. These appropriate strategies not only improve the efficiency of the training process, but also accelerate the overall development of individual players' abilities. In turn, this will assist the players in achieving maximum performance through a more organized and sustainable process.

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