

THE EFFECT OF 4-WAY TARGET PASSING TRAINING ON INCREASING GANGGA FC'S PASSING ACCURACY IN 2024

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ABSTRACTS	ARTICLE INFO
<p>Accuracy, steps and timing of ball release are the most important parts of a successful ball passing combination. Players must be able to pass and receive the ball well after their teammates give them the ball. Poor passing and receiving ball skills will result in losing the ball and wasting opportunities to score goals. Focus of the Research Problem Based on this, the author is interested in skills, there are still deficiencies in passing accuracy, therefore passing accuracy training is really needed for passing accuracy, they still use conventional and monotonous passing training models, players easily get bored in the training process. "The aim of the research is to find out the effect of 4-way target passing training on increasing Gangga FC's passing accuracy in 2024." The research design used in this research is a design using an experimental method. The research design is to use a one group pretest–posttest design. Overall sample of Gangga FC in 2024". There are 22 males. The sampling technique uses purposive sampling. From the results of the research and discussion, it can be concluded that: Based on the output results using SPSS 16, the average value of the results before being given the 4-direction passing training exercise was 7.3182 and after being given the training treatment was 9.1364, meaning that the average value had an effect on the 4-way passing training. The target direction for increasing Gangga FC's passing accuracy in 2024, there is a significant increase.</p>	<p>Article History: <i>Received: August 22nd, 2024</i> <i>Revised: August 26th, 2024</i> <i>Published: August 2024</i></p> <p>Keywords: <i>Practice, 4-way passing and passing accuracy</i></p>

INTRODUCTION

Football is a team game where two teams compete against each other which involves physical, technical, tactical and mental elements, done by kicking a ball which is contested by players from both teams with the aim of putting as many balls into the opponent's goal as possible and protecting the goal from being conceded. by referring to the regulations that have been determined (Addy Idris, 2015:15). Passing is the technique of passing the ball or transferring the ball's momentum from one player to another in a soccer match. To master passing techniques in soccer, you need to practice. Not only theory must be learned about passing, but a soccer player must put it into practice directly so that it will be better to train the player's passing skills.

Accuracy in passing and receiving the ball forms a vital link that connects a team into a unit that functions better than its parts. Accuracy, steps and timing of ball release are the most important parts of a successful ball passing combination. Players must be able to pass and receive the ball well after their teammates give them the ball. Poor passing and

receiving ball skills will result in losing the ball and wasting opportunities to score goals. A ball that is rolling on the surface of the field is easier to pass and receive than a ball that is floating in the air.

From the results of observations, at Gangga FC in 2024 during friendly matches, it turns out that many players often make mistakes in making accurate passes. This pass has a big role in improving the quality of passing accuracy. Passing is a technique of passing or transferring the ball's momentum from one player to another in a soccer match. Passing techniques really need to be mastered by football players so that the desired game pattern can be successful in both attack and defense. The solution is to provide 4-target passing practice. Four-target passing practice is a form of passing practice carried out at a distance of 10 meters from the passing point towards four targets. The four target directions form a quadrangle where the four target directions are in front, behind, right side, and left side of the passing point. So the problem of passing accuracy becomes a benchmark for conducting research.

Focus of the Research Problem Based on this, the author is interested in researching one of the football teams, namely Gangga FC in 2024, the skills and skills are quite good, but there are still deficiencies in passing accuracy, research focusing on passing accuracy training is really needed to improve the passing accuracy of players, and still using a conventional passing training model, the monotony causes the players to easily get bored in the training process. Based on this background, researchers want to conduct research on the passing accuracy ability of a football player, so that it can have a positive impact on the progress of the football player, in achieving achievements. By looking at the background above, researchers are interested in conducting research entitled: "The effect of 4-way target passing training on increasing Gangga FC's passing accuracy in 2024". The formulation of the problem in this research can be formulated as "Is there an effect of 4 target direction passing training on increasing Gangga FC's passing accuracy in 2024?"

RESEARCH METHOD

The research method used in this research is design or design with an experimental method. What is meant by experimental research method is a systematic and objective way to look for a causal relationship between two variables that are deliberately created by researchers as a treatment with strict control, Hulfian, 2014. The research design is to use a one group pretest–posttest design. In this design there is no control group, and subjects are not randomly assigned. The advantage of this design is that a pretest and posttest are carried out so that we can know with certainty the differences in results due to the treatment given.

Table 1: One Group Pretest-Posttest Design

<i>Pre- Test</i>	<i>Treatment</i>	<i>Pos-Test</i>
T1 ^a	X1 ^a	T2 ^a

(Source: Maksum, 2012)

Description :

T1^a : *Pretest / first accuracy test passing*

X1^a : Treatment given 1 4-way target passing exercise

T2^a: Posttest / Final accuracy test *passing*

Population is a generalization area consisting of objects/subjects that have certain qualities and characteristics determined by researchers to study and then draw conclusions (Sugiyono, 2013: 117). So population is not only people, but also objects and other things. Population is also not just the number of objects/subjects being studied, but includes all the characteristics/traits possessed by the subject or object. "So from the two opinions mentioned above, it can be concluded that what is meant by population in this study is all the players at Gangga FC in 2024. The sample is part of the number and characteristics of that population (Sugiyono, 2013: 118)." If the population is large, and it is impossible for researchers to study everything in the population, for example due to limited funds, energy and time, then researchers can use samples taken from that population. What is learned from the sample, the conclusions can be applied to the population. For this reason, the sample taken from the population must be truly representative, namely 22 people. The sampling technique uses purposive sampling. According to Sugiyono (2013:218-219) purposive sampling is a technique for sampling data sources with certain considerations. This particular consideration, for example, is the person who is considered to know best about what we expect, or perhaps he is the authority so that it will make it easier for the researcher to explore the object or social situation being studied.

To obtain data, a measurement tool is needed, what is meant by instrument is a tool during research using a method (Arikunto, 2013: 192). In other words, a method cannot fulfill its function effectively if the instrument that is the tool of the method is not valid. In addition, the measurement tools must be arranged in such a way that they can accurately record the intended data. In this study, researchers used an instrument, namely the Passing Accuracy ability test.

1. Passing Accuracy Test Instrument

The passing test aims to measure kicking and holding the ball skills. The tools used for the passing test are:

- a. Balls 2 pieces
- b. Stop Watch
- c. 4 Swedish benches (2 boards measuring 3 m x 60 cm)
- d. Lime

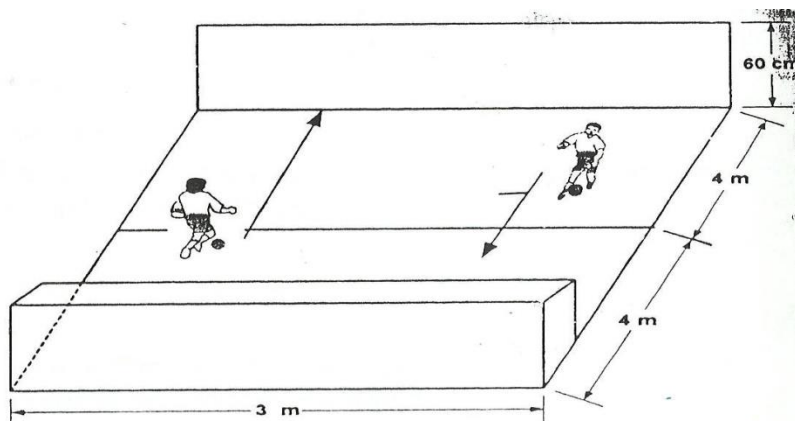


Figure 1: Instrument Diagram for the Football Resistance Test Field

2. Test implementation procedures
 - a. Teste stands behind the shooting line which is 4 meters from the target/board with the right or left foot position ready to shoot according to the player's habits.
 - b. At the "yes" signal, the teste begins to kick the ball towards the target, the bounce is held back with the foot behind the shooting line. Next, with a different foot, the ball is kicked in the opposite direction to the first kick.
 - c. Perform this task alternately between the left and right legs for 30 seconds.
 - d. If the ball leaves the soccer area, the tester uses the spare ball that has been provided.
3. The movement is declared failed if:
 - a. The ball is held and/or kicked in front of the kick line during each kicking task.
 - b. The ball is held and kicked with only one foot.

How to score: • Number of legal kicks and holds of the ball, during 30 seconds. Count 1, obtained from one activity of kicking and holding the ball.

In this study, researchers used a test method, namely "A test is a series of questions or exercises as well as other tools used to measure abilities, intelligence knowledge, abilities or talents possessed by individuals or groups. To obtain data related to research data, researchers used several methods, namely 1) Observation, 2) Action test method and 3) Documentation Method

To obtain a conclusion on the problem being studied, data analysis is an important step in the research. In accordance with the problem formulation and research objectives, the data analysis used in this research is the t-test.

The T test is a statistical test used to test differences between two groups. This research uses paired samples. So use the T test for paired or related samples. Test Analysis Requirements Before the data is analyzed to test the hypothesis, the data must meet the requirements for normality and homogeneity.

In the statistical testing process, the author uses the Statistical Product and Service Solution (SPSS 20) program Sulisty, (2010). To provide meaning to the data in this research, the following analysis was carried out.

4. Test the requirements, as follows:
 - a. Description of data about research subjects (N), average (mean) Initial test-Final test and delta (difference between final test scores and initial test).
 - b. Normality Test The technique used to test normality is using one sample Kolmogorov Smirnov with the help of SPSS. Data is said to be normal if its significance is greater than 0.05. The normality test is applied to the pretest or posttest results. The normality test is applied to the pretest or posttest results.

$$F^*(x) = 0 \quad x \neq 0$$

- c. Homogeneity Test After the data is declared normal, the next step is to carry out a variance homogeneity test. This is done to test the similarity of several samples. If the results of the homogeneity test are not the same as those of all research respondents (consisting of only one element, or consisting of several elements), then data processing cannot proceed to measuring influence or relationships or testing hypotheses. The reason is, the data obtained from the respondents is considered not to represent all respondents correctly according to the actual situation, using the Levene's Test

5. Statistical Hypothesis Testing

To determine the difference in the effect of treatment on the dependent variable (shooting) before and after treatment for each research group, a paired t test was used, the decision to reject the hypothesis was at $\alpha = 0.05$. To determine the difference in the effect of treatment on increasing the dependent variable (shooting) before and after treatment between groups, One Way Anova statistics or one-way analysis of variance were used, the decision to reject the hypothesis was at $\alpha = 0.05$

RESEARCH FINDING AND DISCUSSION

Based on the results of data processing and analysis of the research results using t-test analysis of the hypothesis proposed in this research, it turned out to be true. The findings in this research as stated above are the results of statistical analysis which researchers will study further. Various forms of training can be carried out as a form of effort to improve technique in the game of soccer with the aim of increasing the accuracy of soccer passing so that the training objectives can be achieved according to what is expected.

After carrying out the initial test, they are then given treatment/treatment: 4-way target passing exercise." which is carried out systematically, regularly and programmed with the aim of improving the accuracy of football passing. In accordance with the results of the hypothesis testing data analysis, namely passing, there is an influence of passing training in 4 target directions on increasing Gangga FC's passing accuracy in 2024.

Soemardiawan, et al. 2021. Research data were analyzed using SPSS version 22. The results of group 1's t-test obtained significant values (2-tailed) < 0.05 : $0.003 < 0.05$ and group 2 significant values (2-tailed) < 0.05 : $0.038 < 0.05$. So these results show that there is a significant difference. Based on the test of the difference in average post-test data for groups 1 and 2, a significant value (2-tailed) < 0.05 : $0.026 < 0.05$ was obtained with a percentage increase in group 1 amounted to 12.93% and group 2 amounted to 3.96%. Based on the results of the analysis, it can be concluded that the effect of wallpass training and exercise with groups of 4 increases the passing results of Bali United Mataram in 2021.

Instruction, Robert Smith 2010:58. Research results according to. Gung Mas Gonyun Pelang, et al (2018) Data analysis using the t-test at a significance level (α) of 0.05. The research results are as follows (1) drop pass passing training has an effect on football passing techniques, with the result $t_{count} = 6.09 > t_{table} = 2.145$, (2) wall pass passing training has an effect on football passing technique, with the result $t_{count} = 5.29 > t_{table} = 2.145$, and (3) there is no difference in the influence between drop pass and wall pass passing training on football passing techniques with the result $t_{count} = 0.79 < t_{table} =$

2.048.

Rohmat Hamdani, et al, 2021 research results. From the results of data analysis, the conclusion was obtained: Drill Passing training has a better effect than Pass Go on the level of passing accuracy in football games in children aged 8-10 years SSB Satria.11 Jatipuro Karanganyar in 2021. Based on percentages Passing ability shows that group 1 (the group that received the Drill Passing training method) was 4.989% > group 2 (the group that received the Pass Go training treatment) was 2.943%.

CONCLUSION

From the results of the research and discussion it can be concluded that: Based on the output results using SPSS 16, the average value of the results before being given the 4-direction passing training exercise was 7.3182 and after being given the training treatment was 9.1364, meaning that the average value was the effect of the 4-way passing training. The target direction for increasing Gangga FC's passing accuracy in 2024, there is a significant increase

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