

THE EFFECT OF WALL PASS EXERCISES AND EXERCISES WITH GROUPS OF 4 ON PASSING RESULTS PS UNDIKMA MATARAM FOOTBALL IN 2024

Fadli Zainuddin¹

¹Lecturer, Faculty of Sports Science and Public Health. Mandalika University of Education, Indonesia Mandalika University of Education

Corresponding Author Email: fadlizainuddin@undikma.ac.id

ABSTRACTS	ARTICLE INFO
<p>The focus of this research problem is that mistakes in passing often disrupt concentration and feeling nervous when competing. This results in passes not reaching friends, passing too fast, and passing carelessly so it doesn't match the target. So the 4-1 training model uses two touches and 4-1. The aim of this research is to determine the effect of wall pass training and exercise with groups of 4 on PS Undikma Mataram football passing results in 2024. The research methods used by researchers are the observation method, documentation method and action test method. The research design uses "One-Group Pretest-posttest Design" (initial test and final test). The researchers used the entire population to be used as research samples, namely the entire Undikma PS, totaling 20 active people, where the sample was divided into two, namely 10 players using the 4-1 training model using two and 10 players using the one touch method. The sampling technique uses purposive sampling. From the statistical results above are: seen from the results of research X1 with Y passing wall pass training seen from $t_{count} > t_{table}$ ($5,162 > 1,833$). The influence of wall pass training and exercise with groups of 4 on PS Undikma Mataram football passing results in 2024'. And X2 exercise with groups of 4 with Y passing seen from $t_{count} > t_{table}$ ($6,867 > 1,833$). with Y football passing obtained t_{count} is much greater than t_{table}, so it can be concluded that "there is an influence of exercise with groups of 4 on the football passing results of PS Undikma Mataram in 2024." accepted.</p>	<p>Article History: <i>Received: December 25th 2024</i> <i>Revised: December 27th 2024</i> <i>Published: December 2024</i></p> <p>Keywords: <i>Exercise, Wall Pass, Exercise with Groups of 4 and Passing</i></p>

INTRODUCTION

According to Danny Mielke (2007: 18), bait or passing is a way of transferring the ball's momentum from one player to another. In the current era of football, players are required to be able to play in more than one position and with high technique, being able to use both feet well to handle the ball. Players must be able to control the ball well with both their right and left feet. The researcher's assumption is 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 easily received and controlled, so that the ball is not easily lost or taken by the opponent. With passing ability

A good game with a few mistakes can make a game even more interesting to watch. The form of exercise itself has many models and variations. For this research, researchers used passing exercises using a game approach. The games in question are wall pass exercises

and exercises with groups of 4 regarding passing results. The wall pass training method is to return the ball to a friend with one touch. One thing you need to pay attention to when making this pass is positioning. Wall pass is a very simple movement technique. This technique is usually carried out by two or more football players by passing each other with the aim of penetrating the opponent's fairly tight defense (Syahrul Faizal, 2015). Meanwhile, with groups of 4, the four players form a square formation by making short passes using one ball and exchanging positions between players. However, in exercises with groups of 4, the fourth player dribbles the ball until it reaches the first player's place. *Gelora Nova Rizzal Nurhabib Journal* Volume 7 Number 2, September 2020, ISSN: 2355-4355.

The focus of this research problem is that errors in passing often disrupt players' concentration due to blaming each other while playing, cheers from opposing spectators and feelings of nervousness during competitions and the final round. This results in passes not reaching friends, passing too fast, and passing carelessly so it doesn't match the target. Therefore, we provide training methods related to passing, namely the wall pass training method and exercises with groups of 4. This training is a passing practice in the form of a game which requires a player to pass quickly and accurately under pressure from against. With this form of training, it is hoped that it can improve a soccer player's ability to pass. Based on the description of the form of training above, the author is interested in conducting research with the title "The influence of wall pass training and exercise with groups of 4 on PS Undikma Mataram football passing results in 2024".

RESEARCH METHODS

Sugiyono (2010: 324) A research design is a guideline that contains the steps that researchers follow in conducting their research. In this research, the research design used is experimental research "One-Group Pretest-posttest Design". This experiment still contains external variables that influence towards the formation of the dependent variable. So the results of the experiment which is the dependent (bound) variable are not solely influenced by the independent (free) variable. Because there is no control variable, and the sample was not chosen randomly (Sugiyono, 2013: 109).

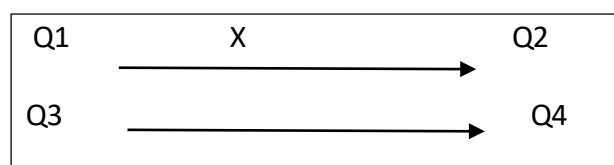


Figure 1 Research design (Sugiyono, 2013:111).

Information:

O1: Pre-test value (before treatment is given).

X : Treatment (Treatment or Wall Pass and Exercise Exercise with Groups of 4

O2: Post-test value (after being given treatment).

O3: Pre-test value (before treatment is given).

O4: Post-test value (after being given treatment).

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. In this study, researchers used the entire population to be used as a research sample, namely all M2 United club players in 2020. Where the group was divided

into two, namely 20 active people, 10 wall pass exercises and 10 players exercising with groups of 4, so this research is Purposive Sampling research.

RESEARCH FINDINGS AND DISCUSSION

PS Undikma Mataram 2024 wall pass training group. In this step, the test result data from football passes which are listed in the table above are then entered into the "t-test" formula as follows:

$$t = \frac{\sum D}{\sqrt{\frac{N \cdot \sum D^2 - (\sum D)^2}{(N - 1)}}$$

$$t = \frac{21}{\sqrt{\frac{10.59 - 21}{(10 - 1)}}$$

$$t = \frac{21}{\sqrt{\frac{590 - 441}{9}}}$$

$$t = \frac{21}{\sqrt{\frac{149}{9}}}$$

$$t = \frac{21}{\sqrt{16.55}}$$

$$t = \frac{21}{4.068}$$

$$t = 5.162$$

1. Test the T value

From the results of statistical data analysis of the effect of wall pass training on football passing results at PS Undikma Mataram in 2024. The t-count value of X (passing) is 5,162 simultaneous values between Y and) namely 9 equals 1,729. So it can be concluded that "there is an influence of wall pass training on the football passing results of PS Undikma Mataram in 2024". seen from tcount > ttable (5,162 > 1,833).

Table 1: Pre-test and post-test data results for exercise with groups of 4 football PS Undikma Mataram 2024

No	Initial Name	XI	XII	D	D ²
				(XII-XI)	
1	AG	13	15	2	4
2	RI	11	13	2	4
3	IK	13	16	3	9
4	YA	12	14	2	4
5	IR	10	12	2	4
6	IR	16	17	1	1

7	AH	13	15	2	4
8	HA	15	17	2	4
9	DI	15	20	5	25
10	FI	14	16	2	4
TOTAL		132	155	23	63

Description:

XI = (Pre-test) passing

XII = (Post-test) passing. D = XII-XI

N = 10

2) Training group exercise with groups of 4 football PS Undikma Mataram 2024. In this step, the test result data from football passing which is listed in the table above is then entered into the "t-test" formula as follows:

$$t = \frac{\sum D}{\sqrt{\frac{N \cdot \sum D^2 - (\sum D)^2}{(N-1)}}}$$

$$t = \frac{23}{\sqrt{\frac{10 \cdot 63 - 23^2}{(10-1)}}}$$

$$t = \frac{37}{\sqrt{\frac{630 - 529}{19}}}$$

$$t = \frac{23}{\sqrt{\frac{101}{9}}}$$

$$t = \frac{23}{\sqrt{11.222}}$$

$$t = \frac{23}{3.349}$$

$$t = 6.867$$

From the results of the statistical data analysis, there is an influence of exercise with groups of 4 on the football passing results of PS Undikma Mataram in 2024. The t-count value of X (passing) is 6,867 values simultaneously between Y and (n – 1) namely 19 is 1.833. So it can be concluded that 'There is an influence of exercise with groups of 4 on the football passing results of PS Undikma Mataram in 2024'. seen from tcount > ttable (6,867 > 1,833).

So from the results of research X1 with Y passing training model 4-1 using two touches seen from tcount > ttable (5,162 > 1,833). There is an influence of wall pass training on PS Undikma Mataram football passing results in 2024'. And X2 is one touch with Y passing seen from tcount > ttable (6,867 > 1,833). with Y football passing obtained tcount is

much greater than t_{table} , so it can be concluded that "there is an influence of exercise with groups of 4 on the football passing results of PS Undikma Mataram in 2024".

Based on the results of data processing and analysis of research results using t-test analysis of the hypothesis proposed in this research, it turns out proven to be true. The findings in this research as stated above are the results of statistical analysis which researchers will study further. In accordance with the results of hypothesis testing data analysis, namely: This means that from the results of research X1 with Y passing the wall pass exercise can be seen from $t_{count} > t_{table}$ ($5.162 > 1.833$). There is an influence of wall pass training on PS Undikma Mataram football passing results in 2024'. And X2 exercise with groups of 4 with Y passing seen from $t_{count} > t_{table}$ ($6,867 > 1,833$). with Y football passing obtained t_{count} is much greater than t_{table} , so it can be concluded that "there is an influence of exercise with groups of 4 on the football passing results of PS Undikma Mataram in 2024".

All of this can be explained by the fact that during the research, the researcher provided a 4-1 training model using two touches and one touch 3 times a week or 18 meetings starting from February 15 2024 to March 31 2024. for the treatment, and 2 meeting times for pre-test data collection and post-test data collection. Before and after treatment for more than one month, research in accordance with research recommendations from the Faculty of Sports Education and Public Health, UNDIKMA Mataram, showed significant improvement.

CONCLUSION

The conclusion from the data results above is seen from the results of research X1 with Y passing wall pass training seen from $t\text{-count} > t\text{-table}$ ($5,162 > 1,833$). The influence of wall pass training and exercise with groups of 4 on PS Undikma Mataram football passing results 2024 and X2 exercises with groups of 4 with Y passing seen from $t\text{-count} > t\text{-table}$ ($6,867 > 1,833$). with Y football passing obtained t_{count} is much greater than t_{table} , so it can be concluded that 'there is an influence of exercise with groups of 4 on the football passing results of PS Undikma Mataram in 2024.

REFERENCES

- Addy Idris. 2015. *Pengaruh Latihan Passing Berpasangan Terhadap Kemampuan Passing Bawah Siswa Sekolah Sepakbola Kalasan Usia 10-12 Tahun*. Skripsi. FIK UNY
- Arikunto, Suharsimi. 2005. *Manajemen Penelitian*, Jakarta: Rineka Cipta.
- Bompa, O.2009.Thudor and Gregory Haff.*Peridization Theory and Methodology of Training.Fifth Edition*.United states:Human Kinetics.
- Cook, Malcomn. 2013. 101 Drills Football for Youth Player. Jakarta: Rineka Cipta Danny Mielke.2007. *Dasar-dasar Sepakbola*. Jakarta : Pakar Raya.
- Lubacher A. Jhosep. 2011.*Sepak Bola Edisi kedua*. Jakarta :Kharisma Putra Utama.
- Hidayat, Wahyu. 2013. *Hubungan Antara Kekuatan Otot Tungkai Terhadap Shoting Dalam Permainan Sepak Bola Club PS. Aikmel Tahun 2013*.Skripsi FPOK IKIP Mataram.
- Hidayat Witono. 2017. *Buku Pintar Sepakbola*. Jakarta Timur : Anugrah Hulfian, L. 2014. *Statistik Dikjas*, Mataram: KAKA elook.
- Hulfian, Lalu. 2014. *Penelitian Dikjas*. Selong: CV. Garuda Ilmu.
- Harsono. 1988. *Coaching dan Aspek-aspek Psikologis dalam Coaching*. Jakarta: PT Rajawali Grafindo Persada.
- Harsono.2001. *Latihan Kondisi Fisik Edisi RevisiCoaching dan Aspek-Aspek Psikologi Dalam Coaching*.Bandung: CV. Tambak Kusuma.

- 2004. *Perencanaan Program Latihan Edisi Kedua*. Bandung: CV. Tambak Kusuma.
- IKIP MATARAM. 2011. *Pedoman Pembimbingan dan Penulisan Karya ilmiah*. IKIP Mataram. Joko Prayitno. "Perbedaan Latihan Shooting Bola dengan Arah Tetap dan Berpindah Terhadap Akurasi Shooting Bola Pada SSB UNDIP Kota Semarang". January 2014:16-20.
- Jurnal M. Razif Al Amien, 201. *Penjaskes FKIP Universitas Sriwijaya*.
- Jurnal Gelora . Nova Rizzal Nurhabib1 , Lalu Hulfian. Volume 7 Nomor 2, September 2020. ISSN: 2355-4355.
- Jurnal Ilmu Keolahragaan Undiksha. Putu Agus Budi Suantama dkk. 2017. p-ISSN: 2613-9693 | e-ISSN: 2613-9685 Volume 5 Nomor 2 Tahun 2017.
- Kemenegpora RI. 2007. *Pelatihan Pelatih Fisik Level 1*. Jakarta: Kemenengpora. Asdep Pengembangan Tenaga dan Pembinaan Keolahragaan. Deputi Bidang Peningkatan Prestasi dan Iptek Olahraga, 2007.
- Komarudin. 2013. *Psikologi Olahraga*. Bandung: UPI Press.
- Morgono. 2005. *Metodelogi Penelitian*. Jakarta: Aneka Cipta: Fakultas Ilmu Keolahragaan. Universitas Negeri Surabaya.
- Maksum, Ali. 2009. *Metode Penelitian Olahraga*. Surabaya: Universitas Negeri Surabaya.
- 2007. *Statistik Dalam Olahraga*. Surabaya: FIK Universitas Negeri Surabaya, 2007.
- 2012. *Metodologi Penelitian Dalam Olahraga*. Surabaya: FIK Universitas Negeri Surabaya.
- Mylsidayu dan Kurniawan. 2015. *Kepelatihan Olahraga*. Jakarta : PT Persada. University Press.
- Nala, N. 1998. *Prinsip Pelatihan Fisik Olahraga*. Denpasar: Universitas Udayana
- Nurhasan. 2001. *Prinsip-Prinsip dan Penerapannya*. Jakarta : Direktorat Jenderal Olahraga.
- Muladi, Bambang. & Aditiya Wiratama. 1996. *Karate Untuk Pemula*, Pekalongan: Gunung Mas. Sajoto. 1988. *Pembinaan Kondisi Fisik dalam Olahraga*. Jakarta: Depdikbud.
- Soekatamsi. 1984. *Teknik Dasar Bermain Sepak Bola*. Surakarta : Tiga Serangkai Suharno. 1985. *Ilmu Kepelatihan Olahraga*. Yogyakarta: Yayasan STO.
- Sugiyono. 2010. *Metode Penelitian Pendidikan (Pendekatan Kuantitatif, Kualitatif, dan R&D)*. Bandung : Alfabeta.
- 2013. *Metode Penelitian Pendidikan (Pendekatan Kuantitatif, Kualitatif, dan R&D)*. Bandung : Alfabeta.
- Sukadiyanto. 2011. *Pengantar Teori dan Metodologi Melatih Fisik*. Bandung: Lubuk Agung
- Syafruddin. 2011. *Ilmu Keepelatihan Olahraga (Teori dan Aplikasinya Dalam Pembinaan Olahraga)*.
- Tangkudung, James. 2006. *Kepelatihan Olahraga (Pembinaan Prestasi Olahraga)*. Jakarta: Cerdas Jaya.
- Tangkudung. J. 2012. *Kepelatihan Olahraga" Pembinaan Prestasi Olahraga" Edisi II*. Jakarta: Cerdas Jaya.
- Tangkudung, Jame. 2006. *Ilmu Faal Olahraga*. Cipta Jaya.