

THE EFFECT OF CIRCLE PASSING DRILL TRAINING ON FOOTBALL PASSING SKILLS AT THE PS CLUB SAKRA IN 2023

Abdul Latif Hidayatullah

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

Corresponding Author Email: abdullatif@gmail.com

ABSTRACTS	ARTICLE INFO
<p>The center of issue based on field discernments; there are some needs in terms of down and out passing accuracy. When they are playing passing can be easily cut off by the enemy as well as misplaced cleared out and right. Examine purposes the affect of cycle passing enter planning on soccer passing aptitudes at PS clubs Sakra in 2023. The explore technique utilized in this explore is arrange or arrange with an exploratory technique. Design of the research used one bunch pre test – post test arrange. So, the test utilized is PS soccer players at Sakra by totalling 20 players. The reviewing procedure livelihoods purposive analyzing. Ask around instrument the passing test focuses to degree kicking and holding the ball capacities. By having data examination, the t-count regard of X (passing) is 9,179 concurrent values between Y and so it can be concluded that seen from t-count > t-table 9,466 > 1,729). Therefore, there's an affect of cycle passing enter planning on skills passing football at the PS club Sakra in 2023.</p>	<p>Article History: <i>Received: April 16th, 2024</i> <i>Revised: April 30, 2024</i> <i>Published: May 2024</i></p> <hr/> <p>Keywords: <i>Effect, Cycle Passing Drill Training, Football Passing Skills</i></p>

INTRODUCTION

Football might be a gather redirection where two bunches competes against each other which incorporate physical, specialized, vital and mental components, done by kicking a ball which is challenged by players from both bunches with the point of putting as various balls into the opponent's objective as conceivable and guaranteeing the objective from being conceded by implying to the controls that have been decided (Addy Idris, 2015: 15). Football may be a well known wear inside the world, especially in Indonesia. This redirection is uncommonly predominant and is played by all bunches, both young and old, men and women, well off and dejected and in fact town children who are removed from the hustle and flurry of the city are uncommonly loving of football.

The issue of this asks around is require of precision in making football passes, therefore it is basic to carry out planning to create strides passing aptitudes on PS players at Sakra is found inside the East Lombok Region, where PS was formed. Sakra highlights a clear point of giving arrange for energetic players and playing redirections for physical prosperity inside the field of sports, to be particular football by making PS. This Sakra makes strides football achievements inside the East Lombok Region, in terms of aptitude, fitness and physical condition productively.

Passing is the strategy of passing the ball or trading the ball's drive from one player to another in soccer arrange. To expert passing strategies in soccer, you would like to sharpen.

Not because it were theory must be learned around passing, but a soccer player must put it into sharpen clearly so that it'll be superior to prepare the player's passing capacities. Passing could be a strategy of passing or exchanging the balls constrain from one player to another in soccer arrange. Passing strategies really need to be be aced by football players so that the desired redirection plan can be productive in both attack and defense, on the affect of cycle passing bore preparing on football passing aptitudes at PS clubs at Sakra in 2023.

The course of action is to give circle passing bore hone Circle passing enter may be a circle comprising of 10 or more and apportioned into 2 positions, to be particular the player inside the center of the circle and the player on the side of the circle. 8 players are on the sides of the circle and 2 players are inside the center of the circle. Past ask almost results Husen, 2015. The impact of the el rondo and circle passing bore planning techniques on the exactness of football passing of SSB Bhaladika stu-dents in 2015. Ask approximately comes around: 1) in test bunch I, the esteem of $t_{count} = -3.776 > t_{table} = -2.306$, this suggests there's a essential affect. 2) In test bunch II, the regard of $t_{count} = -2.401 > t_{table} = -2.306$, this means there's an affect. 3) The typical of exploratory bunch I (6.44) > exploratory bunch II (5.78), this infers that the el rondo preparing technique is prevalent than the circle passing bore preparing strategy.

Center of the Ask almost Issue Based on field recognitions, there is insufficiencies in terms of dejected passing exactness, so that when playing passing can be easily cut off by the foe, as well as misplaced cleared out and right. Player PS at Sakra. Therefore, passing precision planning is genuinely required for the players themselves in particular and for the group in common, and using a conventional passing planning illustrate, which infers that the passing preparing technique still livelihoods works out that are not however shifted or is still a dull preparing illustrate which at that point comes approximately within the players effectively getting bored within the preparing process. Passing being exact is exceptionally critical to enter the opponent's defense and to create an objective for the bunch in a football facilitate.

Based on this establishment, examiners require to conduct inquire about on the passing accuracy capacity of a football player, so that it can have a positive influence on the development of PS players at Sakra in finishing achievements in competitions or official championships separated from having a positive impact. By looking at the foundation over, the investigator was interested in conducting investigate entitled: "The affect of cycle passing bore preparing on soccer passing capacities at PS clubs at Sakra in 2023".

RESEARCH METHOD

Exploring utilized in this explore is arrange or arrange utilizing exploratory techniques. What is suggested by the test examine methodology may be a exact and objective way to explore for a causal relationship between two components that are intentioned delivered by examiners as a treatment with strict control, Hulfian, 2014. As for the ask almost designis to utilize One accumulate pretest–posttest arrange. In this arrange there's no control bunch, and subjects are not self-assertively doled out. The advantage of this arranges is that a pretest and posttest are carried out so that able to know with certainty the contrasts in comes about due to the treatment given.

Masses may well be a generalized extend comprising of objects/subjects that have certain qualities and characteristics chosen by analysts to be inspected and after that draw conclusions (Sugiyono, 2013: 117). So, masses aren't because it were people, but as well objects and other things. Masses to boot not reasonable the number of objects/subjects being stud-ied, but joins all the characteristics/traits had by the subject or address. So, from the two conclusions over, it can be concluded that what is suggested by people in this consider is the total PS. Sakra, totaling 20 players.

The test is parcel of the number and characteristics of the masses (Sugiyono, 2013: 118)." On the off chance that the people is gigantic, and it is outlandish for analysts to think approximately everything inside the people, for case due to confined saves, essentialness and time, at that point examiners can utilize tests taken from that masses. What is learned from the sam-ple, the conclusions can be associated to the populace for this reason, and tests taken from the masses must be truly specialist by reviewing procedure livelihoods purposive testing.

Concurring to Sugiyono (2013: 218-219) purposive examining may be a strategy for assessing data sources with certain considerations. These particular thoughts in-clude, for case, the person who is considered to know best roughly what we anticipate, or maybe he or she is the master so that it'll make it less difficult for the investigator to explore the object or social circumstance underneath consider. So, the test utilized is PS soccer players at Sakra, totaling 20 players by looking at method livelihoods purposive inspecting.

To urge information, an estimation gadget is required, what is inferred by instrument may be a instrument in the midst of examine utilizing a methodology (Suharsimi, 2013:192). In other words, a technique cannot fulfill its work suitably within the occasion that the instrument that's the gadget of the technique isn't substantial. In development, the estimation instruments must be organized in such a way that they can accurately record the anticipating data. In this consider, examiners utilized an instrument, particularly the Passing capacity test.

1. Passing Test Instrument

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

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

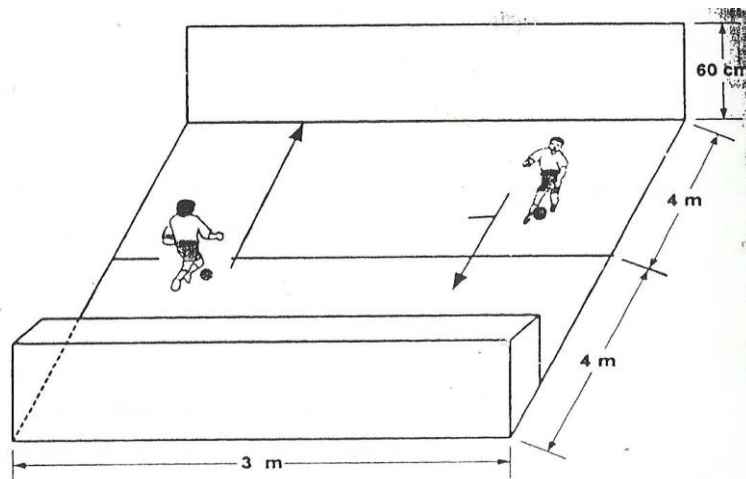


Figure 1: Instrument Diagram for the Football Resistance Test Field

2. Test Implementation Procedure

- 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.
4. How to score:

Number of legal kicks and holds of the ball, for 30 seconds. Count 1, obtained from one activity of kicking and holding the ball in this think around, examiners utilized a test methodology, particularly "A test may well be a course of action of questions or works out as well as other devices utilized to degree capacities, bits of knowledge data, capacities or capacities had by individuals or bunches. To urge data related to ask almost data, investigators utilized a couple of procedures as takes after: In this consider, the investigator utilized the Part Discernment technique, since in this recognition, the examiner was included with the each day works out of the person being observed or utilized as a source of explore data. Though making discernments, the examiner takes portion in what the data source is doing, and feels the ups and downs. With this part discernment, the data gotten will be more add up to, more sharpened, and will reveal the level of meaning of each behavior that appears up (Hulfian, 2014:54).

The action test technique is by carrying out tests on tests inside the shape of an early on test (pre-test) a few time as of late giving treatment (treatment) and carrying out final test estimations (post-test) or estimations after giving treatment (treatment) and after that the comes approximately of the pre-test and the post-test is ready utilizing the t-test equation. Documentation Procedure Sugiyono (2013: 240) reports are records of past occasions. Archives can be within the shape of composing, pictures, or momentous works by some person. Reports in composed shape for case: journals, life histories, stories, diaries, headings, courses of action. Reports inside the outline of pictures, for case photos, live drawings, traces and so on. Files inside the outline of works for case: works of craftsmanship, which can be inside the shape of pictures, figures, motion pictures and so on. Reports consider might be a complement to utilize of recognition and meet procedures in subjective ask around.

Documentation procedures in this ask almost was utilized to urge data through notes. The documentation technique is utilized as a collaborator procedure to find out data around the number and names of players who perform. To get a conclusion on the issue being inspected, data examination is an basic step within the explore. In assention with the issue enumerating and examine goals, the data examination utilized in this ask almost might be a t-test with the condition: So statistical analysis is used with the following formula (Hulfian, 20014: 71).

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

Information:

D = Difference between each pair of scores (post test – pre test)

N = Number of samples used

The steps for analyzing data are as follows:

1. Formulate a hypothesis
2. Prepare a work table (preparation table)
3. Distribute data into formulas
4. Testing the T value

5. Draw a conclusion

RESEARCH FINDINGS

After the investigator had organized all the necessities that appear reinforce the examine handle, the investigator at that point took the fundamental data by utilizing a football passing test with the Ball-Resistant football field test chart instrument (Nurhasan, 2001), on a soccer ball at the PS club Sakra in 2023, as various as 20 players, at that point given treatment cycle passing enter planning on soccer passing capacities at the PS club Sakra in 2023. This utilization took 6 weeks, particularly 18 meetings passing, at that point 2 other get-togethers for do a pre-test Passing and post-test Passing and calculated utilizing the Test-Test condition Starting from February 1, 2023 to Walk 18, 2023. The things depleted carrying out the examine are as takes after:

- a) Arrange or choose partners in carrying out explore.
- b) Clarifies how to carry out the football passing test utilizing the football resistance test field chart instrument (Nurhasan, 2001).
- c) Prepare Sample of 20 people to carry out circular passing drills on passing aptitudes. As for the right hand staff in address:
- d) Agus is in charge of regulating the test, calling the subjects and recorder of football passing results at the PS club. Sakra in 2023.
- e) Abdul Latif, as ask almost collaborator and football passing calculator.
- f) Burhanu Akli, as a examine accomplice and detailed or took photos though the research was in progress.

DISCUSSION

Based on the t test examination carried out, some things can be seen to draw conclusions around the affect of cycle passing enter planning on football passing aptitudes at PS clubs at Sakra Year 2023. Based on data planning and examination of the around comes almost utilizing t-test examination of the hypothesis proposed in this ask almost, it turned out to be honest to goodness. The disclosures in this examine as communicated over are almost of genuine examination which investigators will consider development. Distinctive shapes of planning can be carried out as a shape of effort to move forward methodology inside the redirection of soccer with the point of making strides soccer passing capacities so that the planning objectives can be finished concurring to what is expected.

After carrying out the starting test, treatment is at that point given. The affect of cycle passing bore planning is that it is carried out effectively, routinely and altered with the point of advancing football passing capacities. From the comes almost of truthful data examination, the t count regard of X (passing) is 9,466 synchronous values between Y and so it can be concluded that seen from t count > t table $9,466 > 1,729$.

Bompa (1994:51), that planning given regularly for 6-8 weeks will get certain comes almost where the body alters to the planning given. Other than, Nala (2011: 37), communicated that planning given methodically, persistently and over and over will move forward the body's organ systems so that physical appearance will be perfect. Planning carried out three times a week, sensible for juveniles, will make essential progressions. Improvements carried out in the midst of planning over and over will lead to the course of action of conditional reflexes, learning to move, and the strategy of memorizing improvements (Nala, 2011: 39).

The improvements that happen in sports works out are the result of boosts that are handled inside the brain and after that responded to through muscle withdrawals, after tolerating orders from the on edge command system, to be particular the brain. In this way, advancement aptitudes are ceaselessly related to the interior motor system of the human body,

almost of which can be observed as changes inside the position of parts of the body or members (Schmidt & Lee, 2008: 334). Advancement learning could be a course of action of alliance works out or experiences that can change advancement capacities towards the execution of certain advancement aptitudes. In this regard, changes in advancement aptitudes in learning advancement are an sign of the strategy of learning improvement carried out by a person. Subsequently, the improvement aptitudes secured are not because it were affected by improvement maturi-ty factors but as well by improvement learning get ready factors.

CONCLUSION

Based on the data examination, the t-count regard of X (passing) is 9,466 concurrent values between Y and so it can be concluded that seen from t-count > t-table 9,466 > 1,729). From the results, there is an affect of cycle passing bore planning on soccer passing aptitudes at PS clubs Sakra in 2023.

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