



Paired and Unpaired Passing Practice Against the Ability of Passing the Ball in Football Games

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ABSTRACT

This study aims to determine the effect of paired and unpaired ball passing exercises on ball passing skills in soccer games. This research is an experimental research type. The population of this study was all students of SMA Negeri 1 Wonomulyo Polman Regency with a total sample of 30 male students who were selected by random sampling. The data analysis technique used is an inferential analysis technique with a t-test using the SPSS Version 22.00 system at a significant level of 95% or 0.05. Starting from the results of data analysis, this study concludes that: (1) there is a significant effect of pair ball passing practice on the ability to pass the ball in soccer games, it is proven to $= 5,200 > tt = 2,045 (P < 0,05)$; (2) there is a significant effect of unpaired ball passing practice on the ability to pass the ball in football games, it is proven to $= 3.200 > tt = 2.045 (P < 0.05)$; (3) there is a significant difference in the effect of paired and unpaired ball passing exercises on the ability to pass the ball in a soccer game, proven to $= 3.238 > tt = 2,000 (P < 0.05)$.

Keywords: *Training; Pair; Passing; Soccer.*

INTRODUCTION

Football games are very popular because every player can provide a unique and nerve-wracking technique demonstration for the audience directly who witnessed it or for those who only passed by electronic media (Yulianto & Budiyo, 2021). Football is a sports game that is very popular all over the world, including in South Sulawesi (Abraham, 2014). However, the uniform development of football in South Sulawesi did not show encouraging results compared to the island of Java. Even though football has many fans and is in great demand, both from the general public and schools as a formal place in education (Ramadhan, 2008). It is a pity that there are so many fans, but developments in this sport have not reached what was expected (Hananto, 2017). But it needs a separate analysis, maybe there is something very underlying so that this happens.

It is possible that the training system carried out by the trainer or there are other things that can be used as one of the reasons so that the increase in skills (Anugeranto & Indriarsa, 2013), the techniques and physical conditions needed do not experience significant progress (Reflis et al., 2018).

In the game of football, physical development is an important factor in achieving achievement (Raharjo, 2018). Anyone who engages in a sport to achieve achievement, then one does not have to prepare physically well. The prime physical condition of a player will help the player himself in carrying out various physical activities (Swadesi & Kanca, 2018). In order not to hinder, the physical condition of a player must be accompanied by mastery of technical skills in order to achieve the expected achievements (Ramadhan, 2008). In basic techniques such as kicking or passing the ball, it is a series of movements that involve physical elements such as leg strength and overall body strength (Irawan et al., 2019). Strong muscles will be able to make physical work more excellent and more efficient, with perfect mastery of technique supported by the ability of leg muscle strength so that in the process of kicking or passing the ball you can use minimal energy and achieve maximum results (Bryantara, 2016). By passing the ball, the leg muscles have a major role in achieving these results (Muhammad Khoirul Huda et al., 2021). For this reason, it is necessary to have a form of training provided so that players have effective and efficient passing skills, so that the leg muscles are strong and able to produce good and optimal ball control.

Therefore, it is necessary to find a solution in a form of exercise so that these physical abilities can be achieved. The form of the exercise is paired ball passing and unpaired ball passing. Paired ball passing practice is a form of exercise that aims to increase cooperation in groups, by developing creativity and aggressive movement according to the abilities of the players concerned (Suryadi, 2016). While the unpaired ball passing exercise is a form of exercise that emphasizes the leg muscles with the aim of developing and increasing the ability of the leg muscles which is done with jerks (Yudistira et al., 2018).

Paired ball passing practice is to do ball control movements by passing the ball in pairs or with a friend or partner as a tool. Passing mastery movements in pairs are carried out alternately in the condition that the ball remains within foot reach (Akabar et al., 2020). The use of passing exercises in pairs is essentially to master tactile movements, move the ball, move the body appropriately and control body parts according to space and time. Thus the benefits are clear effectively and efficiently (Utomo & Indarto, 2010).

The benefits of this form of exercise in pair passing exercises are viewed from various aspects, especially in terms of methodological and training. From a methodological point of view; (1) The implementation of the movement can be done from easy to difficult movements, (2) Having friends as a tool to carry out ball control movements with the feet, and (3) Save time in the movement learning process because it can be done by two people at a time. Meanwhile, in terms of training: (1) The application of the principles of training can be carried out, (2) It is possible that the principle of specificity and individuality is ignored, and (3) The repetition of movements is more or less when compared to individual passing exercises.

Unpaired ball passing practice is a form of exercise used in the sport of football games, where the ball is repeatedly passed to the wall (Mission, 2016). Analyzing the implementation of this exercise is, the ball is reflected or passed against a wall or wall. Because the implementation of this exercise is intended to be a wall as a passive tool, so the ball is passed and reflected repeatedly against the wall (Hadi & Sudijandoko, 2022). Therefore it is called an unpaired ball passing exercise. In carrying out unpaired ball passing exercises, every ball that is passed to the wall is attempted to bounce to be passed back, automatically the direction of the ball's reflection depends on the strength of the passing made (Muhammad Khoirul Huda et al., 2021). Thus it also depends on the rhythm of the movement of the passing impulse and the movement of the body as a whole to make the pass. Basically, in the implementation of this wall bouncing exercise, it appears that the rhythm of the intended movement will not be stable forever to be kicked with the same kick. So several types of kicks can occur during the exercise. The application of unpaired ball passing exercises in soccer games is essentially aimed at increasing the implementation of movements and increasing the independent work of players (Setiawan, 2019). With this goal, the principle of trial and error (trial and error) can be carried out by the players themselves. Learning a certain skill, the guided and recommended learning method seems to be the best choice, especially when it comes to practice time (Setyaningum & Anwar, 2016). If the intent of the learning situation is directed to use rather than what has been taught to transfer to situation-related skills, it is likely that some problem solving, trial and error strategies should be employed. So in the practice of passing unpaired balls which is done repeatedly, the mistakes made can be corrected and the correctness of their implementation can be increased towards a high skill level (Novianda et al., 2014). In carrying out unpaired ball passing exercises, it means using wall aids as passive aids, in this case not using a friend to help return the

ball. Thus a football player to learn and practice alone without the help of others. In this case, the player doing the form of unpaired passing practice is an independent exercise (Harianto et al., 2016). Walls as static aids will automatically react depending on the implementation itself or depending on individual abilities, including the rhythm and technicality of the opponent's passing movement. Mistakes made will be corrected by itself repeatedly and the rhythm of the movement can be adjusted by yourself.

METHOD

The method used in this research is the field experiment method. The design in this study is: "Randomized Sample Pretest and Posttest Group Design". The population in this study were all students of SMA Negeri 1 Wonomulyo, Polman Regency, who were male and mastered the game of football. The sample in this study were students of SMA Negeri 1 Wonomulyo, Polman Regency, totaling 30 people. The sampling technique used is a random sampling system by means of a lottery. Meanwhile, the research group was formed based on the pretest and then the machid ordinate technique was used. The data processing of the results of this study used two kinds of statistical techniques, namely: Descriptive statistics intended to get an overview of the data and Inferential Statistics using t-test at a significant level of 95%, intended to determine whether there is a difference between the two training methods.

RESULTS AND DISCUSSION

Research result

Descriptive statistical analysis results

Table 1.

Descriptive results of the ball passing ability data in the football game of the two groups

| Exercise | Descriptive | Pre-test | Post-test |
|---|--------------|----------|-----------|
| Practice Passing the Ball in Pairs (Group A) | N | 15 | 15 |
| | Sum | 201,00 | 279,00 |
| | Mean | 13,4000 | 18,6000 |
| | Std. Deviasi | 1,91982 | 2,22967 |
| | Range | 6,00 | 8,00 |
| | Min | 10,00 | 14,00 |
| | Max | 16,00 | 22,00 |
| Unpaired ball passing practice (Group B) | N | 15 | 15 |
| | Sum | 197,00 | 245,00 |
| | Mean | 13,1333 | 16,3333 |
| | Std. Deviasi | 1,80739 | 1,54303 |
| | Range | 6,00 | 5,00 |
| | Min | 9,00 | 14,00 |
| | Max | 15,00 | 19,00 |

Sample normality test

From the results of the Test of Normality conducted, the results are as attached. For the calculation results can be seen in the following summary table:

Table 2.
Data normality test results

| Ball passing practice | Kolmogorov-Smirnov | | Shapiro – Wilk | | α | Description |
|-----------------------|--------------------|-------|----------------|-------|----------|-------------|
| | Statistics | Sig. | Statistics | Sig. | | |
| In pairs | 0,893 | 0,441 | 0,873 | 0,694 | 0,05 | Normal |
| Unpaired | 0,755 | 0,544 | 0,889 | 0,643 | 0,05 | Normal |

Sample homogeneity test

From the data obtained from the results of the Levene Statistical Test carried out, the results obtained are as summarized in the following table:

Table 3.
Sample homogeneity test results

| Pre-test | Levenan Statistic | Sig. | α | Description |
|-------------------|-------------------|-------|----------|-------------|
| Group A & Group B | 0,157 | 0,695 | 0,05 | homogen |

Hypothesis 1. There is an effect of paired ball passing practice on the ability to pass the ball in a football game.

The results of the analysis in the research attachments can be summarized in the following table:

Table 4.
The results of the first hypothesis analysis

| $t_{\text{observasi}}$ | t_{table} | Description |
|------------------------|--------------------|-------------|
| 5,200 | 2,045 | Significant |

Conclusion :

From the results of the summary table, the observation value = 5,200 > $t_{\text{table}} = 2,045$ at a significant level of 95% ($\alpha = 0.05$). So H_0 is rejected and H_1 is accepted, meaning that there is a difference between the initial test and the final test. So there is an effect of paired ball passing practice on the ability to pass the ball in a football game.

Hypothesis 2. There is an effect of unpaired ball passing practice on the ability to pass the ball in a football game.

The results of the analysis in the research attachments can be summarized in the following table:

Table 5.
 The results of the second hypothesis analysis

| $t_{\text{observasi}}$ | t_{table} | Description |
|------------------------|--------------------|-------------|
| 3,200 | 2,045 | Significant |

Conclusion :

From the results of the summary table, the observation value = 3.200 > t table = 2.045 at a significant level of 95% ($\alpha = 0.05$). So Ho is rejected and H1 is accepted, meaning that there is a difference between the initial test and the final test. The conclusion is that there is a significant effect of unpaired ball passing practice on the ability to pass the ball in soccer games.

Hypothesis 3. There is a difference in the effect of paired and unpaired ball passing exercises on the ability to pass the ball in a football game.

The results of the analysis in the research attachments can be summarized in the following table:

Table 6.
 The results of the third hypothesis analysis

| $t_{\text{observasi}}$ | t_{table} | Description |
|------------------------|--------------------|-------------|
| 3,238 | 2,000 | Significant |

Conclusion :

From the results of the summary table, the observation value = 3,238 > ttable = 2,000 at a significant level of 95% ($\alpha = 0.05$). So Ho is rejected and H1 is accepted, meaning that there is a difference between the two forms of exercise. The conclusion is that there is a significant difference in the effect of paired and unpaired ball passing exercises on the ability to pass the ball in soccer games.

Discussion

Starting from the ability of the same sample, followed by a test of requirements, namely the normality test using the Lilifors test with normal data results, while the homogeneity test with homogeneous results on the data. With both requirements tests carried out with normal and homogeneous results, then continued with paired t-test and unpaired t-test to find out the formulated problem. From the results of statistical processing obtained, it can be described as follows:

There is a significant effect of paired ball passing practice on the ability to pass the ball in a football game. From the results of the training carried out systematically and programmed, it has a positive influence on the ability to pass the ball in a football game

(Pieter Pelamonia & Putra Hutapea, 2020). Paired ball passing exercises are a form of paired exercise, which stimulates the leg muscles to move. Movements carried out in paired ball passing exercises affect the ability to pass the ball in a football game, due to the effectiveness in training that is structured in a programmed and systematic manner (Muhammad Khoirul Huda et al., 2021).

There is a significant effect of unpaired ball passing practice on the ability to pass the ball in football games. The results obtained in the form of systematic and programmed training also provide a positive value (Quddus et al., 2018). This means that the training provided has an influence on the ability to pass the ball in a football game (Mission, 2016). Unpaired ball passing exercises are leg exercises which in practice use external loads in the form of walls or walls (Syamsudar & Firmansyah, 2019). Movement in the implementation of the exercise has an effective impact on achieving results on the passing movement in the game of football. The results achieved in this study were due to the use of exercises that were carried out systematically and programmed.

There is a significant difference in the effect of paired and unpaired ball passing exercises on the ability to pass the ball in a soccer game. From the results of the data processing analysis tests carried out, paired ball passing exercises are more efficient than unpaired ball passing exercises. It has been described previously that the practice of passing the ball in pairs is more directed at the ability to pass in pairs in order to control the ability of the legs when giving the ball to a friend (Muhammad Khoirul Huda et al., 2021). The practice of passing the ball in pairs directly provides a more stable movement automation when passing the ball, because the legs will move by following the movement of the ball that is passed by a friend. This is getting used to being able to pass or pass every time you see a friend standing, which means being able to establish more efficient teamwork because it directly creates game patterns in football games (Rafi Afdholul Fauzi & Hariyadi, 2021). The use of passing exercises in pairs is essentially to master tactile movements, move the ball, move the body appropriately and control body parts according to space and time (Suantama et al., 2018). While the unpaired ball passing exercise is a form of exercise that uses a passive assistive device. This makes the movement carried out only in emphasizing ball control. Because the ball that is passed to the wall gives more reflection on the result of the passing itself. Thus, this exercise given to paired ball passing will help in a more effective and efficient movement with the same movement in the pattern of the football game.

CONCLUSIONS AND SUGGESTIONS

Based on the results of data analysis and discussion, it can be concluded that the research is as follows: There is a significant difference in the effect of paired and unpaired ball passing exercises on the ability to pass the ball in soccer games in SMA Negeri 1 Wonomulyo students, Polman Regency. And the practice of passing ball in pairs is more effective and efficient on the ability to pass the ball in football games for students at SMA Negeri 1 Wonomulyo, Polman Regency.

So that the results of this study can be used in a positive direction and to enrich the treasures in the discipline of sports science, especially to improve football performance, the suggestions that can be put forward are as follows: (1) Paired ball passing exercises and unpaired ball passing exercises should be used as an indicator of several forms of training to improve ball passing skills in soccer games, (2) To coaches and sports coaches, so that they can be used as part of the content of training programs designed especially for novice athletes, and (3) It is hoped that further research will be carried out with a larger sample in the relevant research, so that the results achieved in this study can be used as a sports discipline, especially in determining the forms of exercise that are in accordance with the demands and patterns of motion in soccer.

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