



***The Effect of Target Passing Training on The Passing Accuracy of Students at
The Gajah Mada Soccer School***

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Abstract

This study aims to examine the effect of target passing training on the passing accuracy of students at the Gajah Muda Football School (SSB). The research employed a pre-experimental method using a One Group Pretest-Posttest Design. The subjects were 15 students from the U-13 age group at SSB Gajah Muda, selected using total sampling. The instrument used was a soccer passing skill test. Data were analyzed using the Shapiro-Wilk normality test, Levene's homogeneity test, and the Paired Sample T-Test. The results showed that the data were normally distributed (pre-test: $0.064 > 0.05$; post-test: $0.322 > 0.05$) and homogeneous ($0.511 > 0.05$). The Paired Sample T-Test revealed a significant effect of target passing training on passing accuracy ($p = 0.000 < 0.05$). It can be concluded that target passing training is effective in improving the passing accuracy of students at SSB Gajah Muda.

Keywords: Target passing, Passing accuracy, Soccer

INTRODUCTION

Football is incredibly popular in Indonesia and around the world. This phenomenon is evident in the high level of enthusiasm for football, spanning across all social strata, from rural to urban areas, where it can be played by anyone (Nidhomuddin & Suryandari, 2021). Playing football requires mastery of kicking techniques, typically used to pass the ball to teammates, dribble, or score goals. The goal of the game is to score goals, or get as many balls as possible into the opposing team's goal. Therefore, physical fitness, skill, strategy, and mental fortitude are crucial in achieving goals against the opposing team (Palasa & Marheni, 2020).

Mastery of soccer techniques needs to be developed from an early age through training programs held at schools or soccer academies. The goal is to ensure that the training process is planned, measured, and (Gutawa & Kafrawi, 2022) structured. football becomes appropriate means for children who have dream become player football, where they guided in a way directed For develop ability and achieve objective the (Lubis et al., 2020).

Basic technical skills are needed to play quality soccer. Basic soccer techniques include passing, shooting, dribbling, and heading. Passing the ball is the most frequently implemented fundamental skill in soccer. Successful passing on the field determines the level of ball possession and the chance of winning the match. Without (Håland et al., 2020) passing skills, soccer cannot be played well (Mubarok et al., 2019). Players must control the ball to keep it under control for as long as possible so they can get past the opponent's defense and potentially score a goal (Anzer & Bauer, 2022). Passing the ball is a fundamental aspect that determines the quality of the game. By making accurate and precise passes, the ball can be passed well to teammates so that it is easily received and controlled properly. This reduces the chance of losing the ball or being taken by the opponent (Saputra, 2021).

To improve the accuracy of passing the ball (passing) One variation of training that can be applied is target passing. Target passing training is one of the training models designed and arranged with the aim of determining how good the level of accuracy ability in passing the ball in a soccer game. Target (Apri, 2021) passing training is a training method that aims to improve the accuracy of passing skills in soccer by focusing on the player's ability to send the ball to a predetermined target. The main goal of this training is to train players to pass the ball (passing) with the right accuracy to teammates. Target passing training also aims to improve player performance, motivate players, and eliminate boredom in training caused by a lack of variety in passing training models. applied (Muta'al & Komaini, 2019). Training model This own various excess to improvement ability accuracy passing. Like, more specific in increase accuracy, improve focus and concentration, training precision strength and direction passing the ball (passing), and giving bait come back directly. Where the ball is not hit the target, player direct know that There is error moment passing the ball (passing).

Unfortunately, not yet There is study specific to the study modify the passing target with goal small in children age early. So that study This intend to analyze influence from target passing practice using goal small modification to student passing accuracy age early at SSB Gajah Muda, as innovation unfinished exercises implemented in a way systematic previously.

METHOD

This research design uses a pre -experimental approach, namely "One Group Pretest-Posttest Design. The research subjects underwent treatment *for* 24 meetings with a frequency of 3 times a week. The population in this study was 15 students of Gajah Muda

SSB group U-13. The sampling selection used total sampling. Thus, the sample in this study was the entire population of 15 people.

This study used measurement and skill tests. The instrument used was a soccer passing skills test developed by Irianto (2010). Prerequisite testing and hypothesis testing are two steps in the data analysis process. The first test is a normality test using the Shapiro test. Wilk's test is intended to ensure that the data is normally distributed. Next, a homogeneity test is carried out using the Lavene test. test, this test is used to ensure that the data before and after the test have the same or different variations. After ensuring that the data is normal and homogeneous, a Paired Test is carried out. Sample T- test with the aim of comparing the average data results before and after the test.

RESULTS AND DISCUSSION

Results

After all population finished do test first (pre-test) namely For measure how much accurate accuracy passing the ball (passing) the players, then the players will carry out the exercise program that has been done prepared by researchers in the form of exercise passing target during 22 meetings. For stage final all participant do test final (post-test) for evaluate whether exercise passing the target have significant impact to ability accuracy passing the ball (passing) the player. The following is results mark tests and types test

Table 1. Descriptive data ability SSB Gajah Muda students' passing accuracy

Variables	Mean	Minimum Value	Maximum Value	Standard deviation
<i>Passing Ability</i>				
<i>Pre Test</i>	3.60	2	7	1,352
<i>Post Test</i>	6.00	2	10	2,035

Table 1 shows that the initial test (pre-test) had the lowest score of 2 and the highest score of 7, with an average score of (3.60). After the final test (post-test) showed the lowest score of 2 and the highest score of 10, with an average score of (6.00). With this, there was an increase in the highest score from 7 to 10, and an increase in the average score from (3.60) to (6.00).

Table 2. Interpretation norm test SSB Gajah Muda students' passing accuracy

Category Ability <i>Passing</i>	Frequency	Percentage
<i>Pretest</i>		
Good Very	0	0%
Good	1	6.67%
Enough	2	13.33%
Not enough	9	60%
Less than once	3	20%

Posttest

Good Very	2	13.33%
Good	3	20%
Enough	7	46.67%
Not enough	2	13.33%
Less than once	1	6.67%

Table 2 shows that the results of the interpretation of the initial test (*pre-test*) value norms with the highest frequency were in the less category with 9 students (60%). Meanwhile, the highest frequency in the final test (*post-test*) was in the sufficient category with 7 students (46.67%).

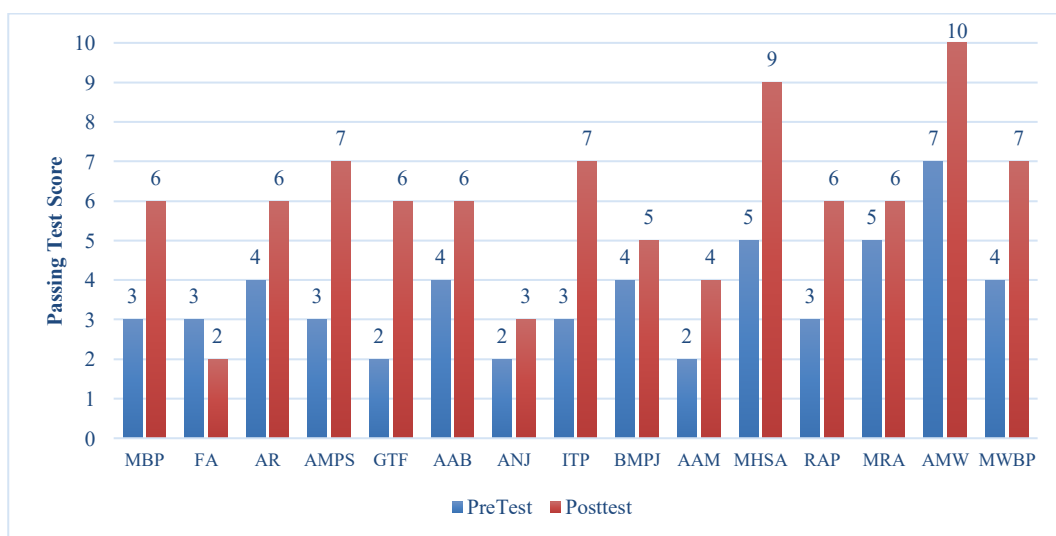


Figure 1. Comparison score results test accuracy

Figure 1 shows that the test results ability accuracy passing Gajah Muda SSB students experienced difference average score (2.4) in test ability accuracy passing. In matter This so exercise passing target has significant influence to ability accuracy passing players. Then, a normality test was performed. The following presents the results of the test.

Table 5. Paired sample T-test of ability passing accuracy

Variables		mean	95%CI	Mean difference	P value
Passing Ability	<i>Pre test</i>	3.60	-3.205- (-1.595)	-2,400	.000
	<i>Post test</i>	6.00			

Based on the results in Table 5, there is a significant effect with a P value of (0.000). It can be said that the passing accuracy of SSB Gajah Muda students increased significantly due to the influence of target passing practice.

Discussion

Research result This find existence significance improvement in accuracy passing the ball player after given exercise using target. Statement This in accordance with theory learning motoric which states that ability motor can developed in a way effective through systematic, repetitive, and accompanied exercises with bait back (Schmidt, 2011). Passing *the* ball is technique the basics that must be owned with Good Because can influence the way game (Huda et al., 2021). Besides that, skills passing the ball in game football no lost important in increase quality game. Passing is done in a way precise and accurate allows the ball to be received and controlled with well by colleagues One team, so that minimize risk lost ball possession or captured by the player against (Saputra, 2021).

Target *passing* practice is a type of practice that is designed and structured aim For know how much the good level ability accuracy in do passing *the* ball in the game soccer. (Apri, 2021) *Passing* practice using the target to give bait direct visual feedback to player about success or failure pass the ball (*passing*) them, so that support the learning process motor said. In exercise *passing* with using targets, players get satisfaction moment succeed achieve the target. In results study This show existence improvement mark from *pre-test* has an average of (3.60) to *post-test* own average of (6.00) proves that exercise *passing* to the effective target increase mastery technique base said. Exercises that resemble condition game real tend produce more optimal results. Passing the ball to *the* target resembles situation on the ground moment player must pass the ball to colleague in a way accurate. Theory specificity from Bompa (2009) states that adaptation exercise it will be optimal if exercise approach condition match.

Results of the study This in harmony with studies that have been done by Abdillah & Andiana (2025) research conducted at ASIFA Malang City found increase (44.62%) in average score from (4.93) to (7.13) after given treatment in the form of exercise *passing* with variations. This is capable it is said If exercise *passing* target based can increase ability accuracy technique base *passing*. Research conducted by Pratama (2016) MAN Pacitan find improvement the average score was (21.08%) from (4.3) to (6.7), indicating existence influence significant to ability accuracy *passing* students. The results of research by Irfansyah (2024) show existence significant impact to ability accuracy *passing* player after done exercise *passing* with target modification.

As for the domains that can influence results test *passing*, namely : ability physique students (Bompa, 2005), such as level fitness general and strength muscle legs influence accuracy and power *passing*, motivation and focus of students (Weinberg, 2014). Because the level of trust self or nervousness moment test Can bother performance, things it can

also caused by experience play different football players (Galligan, 2000). Because students with experience more Lots or Already play longer than usual own ability technique more basic good. Last that is facilities and equipment test like field, ball conditions, and targets used If No fulfil standard Can influence results test (Baumgartner, 2007).

Excess study This lies in standardized and tested instruments, because the test used own validity of (0.812) and reliability of (0.856). This is ensure validity and consistency results tests and measurements. Subject specific and focused on students U-13 group gives contribution important in literature training technique football at age early. Whereas limitations in research This located on not existence group control, because Use design pre-experiment without group control cause possibility existence influence from factor external (maturation, experience, etc.) that are not Can overcome by the player. Size small sample can limit generalization results study to population with greater reach extensive. And research This only measure One aspect technique base *passing* without see influence to aspect technique other like *dribbling*, *shooting*, and heading *the* ball or ball control.

CONCLUSION

It can be concluded that the practice method *Passing* targets significantly influence the *passing accuracy* of Gajah Muda High School students. The analyzed data shows an increase in the average final test score compared to the initial test, as well as the results of the *paired test*. A *sample t- test* showed significant results. This proves that this target-based training method can improve the accuracy skills of Gajah Muda SSB students. This study supports previous research findings that specifically designed and contextualized training can significantly improve basic soccer techniques, particularly *passing accuracy*.

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