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The Effect of Rondo Games Training on Passing Accuracy in Football Games

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ABSTRACT

The background to this research is based on the passing ability of SSB Rajawali Semarang players which is lacking and still needs to be improved as well as variations in training to improve passing techniques and the lack of passing accuracy. The aim of this research was to determine the effect of rondo games training on passing accuracy. This research is an experiment with quantitative methods and uses a "one group pretest-posttest design". Population of 20 SSB Rajawali Semarang players using purposive sampling technique. The test instrument uses the short pass instrument developed by Bobby Charlton (2012 :3) with a validity of 0.653 and a reliability of 0.879. The results of the rondo games practice data analysis showed an average pretest of 232.50 and posttest of 315.00 and the average difference between the pretest and posttest of the rondo games practice group was -82,500 with sig.(2-tailed) = 0.000. There was a difference in the increase in passing accuracy of SSB Rajawali players between before and after being given rondo games practice. The conclusion from this research was that there was an increase between before and after being given treatment through rondo games training towards increasing the passing accuracy of SSB Rajawali Semarang players. Suggestions for coaches could be to use this exercise as a variation of passing practice to improve basic passing technical skills.

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1. INTRODUCTION

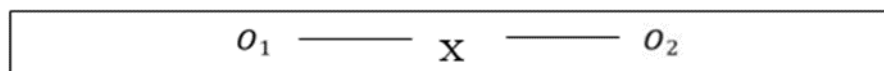
Football is a game that is very fun and full of challenges because it is played in groups and victory is symbolized by the number of goals scored to become skilled at playing football. Special knowledge and training is required. Knowledge of history and organizational studies and the development of football is needed to refresh information about football studies holistically. Meanwhile, to be proficient in a skill requires intensive and planned training, Pungki Indarto (2019).

According to Danurwindo (2017: 8) the game of football is nothing more than a matter of attack, defense and transition. That is why in football coaching these three moments are often called the "three main moments". Every football moment requires actions that can support it. The moment

of attack always begins with the build-up phase of the attack which requires various football actions, including actions using the ball such as dribbling, passing, heading, control, and others. Players also need to perform actions without the ball such as creating space, running into space, supporting. The attacking phase that has been started must also end by completing the attack, namely shooting and heading actions. In defensive moments, starting from the phase of disturbing the opponent when building an attack. Football actions carried out in this phase are, for example: pressing, marking covering, tackling, and others. Phases to prevent the opponent from completing attacks such as blocking actions, tipping for the goalkeeper. (Arianto, 2016) SSB is a training place for young players who want to become professional footballers. The peak of sportsman's performance is generally reached around the age of 20 years, with a training period of 8 to 10 years, a football player must start to be coached and trained at the age of 7-18 years, which can be called coaching young players.

2. METHODS

Method The type of research used is quantitative. According to Sugiyono (2013) "Quantitative method research can be interpreted as a research method that is based on the philosophy of positivism, used to research certain populations or samples, collecting data using research instruments, analysis and quantitative or statistical in nature, with the aim of testing predetermined hypotheses". The research plan used is in the form of "One Groups Pretest-Posttest Design", which means that experimental activities are carried out by giving treatment (pretest) to a subject and ending with a test which functions to determine the effect of the treatment given (posttest). This research activity aims to determine the effect of implementing passing training with the rondo game system to prove the hypothesis of whether or not there is an influence on the training that has been carried out. defines that experimental research is research used to find the effect of certain treatments on others under controlled conditions. The following research design can be described as follows:



Picture 1. One Groups Pretest-Posttest Design

Information:

- O_1 = Pretest (Preliminary test of passing test)
- X = Treadmen (experiment)
- O_2 = Posttest (Final test of passing test)

The location of this research is at the Gelora Jambu Field, Semarang Regency, the SSB Rajawali Semarang Training Site, whose address is Dsn. South guava, Dsa. Jambu, Jambu District, Semarang Regency. This research was carried out over 16 meetings from 7 February 2024 to 20 March 2024. During SSB Rajawali Semarang training hours, namely 15.00-17.00 WIB. Sugiyono (2015: 117), population is a generalized area consisting of on objects or subjects that have certain qualities and characteristics determined by researchers to be studied and then conclusions drawn. The population of this research is all SSB Rajawali Semarang players, totaling 60 students. The sample is representative of the population to be studied. According to Sugiyono (2015: 118) the sample is part of the number and characteristics of the population. The sample in this study was 20 SSB Rajawali Semarang players and the sample from the study used a purposive sampling technique. According to Sugiyono (2016:85) Purposive sampling is a technique for sampling data sources with certain considerations. The conditions for determining the sample are as follows:

- a. Players born in 2012 and 2013 or aged 11-12 years
- b. Participate in the Semarang Regency Askab League Tournament
- c. SSB Rajawali players who are still active in regular training

d. Not sick

3. RESULT

SSB Rajawali Semarang is one of the football associations or organizations that is developing in Semarang district. SSB Rajawali Semarang was formed because of the desire to participate in developing young talents in the sport of football, especially in the Jambu sub-district and surrounding areas, which will also play an important role in the progress of football achievements in Semarang district. SSB Rajawali Semarang KU 12 has its own training ground, who is in the Gelora Jambu field, Jambu District and carries out the training program 3 times a week, namely on Mondays and Wednesdays starting from 15.00-17.00 WIT while on Sundays from 07.00-09.00 WIT. Sundays are usually used for sparring practice with other SSBs in Semarang district and surrounding areas. Not only that, on Sundays there are sometimes regular tournaments held by the Semarang district Askab. SSB Rajawali Semarang is assisted by competent coaches who have coaching licenses which are useful for developing the talents and potential of their students. SSB Rajawali Semarang tries to develop children, especially in terms of playing football, so that they can develop and aim to form talented players who have the highest achievements. This research begins with collecting pre-test data on February 7, 2024 and ends with collecting post-test data on March 20, 2024. The data was then analyzed using statistical analysis in the SPSS application as seen in the attachment. The summary of the overall data description is presented in table form. The research results can be described as follows:

Table 1. Description of Pre Test & Post Test Shooting Ability Statistics

Variable	N	Mean	Median	elementary school	Max	Min	amount
Pre Test Shooting Ability	20	232.50	225	78,262	350	100	4650
Post Test Shooting Ability	20	315	300	60,914	400	200	6300

In accordance with the description of the data above, it can be explained that the mean/average accuracy of football passing accuracy among students before or pretest given rondo games training obtained a mean or average value of 232.50, a median value of 225, a sum or total value of 4650, the maximum score 350, minimum score 100 and standard deviation (std. deviation) 78.262. Furthermore, the mean/average accuracy of football passing after or posttest given rondo games training obtained a mean or average value of 315.00, median value of 300, sum or total value of 6300, maximum score of 400, minimum score of 200 and standard deviation value (std.deviation) 60.914. Mean or average accuracy of football passing accuracy.

4. DISCUSSION

This research aims to determine the effect of rondo game training on the passing accuracy of SSB Rajawali Semarang students. Based on the existing research results, a discussion of the research results is then presented. The discussion is in the form of research results on the influence of rondo games training which really has an influence on the passing accuracy of SSB Rajawali Semarang players, there is a better effect between before and after being given rondo games training.

Table 2. Description of Pre Test & Post Test Shooting Ability Statistics

Variable	N	Mean	Median	elementary school	Max	Min
Pre Test Shooting Ability	20	232.50	225	78,262	350	100
Post Test Shooting Ability	20	315	300	60,914	400	200

So it can be explained that the mean/average accuracy of football passing before being given rondo games training obtained a mean or average value of 232.50, a median value of 225, a sum or total value of 4650, a maximum score of 350, a score of 100 and a standard deviation value (std

.deviation) 78.262 Furthermore, the mean/average accuracy of football passing accuracy for experimental group I after or after the posttest was given rondo games practice, obtained a mean or average value of 315, a median value of 300, a sum or total value of 6300, a maximum score of 400, a minimum score 200 and a standard deviation value (std. deviation) 60.914.

After testing the Paired Sample T-Test hypothesis on the pretest data and posttest data, it was obtained that the calculated t value of the pretest and posttest was -9.903 with sig.(2-tailed) = 0.000 and then from the results of the mean value of the pretest and posttest rondo games there was a difference or The average difference between the pretest and posttest results is -82,500.

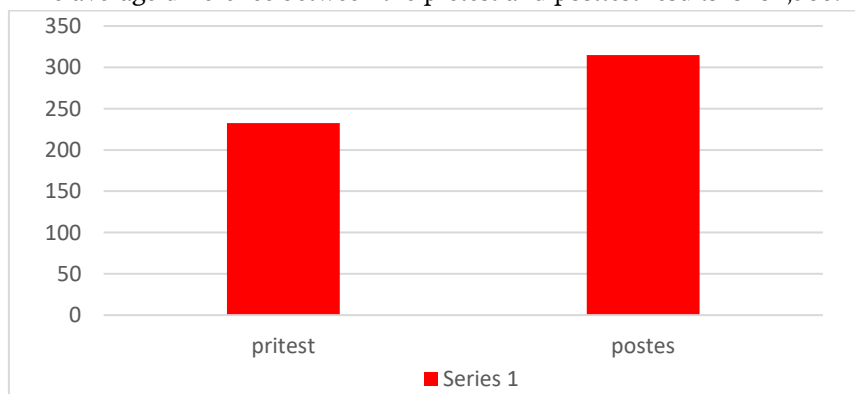


Figure 2. Graph of pre test and post test results

In this research it can be concluded that there is a significant increase in the results of Rondo games training on the passing accuracy of SSB Rajawali Semarang KU 12 players. The Rondo games training method has its own challenges for players because this training method requires players to pass accurately to friends and players. You have to be smart in finding space and you have to be quick and smart in making decisions. It can be concluded that the rondo games training method has its own difficulties for the players, in other words there is a better influence on the passing accuracy of the SSB Rajawali Semarang players.

5. CONCLUSION

In this research it can be concluded that there is a significant increase in the results of Rondo games training on the passing accuracy of SSB Rajawali Semarang KU 12 players. The Rondo games training method has its own challenges for players because this training method requires players to pass accurately to friends and players. You have to be smart in finding space and you have to be quick and smart in making decisions. It can be concluded that the rondo games training method has its own difficulties for the players, in other words there is a better influence on the passing accuracy of the SSB Rajawali Semarang players.

AUTHOR'S STATEMENT

In writing the articles I have written, I have never published them in any journal whatsoever

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