

# IMPLEMENTATION OF PASSING TRAINING USING TARGETS TO IMPROVE THE INNER FOOT PASSING ACCURACY OF SSB MARGA SINDANG FC PLAYERS IN LUBUK LINGGAU CITY

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**Abstrak:** This study aims to apply passing exercises using targets to improve the accuracy of passing on the inside of SSB Marga Sindang FC players in Lubuk Linggau City. The type of research used is pseudo-experimental research. The research was carried out at SSB Marga Sindang FC Lubuk Linggau City, with a sample of 20 futsal extracurricular participants. Data analysis includes normality test, t-test. Based on the average results of the pre-test and post-test, the score increased by 39.45. With the significance value of the  $t_{cal} > t_{table}$  which is  $10.981 > 1.729$ ,  $H_0$  was rejected and  $H_a$  was accepted, thus it can be concluded that there is an increase in the implementation of passing exercises using targets on the accuracy of passing inside the foot of SSB Marga Sindang FC players in Lubuk Linggau City.

**Keywords:** *Application of Passing Exercises Using Targets, the accuracy of the inner leg passing.*

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## INTRODUCTION

Sport is an activity that relies on play and the demonstration of physical skills supported by the hard work of large muscle groups. However, maintaining traditional forms of physical activity has become increasingly challenging due to rapid social changes and advances in science and technology (Setiyawan, 2017, p. 77). In the world of sports, football is the most popular sport globally, attracting people from various backgrounds to participate in the game.

Football is a sport that involves complex movement patterns. To play football well, players are required to master various basic techniques, supported by good physical condition and mental readiness. Football is a ball game played by two teams, each consisting of eleven players (Luxbacher, 2021, p. 2). The sport has developed rapidly in Indonesia as well as internationally. Football players must train both upper-body and lower-body strength, not with the intention of increasing muscle mass or body size, but rather to enhance performance on the field. Even professional players engage in strength training to improve their overall effectiveness during matches.

Historically, football has been known since around 2,500 years ago in China, where it was called *Tsu Chu*. Indigenous Polynesian communities also played a form of football using balls made from bamboo, while the Eskimos (Inuit) used balls made from animal skin (Yudianto, 2009, p. 1).

This historical background illustrates that football has long been recognized and practiced across various cultures.

In football, there are several fundamental skills that players must master, including shooting, passing, and dribbling. Passing is one of the most essential techniques in football and refers to the action of transferring the ball to a teammate within the same team as part of an attacking strategy. Effective passing requires strong teamwork so that passes between teammates can be executed accurately and lead to effective attacks against the opposing team.

To improve passing accuracy, the researcher selected **passing training using targets**. Target-based passing training has been shown to significantly improve the accuracy of inside-foot passing. When conducted with appropriate intensity, this type of training enables players to achieve good passing ability (Aris & Komaini, 2019, p. 18). Similarly, Widiarso (2020, p. 64) stated that training using variations of passing with targets effectively improves inside-foot passing accuracy and produces very positive results for athletes who receive target-based training. In addition, Aprianto (2020, p. 102) reported that small-sided games training has a significant effect on passing accuracy. These findings can serve as references for coaches seeking to improve inside-foot passing accuracy during training sessions.

One football club that actively conducts player development is **SSB Marga Sindang FC Lubuk Linggau**. The club was established in early 2007 by Mr. Restu, who also serves as the coach. The club was founded to provide a structured training environment for young players to develop their football potential. In its early years, the club faced limitations in facilities and infrastructure. However, over time, SSB Marga Sindang FC Lubuk Linggau has continued to grow and has achieved several accomplishments at district and provincial levels, including:

1. First place in the South Sumatra Dispora Cup in 2011,
2. Second place in the South Sumatra Provincial LPI in 2012, and
3. Second place in the Palembang Mayor's Cup in 2017.

Training sessions at SSB Marga Sindang FC Lubuk Linggau are conducted three times per week, on Mondays, Wednesdays, and Fridays, from 3:00 p.m. to 5:00 p.m.

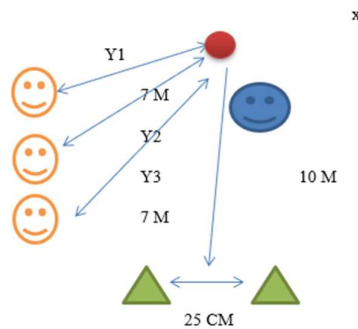
The researcher assumes that the implementation of target-based passing training will have a positive impact on the accuracy of inside-foot passing. This assumption is supported by several previous studies. Research conducted by Nikmatullah and Adityatama (2025, p. 22) concluded that target-based passing training has a significant effect on improving football passing accuracy. Dwita et al. (2024, p. 50) also found that passing ability among 10-year-old players at SSB Arbum improved significantly after receiving structured passing training. Furthermore, Citra Agus Sanjaya (2021) concluded that target-based passing training effectively improves inside-foot passing accuracy among players at SSB Bocil Jayaloka.

Based on observations conducted on October 16, 2024, at SSB Marga Sindang FC Lubuk Linggau, many athletes were still unable to perform accurate inside-foot passing during training sessions. Their passes were often poorly directed, failed to reach teammates accurately, or were executed with incorrect technique. Some players did not position their supporting foot properly, while others made contact with the ball incorrectly, resulting in unmeasured and ineffective passes.

Interviews conducted with the coach revealed that during both training sessions and matches, many players struggled to execute accurate inside-foot passes. Common issues included passes that failed to reach teammates, passes that were too strong and difficult to control, careless passes with unclear direction, and the absence of specific passing drills in training programs.

Errors in inside-foot passing are often caused by players' tendency to play casually, as well as training methods that lack creativity and innovation. These factors contribute to frequent mistakes in passing during matches. According to Syafruddin (2012, p. 141), an athlete's success in learning and mastering technical skills is influenced by several factors: (1) physical condition, (2) movement experience, (3) talent and learning ability, (4) motivation, (5) the form of information and instruction provided, and (6) the training environment.

Based on these issues, the researcher is interested in conducting a study entitled **“The Implementation of Target-Based Passing Training to Improve Inside-Foot Passing Accuracy of Players at SSB Marga Sindang FC Lubuk Linggau City.”**



## RESEARCH RESULT

### 1. Descriptive Data

This research was conducted from April to May 2025 at the Kompi Field of SSB Marga Sindang FC Lubuklinggau, located on Jalan Lintas Utama Sumatera, Air Kuti Subdistrict, Lubuk Linggau Timur I District, Lubuk Linggau City, South Sumatra Province, 31628. The population of this study consisted of all players of SSB Marga Sindang FC Lubuk Linggau, while the research sample comprised 20 players from the same football school.

The research implementation was carried out in two testing stages. The first stage was the pretest, which aimed to obtain baseline data on players' passing accuracy before the extracurricular participants received any treatment. The second stage was the posttest, which aimed to collect final data after the participants had received the treatment.

The treatment applied in this experimental study was zig-zag run training, which was conducted over 12 training sessions. This number of sessions was considered sufficient to produce measurable changes in players' performance. Based on this procedure, data on target-based passing performance of the players at SSB Marga Sindang FC Lubuk Linggau were obtained.

#### a. Description of Pretest Data

Before the research intervention began, the researcher administered a pretest to the 20 players of SSB Marga Sindang FC Lubuk Linggau who served as the research sample. The purpose of this pretest was to determine the players' level of passing accuracy prior to receiving any training treatment. Based on the research data collected from the 20 participants and subsequently processed using manual calculations through Microsoft Excel with the Lilliefors formula, several statistical values were obtained to facilitate data analysis. The results showed that the lowest score was 20, the highest score was 36, the mean score was 27.7, and the standard deviation was 4.462. The detailed calculation steps using Excel are presented in the appendix.

After all data were identified, the results were organized into a frequency distribution table to ensure clarity and ease of interpretation. The pretest frequency distribution was categorized according to the passing accuracy scoring norms proposed by Fenanlampir and Faruq (2017, p. 204), as presented below.

**Tabel 4.1 Distribusi Frekuensi Tes Awal (*pre-test*)**

Nilai	Kategori	Skor	Fa	Fi%
5	Baik Sekali	> 42	0	0
4	Baik	37 - 41	0	0
3	Cukup	31 - 36	5	25
2	Kurang	25 - 30	10	50
1	Kurang Sekali	< 24	5	25
<b>Jumlah</b>			<b>20</b>	<b>100</b>

Sumber: (Dokumentasi penelitian 2025)

Based on the table above, it can be explained that the pretest results indicate that no players were able to reach or exceed the test targets or normative standards in the “very good” and “good” categories. In the “fair” category, with an interval score of 31–36, there were 5 players, representing 25% of the total sample. In the “poor” category, with an interval score of 25–30, 10 players achieved this level, accounting for 50% of the participants. Meanwhile, in the “very poor” category, there were 5 players, representing 25% of the sample.

#### 1 Description of Final Test Data (Posttest)

After the treatment in the form of target-based passing training was administered to 20 players of SSB Marga Sindang FC Lubuk Linggau, a posttest was conducted to determine the players' passing accuracy after the training intervention.

Based on the research data from the 20 participants, which were processed using manual calculations in Microsoft Excel with the Lilliefors formula, several statistical values were obtained to facilitate data analysis. The lowest score recorded was 31, while the highest score reached 47. The mean score of the posttest results was 39.45, with a standard deviation of 4.432. The detailed steps of the data calculations are provided in the appendix.

After all data had been obtained, to ensure that the presentation of the results was easy to understand, the data were then organized into a pretest frequency distribution table based on the norms or scoring categories of passing accuracy as proposed by Fenanlampir and Faruq (2017, p. 204), as presented below:

**Tabel 4.2 Distribusi Frekuensi Tes Awal (*post-test*)**

Nilai	Kategori	Skor	Fa	Fi%
5	Baik Sekali	> 42	6	30
4	Baik	37 - 41	13	65
3	Cukup	31 - 36	1	5
2	Kurang	25 - 30	0	0
1	Kurang Sekali	< 24	0	0
<b>Jumlah</b>			<b>20</b>	<b>100</b>

Sumber: (Dokumentasi penelitian 2025)

Based on the table above, it can be explained that the pretest results show that several players were able to exceed the test targets or normative standards in the “very good” and “good” categories. In the “very good” category, with an interval score of > 42, there were 6 players who met or exceeded this criterion, representing 30% of the total sample. In the “good” category, with an interval score of 37–41, 13 players achieved this level, accounting for 65% of the participants. Meanwhile, in the “fair” category, there was 1 player, representing 5% of the sample. Based on the descriptive data above, it can be concluded that the passing accuracy of SSB Marga Sindang FC Lubuk Linggau players after the implementation of the target-based passing training method over a period of four weeks falls into the “good” category. This finding is supported by the mean score obtained in the posttest, which reached 39.45, indicating an overall good level of passing accuracy.

## 2 Testing the Assumptions for Data Analysis

Before conducting data analysis, it is necessary to perform prerequisite testing, specifically the normality test. The normality test is used to determine whether the collected data are normally distributed. The calculation of the normality test for both the pretest and posttest was conducted using the Lilliefors test with Microsoft Excel, and the detailed calculations are provided in the appendix. A summary of the normality test results for the pretest and posttest data is presented in the following table:

**Tabel 4.3 Rangkuman Uji Normalitas *pre-test* dan *post-test***

No	Data	$L_{\text{tabel}}(N=15, \alpha=0,05)$ Distribusi ( $L_o < L_{\text{tabel}}$ )		Kesimpulan
1	<i>Pre-Test</i>	0,177	0,190	Normal
2	<i>Post-Test</i>	0,128	0,190	Normal

Sumber: (Dokumentasi penelitian 2025)

Based on the table above, the results of data processing using the normality test indicate that  $\text{Sig} > \alpha$  (0.05). Therefore, the data in this study are normally distributed. In both datasets, the calculated  $L_o$  values are smaller than the  $L_{\text{table}}$  values at a significance level of  $\alpha = 0.05$ .

Thus, it can be concluded that the null hypothesis ( $H_0$ ) is accepted, meaning that the population is normally distributed. Consequently, the data meet the assumptions for further statistical analysis and can be continued to the next stage of analysis.

## 2. Pengujian Hipotesis

After the normality test confirmed that the data were normally distributed, the next step was to test the research hypothesis using parametric statistics, specifically the paired sample t-test. This test was applied to determine whether there was a significant improvement in passing accuracy among players of SSB Marga Sindang FC, Lubuk Linggau City, after receiving target-based passing training, as measured by the pre-test and post-test results.

If the results of the analysis indicate a statistically significant improvement, it can be concluded that the training program is effective for the players of SSB Marga Sindang FC, Lubuk Linggau City. Based on the results of the analysis, the following data were obtained:

**Tabel 4.4 Hasil Perhitungan Statistik Parametris Uji-t**

Kelompok	N	$\sum d$	Mea n d (Md)	$\sum X^2d$	$t_{hitung}$	$t_{tabel}$	Kriteria
<i>Pre-test</i>	20	235	11,75	13,75	10,981	1,729	Tolak $H_0$ , Terima $H_a$
<i>Post-test</i>							

Sumber: (Dokumentasi penelitian 2025)

Thus, the results of the t-test presented in the table show that the calculated t-value ( $t_{count}$ ) = 10.981 is greater than the critical t-value ( $t_{table}$ ) = 1.729). This result indicates that the null hypothesis ( $H_0$ ) is rejected, while the alternative hypothesis ( $H_a$ ) is accepted.

Therefore, it can be concluded that the implementation of target-based passing training has a significant effect on improving passing accuracy among players of SSB Marga Sindang FC, Lubuk Linggau City.

**A. Pembahasan**

This study aimed to examine the effect of target-based passing training on improving passing accuracy among players of SSB Marga Sindang FC, Lubuk Linggau City. Based on the pre-test and post-test data as well as the results of statistical analysis, the calculated t-value ( $t_{count}$ ) = 10.981 exceeded the critical t-value ( $t_{table}$ ) = 1.729) at a 5% significance level with degrees of freedom ( $df = n - 1 = 19$ ). Since  $t_{count} > t_{table}$  ( $10.981 > 1.729$ ), the results indicate a significant difference between pre-test and post-test scores. Therefore, the alternative hypothesis ( $H_a$ ) stating that “there is a significant improvement in the passing accuracy of SSB Marga Sindang FC players after receiving target-based passing training” is accepted.

The success of this study cannot be separated from the high motivation and persistence of the players in participating in the training program, which was conducted over 12 training sessions. Noticeable improvements were observed, particularly in movement speed and agility. In addition, the availability of adequate facilities and infrastructure enabled the researcher to implement the training program effectively and efficiently.

Overall, this study provides clear evidence that target-based passing training is an effective method for improving passing accuracy, particularly for soccer and futsal players. It can be

concluded that the implementation of this training program has a positive and significant impact on the passing accuracy of SSB Marga Sindang FC players during competitive play.

## **CONCLUSSION AND RECOMMENDATION**

Based on the results of the study, the t-test calculation conducted using Microsoft Excel produced a t-value of 10.981, while the t-table value was 1.729. Since  $t_{\text{count}} > t_{\text{table}}$ , the null hypothesis ( $H_0$ ) was rejected and the alternative hypothesis ( $H_a$ ) was accepted. Therefore, it can be concluded that the implementation of target-based passing training significantly improves the accuracy of inside-foot passing among players of SSB Marga Sindang, Lubuk Linggau. This improvement is reflected in the mean increase of 11.75 points between the pre-test and post-test scores of the players.

The researcher hopes that future researchers will be able to utilize and further develop the materials presented in this journal effectively and appropriately for their own studies. It is expected that the findings of this research can serve as a useful reference and contribution to the development of sports training research. The researcher would also like to express sincere gratitude to all parties who contributed to and supported the successful completion of this journal.

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