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The Effectiveness of Training Models and Foot-Eye Coordination on Short Passing Accuracy of U-12 Football School Athletes in Magelang Regency

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Abstract

This study is motivated by the low short passing accuracy among U-12 football athletes, which poses a significant challenge in developing basic techniques at an early age. This study aims to analyze the interaction between training models and ankle-eye coordination on the short passing accuracy of U-12 athletes at SSB Putra Harapan and SSB BASS Candimulyo. This study employs a quantitative method with a 2x2 experimental design. The sample consisted of 32 athletes from SSB BASS Candimulyo and SSB Putra Harapan, selected using purposive sampling and divided into four groups. The instruments used were the Mitchell Soccer Test and a short passing test. Data analysis included prerequisite tests (normality and homogeneity) and two-way ANOVA. The results showed that 1) there is a difference in short passing accuracy between the rondo and passing drill training models, 2) there is a difference in short passing accuracy based on high and low ankle-eye coordination, and 3) there is an interaction between training models and ankle-eye coordination on short passing accuracy. In conclusion, rondo training is more effective for athletes with high ankle-eye coordination to improve short passing accuracy, while passing drill training is more suitable for those with low ankle-eye coordination. Coaches are advised to adjust training models according to the athletes' abilities and provide additional exercises to enhance short-passing accuracy.

Keywords: short passing, rondo, passing drill, ankle-eye coordination.

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INTRODUCTION

Sport as a human creation manifests in physical activities with complex dimensions and diverse objectives. According to Hasanuddin (2023) and Şakar (2022), sport serves practical purposes, fostering skill development, nurturing aspirations, providing growth experiences, and enhancing physical fitness through muscular activity.

Football is the most popular sport in the world and is recognized globally with high enthusiasm (Hardinata et al., 2023; Suryadi et al., 2023; Aminudin et al., 2020; Khodaee & Mathern, 2020; Anton et al., 2023). Mastery of basic football techniques is essential for optimal athletic performance, and the advancement of science and technology has influenced the development of this sport (Chafidz et al., 2023; Suryadi, Suganda, et al., 2023; Rahman et al., 2024; Cefis, 2022). In playing football, several fundamental techniques must be mastered.

The basic techniques of football include attacking and defending principles and encompass skills such as passing, dribbling, heading, shooting, and control (Pelamonia & Puriana, 2023; Irfan et al., 2020). Athletes must master the fundamental skills, particularly passing (Marsuna et al., 2024; Rambe et al., 2024). Passing delivers the ball among teammates to create scoring opportunities and strengthen defense (Sutanto & Hariono, 2024; Syarif et al., 2024; Pangestoe et al., 2023).

Based on observations and interviews conducted by the researcher on May 14, 2024, with the coach of SSB Putra Harapan Magelang, several issues were identified that require serious attention, notably regarding short passing techniques. The main issue is the coach's lack of focus on developing short passes among U-12 athletes. The training sessions still lack variety, intensity, and regularity, resulting in athletes' difficulty applying the technique effectively-especially under actual match pressure. Despite having supportive facilities such as a proper training field and adequate equipment, SSB Putra Harapan still faces challenges due to the limited variety of training models. These facilities offer the potential for more specific and intensive training methods but are not being utilized optimally. The limited duration and intensity of training are also obstacles to improving the athletes' basic skills, especially short passing accuracy and movement coordination during match situations.

This shortcoming in training approaches is reflected in the athletes' performance. They struggle to pass the ball to teammates accurately and frequently lose possession due to poor precision and decision-making speed. The problem is exacerbated by the lack of specific evaluations and feedback from the coach and an inability to simulate real-time pressure during training. The importance of short passing in football cannot be overstated, as it plays a crucial role in maintaining pressure against the opponent and building coordinated attacks. A deep understanding of game tactics is necessary to maximize short-passing mastery. The barriers to this skill include a lack of competitive training environments, poor spatial awareness, inconsistent technique execution, limited situational training, and an inability to analyze performance.

Therefore, coaches need to intensify short passing training that is more varied and focused on improving accuracy and decision-making speed. A more structured and systematic training approach is expected to enhance short passing accuracy for 12 SSB Putra Harapan Magelang athletes. This, in turn, will positively impact overall team performance, including better ball possession and more effective attack construction.

Based on observations and interviews conducted by the researcher on May 19, 2024, with the coach of SSB BASS Candimulyo, similar issues were found regarding the low short passing accuracy among U-12

athletes. The main problem identified is the lack of training variation that explicitly targets this technique's improvement. In addition, suboptimal player coordination also contributes to disrupted ball distribution during matches. The impact of limited variation and coordination training is evident in the athletes' difficulty delivering the ball to intended targets during short passes. This inability often results in a loss of ball possession, which hampers the team's attacking effectiveness. Poor mastery of short-passing technique also affects athletes' confidence when under pressure, causing them to make suboptimal decisions on the field. These issues indicate that the current training approach needs to be evaluated and adjusted to meet the specific needs of short-passing development, including implementing more structured coordination drills.

Therefore, adjustments in the SSB BASS Candimulyo training program are necessary, with a stronger focus on developing short-passing techniques through more varied and intensive models. Improving the quality of training is expected to enhance ball control skills among athletes, ultimately leading to better overall team performance on the field. Additionally, incorporating drills that develop coordination and simulate match situations is crucial so athletes can better handle pressure in real games.

In training, competitions, and friendly matches, U-12 athletes from SSB Putra Harapan and SSB BASS Candimulyo have shown difficulties in executing short passes accurately. This inability often results in the ball failing to reach the intended teammate, disrupting the flow of play. Attacks become less effective, and ball distribution is compromised, negatively impacting team performance. This issue is significant given that short passing is a fundamental aspect of football, particularly in building attacks and maintaining ball possession.

During a friendly match on June 9, 2024, between SSB BASS Candimulyo and SSB Putra Harapan, U-12 athletes from SSB BASS Candimulyo completed only 17 out of 54 short passing attempts. Meanwhile, SSB Putra Harapan completed 16 out of 46 attempts. These figures indicate that ball possession losses hinder offensive strategies and reduce team effectiveness. In a tournament match on July 28, 2024, between SSB Putra Harapan and SSB Barca Temanggung, the short passing inaccuracy of U-12 athletes from SSB Putra Harapan was evident, with only 15 successful short passes out of 53 attempts. This highlights the need to improve passing techniques, focusing on safer and more accurate short passes.

In a friendly match held on October 6, 2024, at Candimulyo football field between SSB BASS Candimulyo and SSB Bintang Kalinegoro, the short passing accuracy of U-12 athletes from SSB BASS Candimulyo remained suboptimal. Out of 57 short passing attempts, only 19 were successful. Such errors disrupted the flow of the game and hindered attacking opportunities. Slow decision-making and poor mastery of basic short-passing techniques are suspected causes of this inaccuracy. Therefore, improving technical and tactical training is crucial for enhancing team performance.

Another friendly match on October 13, 2024, at the Candimulyo football field between the U-12 teams of SSB BASS Candimulyo and SSB Putra Harapan revealed significant issues in short passing inaccuracy from both teams. SSB Putra Harapan completed only 13 of 44 short passes, while SSB BASS Candimulyo completed 14 of 49. These low success rates highlight basic technique, coordination, and decision-making weaknesses. This situation necessitates an evaluation of the training models and developing more effective programs to improve short-passing accuracy among athletes.

Based on the short passing statistics from friendly matches and tournaments, U-12 athletes from SSB Putra Harapan showed the following results: Match 1: 16 successful short passes out of 46 attempts (35%), Match 2: 15 out of 53 attempts (28%), and Match 3: 13 out of 44 attempts (30%). Similarly, U-12 athletes from SSB BASS Candimulyo demonstrated: Match 1: 17 successful short passes out of 54 attempts (31%), Match 2: 19 out of 57 attempts (33%), and Match 3: 14 out of 49 attempts (29%).

Based on the aforementioned problems, this study aims to analyze the interaction between training models and ankle-eye coordination on the short passing accuracy of U-12 athletes at SSB Putra Harapan and SSB BASS Candimulyo

METHODS

This study employed a quantitative method with an experimental approach using a 2x2 factorial design. This design allows researchers to examine the simultaneous effects of two independent variables and their interaction with a dependent variable. In this context, the factorial design was used to explore the effects of two training models-rondo and passing drill- and their interaction with a moderating variable, ankle-eye coordination levels (high and low), on the short passing accuracy of football athletes. The population of this study consisted of U-12 athletes from SSB Putra Harapan and SSB BASS Candimulyo, totaling 40 individuals. The sample was selected through purposive sampling, comprising 32 athletes who met the inclusion criteria.

The study was conducted at the respective training grounds of SSB Putra Harapan and SSB BASS Candimulyo. It was carried out over 16 sessions, with a frequency of three training sessions per week, meaning that each athlete received 16 sessions of either rondo or passing drill training based on their assigned group. The independent variables in this study were the rondo training model and the passing drill training model, while the dependent variable was the athletes' short passing accuracy. The moderating variable controlled in this study was ankle-eye coordination, categorized into high and low levels.

Data collection was conducted through tests and measurements to ensure objectivity and accuracy. Two testing phases were carried out: a pre-test to assess the initial short-passing accuracy before training and a post-test after the training to measure improvements. Ankle-eye coordination was measured using the Mitchell Soccer Test, as cited from Ngatman (2001), while short passing accuracy in football was measured using an instrument developed by Arsil & Antoni (2010). Data analysis techniques included descriptive statistical analysis to provide an overview of the data and parametric statistical analysis using two-way ANOVA to determine the effects of the training models on short passing accuracy and to assess their interaction with ankle-eye coordination levels.

RESULTS AND DISCUSSION

This study consisted of three main stages. The first stage was the administration of a pre-test to collect baseline data as a reference point for participants' initial abilities in short passing accuracy prior to the intervention. The pre-test was conducted on November 19, 2024, for SSB BASS Candimulyo and on November 21, 2024, for SSB Putra Harapan. The results obtained served as a basis for comparison with the post-test following the intervention. The second stage involved implementing a specialized training program to improve short-passing accuracy. The intervention spanned 14 sessions over five weeks, from November 19, 2024, to January 12, 2025, with a training frequency of three sessions per week. This program focused on enhancing movement coordination and developing more accurate and consistent passing techniques.

The third stage was the administration of a post-test after the intervention had been completed to evaluate changes in participants' skills. The results from the pre-test and post-test were analyzed quantitatively using statistical methods to assess the effectiveness of the training program. The study divided the subjects into four groups based on the training model and level of ankle-eye coordination. Groups A1B1 and A1B2 were assigned the rondo training model, with distinctions between high and low ankle-eye coordination levels. Meanwhile, groups A2B1 and A2B2 followed the passing drill training model, differentiated by high and low ankle-eye coordination levels. The detailed measurement results are presented in the following table.

Table 1. Descriptive Statistics of Pre-test and Post-test

Group	N	Min	Max	Mean	Std. Deviation
Pre-test					
A1B1	8	84	87	84	2.51
A2B1	8	77	84	81.25	2.49
A1B2	8	78	85	81.75	3.01
A2B2	8	78	84	80.38	1.92
Group	**N**	**Min**	**Max**	**Mean**	**Std. Deviation**
Post-test					
A1B1	8	106	116	111.50	3.66
A2B1	8	96	106	101.13	3.72
A1B2	8	95	107	100.63	4.03
A2B2	8	93	110	102.63	5.45

The analysis results show a significant improvement in short-passing accuracy after the intervention in all groups. Group A1B1, which used rondo training with high ankle coordination, recorded the highest average post-test score (111.50) compared to the other groups, with an increase of 84 from the pre-test mean. Group A2B1, which used passing drill training with high ankle coordination, improved from 81.75 to 100.63, while group A1B2, which trained with rondo and low ankle coordination, increased from 81.25 to 101.13. Group A2B2, which used passing drill training with low ankle coordination, also showed improvement from 80.38 to 102.63. The relatively small standard deviation in the post-test indicates consistency in performance improvement across each group. These results suggest that rondo training with high ankle coordination provides the most optimal results in enhancing short passing accuracy compared to other methods.

Prerequisite tests were conducted before testing the research results using the two-way ANOVA method to ensure that the data met the required statistical assumptions. The prerequisite tests in this study included normality and homogeneity tests, with a significance level of 0.05 as the basis for decision-making.

The normality test assesses whether the data distribution in each analysis group is usually distributed. The testing was performed using the Shapiro-Wilk test, as the sample size in this study was less than 50. The analysis was conducted using SPSS software at a significance level of 5% (0.05). The summary of the normality test results is presented in Table 2 to provide an overview of the data distribution in each group.

Table 2. Shapiro-Wilk Normality Test

Group Pre-test	Statistic	df	Sig.
Pre_A1B1	.931	8	.521
Pre_A1B2	.941	8	.623
Pre_A2B1	.858	8	.115
Pre_A2B2	.939	8	.603
Group Post-test	**Statistic**	**df**	**Sig.**
Post_A1B1	.934	8	.557
Post_A1B2	.957	8	.777
Post_A2B1	.972	8	.912
Post_A2B2	.943	8	.643

Based on the statistical analysis of the normality test using the Shapiro-Wilk method, all pre-test and post-test short-passing accuracy data showed a significance value of $p > 0.05$. This indicates that the data are typically distributed.

The second prerequisite test used was the homogeneity test. The homogeneity test was performed to examine whether the samples had similar variances. This test aims to evaluate the

equality of variances between the pre-test and post-test data. In this study, the homogeneity test was conducted using Levene's Test. The results of the homogeneity test are presented in Table 3 below:

Table 3. Homogeneity Test

Variable	Levene Statistic	Df1	Df2	Sig
Short passing accuracy	.481	3	28	.698

Based on the statistical analysis of the homogeneity test conducted using Levene's Test, a significance value of 0.698 ($p \geq 0.05$) was obtained. This result indicates that the data groups have homogeneous variances, meaning the population has the same variance or homogeneity.

The testing of results in this study was conducted based on the data analysis results and interpretation of the two-way ANOVA analysis, with the details as follows:

There is an interaction between the rondo training model and the passing drill training model with high and low ankle coordination in short passing accuracy results for U-12 athletes at SSB Putra Harapan and SSB BASS Candimulyo." The results of the analysis can be seen in the table below. Data can be found in Table 4.

Table 4. ANOVA Result

Variable	df	Mean Square	F	Sig.
Training model * Group-Short passing accuracy	1	306.281	16.729	.000

The results of the interaction analysis indicate a significant effect between the training models (rondo and passing drill) and the levels of ankle coordination (high and low) on the short passing accuracy of U-12 athletes, with an F-value of 16.729 and a significance level of $p = 0.000$ ($p < 0.05$). These findings suggest that the effectiveness of a training model is not solely determined by the method used, but also depends on the athlete's level of ankle coordination. Therefore, an appropriate combination of training models and the development of optimal ankle coordination can produce more effective results in improving short passing accuracy in young players.

Based on the data analysis results, there is an interaction between the rondo training model and the passing drill training model with high and low ankle-eye coordination on the short passing accuracy of U-12 athletes from SSB Putra Harapan and SSB BASS Candimulyo. The interaction analysis results show a significant interaction effect between the training models (rondo and passing drill) and the levels of ankle coordination (high and low) on the short passing accuracy of U-12 athletes.

The following chart in Figure 1 presents the interaction results between the rondo and passing drill training models and the levels of ankle coordination (high and low) in improving short passing accuracy. This visualization illustrates how each training model contributes to the improvement of passing ability based on the differences in ankle coordination. The pattern displayed in the graph helps in understanding the effectiveness of the applied training methods as well as the interaction between the tested variables.

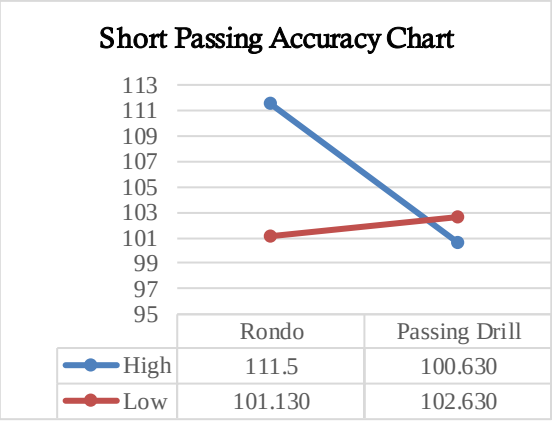

Figure 1. Interaction Graph Between Training Model and Ankle-Eye Coordination on Short Passing Accuracy

The short passing accuracy graph illustrates the interaction between the rondo and passing drill training models with ankle coordination levels (high and low). Athletes with high ankle coordination achieved higher

scores in the rondo training (111.50) than the passing drill (100.630), indicating that the rondo model is more effective for this group. Conversely, athletes with low ankle coordination performed better in the passing drill (101.130) than in the rondo (102.630), suggesting that the passing drill is more suitable. This interaction pattern reinforces the idea that the effectiveness of a training model depends on the athlete's level of ankle coordination. Therefore, a more specific approach in selecting training models is required to optimize improvements in short-passing accuracy.

These results align with the fundamental principles of motor learning, where technical skills in football, such as short passing, are strongly influenced by both internal factors (body coordination) and external factors (training models) (Schmidt, 1991). A high level of ankle coordination allows athletes to exercise better movement control during training, resulting in higher passing accuracy. On the other hand, limited ankle coordination tends to restrict an athlete's ability to adapt movements, especially when facing complex patterns such as rondo training.

Furthermore, the rondo training model demonstrates superiority in developing decision-making skills and teamwork, simulating dynamic game situations. In contrast, passing drills tend to focus more on the repetition of basic techniques, making them more effective for improving movement consistency in athletes with lower levels of coordination. A strategic combination of these two training models can be employed to accommodate the individual needs of athletes based on their level of coordination.

Previous research findings support this study. In the study conducted by Hasyim & Syafii (2022), it was stated that the rondo training model is more effective in improving short passing accuracy among football players. This is due to the rondo's characteristics, which involve complex and dynamic game simulations. Rondo training forces players to make quick decisions and improves ball control under pressure-crucial in short passing accuracy.

In addition, research by Abrar & Syahara (2019) found a significant relationship between ankle coordination and short passing accuracy. That study concluded that athletes with a high level of ankle coordination possess more precise ball control, enabling them to deliver more accurate passes and support the execution of fundamental techniques in football games.

Further support comes from research by Ramadhan et al., (2023), which also confirmed the effectiveness of the rondo training model. That study showed that rondo training significantly improves short-passing accuracy among football players. The Rondo model enhances quick decision-making, ball control under pressure, and spatial awareness-all key aspects in producing accurate passes.

Additionally, findings from Alficandra et al., (2022) indicated that the level of ankle coordination greatly influences an athlete's ability to perform accurate passing, regardless of the training method used. This emphasizes the importance of ankle coordination as a foundational element in mastering passing techniques.

These findings highlight the importance of a training approach that integrates specific training models, such as rondo, with the development of high ankle coordination. This approach has significantly enhanced fundamental technical skills-particularly short passing accuracy-in young football athletes. Therefore, football coaches are encouraged to adopt this method to optimize their athletes' overall performance.

CONCLUSION

The research findings and data analysis conclusions indicate a significant interaction between training models and ankle-eye coordination on short

passing accuracy in U-12 athletes. The effectiveness of a training model is influenced not only by the method applied but also by the athlete's level of ankle-eye coordination. Specifically, the rondo training model is more suitable for athletes with high ankle-eye coordination, while the passing drill model is more effective for athletes with lower coordination levels. These findings highlight the importance of tailoring training approaches to the individual characteristics of athletes to optimize performance outcomes.

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