



The Influence Of Targets And Without Passing Paired With The Passing Of The Ability Of Young Athletes In Football Academy Persada Sedong Cirebon

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Abstract

This study uses experimental methods, in a pattern that is used is using subjects matched designs, shortened the m-s matching made to subject by subject. Subject of course matching and group meeting, as should the subject of matching is such that the subject of (pair of subjects) masing-masing control group experiment and to the group will automatically balance that second group. The methodology experiment can be defined as the methodology used to find the influence of a particular treatment against another in conditions that will. On the ability of passing football athletes, a partner with the passing target known that the practice of passing partner = 53,50 target has its mean value, 40 minimum =, maximum = 65 and having the standard deviations of 7,626. And that the exercise of passing partner = 64,75 target has its mean value, minimum = 55, maximum = 70 and has the standard deviations of 5,495. On the ability of passing football athletes, exercise without passing paired with the passing of the ability of young athletes in football academy persada sedong cirebon district with the known that the practice of passing pairs without = 52,25 target has its mean value, 40 minimum =, maximum = 60 and having the standard deviations of 5,955.

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INTRODUCTION

School football is one container accommodate football learning activities. Most schools football or usual abbreviated ssb accommodate students from age child to early adolescence. Because things that age is age capable of being formed into soccer players. Alternatively football was made for breeding prospective players. For that reason, no wonder when many a talent for talent by meeting where schools football players looking for potential talent. They are given the age range of levels as a is until age develop the character of being a professional performer. On the Systematics of the academic scientific articles in the English Journal of Physical Education, Sport, Health and Recreation (ACTIVE) there is not a chapter of its own containing theory and literature review. Therefore the theory and literature review were taken from previous research results can be included in the introduction to strengthen arguments regarding the urgency of research or study written and in the results and discussion as Presspektif and comparison in the analysis (Nugroho, 2009). On its development, considering football is the sport most liked by the world community, football school is said to be fast development. In Indonesia, football school first appeared in the period of agum leadership gumelar in pssi. Name of football school initiated by ronny patinnasarany, who was then a young constructor of pssi. The role of football schools is very important in the development of Indonesian football achievements in the future. Many reliable football talent is found through football school. Football coaching from early has a significant impact on the achievements of footballers in the future. The role of professional coach is very important in the success of the coaching process. Other than a qualified coach, It is also important to have adequate means and infrastructure, Proper training methods, and effective management of training programs. This has a great influence on the smoothness of the building process (susanto and lismadiana, 2016: 2).

1. Matching Passing Practice

According to the Aoki, o' donoghue, and Yamamoto (2018), matching practice is an

effective method of training to improve the ability to pass on young soccer players. In this exercise, player pairs interact and perform a passing ball in order to develop speed, accuracy, and a situational understanding in performing passing. Both, however, for a brief explanation, other than written directly in a single paragraph, can also be written with a numerical way. Carling, le gall, and malina (2012) explains that "co-operation in pairing exercises is a key factor in improving passing capabilities. Player pairs must understand each other's roles, adapting to each other's movements and positions, and interact effectively with each other to achieve optimal results". According to carling, le gall, and malina (2012), 'a pairing passing exercise gives significant benefits in improving passing and cooperation between football players. Players can develop speeds, accuracy, and an important situational understanding in performing passing while playing in the team'.

2. Passing Practice Using Target

Passing exercises using targets in football are a series of exercises designed to improve the player's skill in passing the ball accurately and precisely toward the designated target. This target can be an object, Certain areas of the field, Or even a teammates who are targeted for bait. The main purpose of using targets in practice is to increase accuracy, consistency, And the athletic ability to direct their games in the desired direction. For example, in passing exercises, The target can help the player develop the ability to pass the ball accurately to the desired location. Target use exercise also helps in the formation of good habits and in measuring the progress of participants. They give a clear focus for players to measure how well they are in achieving certain goals in practice. As for the type of passing exercise using target in football covering: Passing through the tunnel, Passing. Shoot me., a passing knocks down a plastic bottle, passing through hola hop etc.

3. Practice Passing Without Using Target

Football games require communication between players to establish good cooperation in play as the key to success. The football player must also master the basic techniques of playing football,

according to herawati (2004: 21-24) motion or basic soccer games covers motion or technique without balls and motion or technique with balls. A move or technique without a ball is a motion without using the ball done in a football game as it goes., prancing, jump, Jump!, Roll over, spinning, berbelok, berkelit, and stopped suddenly, while soccer moves or techniques are moves or techniques by mastering a ball that includes the ability to identify the ball with the body parts (ball feeling), Kick ball (passing), kick the ball to the goal, dribble, accept and master the ball (receiving and controlling the ball), accelerator ball (heading), Deceit motion (feinting), seize the ball (sliding tackle), Throw the ball in and guard the goal keeping.

4. Component Passing Capabilities

short passing is a basic technique in football where players send a short-range ball to teammates. This technique involves using the inner leg with the aim of keeping the ball within player range and maintaining the position of the ball (smith, j: 2019). It's all right. It's all right. It's all right. It's all right. Technique involved in long passing according to clemente, f.M. , et al.(2019) covering the body's exact position, Good mastery of the ball, outer foot or back foot usage, as well as strong foot and body movements to give enough thrust for the ball to reach the target at the desired distance.

5. Short Passing

Short of passing need high accuracy in sending the ball to a teammate. Players must consider the proper techniques, including the position of the body stable, the use of the right foot, and control the ball good (Wein, H. (2017). Speed in short passing is essential for coping with the pressure of the opponent. The player must be able to release the ball quickly and precisely to his teammates to maintain the team's game (Franks), a. : 2012). Accuracy is an important factor in passing short passing. Players must be able to send the ball to a teammate, avoid the ball too high, too low, or too harsh difficult controlled (garin, d. : 2015).

6. Long Passing

Techniques involved in long passing according to lawmaker clemente, f.M. , et al. Covering (2019)

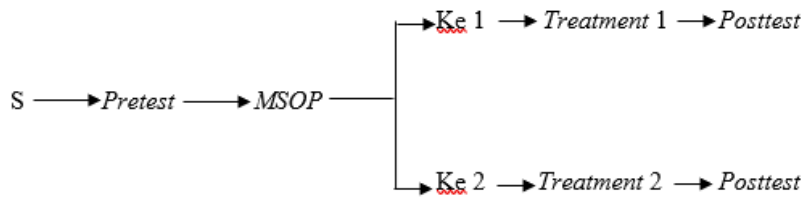
proper position of the body, mastery of a good, use of the legs out or the instep, and movements of the limbs and a powerful body to give thrust enough so that the ball hit targets and the desired. Passing in passing according to long distance purnomo, h., et al.(2020) can vary depending on the situation and the needs of the tactical game. Long passing the ball often use to transmit to the further in the field, as it passes through the centre of defence opponents or send a cross into the area of assault. Passing in passing long accuracy is also very important. According to sutedjo, d.(2019), players should be able to send the ball with accuracy high so hitting a designated target, avoid the ball too long or too short and difficult to control by a teammate.

7. Increasing Speed And Accuracy Of Passing Through The Exercise Of Passing In Pairs.

According to research conducted by jones et al.(2019), a passing pairs significantly increase the speed of passing on football players early adolescence. This exercise assists a performer in developing the speed, the speed of the reaction, and speed mental game in responding to the situation. This exercise can also repair coordination between the legs and vision, which is an important factor in increasing the speed of passing.

METHODS

This study uses experimental methods, in a pattern that is used is using subjects matched designs, shortened the m-s matching made to subject by subject. Subject of course matching and group meeting, as should the subject of matching is such that the subject of (pair of subjects) masing-masing control group experiment and to the group will automatically balance that second group. The methodology experiment can be defined as the methodology used to find the influence of a particular treatment against another in conditions that will. The design of the research applied in this study is the design of one group pretest-posttest. In this design, there are pretests done before giving treatment, and posttests are performed after giving treatment. This approach allows for a more accurate comparison because it allows for a comparison between before and after treatment (sugiyono, 2007: 110). The image of research design can be seen in the following picture:

**Figure 1.** Research Design

RESULTS AND DISCUSSION

Data to determine the effect of passing exercises in pairs with targets and without a target for passing capabilities performed data matching capabilities tests, Both experimental groups and control groups are given pretest and posttest. At

Table 1. Normalitas of table**One-Sample Kolmogorov-Smirnov Test**

	Pre test	Post test	Pre test	Post test
dengan Target	dengan Target	dengan Target	dengan Target	dengan Target
N	20	20	20	20
Normality Parameters ^{a,b}	Mean	53,50	64,75	52,25
	Std. Deviation	7,626	5,495	5,955

Results in the table above look $p > \text{values}$; 0.05, so that pretest and posttest data can be concluded both the group passing exercise paired

Table 2. Homogeneity of Variances**Test of Homogeneity of Variances**

		Levene Statistic	df1	df2	Sig.
Hasil dengan Target	Based on Mean	2,094	1	37	,156
	Based on Median	1,795	1	37	,188
	Based on Median and with adjusted df	1,795	1	33,751	,189
	Based on trimmed mean	2,192	1	37	,147

Based on the test results displayed on the table above can be concluded that the variants of data in the passing group are paired with a homogeneous target ($p \text{ value} > 0.05$).

posttest execution, Experimental groups are treated using sequencing with targets and control groups are not treated using targets.

Before being able to test the hypothesis using a parametric t test, the data must meet the requirement that the data analyzed is normal distributed data. In this research, normality test using the kolmogorov smirnov test.

Most	Absolute	,173	,230	,278	,209
Extreme Differences	Positive	,127	,170	,172	,174
	Negative	-,173	-,230	-,278	-,209
Test Statistic		,173	,230	,278	,209
Asymp. Sig. (2-tailed)		,118 ^c	,067 ^c	,079 ^c	,221 ^c

a. Test distribution is Normal.

b. Calculated from data.

c. Lilliefors Significance Correction.

with the target or the group passing exercise without normal distributed target.

Test of Homogeneity of Variances

		Levene Statistic	df1	df2	Sig.
Hasil tanpa target	Based on Mean	,353	1	38	,556
	Based on Median	,000	1	38	1,000
	Based on Median and with adjusted df	,000	1	27,792	1,000
	Based on trimmed mean	,283	1	38	,598

Based on the results of the tests displayed can be concluded that data variants in the pairing training group are homogeneous (p value > 0.05).

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means						
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
Hasil dengan Target	Equal variances assumed	2,264	,141	5,352	38	,000	11,250	2,102	15,505	6,995
	Equal variances not assumed			5,352	34,541	,000	11,250	2,102	15,519	6,981

Based on test results t displayed on the table above obtained a count value of 5.325 > ; table t (1,7247), while value p (10,000) < 0.05. The result is to mean that there's a significant effect of a pairing exercise without a target for the level of passing football athletes. The academy's young persada description of Cirebon districts.

Based on that result, then it can be seen that the count > t table (2.490 > 1,7247) with the significance of 0.017 > 0.05. The results show that there's a significant difference between a passing exercise with a target and a matching practice without a target for the level of passing of a football athlete. A young persada circumambulation in Cirebon district. Seilish results at 1.88, So the training passes in pairs with the target have a greater effect on the ability to pass football athletes. The academy's young persada. The Cirebon district than with a matching practice passing without a target.

CONCLUSION

About the skill of a football player., passing exercises paired with targets with results known that practice groups passing in pairs with targets have mean value = 53.50, minimum = 40, maximum = 65 and has a standard deviation value of 7.626. And that practice group passing in pairs with target has mean value = 64.75, minimum = 55, max = 70 and has a standard deviation value of 5.495. On a pairing training group without a target has a mean value = 62.25, minimum = 55, max = 70 and has a standard deviation value of 4,993. About the ability of football athletes, The training of passing pairs with no target against the ability of passing football athletes academy young prosecutors district sedong Cirebon with results known that the group of passing exercise pairs without target has a mean value = 52.25, minimum = 40, maximum = 60 and has a standard deviation value of 5,955. Based on those results, Then we can see that t counts > t tables (2,490 > 1,7247) with significance value 0,017 > 0,05. This result shows that there is a significant difference between pairs passing exercise with a target and pairs passing exercise without a target against the level of passing ability of young football academy athlete perada district sedong Cirebon district. Seilish results at 1.88, so that the practice of passing paired with the target has a greater influence on the ability of passing football academy young people's academy district sedong Cirebon compared to the practice of passing paired without the target.

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