



**The Effect of Longpass Training Using Targets on The Accuracy of Long Passes in
Soccer Sport Assist Soccer School Bekasi City**

Tri Samsul Hadi^{1✉}, Azi Faiz Ridlo²

Physical Education Health and Recreation Program, Universitas Islam 45 Bekasi, Indonesia¹²

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Abstract

This study aims to determine the effect of longpass training using targets on the accuracy of long passes in soccer sports ssb assist soccer school Bekasi city. The research method used is an experimental approach with a one-group pre-test and post-test design. This study involved 20 players from Assist Soccer School Bekasi City. Data was collected through long pass accuracy tests before (pre-test) and after (post-test) long pass training using targets. The average pre-test score was 5.2, while the average post-test score increased to 7.4. This increase indicates an improvement in long pass accuracy after the training. Soccer coaches are advised to integrate long pass training with targets in routine training sessions to improve players' passing accuracy. Further research can be conducted involving larger samples and age variations to generalize these findings. The use of technology, such as video analysis, can help in providing more detailed feedback to players regarding their long pass technique.

How to Cite

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✉ Correspondence address :
E-mail: hadi0909.2000@gmail.com

INTRODUCTION

Football is an achievement sport that requires coaching through aspects of training that need to be considered, namely physical, technical, tactical, and mental aspects (Mubarok and Ramadhan, 2019). In the sport of soccer there are several techniques, namely dribbling, kicking, controlling, catching, throwing and others. However, among these techniques, there is one basic technique that must be mastered well in football, namely kicking techniques. (Negara, Asmara, and Supriyadi 2023).

Soccer is a very popular sport in Indonesia and even around the world. Almost all men from children, teenagers, young people, parents have done soccer even though the purpose of doing this sport is different, some are just for recreation, to keep fit or just channel hobbies / pleasures, to achieve good soccer achievements in addition to regular, directed and continuous coaching efforts should be directed at physical conditions, techniques, tactics, mentally because these four factors are capital in achieving achievement. (Mulyakin, Jalil, and Riswanto 2025).

Football comes from two words, namely "Soccer" and "Ball". Sepak or kicking can be interpreted as kicking (using the foot) while the ball is a ball-shaped game tool made of rubber, leather or the like. In a soccer game, a ball is kicked or kicked by the players. So in short, the definition of soccer is a game that is carried out by kicking the ball carried out by players with a goal target and aims to enter the ball into the opponent's goal. According to Tony Charles and Stuart Rook (2012: 105) small sided game is the right situation developed by presenting the right situation developed for young players so that they can learn and develop. Each game is a combination of specific techniques in football, for example dribbling, passing or shooting the ball or focusing on teamwork and strategy. (Sepakbola 2018).

Football is one of the most popular sports in Indonesia, this is evident through the discovery of many soccer schools created in various regions of Indonesia, This is evident through the discovery of many soccer schools made in various regions in Indonesia, Every time there is a competition in Indonesia that takes place, the stadium will be very full of spectators or supporters of the two teams competing to support their favorite team competing in the field. Football is in great demand by the community because it is very beneficial for health and very easy to do by all circles. (Rachmawan and Hariadi 2022).

Football is a popular game and is very popular with all levels of Indonesian society, both

young and old. Football games are played in big cities and in remote villages (Ohoirat, 2017). An important factor that affects and is needed in the game of soccer is the basic techniques of the game of soccer. Mastery of basic techniques is an important requirement that must be possessed by every player so that the game can be done well. (Bogor 2019).

Soccer is a game whose movements are complex, namely a combination of walking, running and jumping as well as elements of strength, speed, accuracy, flexibility and others. To become a player soccer player, must master the techniques basic techniques of the game football, because the better a player is at dribbling, shooting and passing, the better pass the better possibility for success, this must also be supported by good physical condition. (Education 2019b).

As sport develops achievement, it is very important to support the coaching and development of sports achievements in various ways, such as by supporting the soccer association. The achievement of soccer sports must be supported by games such as good techniques and good tactics. Such as leg muscle explosiveness and toe coordination are very influential in long passing in order to achieve soccer achievements. Long passing is one of the basic football techniques used to pass the ball to friends who stand far from the kick, the purpose of this study is to analyze the contribution of leg muscle explosiveness to long passing ability, eye coordination with long passing ability and simultaneous contribution of explosive power, eye coordination with long passing ability. (Yuda and Arnando 2023).

To play a soccer game, the ability to perform basic kicking movements is needed, which is commonly used to give the ball to friends and score goals. Kicking the ball or more commonly called passing is a soccer technique that is widely used in games, because passing is a technique of moving the ball from one area to another that is the fastest and simplest in supporting the achievement of a goal. Kicking is a very common skill in soccer that is used throughout the 90 minutes of the match, without kicking skills a soccer game would not be possible and has no meaning the player must kick the ball as long as possible so that the ball enters the opponent's area and being able to score goals is how to play soccer. The purpose of kicking in soccer is to give the ball to a friend, give the ball to an empty area, give the ball a breakthrough between opponents, kick the ball to make a goal against the opponent's goal, and kick the ball to use its own playing area. (U- and Tasikmalaya 2022).

In the game of soccer, the factor that in-

fluences the game on a team of teams is that there are basic technical skills that must be mastered by every football player. Football is a sport created in the game so it requires various aspects and talents to do it. In the sport of football, passing (passing) and stopping (stopping) are the most important and most dominant basic techniques performed by a player when in the field. Basic passing and stopping skills are the art of moving the ball from one place to another which is key in the game of soccer. (Journal n.d.).

One of the techniques that must be mastered by every player is the long passing technique, because with the long passing technique the player is able to pass long distances to friends so that it can be used as a way to create opportunities for goals. This is in accordance with Herwin's opinion (Ghozali, Imam. 2013:), namely in the game of soccer kicking the ball passing has objectives including "Passing the ball to a friend, passing the ball to an empty area, passing the ball through between opponents, kicking the ball to make a goal against the opponent's goal, and kicking the ball to use its own playing area". "Long pass or kick is passing the ball to a friend who is standing far away through a kick". Therefore, it can be concluded that the long passing kick is one of the basic soccer techniques used to pass the ball to friends who are standing far from the kick. Therefore, the basic technique of long passing must be mastered by soccer players, because by mastering the long passing kick can be used for: "The purpose of kicking the ball is to pass (passing), shoot at the goal (shooting at the goal) and sweep to thwart the opponent's attack (sweeping)". (Education 2019a).

Long passing has a variety of very important functions, the use of long passing is also very necessary. This is because there are still many soccer fields that are not up to standard and are not well maintained, requiring players to not only play with flat balls because it will make it difficult to organize an attack. Wet field conditions due to rain also sometimes require players to play with long passes or do long passing as an alternative means of playing football when the field conditions are wet and slippery. In football, to produce long passing it is more appropriate to use the inner foot turtle kick technique, because it will produce parabolic long passing so that the distance to be traveled is further. Analysis of long passing motion using short chip passes as follows: 1. preparation, (a). approach the ball from a thin angle placing the foot that holds the balance next to the ball (b) bend the leg (c) the kicking leg is pulled back (d) straighten the leg (e) extend the hand to maintain balance (f) focus on the ball 2. execu-

tion (a) place the knee of the kicking foot on the ball (b) bend the body slightly in front of the ball (c) insert the foot under the ball (d). use a short and powerful kicking motion (e). cause backspin on the ball 3. follow-thorough (a). the weight of the body is moved forward on the cushion of the foot that supports the balance (b). jerk your foot straight forward (c). the foot movement is shortened. (Ridwan 2020)

Previous Research That the form of long passing training in this study is very precise because there are targets that are targeted by the samples in doing long passing training. (Education 2019a)

This research presents an innovative approach to long pass technique training in the sport of soccer by implementing a long pass training method using specific targets. Although the long pass technique has long been part of the basic technique of playing soccer, the use of structured and measurable target media in training sessions is still rarely used systematically at the soccer school level. This study is one of the first to be conducted in the Bekasi City area, specifically at Assist Soccer School, which directly measures the impact of using targets on improving the long pass accuracy of early age players. The novelty of this study lies in the integration of visual elements (targets) as a tool to improve technical accuracy, as well as its contribution to the development of a more effective and measurable training model in youth coaching in Indonesian football.

The main instrument of novelty is the use of targets as a tool for long pass training. These targets are designed with specific sizes, positions and distances on the field to measure the directional accuracy and power of long passes. The use of this target allows players to focus on a specific goal point consistently, rather than relying solely on intuition or open space.

The study also used an accuracy-based scoring system (e.g. 1-5 based on the proximity of the ball to the target), which helped quantify the development of long pass technique in a more objective and measurable manner.

The drills were systematically delivered over several weeks with variations in target type and distance. This provides a new methodological approach that has not been commonly used at the youth soccer training level, particularly at Assist Soccer School.

METHODS

This study used a quasi-experimental design with a one group pretest-posttest model. This design was chosen to measure the accuracy of

Long Pass SSB Athletes by applying target targets to improve long pass kicks.



Figure 1. Diagram One-Group Pretest-Posttest Model (Source: Reichardt, 2019)

Population: All athletes who attend SSB assist soccer school Bekasi city.

Sample: 20 SSB athletes who were selected by purposive sampling based on certain criteria, such as the level of activity in participating in training and the availability of time to participate in the entire study.

The instrument used in this study was a long passing accuracy test using a target consisting of two parts:

Pretest: Conducted before treatment to measure the accuracy of long passing athletes SSB assist soccer school Bekasi city.

Posttest: Conducted after treatment to measure the accuracy of long passing by athletes of assist soccer school Bekasi city.

This test is designed to measure aspects of accuracy, technique, and success of Long Passing for assist soccer school athletes in Bekasi city.

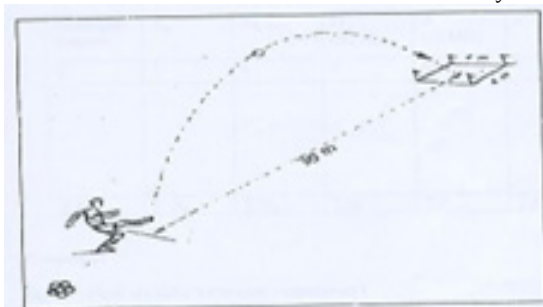


Figure 2. Long Passing accuracy instrument (Rustiawan et al. 2024).

The data obtained from the pretest and posttest were analyzed using paired sample t-test with the help of the latest version of SPSS software. This test is used to determine whether there is a significant difference between pretest and posttest scores. Decision-making criteria based on the significance value (p-value) with $\alpha = 0.05$. If the p value < 0.05 , it can be concluded that there is a significant effect of long passing training using targets on the accuracy of Long Passing Soccer.

RESULTS AND DISCUSSION

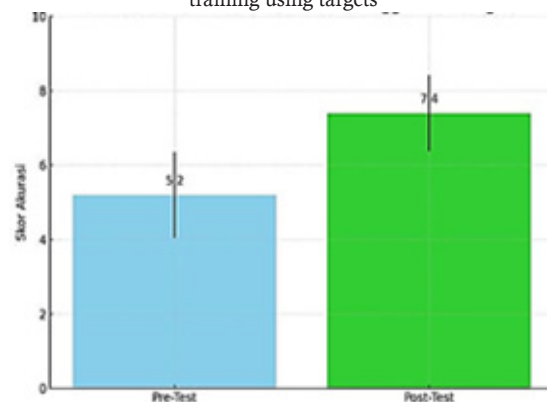
This study involved 20 players from SSB Assist Soccer School Bekasi City. Data was collected through long pass accuracy tests before (pre-test) and after (post-test) long pass training using targets. The average pre-test score was 5.2, while the average post-test score increased to 7.4. This increase indicates an improvement in long pass accuracy after the training.

Table 1. Descriptive Statistics

Statistics	Pre-Test	Post-Test
N (Sample Quantity)	20	20
Mean (Average)	5.20	7.40
Std. Deviation	1.15	1.02
Minimum	3	6
Maximum	7	9

It can be seen that **Table 1** there was an increase in the mean value from 5.20 to 7.40 after the long pass training treatment using targets. The low standard deviation value indicates that the data distribution is quite consistent around the mean value.

comparison of average long pass accuracy before and after training using targets



To determine the significance of the improvement, a paired t-test was conducted. The test results showed a t_{count} value of 4.85 with a t_{table} at $\alpha = 0.05$ and $df = 19$ of 2.093. Because $t_{\text{hitung}} > t_{\text{tabel}}$, there is a significant difference between the pre-test and post-test. Thus, long pass training using targets has a significant effect on improving players' long pass accuracy. Summarized in **Table 2**.

Table 2. Paired Sample t-test

Variabel	Mean Difference	t-hitung	df	Sig. (2-tailed)
Pre-Test vs Post-Test	2.20	4.85	19	0.000

The sig value. (2-tailed) = 0.000 < 0.05, so there is a significant difference between the pre-test and post-test values. This shows that long pass training using targets has a significant effect on improving long pass accuracy.

The results of this study indicate that long pass training using targets has a significant effect on improving long pass accuracy in SSB Assist Soccer School Bekasi City players. This improvement reflects the importance of structured and focused training in improving soccer technical skills. This finding is consistent with the results of research by Zainuddin et al. (2023), which states that the distribution training method is superior to the traditional method in improving passing ability in young players.

In addition, Guntur, Yulianto, and Kusnandar (2022) reported that training with dynamic targets (moving targets) resulted in a greater increase in accuracy compared to static targets. This suggests that variations in training stimulus, including the use of different aids or targets, can increase players' attention, visual focus, and cognitive engagement during training.

In a modern training perspective, game-based approaches such as small-sided games have also been widely recognized as effective methods in improving technical skills including passing. Research by Kunrath et al. (2020) states that small-sided games improve decision-making ability and technical accuracy through a training environment that resembles real game conditions. Although this approach does not use explicit targets as in this study, the principles of cognitive and motor enhancement remain relevant.

Furthermore, neuroscience-based technologies such as the Okkulo system have also shown that improved visual-motor coordination can have a direct impact on technical performance in soccer (Vincent, 2023). Despite the different approaches, the core of this method and long pass training using targets is on improving spatial perception, accuracy, and decision-making. Therefore, it is recommended that coaches incorporate a variety of training approaches that support specific skills, including the use of target aids to develop young players' passing accuracy in a progressive and measurable manner.

CONCLUSION

Long pass training using targets proved effective in improving the long pass accuracy of SSB Assist Soccer School Bekasi City players. The significant improvement in post-test scores suggests that this training method can be widely applied in early childhood soccer player develop-

ment programs.

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