



## **Level of Passing Skills in and Outside Football of Extracurricular Participants of State Junior High School 2 Martapura**

**M. Royhan<sup>1✉</sup>, Mita Erliana<sup>2</sup>, Ramadhan Arifin<sup>3</sup>**

Physical education study program, Faculty of teacher training and education, Lambung Mangkurat University, Banjarbaru, Indonesia<sup>123</sup>

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### **Abstract**

The purpose of the study was to find out how well the Passing Skill Level in and outside football in the Extracurricular Participants of the State Junior High School 2 Martapura. The research method is a quantitative descriptive research with a football passing skill measurement test. Research on the Level of Passing Skills in and Outside Football of Extracurricular Participants of State Junior High School 2 Martapura with a measurement test of inside and outside passing skills tests. The total population of 40 extracurricular participants and the technique used to determine the sample with the purposive sampling technique (who are willing to be samples), the number of samples in this study is 18 extracurricular participants. The results of the research The level of passing skills in the extracurricular participants of the State Junior High School 2 Martapura was very good in the category 0 (0%), good 0 (0%), medium 0 (0%), Less 2 (11%), less than 16 (89%). The results of the study The level of passing skills outside the extracurricular participants of the State Junior High School 2 Martapura category is very good 0 (0%), good 0 (0%), medium (0%), less than 0 (0%), less than 18 (100%). Conclusion of the research results The level of passing skills inside and outside of the extracurricular participants of the State Junior High School 2 Martapura is a category of less than once.

### **How to Cite**

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✉ Correspondence address :  
E-mail: [mroyhan486@gmail.com](mailto:mroyhan486@gmail.com)

## INTRODUCTION

Any planned and structured physical activity that is done for the sake of competition, fun, health, and the development of motor skills is considered a sport. Based on the Law of the Republic of Indonesia (2005: 3) it is explained that "Any organized activity that promotes, maintains, and develops a person's physical, spiritual, and social potential is considered a sport". In this regard, exercise is essential for human life because it allows people to become physically fit and healthy. Therefore, it is important to monitor the development of the sport. (Nuranto et al., 2020)

Sports can be done individually or in groups and include different types, such as athletics, ball games, martial arts, water, and so on. In addition to physical benefits, exercise also has mental and social benefits, such as increasing concentration, reducing stress, and strengthening social relationships between individuals.

One of the basic human needs is exercise, which can affect strong and healthy mental and physical activity. As athletes often say, a strong body is usually accompanied by a healthy soul. People who exercise regularly can have better physical and mental health than those who rarely or never exercise. (Rofik & Kafrawi, 2022)

Participation in sports is becoming increasingly important in every society. This is evidenced by the increasing number of sports being done, from afternoon running to games such as football that aim to help people achieve success. Because football is a team sport with eleven players on each team, including a goalkeeper, football has become one of the most popular sports in the world, especially in Indonesia, both among children and adults (Arifin et al., 2020).

Language, age, gender, ethnicity, race, and religion are all ignored by football, which explains this. Football is currently starting to spread to younger audiences; in Indonesia itself, several football schools are opened for young people. One of them in Malang City is Dendi Santoso Soccer School. The same is true of what is developing in Indonesia. Football is the most popular sport for most of the people. It can be said that the Indonesian people are known as the most fanatical football fans. (Nugraha, 2012)

Football is growing very rapidly in Indonesia, and it is not uncommon to see the general public and elementary school students playing this game (Arifin & Warni, 2019).

According to , this sport was developed in the business world before finally being used in the Indonesian professional league. Sports coaching

can improve human resources. (Yulianto, 2018)

Sports coaching aims to foster physical, spiritual, and athletic well-being that can support the love of the homeland, as well as superior character and personality, discipline, honesty, and have a high spirit of sportsmanship. (Al Farizy & Syafi'i, 2022)

Playing soccer demands a lot of physical fitness. Players must be in good physical condition to blend their technical, tactical, and intellectual skills on the pitch. Many physical qualities, including stamina, leg muscle strength, speed, and agility, are needed to play soccer. The body's ability to perform physical activity for long periods of time without experiencing severe fatigue is known as endurance. Players must be tough. Players must have great leg muscle strength in addition to endurance. The ability of the leg muscles to move quickly and vigorously to produce as much power as possible is referred to as explosive force. In addition, agility is also needed. Football demands a high level of agility. For example, when dribbling and damaging the opponent's defense. In order for players to fully understand the game, they must have good agility.

Football players must master basic tactics because basic tactics are key in playing football. Football players must master a number of basic techniques in order to play well. These basic techniques include: "passing, controlling, dribbling, shooting, heading, intercepting, throwing in, goal keeping, and juggling." (Indarto, 2019)

Mastery of basic football techniques is the main prerequisite in playing football, so technique is decisive in the game of football because players want to develop and improve the quality of their game achievements (Soniawan & Irawan, 2018). From the information above, according to experts, basic techniques in the game of football are very important, one of which is passing.

Passing is one of the most common basic skills used in football because it plays an important role in the game. In general, the basic passing method is useful for connecting the ball between players or passing it to a friend in an attempt to initiate an attack and eventually score. "In a football match, passing is a method used to transfer the momentum of the ball from one player to another", said . The game of soccer requires accurate and skillful passing because it will be easier to receive the ball if you can perfect these skills. Similar to kicking, passing can also be done using the head, chest, or the outside and inside of the legs (if you're skilled). (Hasanah, 2009)

According to , there are three basic techniques for passing the ball or (Luxbacher, 2004)

passing , namely; Preparation Attitude, Implementation Attitude, and Follow-Up Movement.

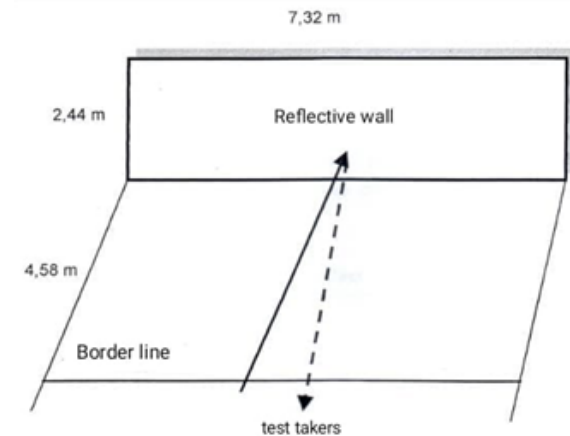
During the trophy match between schools, extracurricular participants of State Junior High School 2 Martapura football branch, the researcher observed that there were shortcomings in extracurricular participants of State Junior High School 2 Martapura. The researcher found that the problems that occurred in the Extracurricular Participants of the State Junior High School 2 Martapura, namely, fitness and basic technical skills, namely passing, the researcher very often found that the Extracurricular Participants made passing mistakes, thus causing a defeat for the State Junior High School 2 Martapura.

Based on the above description and the following considerations, the researcher needs to conduct a research entitled "The Level of Passing Skills in and Outside Football of Extracurricular Participants of State Junior High School 2 Martapura". The purpose of this study is to find out the Level of Passing Skills in and out of Football Extracurricular Participants of State Junior High School 2 Martapura.

## METHODS

The research method used is a quantitative descriptive research with a measurement test of football passing skills. According to quantitative descriptive research, it is research that only describes the state or state of a phenomenon without looking for the relationship or cause and effect of the variables being studied. (Arikunto, 2010). Research on the Level of Passing Skills in and Outside Football of Extracurricular Participants of State Junior High School 2 Martapura using the passing skills test of the Johnson Soccer Test. The population used in this study is all Extracurricular Participants of State Junior High School 2 Martapura, using purposive sampling techniques. The definition of population according to Arikunto. S (2010:173) in "population is the whole subject of research".(Erliana et al., n.d. 2019) The sample in this study is extracurricular participants of State Junior High School 2 Martapura. The data collection technique used a soccer skill test instrument (Johnson Soccer Test) with the following implementation: "(1) Test participants wait behind the boundary line with the ball in hand; (2) the test participant kicks the ball onto the bounce board and the ball bounces back towards it or detaches; (3) test participants repeat this action as many times as possible for 39 seconds. (4) The ball must be kicked from behind the boundary line using some of the basic

kicks allowed in football. (5) Instead of chasing an uncontrollable ball, the test taker will retrieve the ball from the basket that has been prepared when the ball is out of control." (Fenanlampir & Faruq, 2015).



**Figure 1.** Soccer Skills Test Field (Johnson Soccer Test).

**Table 1.** Norma Johnson Soccer Tests

Final Score	Category
>42	Very Good
37-41	Good
31-36	Keep
25-30	Less
<24	Less Than Once

Data collection was carried out by researchers by going directly to the field. Analyzing the data to make conclusions from the research is the next stage after data collection. Quantitative descriptive analysis methods involving percentages were used in the data analysis of this study. (Sudijono, 1997) states that the formula used is as follows:

$$P = \frac{f}{n} \times 100\%$$

P : Percentage

f : Frequency

n : Total Frequency

## RESULTS AND DISCUSSION

This research was conducted from February to April 2025, the duration of this study was 3 months with a total of 18 respondents.

The results of the research on the level of passing skills inside and outside football through skill tests on extracurricular participants of State Junior High School 2 Martapura whose data will be described as **Table 2**.

**Table 2.** Calculation of the categorization of inner and outer passes

Interval	Inner Passing Test Results	Results of The Outer Passing Test
42 < X	0 (0%) Very Good	0 (0%) Very Good
37 - 41	0 (0%) Good	0 (0%) Good
31 - 36	0 (0%) Medium	0 (0%) Medium
25 - 30	2 (11%) Less	0 (0%) Less
X < 24	16 (89%) Less	18 (100%) Less
	18 (100%)	18 (100%)

Based on the results **Table 2** of the above data processing and analysis, the research conducted on the level of internal and external passing skills in the extracurricular participants of the State Junior High School 2 Martapura is on the passing table using the inner leg, more or less dominant with the most frequency consideration being 16 or 89%. Meanwhile, in the passing table using the outside foot, less once is also more dominant with the most frequency consideration being 18 or 100%. The level of passing skills in the category of good is 0%, good at 0%, medium at 0%, less than 11%, less than 89%. Meanwhile, the level of outside passing skills that are categorized as very good is 0%, good at 0%, medium is 0%, less than 0%, less than 100%.

From the results of the skills that the researcher carried out, it showed that the passing test using the inner foot obtained the category "Less Once" and the passing using the outer foot obtained the category "Less Once" This shows how important skills are in football. This sport is a collaboration with each other, this is revealed by Chandra (2019) in Football games are group games that involve many elements such as physical, technical, tactical, and mental Football games involve many elements in it that are combined to form a collaborative unit. (Kuswiranto et al., n.d. 2024)

The level of passing skill in football refers to the ability of players to pass the ball accurately, quickly, and on target to teammates. Passing is a very important basic technique in the game of football because it plays a role in building attacks and maintaining possession.

According to (Utomo & Indarto, 2021) Passing, it is one of the basic techniques of playing soccer that is very complex or important that is often done in football games and most football games are done with passing. According to naldi and irawan (2020) in saying that: in the game of football, a good technique can be produced with

maximum movement quality, for example someone who wants to pass, the player must be able to measure the slow force of the pass made to a friend so that the ball is not easily taken by the opponent, to achieve this ability good intelligence skills are also needed, there are many factors that support this ability and in Among them is good motor skills. (Kuswiranto et al., n.d. 2024)

The obstacles that often occur when making passing kicks are problems of accuracy and strength of the kick, junior high school extracurricular participants sometimes are still not on target and the ball does not reach the target because the selection of which part of the foot to do the technique is still considered inappropriate and still incapable of measuring the slow and strong passing made to friends.

For the next study, it is hoped that it can obtain a higher percentage criterion so that the skills that individuals have can support a team game in football. All skills in football are very important, because to succeed the strategy that the coach has runs according to what is expected.

## CONCLUSION

Based on the results of the research conducted, it was obtained that passing skills using the inner and outer legs in the Football Extracurricular Participants of the State Junior High School 2 Martapura are still in the category of "Less Once". This indicates that the basic technique of passing, which is one of the fundamental elements in the game of football, has not been mastered optimally by the participants.

Based on the conclusions of the data processing results above, there are several suggestions that the researcher conveyed, including the need to improve the quality and training programs that are suitable for the extracurricular participants, For the trainers to look for materials and references to improve the quality of individuals both in terms of physical, technical, tactical and mental, For the extracurricular participants to be more persistent and persistent in carrying out the training program given by the trainer, References and inputs from various experts are expected to be an evaluation to improve achievements for the Extracurricular Participants of the State Junior High School 2 Martapura.

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