



The Effect of The Square Drill Passing Trainning Method on the Passing Accuracy of IMFA Clubs ageds 15 Years

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Abstract

Football is one of the most popular sports in society and has many benefits. One of the problems that occurs in football is passing because there are still mistakes when passing. The purpose of this study was to determine the effect of square drill training on the passing ability of U-15 Indonesia Muda Football Academy players. This type of research is quantitative using one group pretest-posttest design. This study is an experimental study with an experimental research design. The population in this study were U-15 players of the Indonesia Muda Football Academy Club. The sampling technique used total sampling, namely all U-15 players were sampled as many as 12 players. The research data were analyzed descriptively quantitatively, the requirement test was the normality and homogeneity test of data, and the T test using SPSS version 26.00. Based on the table above, it can be concluded that the value of $t = \text{Low}$ is 3.973, this value is greater than $t = \text{Upper}$ 2.527 or $t = \text{Low}$ of 3.973 and the sig. The result (2-tailed) is $0.000 < 0.05$. This means that there is a significant influence between the Square Drill Passing Training Method on the Passing Accuracy of the 15-Year-Old IMFA Club.

How to Cite

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INTRODUCTION

Football is a leading sport throughout the world and continues to attract the interest of people all over the world, regardless of their age, gender or social status (Gema et al., 2016). Football is a team game where each team consists of 11 players and one of them is a goalkeeper. Football players almost always use their feet, head, hands, and body when playing (Karunia, 2016). Football is often played for fitness, leisure and achievement, which explains why this sport is so enjoyed and appreciated by all walks of life (Rizal et al., 2019). However, many players are also seen playing below their physical and technical abilities, which can ultimately lead to mistakes. However, they are confident that they can play football on the field if their physical and technical abilities are strong (Rustiawan et al., 2022). Emphasized that "technique in sports refers to a method used or created by an individual or athlete to complete a movement challenge in sports effectively and efficiently" (Kinta, 2020). Considering that the main ability of a soccer player is to improve the quality of game performance, basic soccer skills are one of the determining factors in the game of soccer (Usman & Argantos, 2020). Basic technical skills consist of a mix of coordination and body control when executing simple techniques, particularly those related to ball management (Rohendi et al., 2020). As stated by Sudjarwo in 2005 on page 25, various basic motor skills are present in the sport of soccer, including passing which involves sending the ball to a teammate, stopping the ball, shooting towards the goal, heading the ball with the head, and dribbling to move the ball (Muhammad Sidik et al., 2021). Football players need to become proficient at passing (Permono & Ramadhani, 2025).

The technique of passing the ball involves moving the ball from one person to another. Players are expected to be able to play various roles and show advanced levels in modern ball games, which allows them to play the game effectively with two feet. Passing the ball well and easily can increase the strength of the game (Putu et al., 2018). Passing is one of the main components in the game of soccer and must be taught early on. With the hope that the longer the child practices passing, the better his skills will be in the future (Randani, A. Y., Wahyudi, A. N., & Septianingrum, 2021). A soccer athlete needs to master the passing technique professionally and accurately to provide an ideal pass. Mastering the basic passing technique can foster teamwork (Jatmiko et al., 2021).

The strengths and weaknesses of a movement in carrying out a passing movement and the level of accuracy in passing the ball to a friend are very large, in order to be able to pass the ball accurately to a friend, it is necessary to practice continuously and always pay attention to accuracy (Mochammad Afifudin & Anna, 2022). The drill method is an activity of repeating the same thing, frequently and seriously with the aim of strengthening associations or honing a skill so that it becomes permanent (Mardiana, 2022). Simply put, consistent engagement in an area of skill mastery through training techniques and methods, applied over time, can result in significant increases in ability (Kristina et al., 2021).

Therefore, it is defined as repeated or continuous practical training intended to develop practical skills and abilities related to the subject matter being studied. This technique is characterized by its process, which involves repeating the same task over and over again (Subarja et al., 2022). Square drill training is one of the training options for drill training methods. Square drill training is a form of endurance training that combines fast and slow running routines, according to Sukadiyanto's 2005 research, athletes in this program run at various speeds, from slow jogging to higher speeds. In essence, athletes are the ones who drive this initiative, so square drill training is easier to adapt and do on a square field (Arisman et al., 2019). So the square drill training method is a consistent repetition training based on techniques that are studied intensively at varying speeds.

This study aims to determine the effect of square drill training on passing accuracy of 15-year-old Indonesian Youth Football Academy club players. In the context of sports training, as previously explained, the square drill method is a form of consistent repetition training in certain techniques and speeds. By involving 15-year-old Indonesian Youth Football Academy club players, this study provides valuable insights into the effectiveness of square drill in improving passing accuracy in football.

METHODS

The type of research or method used in this study is experimental research with a quantitative descriptive approach and the research design used is one group pretest-posttest and sampling using total sampling. Before carrying out the treatment, players were given a short passing test, the data collection method employing a brief passing test (Sukatamsi, 1985) from ten meters away

from the objective, which is one meter wide (Reiza & Sumartiningsih, 2024).

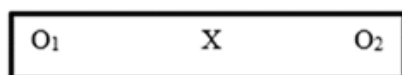


Figure 1. Research Design

The entire population in this study consisted of 12 IMFA club players aged 15 years who were given a pretest, treatment, and posttest. The test is carried out as follows, the testee stands behind the ball placed at a point 10 meters in front of the goal or target, then the testee is given a signal from the tester to prepare to kick. The testee is given the opportunity to kick 10 times, namely 5 times using the right inside foot and 5 times using the left inside foot. The movement is declared a failure if the ball goes out of target or places the ball not at a distance of 10 meters from the target. The assessment method is by calculating the success of the testee kicking towards the specified target with the number of kicking attempts 10 kicks, and if the ball goes in it gets a score 1 and if the ball goes out it gets a score 0. Before the treatment was carried out, a passing test was first given to obtain initial data. Then the square drill passing treatment was given 12 times according to the details 3 times a week with a duration of 20 minutes.

RESULTS AND DISCUSSION

The initial data results of the Indonesian Football Club Academy athletes were conducted before providing treatment to respondents. Treatment was given for 12 meetings by carrying out square drill passing exercises. Furthermore, final data collection was carried out after carrying out the treatment in stages. The description of this study can determine the increase in the accuracy of the Young Indonesian Football Academy Club's passing. The results of the data analysis test are as follows.

Overview of research data, descriptive analysis of data. Descriptive analysis was conducted on pretest and posttest data of soccer passing skills. Descriptive analysis includes mean value, standard deviation, range, minimum and maximum value as in **Table 1**.

The results **Table 1** of the descriptive analysis of tes passing pretest data have N (sample) of 12, mean (average) of 5,3333, Std. deviation (standard deviation) of 8,8763, Range (range) of 3,00, Min (lowest value) of 4,00, Max (highest value) of 7,00. The results of descriptive analysis

of posttest data for tes passing have N (sample) of 12, mean (average) of 8,5833, Std. deviation (standard deviation) of 9,0034, Range of 3,00, Min (lowest value) of 7,00, Max (highest value) of 9,0034.

Table 1. Data Descriptive Analysis

Variabel	Pretest Passing	Posttest Passing
N	12	12
Mean	5,3333	8,5833
Std. Deviasi	8,8763	9,0034
Range	3,00	3,00
Max	7,00	10,00
Min	4,00	7,00

The Normality Test is to test whether variables are normally distributed or not. This normality test uses SPSS 26. To find out whether the data is normal or not, if the sig is > 0.05, it is normal and if it is < 0.05, it can be said to be abnormal.

The results of the normality test data significant value of the tes passing pretest with a Shapiro-Wilk value of 0.900 and a significant level of 0.160 greater than α 0.05, it can be said that the distribution of the tes passing pretest is following a normal distribution or normal distribution. While the tes passing posttest with a Shapiro-Wilk value of 0.894 and a significant level of 0.133 is greater than α 0.05, it can be said that the distribution of tes passing post- test is following a normal distribution or normal distribution.

Finding the similarity of variance or ensuring that the data comes from a homogeneous population is the goal of the homogeneity test. If the significance value is more than 0.05, the decision-making criteria are approved.

The hypothesis shows that the data obtained from homogeneous samples obtained based on the results of the pre-test and post-test homogeneity tests, which show a Lavence test value of 0.027 with a significance value of 0.871. The pre-test and post-test results show a homogeneous population, in accordance with the conclusion.

To determinated the effect of resistance square drill passing training method on the passing accuracy using the T Test or paired sample T test. The following are the findings of the paired sample T-test. **Table 2**.

Based on the **Table 2** above, it can be concluded that the value of $t = \text{Low}$ is 3,973, the value is greater than $t = \text{Upper}$ 2,527 or $t = \text{Low}$ of 3,973 and sig results. (2-tailed) which is

0,000<0,05. This means that there is a significant influence of resistance Square Drill Passing Training Method on the Passing Accuracy of IMFA Clubs aged 15 Years. Based on the table above, it can be concluded that the value of $t = \text{Low}$ is 3,973, the value is greater than $t = \text{Upper}$ 2,527 or $t = \text{Low}$ of 3,973 and sig results. (2-tailed) which is 0,000<0,05.

Table 2. Paired T tes Results

Variable	N	T Low	T Up	Sig. (2-tailed)
Pretest Passing	12	3,973	2,527	0,000
Posttest Passing				

This means that there is a significant influence of Square Drill Passing Training Method on the Passing Accuracy of IMFA Clubs aged 15 Years. And assess how the passing square drill has changed by comparing the results before and after therapy. Because the square drill involves repeated treatments, athletes can achieve the desired results. The implementation of square drill training has an impact on the learning outcomes of underhand passing in soccer games, according to the research findings and the explanation above (Saleh et al., 2024)

It seems that the validity of the hypothesis proposed in this study has been tested based on the results of data processing and t-test analysis of the research findings. Statistical methods that produce results. The square drill training method can be used to improve football passing skills, which will help in achieving training goals (Ilham Bayazid et al., 2024).

The results of the study showed that passing drills can help players become better passers. The drills improve coordination, speed, and passing accuracy. These findings suggest that training players' passing techniques and skills through drills is a beneficial approach (Pangestoe et al., 2023). According to the results, practicing passing square drills and maintaining passing accuracy are highly correlated, and this relationship continues to develop over time. Most importantly, this shows that practicing passing square drills is quite consistent with outcome measures, thus providing a good and reliable approach (Lovell & McLaren, 2025).

One of the training approaches that concentrated on enhancing passing was drill training. The drill method, often known as the training method, is an effective technique for teaching

and training specific habits, according to Sagala in Aditya (2022). Additionally, as a way to improve your accuracy, dexterity, opportunity, and talents (Sinurat & Noprizal, 2024). Accuracy increased significantly after receiving square instructions for four weeks at a frequency of three meetings per week (Hariadi et al., 2024). One of the best methods for players to improve their passing accuracy is through square drill passing practice. The passing accuracy of Indonesian Youth Football Academy players increased when using the square drill passing training method. The findings of this study are consistent with other research showing that the Drill approach can improve passing ability in a variety of sports (Husyaeri & Saleh, 2022).

In this square drill training method, it has a good impact on increasing passing accuracy in football. This study is different from previous studies because in this case, because in this process, it provides repeated training with variations of passing training in the form of square boxes that make players more active, with a form that combines passing training and patterns that are repeated over and over again so that players understand what the square drill passing method is. According to this study, the drill method can improve basic passing technique skills (Wijaya et al., 2024). The following research conclusions can be drawn based on the findings of the previous study and discussion of the effects: square drill passing training significantly increases passing accuracy (Diputra, 2015). The research findings show a significant impact on the basic passing skills of school soccer players (Anshar, 2018).

CONCLUSION

The results of the research that has been conducted show that there is an influence of square drill training on the passing accuracy of Indonesian Muda Football Academy players. This can be observed from the data processing results using SPSS, which show variations between the outcomes before and after the exam. Because it has a significant impact on the players' passing performance, the available data can serve as a guide for the square drill passing training program utilized in soccer training. Square drill passing, which is a variant of soccer passing training, produces the desired outcomes when practiced frequently. So there is an influence of square drill passing training on passing accuracy at the IMFA club.

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