

The Effect of Training Methods and Eye-Foot Coordination on Football Passing Accuracy

Angga Thomas[✉], Tri Rustiadi, Mugiyo Hartono

Universitas Negeri Semarang, Indonesia

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Abstract

The problem of low level of passing ability. The purpose of analyzing the training method and eye-foot coordination and analyzing the interaction between the passing training method and eye-foot coordination. This study used a quasi-experimental approach with pre- and post-tests. Population 36 players with an average age of 16 years. Total sampling was employed with a sample size of 36 players, and data analysis using the ANOVA test. 1. There is a difference in the effect of fixed target and moving target passing practice on soccer passing accuracy, average of (82.78 ± 7.51) , p-value of $(0.000 < 0.05)$, and F_{count} value of $(18,050) > F_{\text{table}} (0.225)$. 2. Sig p-value = $(0.007 < 0.05)$ and $F_{\text{count}} (8.450) > F_{\text{table}}$, there is a difference in the effect of high and low eye-foot coordination on soccer passing accuracy (0.225) . 3. There significant difference in the Effects of Fixed Target Passing Training Methods with High and Low Eye-foot Coordination on Football Passing Accuracy, an average value of $(83.33 > 67.78)$. 4. There is a significant difference in the effect of moving target passing exercises requiring high and low eye-foot coordination on soccer passing accuracy, average value of $(85.56 > 80.00)$. 5. There is no effect of training methods or eye-foot coordination on soccer passing accuracy, with sig p-value = $(0.053 > 0.05)$ and $F_{\text{count}} (4.050) > F_{\text{table}} (0.225)$. Conclusion: moving target passing activities are more effective in improving passing accuracy than fixed target passing exercises, and players with a high eye-foot coordination have greater accuracy than players with a low eye-foot coordination.

[✉] Correspondence address:
Kampus Pascasarjana UNNES Jl. Kelud Utara 3, Gajahmungkur
Semarang
E-mail: anggathomasthe7@students.unnes.ac.id

INTRODUCTION

Football is a team sport in which players kick the ball with their feet. Football matches are played on a level rectangular field that measures approximately 100 to 110 meters in width and length (Salim dalam Awang, 2016). SSB Khatulistiwa U16 South LipatKain, Kampar Kiri District was founded in 2011 by a number of native people from Kampar Kiri District. The Equatorial SSB U16 Kampar Kiri trains three times a week, on Wednesday, Friday, and Sunday afternoons at the LipatKain Soccer Field on Jalan Pancasila. As the sole football school in LipatKain Village, Kampar Kiri District, SSB Khatulistiwa U-16 South LipatKain was trained by an expert in the field of football, namely coach Yayan, who is licensed at the national level. As SSB, which is well-known among the residents of LipatKain, Kampar Kiri sub-District, this SSB also receives support from a local traditional leader named Ninik Mamak and serves as a source of funding for training and match reasons; of course, SSB players have achieved success. Numerous achievements attest to this, including first place in the SSB Football League across Kampar Kiri II in 2017, first place in the SSB Bhayangkara Toeroba I Festival in 2018, and first place in the SSB Association League throughout Kampar Kiri in 2019.

According to observations of the U-16 Equatorial SSB Soccer South Fold's passing skill, Kampar Kiri Sub-District averages 40 on target, including the less capable category, which still need improvement to become better and even very good. In addition to collecting observation data, interviews with the coach of SSB Khatulistiwa U-16 South LipatKain, Kampar Kiri Sub-District, namely coach Yayan, were conducted to obtain information for conducting performance coaching. Coach Yayan expressed dissatisfaction with the team's achievements thus far since they have only won at the local level in Kampar Kiri Sub-District. have never won a district or other high-level competition, there is still plenty to develop, one of which is the ability to pass the ball. SSB Khatulistiwa LipatKain Selatan, Kampar Kiri District, particularly for players whose ball

passing skills are not quite perfect, as demonstrated by a series of official matches, trials, and exercises in which players frequently deviate from the objective when passing the ball at speed. There has never been a method of passing accuracy training used to improve ball passing skills used in the activities, such as Fixed Target and Moving Target passing.

Ball passing skills are fundamental skills that players must master. Miellke, (2007) stated Passing requires a lot of technical skills which are very important in order to stay in control of the ball. According to Luxbacher translated by (Tarju & Wahidi, 2017), As a general rule, soccer players must learn three different types of passing, namely passing with the outside of the foot, passing with the inside of the foot, and passing with the foot shell (Satria, 2019). With strong passing abilities, you'll be able to dash into open spaces and maintain control of the game while developing an attacking strategy to neutralize and dismantle your opponent's defense (Riski 2019:332).

Coordination is a process of muscle cooperation that results in structured, oriented movements with the purpose of developing the movements necessary for the application of technical skills (Irawadi 2011: 103). Coordination is an element of overall fitness. The term "coordination" refers to movement coordination (Sors et al., 2018). Almost all sports and competitions requiring participation require coordination (Faruq 2008: 30). The degree to which a person's movements are coordinated is reflected in his ability to move smoothly, accurately, rapidly, and efficiently (Azi, 2019:17).

According to the foregoing, experimental research on the Effect of Training Methods and Eye-foot Coordination on Football Passing Accuracy is important.

METHODS

This is a quasi-experimental study with a pre- and post-test design. The sample for this study consisted of 36 players from the U-16 Equatorial SSB. This study was conducted at RIAU Kampar Regency, South LipatKain sub-

district with a maximum age group of U-16 years. It lasted two months and included three training sessions each week. Sunday, specifically Wednesday, Friday, and Sunday, practice begins at 15.30-18.15 WIB.

In this study, the variables are manipulative independent variables, namely:

X1: Target passing exercises keep eye-foot coordination high.

X2: Target passing practice with low eye-foot coordination. X3: Target passing practice moves high eye-foot coordination.

X4: Target passing practice shifting low eye-foot coordination.

Measurement of eye-foot coordination test. The number of players is then determined by eye-foot coordination data, which may be obtained by using the soccer wall volleyball test instrument Ismaryati, (2008: 56), to determine which players have a high or low level of eye-foot coordination test can be ranked first.

Initial test of passing accuracy. Additionally, pre-test treatment is provided to measure football passing accuracy, and passing accuracy data can be determined using soccer passing accuracy instruments Irianto, (2018).

Fixed and moving target passing practice. The following stage is to deliver treatment using both fixed and moving targets. Fixed target passing practice is ball passing with a single target, where players stand 9 meters apart and pass with the target to enter the target, namely a small goal, repeatedly. Moving target passing practice is ball passing with multiple targets, where players pass with the target to enter the target, namely small goal goals 1, 2, 3, and 4. Players repeatedly pass the target to small goal goals with 9 meters between the goal and the kick limit area repeatedly.

Final test of passing accuracy. Ended with a final test (post-test) to measure the accuracy of football passing with the aim of seeing the effect of the training program and eye-foot coordination on the accuracy of passing football at SSB Khatulistiwa U-16 South Lipatkain.

Data Analysis. Residual normality test, homogeneity test results, and hypothesis testing

RESULT AND DISCUSSION

Data analysis using IBM SPSS 20 variance analysis.

Descripto of accuracy

Description of football passing accuracy fixed target practice and moving target practice.

Table 1. Football passing accuracy results

Variabel	N	Mean: Deviation	Std.
Passing Exercise Target Switching High Eye-Foot Coordination	9	80.00±7.071	
Passing Exercises Fixed Targets High Eye-Foot Coordination	9	67.78±6.667	
Total	18	73.89±9.164	
Passing Exercise Target Switching Low Eye-Foot Coordination	9	85.56±7.265	
Exercise Passing Target Fixed Target Low Eye-Foot Coordination	9	83.33±8.660	
Total	18	84.44±7.838	
Moving Target Passing Practice	18	82.78±7.519	
Fixed Target Passing Practice	18	75.56±10.966	
Total	36	79.17±9.964	

Note:

X1: Passing exercise for fixed target with high eye-foot coordination, X2: Exercise for passing target with low eye-foot coordination, X3: Exercise for passing target with high eye-foot coordination, X4: Training for passing target with low eye-foot coordination, and N: sample.

According to the table above, SSB Khatulistiwa U-16 Lipat Kain Kampar players that had moving target passing practice in 2021 had an average ball passing accuracy of 84.44. Additionally, SSB Khatulistiwa U-16 players in Kampar Regency who received moving target passing training improved their average soccer

passing accuracy to 73.89. According to the description above, moving target passing exercises result in higher soccer passing accuracy than fixed target passing exercises given to SSB Khatulistiwa U-16 LipatKain Kampar players in 2021 with high and low eye-foot coordination.

There is a difference in the effect of fixed target passing practice and moving target passing on soccer passing accuracy, as indicated by the ANOVA test findings, which show a p-value of $0.000 > 0.05$ and f_{count} of 18.050. The fixed target passing practice method is more efficient at improving soccer passing accuracy than moving target passing. The fixed target passing training method improves soccer passing accuracy by an average of 75.56 points, whereas the moving target passing training method improves it by an average of 82.78. Increase in soccer passing accuracy on average, in Efendi (2016) stated that the method of overall test session training was more effective than the method of practice session training.

There is a difference in the accuracy of Football Passing which has high and low eye-foot coordination. Research by Marzuki., & Pamuji, (2018) there is a Significant Difference in Effect Between High and Low Eye-Foot Coordination on Soccer Playing Skills, as indicated by the ANOVA test results with a Significance Level of p-value = 0.007 0.05 and F_{count} : 8.450. Ssb Khatulistiwa U-16 Players in the South Folds of Kampar Regency in 2021 who have a high level of eye-foot coordination have an average rise in football passing accuracy greater than players with a low level of eye-foot coordination, but the difference is Significantly Improved.

There is a difference in the effect of the fixed target passing practice method with high and low eye-foot coordination on soccer passing accuracy; this is demonstrated by the fact that the fixed target passing practice with high eye-foot coordination produces an average of 83.33 while the fixed target passing practice with low eye-foot coordination generates an average of 67.78. In Rachman (2014) there is a significant difference between high and low coordination skills on dribbling ability.

There is a difference in the effect of moving target passing training methods with high and low eye-foot coordination on soccer passing accuracy; this is proven by the fact that the moving target passing exercise with high eye-foot coordination generates an average of 85,56 while the practice of passing fixed targets with low eye-foot coordination generates an average of 80.00.

There is no interaction between fixed target passing practice and moving target passing and eye-foot coordination on soccer passing accuracy, as demonstrated by the anova test results with f_{count} : 4.050 and a significant value of 0.053. with a $0.053 < 0.05$ significance level. as indicated previously, there is no significant interaction between training (fixed and moving target passing) and eye-foot coordination and soccer passing accuracy.

The first finding in this study established that moving target passing exercises are better compared to fixed target passing exercises for improving soccer passing accuracy, and that players with better eye-foot coordination have superior passing accuracy to players with low eye-foot coordination., and after being given the exercise, there was a significant increase, as proved by the pre- and post-test results.

Research by Marzuki., & Pamuji, (2018) there is a significant difference in the effect of high eye-foot coordination and low eye-foot coordination of football playing skills, and research by Rachman (2014) additionally, it was demonstrated that there was a significant difference in dribbling ability between acceleration training and interval sprint dribbling.; (2) there is a significant difference between high and low coordination skills on dribbling ability. Amir Supriadi (2015) there is an effect of eye-foot coordination on dribbling skills. Syarif (2017) There is an effect of increasing dribbling skill with the side jump sprint training method with dodging run for students who have good eye-foot coordination in soccer games, and research Saifulloh (2018) the small sided game training method provides a significant increase in passing-stopping results for SSB Beringin Pratama students.

CONCLUSION

Research shows that moving target passing exercises are better at increasing passing accuracy than fixed target passing exercises and players who have high eye-foot coordination have better accuracy than players who have low eye-foot coordination, then there is no interaction between the methods training and eye-foot coordination on soccer passing accuracy.

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