

The Influence of Ankle Coordination Training Methods on Passing Accuracy of 15-years old Gaswon Football in Polewali Mandar Regency

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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 $(0.000 < F_{table} (0.225))$. 2. Sig p-value = $(0.007 < 0.05)$ and $F_{count} (8.450) > F_{table}$, 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 $F_{count} (4.050) > F_{table} (0.225)$. 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.

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INTRODUCTION

Football is a sport that is in great demand by all groups of people, both children and adults. The aim of playing soccer is to put the ball into the opponent's goal as much as possible using the foot or head except the wrist which is not allowed. The sport of football requires players to control the ball, put the ball into the opponent's goal, and keep the goal so that the opponent's ball does not enter. To achieve mastery in soccer, players need basic game techniques as the main capital (Nur Fajrin et al., 2021). Football game is played by two teams facing each other, each team consists of eleven people with the desired formation. The game of football is played on a flat rectangular field with a length of 100 to 120 meters and a field of 40 to 65 meters, in the middle of the field has a straight line dividing the 2 areas between one team and another. The technique in the game of football that is most often used is the technique of kick passing or passing. Passing or passing kicks aim to move the ball from one place to another using the inside of the leg or the back of the foot. The kick is divided into two parts, namely: close range kick (short pass) and long pass long kick (Tarju & Ribut Wahidi, 2017).

Lack of skills in passing the ball well on the field will interfere with the team's play because the kick does not arrive at the desired goal. After a teammate sends the ball, the player must be able to pass and control the ball well. Poor passing and receiving skills can lead to wasted disposals and scoring opportunities. 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 muscular process cooperation that produces a structure, orientated movement that aims to develop movement required for application 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 that require participation requires coordination (Faruq 2008: 30). That the extent of one's movement coordinated is reflected in its ability to move smooth, accurate, fast, and efficient (Azi, 2019:17).

According to the above, experimental research on the Effects of Training Methods and Ankle Coordination in Soccer Passing Accuracy is important.

METHOD

This research is a quasi-experimental research with pre-test and post-test designs. The research sample consisted of 36 U-15 Gaswon SSB players. This research was conducted in Wonomulyo District in Polewali Mandar Regency with a maximum age group of U-15 years. the study lasted five weeks and included three training sessions each week. Sunday, especially Wednesday, Friday and Sunday, practice starts 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. It ends 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 ankle coordination on the accuracy of football passing at SSB Gaswon U-15, Polewali Mandar Regency.

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

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

Note:

X1 : Practice passing targets with high eye-foot coordination, X2 : Practice passing targets with low eye-foot coordination, X3 : Practice passing targets with high eye-foot coordination, X4 : Practice passing targets with low eye-foot coordination -coordination feet, and N: sample.

Based on the table above, SSB Gaswon FC U-15 Polewali Mandar players who are doing moving target passing exercises in 2023 have an average ball passing accuracy of 84.44. In addition, SSB Gaswon FC U-15 players from Polewali Mandar Regency who received moving target passing training increased their average passing accuracy in soccer to 73.89. Based on the

description above, the moving target passing exercise produces a higher ball passing accuracy compared to the fixed target passing exercise given to SSB Gaswon FC U-15 players in 2023 with high and low ankle 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 fcount 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 are differences 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 the effect of high and low ankle coordination on soccer playing skills, which is indicated by the results of the ANOVA test with a significance level of p -value = 0.007 0.05 and count: 8,450. SSB Gaswon U-15 players in Polewali Mandar Regency in 2023 who have a high level of eye-foot coordination have an average increase in football passing accuracy greater than players with a low level of eye-foot coordination, but the difference is a significant increase.

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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