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Original Article

## EL RONDO TRAINING METHODE ON PASSING ACCUARY IN FOOTBALL EXTRACULICULAR AT SMPN 2 RENGASDENGKLOK

Racha Ramadhan<sup>1</sup>, Rolly Afrinaldi<sup>2</sup>, Nana Suryana Nasution<sup>3</sup>

<sup>1,2,3</sup> University Of Singaperbangsa Karawang

[racharamadhan888@gmail.com](mailto:racharamadhan888@gmail.com)<sup>1</sup>, [rollyafrinaldi@yahoo.co.id](mailto:rollyafrinaldi@yahoo.co.id)<sup>2</sup>,  
[nana.suryananasution@fkip.unsika.ac.id](mailto:nana.suryananasution@fkip.unsika.ac.id)<sup>3</sup>

### ABSTRACT

*Study This study about influence method exercise el rondo against the accuracy of passing in SMPN 2 Rengasdengklok extracurriculars . Study This using the approach method quantitative . Data collection with primary data based on the results of the pre test and post test on students SMPN 2 Rengasdengklok extracurricular activities . Results study This showing that : 1). On the normality test own mark pretest with significance of  $0.091 > 0.05$  and post test with significance  $0.134 > 0.05$  which means that the data is normally distributed . 2). In the homogeneity test pretest and posttest own mark of  $0.939 > 0.05$  which means that the data is homogeneous. 3). Hypothesis testing was carried out with t- count value of 27.358 and t- table 2.06360 with significance (2-tailed) of  $0.000 < 0.05$  which means that exists influence significant method exercise el rondo against accuracy of passing in extracurriculars football at SMP 2 Rengasdengklok . 4). After he did posttest there is enhancement ability by 51 %. Conclusion from study This is there is influence significant to the method exercise el rondo against accuracy of passing in extracurriculars football at SMP 2 Rengasdengklok*

**Keywords :** El Rondo Training Method , Accuracy Passing, extracurricular

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## **INRODUCTION**

Education is a process that includes three dimension , individual , society or community national from individual these , and all content reality , both material and spiritual play role in determine nature , fate , form man nor public (Nurkholis 2013). More education from just teaching , which can said as a process of knowledge transfer , transformation value , and formation personality with all aspects it covers . With thereby teaching more formation oriented specialist or fields certain , because That attention and interest more characteristic technical . Education is a necessary process For get balance and perfection in development individual nor society . Emphasis education compared with teaching lies in formation consciousness and personality individual or community in addition to the transfer of knowledge and expertise . With a process of some sort This something nation or country can bequeath values religion , culture , thought and expertise to generation next , so they true, true Ready look forward to the future life more nations and countries sunny . Education is also A activity that has Meaning or objective specifically directed For develop potential man Good as man or as public with completely . Education no only looked at as business gift information and formation accuracy course , however expanded so that covers business For realize wants , needs and abilities individual so that achieved pattern life personally and socially satisfying , educational No solely as means For preparation life to be come , however For life child now medium experience development going to level his maturity . Education is a learning process that is obtained by each human (participant educate) for can make human (participant teach) it understand , understand , and more mature as well as capable make human (participant educate) more critical in think . Realized or no , education is matter most important For form personality . That education No always originate from such as formal education school or college high . Informal and non-formal education also has same role For form personality , especially child or participant educate . In the National Education System Law no. 20 in 2003 us can see third different institutional models education the . It says that formal education is track structured and tiered education consisting of on education

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basic , education middle school , and education high . Temporary non-formal education is track outside education formal education that can held in a manner structured and tiered . Unit non-formal education consists on institution courses , institutions training , group study center activity Study community and assembly taklim , as well unit similar education . Whereas informal education is track education family and environment . Activity Informal education is carried out by the family and the environment in form activity Study in a manner independent (Inanna 2018).

Physical education is a designed learning process For increase fitness body , develop accuracy motor skills , knowledge and behavior life active , and sportsmanlike attitude through activity physical . Environment Study arranged in a manner carefully For increase growth and development whole domains , physical , psychomotor , cognitive , and affective every student . Experience learning presented will help student For understand Why man move and how method do movement s eway safe , efficient , and effective . Physical education No solely deal about body builder , however with man completely. Through education organized , planned , directed and guided body expected can achieved a set goals that include formation and construction for growth and development physical and spiritual . educational goals physical education and health in schools Good at the elementary, middle and high school levels , among others increase freshness physical . Physical education is something field studies that don't can separated from field other studies in the educational process in a manner whole . this proven with exists eye lesson education physical from start level base until with school level continued and also accompanied by improvements curriculum education physical the more ok . Physical education is very important given at school in framework increase ability student through giving the learning process Skills motion To use reach enhancement quality knowledge , skill , and attitude . educational goals physical taught in schools is very widespread , then No Possible achieved goals the If in the learning process education physical No done in a manner planned , systematic , measurable , using the right tools and methods proper learning For education physical (Amin 2017).

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Sport football has become symptom social that has spread all over the world. origins football still intersection siur until moment This Because someone stated origin from English , Italian , Arabic, and some say from china (Andi Cipta Nugraha, 2012a). Naturally with no rules The same with modern football like moment this is England is the country that originated the Football Association for the first time , namely specifically 1863. In Indonesia football develop fast and is lots of sports liked by all circles age and layer society . Football in Indonesia is regulated by a organization Unity Indonesian Football (PSSI) which was founded in 1930 in Yogyakarta (Andrian and Salam 2020). According to (Andi Cipta Nugraha 2012) football is a the game that everyone is interested in circle , inside game football This teams of 11 people each take part in game or match . main goal from game football is each team or team try put the ball in goal opponent and defend the goal myself so as not to enter . One squad stated win if team the scored the most balls to goal the opposite , and when same , then game stated series .

In game football for each team or team must have player who has ability physique and skills technique For play for 90 minutes or more , in order to get displays game comprehensive , integrated team as well as consistent (Razbie, Nurudin, and Soleh 2018). Game football No only done For objective recreation and filling time spare , however demanded For create optimal performance . High achievement only can achieved with planned exercises in a manner systematic and carried out in a manner Keep going continuously accompanied supervision and guidance professional trainer . Development Indonesian football now start getting better with appearance coach from Korea south namely <sup>25</sup> Shin Tae- yong , former player current football become <sup>18</sup> coach of the Indonesian National Team and is ex- coach of the South Korean National Team at the 2018 World cup in Russia. this give hope big for Indonesian people for reach more achievements to front . However For guard consistency performance must done effort coaching comprehensive from level lowest age up to seniors. With good construction one of them tiered competition will created a National Team in each level tough age . Currently Indonesia has own competition in every level close age from the most senior

, namely League 1 to league 3. Then for juniors there is the U-12 Danone Cup, the Medco Cup as well will held return cup Soeratin . With level competition that PSSI has like Indonesia can produce good players (Husen, 2016).

Another factor that can influence performance player football is mastery technique base football from all player diversified position , then from That all player must control techniques base football . For play football with right , one player football must control technique good base , capable player technique good foundation tend can play football with fine too. A number of necessary technique mastered player that is kick the ball, receive the ball, dribble , head the ball , throw the ball, move deception with patterns , stealing the ball and techniques guard goal . Passing the ball (*passing*) is one technique basic must controlled by one player football . The best *pass* done use feet though *passing* can too use part another body . With ability good *passing* , a ball player can control game with more effective and efficient . *pass* is art transfer the momentum of the ball from One player to other (Mielke 2011)players . Good *pass* started when team currently master the ball creates room between against with move and open space . *pass* must as much Possible lead appropriate to Friend One team , use strength necessary to get maximum control from ball receiver . *pass* is technique performed with use member feet (except the kipper who can use hands and feet inside implementation) for give the ball to other players in One team. *pass* or operand own understanding operand to Friend or the ball is passed from One player to other players in One team To use give chance For control the ball (Muhammad Sidik, Kurniawan, and Effendi 2021).

*pass* in game football own objective that is pass the ball to a friend One team so you can create space , so player can create goal to goal fight and win maintain area defense for player survive . In the game football that ability very *passing* important Because with Precise and accurate *passing* so in feed the ball to Friend will easy received and controlled , so the ball is not easy is lost or captured against . With ability good *passing* with A little error Can make something game become the more interesting For watched . But Still Lots playing students always football do *pass* No accurate (Al

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Anshar, 2018). junior high school 2 Rengasdengklok is school that was founded at the beginning in 1998 and is public school in Karawang Regency , District Rengasdngklok , Karyasari Village . Extracurricular football smpn 2 rengasdengklok often do field activities around environment school or in the field school . Do exercise three times deep a week , that is , in days thursday , saturday and sunday . Amount member extracurricular football smpn 2 rengasdengklok as many as 35 students .

Based on results observation extracurricular researchers football smpn 2 rengasdengklok Good time exercise nor matches , on average yet can do *pass* with good and effective . The players Still often lose the ball when holding the ball while get high pressure from against . Players need too pass the ball effective , a lot opportunity lost attack when will start attack because in the middle loose and occupied ball field against consequence ability pass a weak ball ok . Refer to reality such , then writer mean stage research with title : **The Effect of the *El Rondo* Training Method To Skills *Passing* on Extracurriculars at SMPN 2 Rengasdengklok**

## RESEARCH METHODE

Research type This is a quasi experiment (Quasi Experiment) with approach quantitative . Experiment pseudo that is approaching research test real Where No Possible multiply control manipulation all relevant variable , should be There is compromise in determine internal and external validity in accordance with existing limitations (Sugiyono 2018). Study This intended For see There is nope influence exercise *El Rondo* to Skills *pass* on . extracurricular football at SMPN 2 Rengasdengklok . Method used in study This is method experiment . In research This will researching influence learning form paired *passes* results accuracy *passing* on children participant educate .

Population in study This is whole Shiva extracurricular football at SMPN 2 Rengasdengklok . which consists of 25 people . Population in study This is whole Shiva extracurricular football at SMPN 2 Rengasdengklok . which consists of 25 people .

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Research design in Surahman (Surahman, Rachmat, and Supardi 2016) as a strategy researcher For connect every element study with systematic so that in analyze and determine focus study become more effective and efficient . The research design used researcher in study is This form “*The One Group Pretest-Posttest Design*” or No exists control group . Study This own One group course , which is measured twice, the first measurement i.e. the pretest was performed before subject given treatment , then given treatment Treatment , then closed with measurement second namely Posttest ( Sugiyono , 2013).

Tenik data collection used use technique observation data collection participatory . Observation participatory is single research researcher fell direct in activity daily with average people observed (Sugiyono, 2018b). data analysis technique used in study This consists from the normality test , homogeneity test and testing hypothesis .

## RESULTS AND DISCUSSION

### Research Results

#### Test Results Description

Study This done aim For know influence El Rondo training method against accuracy of extracurricular passing football among students of SMPN 2 Rengasdengklok . Following is results study description based on the results of pretest research data that has been done to students of SMPN 2 Rengasdengklok .

**Table 1. Pretest results data for the accuracy of football passing**

No	Name	Pre Test Score	Post Test Score	Difference in Value	Enhancement
1	Rafi	9	12	3	33 %
2	Reza	11	15	4	36 %
3	Dika	4	8	4	10 %
4	Zidane	6	10	4	66 %
5	Soni	6	10	4	66 %

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6	Rasya	6	9	3	50 %
7	Abim	3	6	3	10 %
8	Sarif	9	12	3	33 %
9	Zaki	6	9	3	50 %
10	Farel	7	11	4	57 %
11	kevin	5	9	4	80 %
12	farhan	6	10	4	66 %
13	Argia	9	13	4	44 %
14	Ezar	7	11	4	57 %
15	Ryan	7	9	2	28 %
16	Raka	8	12	4	50 %
17	Rio	8	12	4	50 %
18	Farhan Maulana	12	15	3	25 %
19	Dani	5	9	4	80 %
20	Yudi	4	8	4	10 %
21	Faisal	13	15	2	15 %
22	Baim	6	10	4	66 %
23	Anaya	7	10	3	42 %
24	Wakas	7	11	4	57 %
25	Knight	6	10	4	66 %
		177	266		
		7.08	10.64		
		2.41	2.25		
				51%	
				3.64	

From a table on can is known that enhancement student passing results classified as very good matter This can see from results enhancement each students , then For amount results from the average data obtained from the results of the pretest results the value obtained ie = 117 with an average value of = 7.08 then standard the deviation = 2.41. Temporary For amount posttest value obtained = 266 then the average number of the posttest is = 10.64 and the value standard obtained deviation from posttest = 2.25. For difference overall average value that is equal to = 3.64 % thing this is obtained from posttest average score , minus

pretest mean scores , then For enhancement passing result \_ overall obtained = 51 % p this can \_ from difference overall average value ie = 3.64% divided pretest average value = 7.08 then multiplied by 100% then get results value = 51%.

From a table on can is known that enhancement student passing results classified as very good matter This can see from results enhancement each students , then For amount results from the average data obtained from the results of the pretest results the value obtained ie = 117 with an average value of = 7.08 then standard the deviation = 2.41. Temporary For amount posttest value obtained = 266 then the average number of the posttest is = 10.64 and the value standard obtained deviation from posttest = 2.25. For difference overall average value that is equal to = 3.64 % thing this is obtained from posttest average score , minus pretest mean scores , then For enhancement passing result overall obtained = 51 % p this can \_ from difference overall average value ie = 3.64% divided pretest average value = 7.08 then multiplied by 100% then get results value = 51%.

**Table 2 Distribution Frequency**

Pass value in 30 seconds	Distribution Table Pretest Frequency		
	Category Passing Test	frequency	percent
>35	Very Good	0	0%
30-35	Good	3	12%
20-29	Currently	10	40%
15-19	Not enough	12	48%
<15	Less Once	0	0%
	Total	25	100%

From data on can showing that acquisition mark on intervals < 15as much 0 or 0 % , intervals 15-19 as much 12 or 48% , intervals 20-29 by 10 or 40%, the interval 30-35 by 3, and intervals > 35 as much as 12%. From the description above, it can be concluded that the value of *passing in the pretest is drawn* extracurricular students do football at SMPN 2 Rengasdengklok is included in that category not good. Pictured

with diagram stem under This:



Figure 1 Pretest

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Based on the results of the research on passing SMPN 2 Rengasdengklok above obtained a mean value of 10.64 equal to a median value of 10, the standard deviation value 2.25, mark minimum 6, mark maximum 15. With thereby can in describe in the form of a distribution table below:

Table 3 Distribution Frequency Postest

Pass value in 30 seconds	Distribution Table Frequency Postest		
	Category Passing Test	frequency	percent
>35	Very Good	0	0%
30-35	Good	3	12%
20-29	Currently	14	56%
15-19	Not enough	8	32%
<15	Less Once	0	0%
	Total	25	100%

From the frequency distribution table above it shows the value of the results of the study that at intervals < 15 there were 0 people, intervals 15-19 as many as 8 people or 32%, intervals 20-29 as many as 14 people or 56%,

intervals 30-35 as many as 3 people or 12 %, intervals > 35 as many as 0 people. The above can be illustrated in the bar chart below:

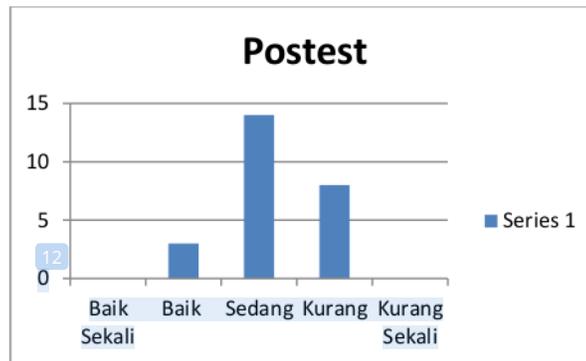


Figure 2 Posttest

### 3 Normality Test

Normality test done For know whether the sample data that has been obtained originate from population that is normally distributed or abnormal . Normal distributed data is condition use statistics parametric. If the data obtained normally distributed then testing using a parametric test , meanwhile if the data is not normally distributed then testing will using a non- parametric test . Deep data normality test study This using the *Shapiro Wilk* . With IBM SPSS Statistics 26 for windows application program assistance .

5 Table 4 Normality Test

Normality Test	
Kolmogorov-Smirnov <sup>a</sup>	Shapiro-Wilk

	Statistics	Df	Sig.	Statistics	df	Sig.
pretest	.193	25	.017	.931	25	.091
posttest	.172	25	.055	.938	25	.134

From the table above, is obtained results the normality of the Shapiro-Wilk pre-test data is pretest value = 0.091 > 0.05 which means the data is normally distributed. The normality results of the Shapiro-Wilk posttest data are posttest value = 0.134 > 0.05 which means the data is normally distributed.

### Homogeneity Test

In research This researcher using the One Way ANOVA test with application program assistance with criteria is If pretest value > 0.05 then the data is said homogeneous, otherwise If posttest value < 0.05 then the data is said not homogeneous. conducted in order to know the research data is it homogeneous or no. Test it done in analysis dependent sample ttest and Anova.

**Table 5 Homogeneity Test**

		Levene Statistics	df1	df2	Sig.
pretest_posttest	Based on Means	.006	1	48	.939
	Based on Median	.031	1	48	.861
	Based on Median and with adjusted df	.031	1	47,996	.861
	Based on trimmed mean	.000	1	48	.991

From the table on showing that sig. on the table more small from level significant 0.05 (0.939 > 0.05), appropriate with level significance so can pulled conclusion that data in study This is homogeneous.

**Hypothesis Test**

Based on test results analysis requirements, this research data is normal and homogeneous so that data analysis is used to test the hypothesis. This is a t-test (t-test) to be precise using a *paired sample t-test*. Tester hypothesis using the *IBM SPSS Statistics 26 application for windows*. For results t-test can be seen from table in below:

**Table 6 Paired Sample Test**

		paired Differences			95% Confidence interval of the difference
		Means	std. Deviation	std. Error Means	Lower
Pair 1	Pretest – Posttest	-3,560	0.651	.130	-3,829

		paired Differences				
		95% Confidence interval of the difference		t	df	Sig. (2-tailed)
		Upper				
Pair 1	Pretest – Posttest	-3,291		-27,358	24	.000

Based on pretest and posttest tables above is analyzed by t-test, seen t- count value ie 27.358,  $df = 24$  is obtained from formula  $N-1$ , and t- table on tarap significance of 0.05 of 2.06360. For know There is or No influence from method exercise el rondo against passing accuracy , got known in value significance above shows \_ that sig . (2-tailed)  $< 0.05$  ( $0.000 < 0.05$ ) then can pulled conclusion that hypothesis accepted , so can concluded that exists influence significant method exercise el rondo against accuracy of passing in extracurriculars football at SMP 2 Rengasdengklok .

### Presentation Enhancement

**Table 7 Percentage Enhancement**

Variable	Means	Means Different	Percentage Enhancement
<i>Pretest</i>	7.08	3.64	51%
<i>Posttest</i>	10.64		

Based on calculation on For difference overall average value that is equal to = 3.64 things this is obtained from posttest average score , minus pretest mean scores , then For enhancement passing result \_ overall obtained = 51 % p this can \_ from difference overall average value ie = 3.64% divided pretest average value = 7.08 then multiplied by 100% then get results value = 21%.

### Discussion

On research This researcher do the treatment that is do method exercise aiming el rondo For increase passing ability in students SMP 2 Rengasdengklok extracurricular activities . Student follow the learning program that has been made by researchers in the form method exercise el rondo with board sweden , for 12 meetings then given a test, namely the initial test (pretest ) and the final test (posttest). Benefit from method exercise el rondo ie For know as far as capability accuracy of passing on students SMP 2 Rengasdengklok extracurricular activities . So that student can spurred For increase ability the passing . Students doing the method program exercise el rondo got become something addition in repair foot passing coordination . From the results of the data that has been analyzed showing that student extracurriculars that follow learning passing experience enhancement in do passing ability , this increase in passing truly students are given treatment or treatment ie A method el rondo with do kick to seat sweden . After done research , it turns out There is a number of supporting factors enhancement method exercise el rondo against such passing accuracy field very adequate school For do learning practice sport , tool supporters like seat sweden and enough soccer ball .

it become factor supporters increase passing ability in students . Based on results study obtained the results of the t-test pretest and posttest passing to seat Sweden with T- count value 27.358 and T- table 2.063 with p- value = 0.000. those results showing that t- value > t- table and probability significance not enough from 0.05. So based results calculation the can be concluded that Ho is rejected and Ha is accepted . So, the hypothesis that states "There is a significant effect between method exercise el rondo against passing accuracy .", got accepted matter This in line with study (Fitrian et al., 2022). Based on results study such , method exercise el rondo has influence to passing accuracy . The el rondo method had an effect significant in study This after percentage enhancement showing positive thing that is by 51%. From the results study This state in a manner whole that method El Rondo can give positive contribution in enhancement capabilities For more Good from before given

treatment . Structured and programmed learning can obtain more results Good from ability student before , method El Rondo is necessary exists control and leadership so that it can be evaluated and improved more Good from previously matter This in accordance with study (Aprianto et al., 2020) that with included el rondo there will be a training program make player become get used to and will raises good reflection matter This because of the exercise done in a manner over and over again so that user become Enough know and get used to .

### **CONCLUSION**

Based on results from test hypothesis can is known that t-count 27,358 Andthe t-table value is 2,063, it turns out that t-count > t-table. Thus there is influence el-rondo method to pass game soccer ball on SMPN 2 Rengasdengklok extracurricular activities In a study there may be many variations of learning To improve students' abilities, one of them is the El Rondo method which aims to improve students' passing skills in soccer games. This el rondo method proven give matter positive against student, can in prove it with see the results of the students' pretest by passing to the Swedish bench that has been in berries target with distance 4 meters there is results mark average whole. Then student in give *treatments* (treatment) that is in give el rondo method treatment for 13 meetings, after being given treatment for 13 meetings, students were given a posttest with test items Which The same like test beginning that is pretest, And got results test end with flat-an average of 10.64 so that there is an increase in the average value of 3.64 so can concluded that exists influence Which Good giving training the el rondo method on the accuracy of passing in extracurricular students at SMPN 2 Rengasdengklok. To find out how big is the increase in the results of the el rondo training method on the accuracy of passing with gift test to Swedish bench WhichAlready given targets \_ that is A swedish bench with spacing 4 meters, counted withmethod average difference results pretest And posttest multiplied 100%. From the calculation results obtained by the el rondo training method for the accuracy of passing in extracurricular soccer games at SMPN 2 Rengasdengklok by 51%.

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