



Effect training passing futsal: active and passive training

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Info article	Abstract
<p>Filed in: 2024-09-25 Accepted: 2024-10-29 Published: 2024-10-30</p> <p>Keyword: active and passive passing, passing futsal, futsal middle school</p>	<p><i>Futsal Extracurricular Program to nurture and develop their interests and talents. Naturally, participants must master fundamental futsal techniques, including Passing. This study aims to explore the impact of active and passive passing drills on improving basic passing skills in futsal games. The study's target population consists of participants from the Futsal Extracurricular Program at Insan Cendekia Arrasyid Middle School. The sample employed a total sampling method, involving 16 participants to match the population size. The research was conducted at the futsal field of Insan Cendekia Arrasyid Middle School. The research method employed is an experimental approach utilizing a Two Group Pretest-Posttest Design. Based on the research outcomes, data processing, data analysis, and hypothesis testing, a significant influence was detected in enhancing basic passing skills in futsal among participants in the Futsal Extracurricular Program at Insan Cendekia Arrasyid Middle School, as indicated by the results of $t=2.890$ and $sig=0.019 < 0.05$. This outcome signifies that there is a notable improvement attributed to active and passive training techniques on fundamental passing skills in futsal among participants in the Futsal Extracurricular Program at Insan Cendekia Arrasyid Middle School.</i></p>

1. INTRODUCTION

The development of sports is currently an inseparable part of the needs of every individual, because exercise will affect a person's movement activities.

Sports activities themselves have many meanings, not only as a suggestion to improve physical health, but sports can also be said to be a unifier of the nation, a means of education and achievement (Ramadhan, 2019).

Achievement sports are currently a priority in various regions, considering the many inter-regional, provincial, national, and international championships, especially achievement sports in the scope of the game, one of which is the Futsal game sport. Futsal is one of the most popular sports and is loved by various groups of people today.

This can be seen from the existence of various tournaments held by various agencies, including tournaments among students and students (Ramadhan, 2019). In each tournament that is held, of course, it is the hope of every team that participates in it, especially the learners, to become champions, of course this must be supported by every player from the team by mastering the basic techniques of futsal, because it is part of an important factor (Fikri & Fahrizqi, 2021).

The basic futsal technique consists of *chip* (soaring), *shooting* (shooting), *dribbling* (dribbling), *control* (control) and *passing* (passing) according to the festival (Fikri & Fahrizqi, 2021). These basic techniques are something that needs to be mastered by every player (Fikri & Fahrizqi, 2021). Because of these conditions, of course, it is also a priority for coaches in extracurricular to improve the individual abilities of their participants. One of them is *passing*. Because *passing* can be said to form a player to always be ready to receive and pass the ball quickly under the pressure of the opponent (Fikri & Fahrizqi, 2021).

Based on the observations that have been made, it can be said that the Extracurricular Futsal team of SMP Insan Cendekia Arrasyid when in the match is very lacking in passing. This can be seen from the frequent occurrence of mistakes such as wrong passes, being cut by the opponent, inaccurate situations occur because the players cannot move to find space or move with origin, so that it is

fatal for the team, and often concedes due to these factors.

In previous research conducted by (Ginting et al., 2019) that the most dominant basic technique carried out by junior high school futsal teams is *passing*. So it can be said that *passing* in futsal is an important part. Furthermore, research conducted by (Novianda et al., 2014) applies pair *passing* exercises to improve basic *passing* techniques. From the study, the researcher revealed that it is necessary to provide *passing* exercises, but it is necessary to know which is more effective between active and passive passing exercises. So that the coaches can focus on the training that is really needed. *Active passing* consists of *triangular and quadrilateral passing*. *Passive passing* is the practice of *drill passing* to teammates.

Based on the background presentation, problems and research that has been carried out, it is a reference for researchers to conduct further research on how to improve *passing* skills in SMP Insan Cendekia Arrasyid extracurricular participants more effectively, through *active passing* exercises or with passive *passing* exercises.

2. METHOD

This research is an experimental research. According to (Arikunto, 2006) experimental research is a research intended to find out whether or not there are consequences for subjects who receive treatment. The population in this study is 16 people who are extracurricular futsal students of SMP Insan Cendekia Arrasyid. The number of samples in this study was 16 people, using a saturated sampling technique. According to (Sugiyono, 2017) said that when using all samples on the population, it is said that it is a saturated sample.

The design in the study using is *Group Pretest-Posttest*. With this design, it can be known more accurately how the results are before and after being treated

(Sugiyono, 2007). After that, the study will compare active *passing* exercises and passive *passing* exercises to improve the basic *passing* futsal technique.

The instrument in this study is the soccer test (Narlan & Juniar, 2017), which is described as follows:

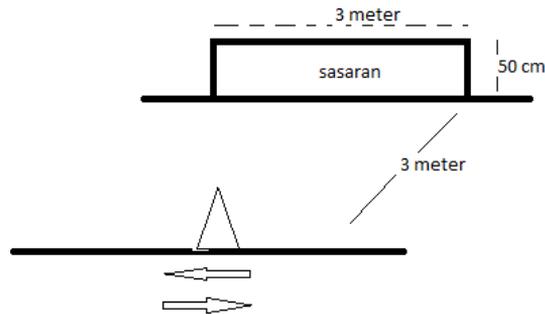


Figure 1. Soccer Test

Tools and facilities: 3 balls, black duct tape, 1 kun (funnel), meter, flat plane with a wall in front of it or an artificial board measuring 3 m x 50 cm, form. scorekeeper, ballpoint/pencil, whistle and stopwatch.

Instructions for the implementation of the test: 1) Testee stands behind the firing line 3 meters from the wall/board, either with the right foot ready to kick or vice versa. In front of the right/left of the Testee is stored kun (funnel) which is parallel to the shooting boundary line as an obstacle that must be passed when conducting the test. 2) At the "Yes" cue, Testee kicks at the target/wall/board that has been marked with a rectangle of 3 m x 50 cm. Then Testee holds it back using the sole of the foot or the inner foot behind the kick line. 3) After holding the ball, Testee shifts the ball with his right foot to the left of the kun (funnel) if the Testee starts kicking the ball on the right side of the kun (funnel). And vice versa, if the Testee starts kicking on the left side of the funnel, then after holding the ball, he must immediately shift the ball to the right of the funnel with his left foot. 4) Do this activity alternately between the right and left legs for 30 seconds. 5) If the ball goes

out far from the soccer area, the Testee uses the reserve ball that has been provided.

Scoring method: 1) Count 1 is obtained from one legal kicking, holding and controlling the ball. 2) The score is not counted if the kicked ball is higher than 50 cm. 3) The score does not count if the ball is not held with the sole of the foot/inner foot. 4) The score does not count if the ball is held in front of the kick boundary line. 5) The final result is the total score obtained during the performance in 30 seconds.

3. RESULTS AND DISCUSSION

The results of this study are in group A, namely active passing, the results of the pretest were obtained with a minimum value = 4, a maximum value = 15, an average (mean) = 10.63, with a standard deviation (std, deviation) = 4,138, while for the posttest the minimum value = 10. Maximum value = 25. The mean = 16.88, with the standard deviation (std, deviation) = 4.883. The results of the significance are made in table 1:

Table 1. T Test in Group A

T	Sig	Information
5,313	0,001	Significant Influence

Meanwhile, in group B, namely passive passing, the results of the pretest were obtained with a minimum value = 5, a maximum value = 9, an average (mean) = 6.63 with a standard deviation (std. Deviation) = 1,188 Meanwhile, for the posttest the minimum score = 9, the maximum value = 14, the mean = 11.63 with the standard deviation (std. Deviation) = 1,598. The results are made in table 2:

Table 2. T Test in Group B

T	Sig	Information
6,831	0,000	Significant Influence

From these two groups, it can be said that both have a significant influence on the improvement of basic passing techniques.

Furthermore, the comparison between the two groups was tested using an independent sample t test from the results of the pos test, the data was obtained in table 3:

Table 3. Posstest T Test Group A and Group B

T	Sig	Results
2,890	0,019	Significant Differences

In table 3, it can be seen that the value of $t = 2.890$ and $sig = 0.019$. Because the sig value = $0.019 < 0.05$, it is said that there is a significant difference in the improvement of the basic passing technique of the active group and the passive group.

DISCUSSION

Based on In this discussion, the researcher revealed that between the two groups A who participated in active *passing* exercises and group B passive *passing* exercises, both showed that they had a significant influence after practicing for 12 meetings.

In active training, the form of training and movement patterns are very dynamic, because after passing the participants immediately move

continuously, so that participants are more agile and used to receiving and looking for space for passing. In line with the statement expressed by (Periansyah et al., 2022) that by participating in the training program, participants will get used to it.

In passive training, the participants do repetitive exercises in pairs with their teammates, this can certainly improve the ability of basic *futsal passing* techniques, but based on the findings on the field that this is not enough to be applied in the match.

Passing ability is a type of ability that is performed based on speed, agility and body balance (Lubis & Agus, 2017). From this statement, this is in accordance with the active training that has been applied to group A. strengthened by the statement (Periansyah et al., 2022) that basically *passing* is not only fast, but requires agility and balance so that the ball is not easy to grab and accurate.

Based on the results that have been revealed, the two exercises have significant differences between *active passing exercises and passive passing exercises*. training that has been applied to group A. strengthened by the statement (Periansyah et al., 2022) that basically *passing* is not only fast, but requires agility and balance so that the ball is not easy to grab and accurate.

Based on the results that have been revealed, the two exercises have significant differences between *active passing exercises and passive passing exercises*. *Active passing* practice shows more significant changes, this is in line with research conducted by (Yogiana, et al., 2018) that *active passing* has much better results to improve the basic *passing futsal* technique.

Previous research reveals that the passing exercise model can have a significant effect on the ability of basic *passing* techniques, including by (Novianda et al., 2014). As well as the varied exercises carried out by (Fikri & Fahrizqi, 2021) there were the same results.

During the study, there are shortcomings and there is a need for improvement, namely the need for additional samples or only one group if the sample is less than 16, so that the results will look more credible.

4. CONCLUSION

Based on the results that have been revealed, there is a significant influence between group A and group B on the basic passing futsal technique in the Extracurricular participants of SMP Insan Cendekia Arrasyid. And there is a significant difference between active passing exercises and passive passing exercises.

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