



Original Article

El rondo training methode on passing accuary in football

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ABSTRACT

This study examines the effect of the el rondo training method on passing accuracy in SMPN 2 Rengasdengklok extracurricular. This study uses a quantitative approach. The primary data collection was gained through the pre-test and post-test results on extracurricular students at SMPN 2 Rengasdengklok. The results of this study indicate that: 1). The normality test has a pre-test value with a significance of $0.091 > 0.05$ and a post-test with a significance of $0.134 > 0.05$, indicating the normally distributed data. 2). The pre-test and post-test homogeneity tests have a value of $0.939 > 0.05$, meaning that the data is homogeneous. 3). Hypothesis testing was carried out with a t-count value of 27.358 and t-table 2.06360 with a significance (2-tailed) of $0.000 < 0.05$. It means that the el rondo training method has a significant effect on the accuracy of passing in extracurricular football at SMP 2 Rengasdengklok. 4). Having carried out the post-test, there was an increase in the ability of 51%. This study concludes that the el rondo training method has a significant effect on the accuracy of passing in soccer extracurricular at SMP 2 Rengasdengklok.

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

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INTRODUCTION

Education is a process consisting of three dimensions: individual, society or community, national from an individual. All content reality, both material and spiritual, play a role in determining nature, fate, form, or public (Nurkholis, 2013). More education from just teaching is called a process of knowledge transfer, transformation value, and personality formation with all aspects it covers.

Thereby teaching more formation focuses on specialists or fields certain because of attention and interest more characteristic technical. Education is a necessary process for balance and perfection in individual and social development. Emphasis education, compared with teaching, emphasizes the formation of consciousness and personality of an individual or community in addition to the transfer of knowledge and expertise. With a process of some sort, this nation or country can bequeath values, religion, culture, thought and expertise to the next generation, so they truly look forward to the future life of more nations and countries sunny. Activity Informal education is carried out by the family and the environment in the form of activity of study independently (Inanna, 2018).

Moreover, physical education is essential to integrate with the school framework to increase student ability through the skills motion learning process to enhance knowledge, skill, and attitude quality.(Munandar et al., 2020; Setiakarnawijaya et al., 2022; Taufik, Ridlo, et al., 2021; Taufik, Widiastuti, et al., 2021; Taufik & Taufik, 2018) The goals of physical education taught in schools are very widespread. Then there are no possible achieved goals if, in the learning process of physical education, there is no activity done in a planned, systematic, measurable manner using the right tools and methods of proper learning for physical education (Amin 2017).

Sport football has become a symptom social that has spread all over the world. The origins of football still need to be clarified. Someone stated that football came from England, Italian, and Arabic, and others argued from China (Nugraha, 2012a). Naturally, with no similar rules with modern football as the moment conducted in England, the country that originated the Football Association for the first time, specifically in 1863. In Indonesia, football has developed fast and is lots of sport liked by all age circles and layers of society. In Indonesia, football is regulated by Unity Indonesian Football (PSSI), founded in 1930 in Yogyakarta (Andrian and Salam 2020). According to Nugraha (2012) football is a game that everyone is interested in all circle, inside game football. The football team consists of 11 people in each game or match. The main goal from game football is each team or team try put the ball in goal opponent and

defend the goal me 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 a football game, each team or team should have players owning physical ability and technique for playing the game for 90 minutes or more. Cooperation and team consistency are compulsory to participate in the game successfully (Razbie et al., 2018). Game football is conducted for objective recreation and spending time spare. However, the demand of creating optimal performance and high achievement is achieved with planned exercises systematically and carried out by keeping going continuously accompanied by supervision and guidance professional trainer. Recently, the development of Indonesian football started improving with the appearance coach from South Korea named Shin Tae-Yong.

Moreover, the former football player and Ex-coach of the South Korean National Team at the 2018 World Cup in Russia has become the coach of the Indonesian National Team. It gives a great expectation for Indonesian citizens to reach more achievements in the future. However, football players should show high effort comprehensively from the lowest age level up to seniors for consistent performance. Through good construction, they compete and create a National Team at each level in the future. Indonesia has owned competition in every level close age, from League 1 to League 3, from the most senior. Then for juniors, there is the U-12 Danone Cup, the Medco Cup, and the return cup Soeratin. With the level of competition that PSSI has, Indonesia can produce good players (Husen, 2016).

Besides, *passing* is the art transfer of the ball's momentum from one player to another (Mielke 2011). Good *passing* is started when the team currently masters the ball creating room between against with move and open space. In addition, *passing* should be conducted as much as possible, leading appropriately to other players in one team. In doing passing, using strength is essential to get maximum control from the ball receiver. In this case, *passing* is a technique performed using member feet (except the kipper, who can use hands and feet inside implementation) to give the ball to other players in one team. *Passing* or operand own understanding operand to players or the ball is passed from one

player to other players in one team to give a chance to control the ball (Sidik, Kurniawan, and Effendi, 2021).

. However, many students need help passing accurately, so they need more training (Al Anshar, 2018). Another training applied to improve *passing* is Rondo training. Rondo, known as cat and mouse, is a training applied in football or futsal to improve passing abilities requiring a minimum of three people to pass the ball to each other (Sugiyanto et al., 2019).

The purpose of Rondo training is to enable players to pass between players or have different skills to maintain ball control (Fitrian et al., 2022a). The junior high school 2 Rengasdengklok is a school founded at the beginning of 1998. It is a public school in Karawang Regency, District Rengasdngklok, Karyasari Village. Extracurricular of football the school is field activities around or in the school field. The training or exercise is conducted three times a week, particularly on Thursday, Saturday and Sunday, by involving 35 students of the member of football extracurricular of Junior High School 2 Rengasdengklok.

Based on the data from observation during the extracurricular football session at Junior High School 2 Rengasdengklok, the results indicate no appropriate time to carry out exercises or matches. On average, they can pass the ball effectively, but the players still often lose it when holding it while getting high pressure. Players need to pass the ball effectively, and many opportunities are lost to attack because they lose the ball in the middle and cannot hold it tightly in the field. Consequently, they need more passing training. Referring to the situation, the study investigating The Effect of *the El Rondo* Training Method To Skills *Passing* on Extracurricular at SMPN 2 Rengasdengklok is crucial to conduct.

METHOD

This study applied quantitative design, particularly a quasi-experiment (The One Group Pretest-Posttest Design, without a control group) involving one group. It was employed to investigate the effectiveness of one factor over another. Experiment pseudo is a research approach testing real situations available no possible multiply control manipulation of all relevant variables. There should be a

compromise in determining internal and external validity in accordance with existing limitations (Sugiyono, 2018). In this case, it explored the influence of El Rondo training on passing accuracy in playing football at a football extracurricular program in SMPN 2 Rengasdengklok.

This study's population was the whole football extracurricular program members in SMPN 2 Rengasdengklok consisting of 25 students. The students participated in tests (pre-test & post-test) and treatment sessions. In the tests, their capabilities of passing were examined. In this case, the pre-test was performed before the subject was delivered in treatment sessions. Then, the students got treatment by learning to pass using El Rondo training. Then, they accomplished it by taking part in a post-test (see Sugiyono, 2013). Moreover, this study employed participatory observation to observe students' activities directly (see Sugiyono, 2018).

RESULTS AND DISCUSSION

Result

This study aimed to investigate the influence of the El Rondo training method against the passing accuracy of football extracurricular among students of SMPN 2 Rengasdengklok. The research findings are illustrated by referring to the data gained from the pre-test and post-test attended by the students of SMPN 2 Rengasdengklok as the members of football extracurricular. The data gained from the pre-test investigating the soccer passing results indicate that students' enhancement in *passing* is categorized as very good. It is reflected in the average score obtained from the pre-test results indicating that the value obtained is 117 with an average value of 7.08 and a standard deviation is 2.41. Meanwhile, the post-test results show the value obtained is 266, the average number of the post-test is 10.64, and the standard deviation value is 2.25.

The difference in overall average value is 3.64 % obtained from the post-test average score, minus pre-test mean scores. Concerning students' enhancement in *passing*, the overall result obtained is 51 % p. It presents the difference in overall average value indicating 3.64%, divided by the pre-test average value is 7.08. Then, it is multiplied by 100% to attain the value of the results; it is 51%.

The illustration indicates that the students' enhancement in *passing* is classified as very good. It is reflected in the enhancement results of each student. Regarding the number of results from the average data obtained from the pre-test, the value obtained is 117, with an average value of 7.08. Moreover, the standard deviation is 2.41. Meanwhile, the amount of post-test value obtained is 266, the average post-test is 10.64, and the standard deviation of the post-test is 2.25.

The overall difference in average value is 3.64 %. It is obtained from the post-test average score, and then it is minus pre-test mean scores. Regarding the students' enhancement in passing based on the overall result obtained is 51 % p. It is presented in the difference of overall average value indicating 3.64%, divided by the pre-test average value of 7.08, and then multiplied by 100% to get a results value of 51%.

Table 1 Distribution Frequency

Distribution Table of Pre-test Frequency			
Pass value in 30 seconds	Category of 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%

Table 1 illustrates that the acquisition mark at intervals < 15 is 0 or 0%, intervals 15-19 is 12 or 48%, at intervals 20-29 is 10 or 40%, at interval 30-35 is 3 or 12%, and at intervals > 35 are 0 or 0%. Referring to the description above, it is assumed that the value of *passing* in the pretest of students in football extracurricular at SMPN 2 Rengasdengklok is categorized as not good. It is illustrated in the following chart (Figure 1).

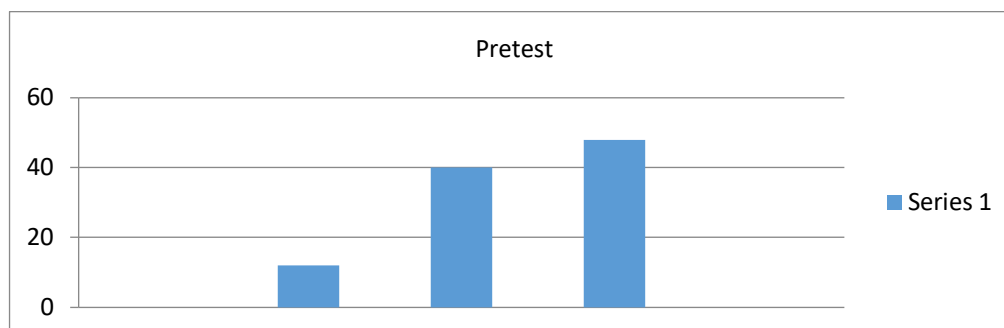


Figure 1 Pretest

The results of the research concerning *passing* were conducted in SMPN 2 Rengasdengklok. The data obtained a mean value of 10.64. It equals a median

value of 10, the standard deviation value is 2.25, the mark minimum is 6, and the mark maximum is 15. Thereby it is described in detail in the distribution table below.

Table 2 Distribution Frequency Post-test

Distribution Table Frequency Post-test			
Pass value in 30 seconds	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%

The table above describes the frequency distribution indicating the value of the study's results. The results show that at intervals < 15, there is no one student, at intervals 15- 19 is 8 students or 32%, at intervals 20-29 is 14 students or 56%, intervals 30-35 is 3 students or 12 %, intervals > 35 is 0 students. The description is supported by the illustration of the following chart below (Figure 2).

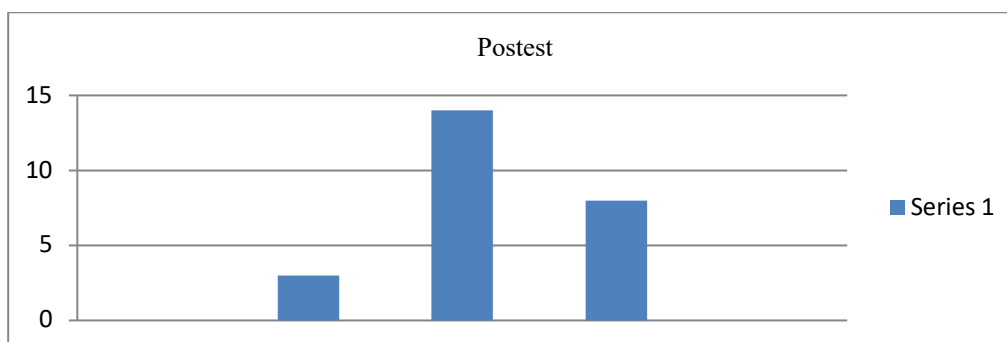


Figure 2 Posttest

Normality Test

A normality test was conducted to examine whether the sample data originating from the population is normally distributed or abnormal. Normally distributed data is the condition of using statistics parametric. If the data obtained is normally distributed, the test is applied as a parametric test. Meanwhile, suppose the data is not normally distributed. In that case, the test is implemented as a non-parametric test—the deep data of the normality test conducted in this study gained by using the *Shapiro Wilk*.

Table 3 Normality Test

	Kolmogorov-Smirnov ^a			Shapiro-Wilk		
	Statistics	df	Sig.	Statistics	Df	Sig.
pretest	.193	25	.017	.931	25	.091
posttest	.172	25	.055	.938	25	.134

The table above describes the obtained results of the normality using the Shapiro-Wilk pre-test data is pre-test 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

One Way ANOVA test with application program assistance with criteria was applied in this research. If the pre-test value > 0.05, it means that the data is homogeneous. Otherwise, if the posttest value < 0.05, it is assumed that the data is not homogeneous. To investigate whether the research data is homogeneous or not, the test analyzed dependent sample t-test and Anova.

Table 4 Homogeneity Test

Test of Homogeneity of Variances						
		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	

Table 4 shows the sig. that the table is smaller from level significant 0.05 (0.939 > 0.05). It is appropriate with level significance, so the data presented in Table 4 is assumed to be homogeneous.

Based on test results analysis requirements, this research data is normal and homogeneous, so analyzed data was used to test the hypothesis. This t-test was applied to be precise using a *paired sample t-test*. The tester of the hypothesis used the *IBM SPSS Statistics 26 application for Windows*. The results of the t-test are illustrated in the following table.

Table 5 Paired Sample Test

		Means	std. Deviation	std. Error Means	Lower
Pair 1	Pretest – Posttest	-3,560	0.651	.130	-3,829

Paired Samples test

		Upper	t	Df	Sig. (2-tailed)
Pair 1	Pretest – Posttest	-3,291	-27,358	24	.000

Table 5 describes that the pre-test and the post-test are analyzed using a t-test. The t-test results indicate that the t- count value is 27.358, df is 24 obtained from formula N-1, and the t- table with a significance of 0.05 is 2.06360. The sig. (2-tailed) < 0.05 (0.000 < 0.05). The results show significant influence. Thus, it is assumed that implementing the El Rondo effectively improves students' passing accuracy in extracurricular football at SMP 2 Rengasdengklok.

Table 6 Percentage Enhancement

Variable	Means	Means Different	Percentage Enhancement
Pretest	7.08	3.64	51%
Posttest	10.64		

Based on the calculation, the overall difference in average value is 3.64, obtained from the post-test average score minus the pre-test mean scores. Concerning the students' enhancement in *passing*, the overall result is 51 % p. The difference in the overall average value is 3.64%. It is divided by the average pre-test value of 7.08 and then multiplied by 100% to reach the results value of 21%.

Discussion

This study applied the treatment by implementing the El Raondo training to improve students' passing accuracy at SMP 2 Rengasdengklok, particularly in extracurricular activities. Student participated in the El Rondo training learning program using board Sweden. The treatment was conducted for 12 meetings. Before conducting the treatment, the students took part in a preliminary test (pre-test). Having participated in the pre-test, the students received the treatment. In the end, they participated in the final test (posttest).

The data gained from the tests indicates that implementing the El Rondo training is beneficial to improve students' capability in passing accuracy in football. The El Rondo training facilitates students to increase their foot-passing coordination. The data that has been analyzed shows that students of football extracurricular participating in learning passing show capability enhancement in doing passing as playing football. These improvements in passing truly appear after they received treatment by kicking to Sweden's seat using the El Rondo method. Having conducted this research, the results indicate several supporting factors of passing enhancement. One uses the El Rondo method, using a Sweden seat supported by a proper soccer ball.

The results obtained from the results of the t-test comparing the pre-test and the post-test exploring passing accuracy using Sweden seat with a t-count value is 27.358 and a t-table of 2.063 with a p-value of 0.000, the results show that $t\text{-value} > t\text{-table}$ and probability significance is not enough from 0.05. Thus, it is assumed that H_0 is rejected, and H_a is accepted. It means that there is a significant effect of the El Rondo training to improve passing accuracy. The results are in line with the study conducted by [Fitrian et al. \(2022b\)](#).

Referring to the results of study, it is concluded that the method exercise of the El Rondo has a high influence on increasing passing accuracy. Implementing the El Rondo method has a significant effect on this study. It is reflected in the percentage of students' enhancement showing positive by 51%. The results indicate that the implementation of the method of the El Rondo gives a positive contribution to enhancement capabilities of passing accuracy. The results are relevant to the statement of [Aprianto et al. \(2020\)](#) that implementing the El Rondo training program enables players to get used to and raises good reflection matter because of repeated exercise so that players become known well.

CONCLUSION

The El Rondo method has significantly improved passing accuracy as students play football in extracurricular activities. It is concluded that implementing the El Rondo training effectively improves passing accuracy in extracurricular activities at SMPN 2 Rengasdengklok. To investigate how high the

increase in the results of the el rondo training method on the accuracy of passing with gift test to Swedish bench which already given targets, that is a Swedish bench with spacing 4 meters, counted with average method difference results from pre-test and post-test multiplied 100%.

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