

## The Effect of 4-2 Training Using Two Touches on Passing Skills and Shooting Ability in Mandalika FC U-17 Football

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### Abstract

In football, one of the most dominant basic techniques used is passing. Passing in football aims to pass the ball to teammates in order to create space, so that players can score goals against the opponent's goal and can maintain the defense area for defenders. The purpose of this study was to determine the effect of the 4-2 training model using two touches on the passing and shooting skills of Mandalika FC U-17 football athletes. This study is a quasi experiment. The design used in this study is "Two Group Pretest Posttest Design" Experimental method with non-separate samples means that researchers only have one group. The results of the study showed that some children's lower passing abilities increased drastically, some even decreased their abilities. This is because this type of research is a quasi experiment, meaning that researchers cannot fully monitor children's activities outside the training/treatment schedule given by researchers. It is possible for children whose abilities have increased drastically because the child also continues to practice outside the training/treatment schedule given by researchers. While for children whose abilities have decreased, it is possible that the child did not take the training seriously, and there were also children who were sick at the time of posttest data collection so that their abilities were not optimal. that there is a significant effect of paired passing training on the ability of underhand passing of Mandalika fc. u-17 football school students, the  $t$ -value is  $6.574 > t$ -table 2.09, and the significance value is 0.000

$< 0.05$ , and the percentage increase is 37.69%. Keywords: Training; passing skills; Shooting ability

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## Introduction

In football, communication between players is needed to establish good cooperation in playing as the key to success. Football players must also master the basic techniques in playing football, according to Herwin (2004: 21-24) basic movements or techniques in playing football include movements or techniques without the ball and movements or techniques with the ball. Movements or techniques without the ball are movements without using the ball that are carried out in football games such as walking, tiptoeing, jumping, rolling, spinning, turning, dodging, and stopping suddenly, while movements or techniques with the ball are movements or techniques in football games by controlling the ball which includes the ability to recognize the ball with body parts (ball feeling), kicking the ball (passing), kicking the ball into the goal (shooting), dribbling the ball (dribbling), receiving and controlling the ball (receiving and controlling the ball), heading the ball (heading), feinting, grabbing the ball (sliding tackle-sliding), throwing the ball in (throw-in) and guarding the goal (goal keeping).

In football, one of the most dominant basic techniques used is passing. Passing in soccer has the purpose of passing the ball to teammates in order to create space, so that players can score goals against the opponent's goal and can maintain the defense area for defenders.

The researcher's assumption is that in soccer, passing ability is very important because with proper and accurate passing, passing the ball to friends will be easy to receive and control, so that the ball is not easily lost or taken by the opponent. With good passing ability

with few mistakes, a game can be made more interesting to watch.

Based on observations made in the SSB Mandalika fc. u-17 training to be used as a research object, it can be seen because there are still many children or students who are not able to pass properly, this is shown when playing many students make mistakes in passing, including: passing not reaching friends, passing too fast so that friends find it difficult to control the ball, careless passing so that it is not clear where the ball will be given, passing that is not right towards friends so that the wrong pass is given. In addition, the coach who gives monotonous training so that children get bored in training. In playing, children usually still often do careless passing, sometimes this is carried over during the match. Lack of variation in training causes children to feel bored and often make basic mistakes in passing during training and matches. Alasan peneliti melakukan penelitian di SSB Mandalika fc. u-17 karena peneliti juga merupakan salah satu pemain di SSB tersebut, sehingga peneliti melihat masalah secara jelas bahwa kemampuan *shooting* terutama pada saat mengiktui pertandingan banyak bola yang tidak terarah pada saat mencoba memasukan bola ke dalam gawang sehingga tidak terjadi *goal* atau tidak mendapatkan poin sehingga peneliti berinisiatif untuk memberikan bentuk Latihan yang berupa eksperimen untuk mendukung kemampuan *shooting* masih kurang maksimal.

Based on the results of the observations above regarding the importance of passing and shooting exercises for soccer players, for that reason coaches need to choose which training method will be used to improve passing and shooting techniques. Based on these problems, the researcher intends to conduct an experimental study to find out this study entitled "The Effect of 4-2 Training Using Two Touches on Passing Skills and Shooting Ability in Mandalika FC U-17 Soccer".

## Method

### A. Research Design

This study is a quasi experiment. The design used in this study is "Two Group Pretest Posttest Design" or no control group (Sukardi, 2009: 18). The experimental method with non-separate samples means that the researcher only has one group, which is measured twice, the first measurement (pretest) is carried out before the subject is given treatment, then treatment, which is finally closed with the second measurement (posttest). The design image in this study is as follows:



Figure 9. Research Design (Sugiyono, 2007: 35)

Description:

Y1: Initial Measurement (Pretest) X: Treatment Y2:

Final Measurement (Posttest)

This study conducted two tests before and after treatment. The difference between the pretest and posttest is assumed to be the effect of the treatment or experiment. So that the results of the treatment are expected to be known more accurately, because there is a comparison between the conditions before and after the treatment. The treatment given in this study was 4-2 training using two touches. The treatment was carried out three times per week according to the training schedule at SSB Mandalika, namely on Tuesday, Thursday, and Sunday mornings for 16 meetings (Tjaliek Soegiardo, 1991: 32).

### Population and Research Sample

Suharsimi Arikunto (2006: 136) research instruments are tools or facilities used by researchers in collecting data to make their work easier and better. Data collection in this study is by means of a measurement test used for initial measurements (pretest) and final measurements (posttest). The instrument to be used is a soccer playing skills test compiled by Subagyo Irianto (1995: 9) in the section "doing low passes towards the target", namely a small goal in the form of a field that is the target with a width of 1.5 m and a stake height of 0.5 m

with a distance of the kicker from the goal of 9 m and the line behind the goal is also 9 m and the legal boundary line is 1.5 m. The validity of the test is 0.812 and the reliability is 0.856. Passing is said to be correct if it enters the predetermined target past the predetermined legal line. This test is intended to measure the accuracy of low passes using the inside of the foot. Data collection in this study used tests and measurements. The equipment used is a small goal with a width of 1.5 m and a height of 0.5 m with a distance of 9 m from the goal kicker, a line behind the goal is also 9 m, and a valid line is 1.5 m long. A valid kick and is considered to have entered if it enters the target area, hits the upper limit and/or hits the stake, and the hardness of the kick must reach the back boundary line of the goal (distance 9 m). The assessment is the number of valid kicks out of ten kicks.

According to Suharsimi Arikunto (2010: 101) population is the entire research subject. According to Sugiyono (2009: 55) population is a generalization area consisting of objects or subjects that have certain quantities and characteristics determined by researchers to be studied and then concluded. The population in this study were 20 students of SSB Mandalika fc. u-17, all of whom were taken as research subjects, so it is called population research.

Data Collection Instruments and Techniques

#### a. Research Instruments

Suharsimi Arikunto (2006: 136) research instruments are tools or facilities used by researchers in collecting data to make their work easier and better. Data collection in this study is by means of a measurement test used for initial measurements (pretest) and final measurements (posttest). The instrument to be used is a soccer playing skills test compiled by Subagyo Irianto (1995: 9) in the section "doing low passes towards the target", namely a small goal in the form of a field that is the target with a width of 1.5 m and a stake height of 0.5 m with a distance of the kicker from the goal of 9 m and the line behind the goal is also 9 m and the legal boundary line is 1.5 m. The validity of the test is 0.812 and the reliability is 0.856. Passing is said to be correct if it enters the predetermined target past the predetermined legal line. This test is intended to measure the accuracy of low passes using the inside of the foot. Data collection in this study used tests and measurements. The equipment used is a small goal with a width of 1.5 m and a height of 0.5 m with a distance of 9 m from the goal kicker, a line behind the goal is also 9 m, and a valid line is 1.5 m long. A valid kick and is considered to have entered if it enters the target area, hits the upper limit and/or hits the stake, and the hardness of the kick must reach the back boundary line of the goal (distance 9 m). The assessment is the number of valid kicks out of ten kicks.

Border Line

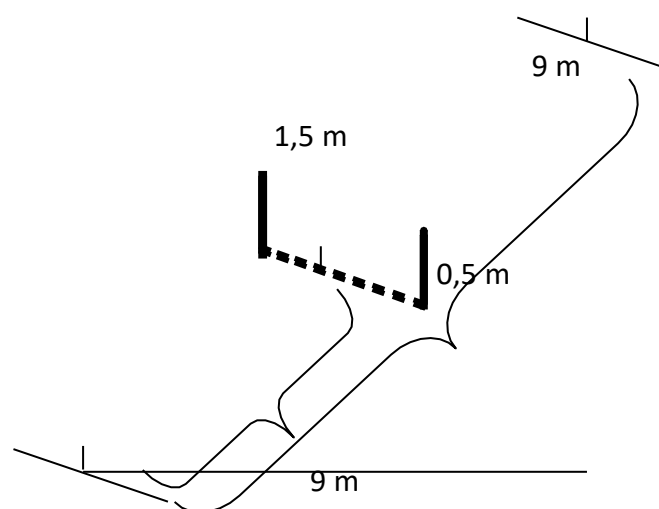


Figure 3. Low Ball Passing Test (Source:

Subagyo Irianto, 1995: 34)

### Shooting Skill Instrument

The place and goal were prepared in advance before carrying out the test so as not to interfere with the implementation of the low ball passing test. Before carrying out the test, the testee warmed up for 15 minutes. The implementation of this test was not carried out first so that the testee immediately tested passing the ball low ten times with kicks. A kick is considered valid and counted as going in if it enters the target area, hits the upper limit and/or hits the stake, and the hardness of the kick must reach the boundary line from the opposite direction (distance 9 meters). The assessment is the number of kicks that go in legally out of ten kicks.

An instrument is a tool or facility used by researchers in collecting data so that their work is easier and the results are better in the sense of being accurate, complete and systematic so that they are easier to process (Suharsimi Arikunto, 2002: 139). Accuracy or shooting is the ability in accuracy, calmness, and accuracy of shooting the ball at the target according to the direction of the target or goal. The test instrument used to measure the accuracy of kicks at the goal, namely by shooting the ball at the specified target 5 times then the results are added up. The test used in this study is a test of shooting the ball at the target (Nurhasan, 2001: 157). This test aims to measure the ability and skill of shooting the ball at the target. The explanation is as follows:

- a) Tools used: ball, meter, goal, numbers, rope.
- b) The testee stands behind the ball which is placed at a point 16.5 meters in front of the goal/target.
- c) After receiving the signal, the testee kicks towards the goal.
- d) The test is given 10 chances.
- e) If the ball from the kick hits the rope or the score dividing line on the target, then the highest score from the two targets is taken.
- f) The movement is declared a failure if:
- g) The ball goes out of the target area. Data

### Collection Technique

The data collection technique in this study was by using a test. The test used in this study used a low ball passing test from Subagyo Irianto (1995: 9).

The place and goal were prepared in advance before carrying out the test so as not to interfere with the implementation of the low ball passing test. Before carrying out the test, the testee warmed up for 15 minutes. The implementation of this test was not carried out first so that the testee immediately tested passing the ball low ten times with kicks. A kick is considered valid and counted as going in if it enters the target area, hits the upper limit and/or hits the stake, and the hardness of the kick must reach the boundary line from the opposite direction (distance 9 meters). The assessment is the number of kicks that go in legally out of ten kicks.

### Teknik Analisis Data

Before proceeding to the t-test, there are requirements that must be met by the researcher that the data analyzed must be normally distributed, for that it is necessary to conduct a normality test and a homogeneity test (Suharsimi Arikunto, 2006: 299). The steps for data analysis are as follows:

#### Prerequisite Test

##### 1. Normality Test

The normality test is actually nothing more than conducting a test on whether the distribution of data to be analyzed is normal or not. The test is carried out depending on the variables to be processed. The normality test for data distribution uses the Kolmogorov-Smirnov Test with the help of SPSS 16. If the p value is  $> 0.05$  then the data is normal, but conversely if the analysis results show a p value  $< 0.05$  then the data is not normal.

According to Sugiyono (2011: 107).

## 2. Homogeneity Test

In addition to testing the distribution of values to be analyzed, a homogeneity test is needed to ensure that the groups that form the sample come from a homogeneous population. Homogeneity is sought by the F test from the pretest and posttest data using the SPSS 16 program. The homogeneity test is carried out using the anova test, if the analysis results show a p value  $> 0.05$ , then the data is homogeneous but if the data analysis results show a p value  $< 0.05$ , then the data is not homogeneous. According to Sugiyono (2011: 125).

To find out the percentage of increase after being given treatment, the percentage increase calculation is used with the following formula (Sutrisno Hadi, 1991: 34): Percentage increase =  $\frac{\text{Mean Posttest} - \text{Mean Pretest}}{\text{Mean Pretest}} \times 100\%$  (Sumber: Sutrisno Hadi, 1991: 34)

## Thinking Framework

Providing good technical and physical training can be achieved through programmed and regular training. Good technical skills are the result of good basic movement training and good physical skills will be obtained with proper training. The technique of passing the ball must be mastered by a soccer player because this technique is one of the basic techniques in playing soccer.

The practice of bouncing the ball against the wall and passing in pairs is an assumption from the research to be adapted to the method of passing technique training. The practice of bouncing the ball against the wall and passing in pairs is expected to enable players to adapt to the environment they face and can develop mental and physical technical skills to achieve maximum performance.

If an athlete has good soccer techniques and is supported by good passing techniques and good placement, it can be a mainstay in a game. A form of training in the form of bouncing the ball against the wall and passing in pairs is expected to improve the technical skills of passing the ball under the feet of 17-year-old Mandalika soccer athletes.

## Research Hypothesis

According to Suharsimi Arikunto (2010: 64), a research hypothesis can be interpreted as a temporary answer to a research problem until proven through collected data. Based on the above thinking, the hypothesis proposed is: there is a significant influence of training Is there an influence of the 4-2 training model using two touches on the passing and shooting skills of Mandalika FC U-17 football?"

Based on observations made in the SSB Mandalika fc. u-17 training to be used as a research object, it can be seen because there are still many children or students who are not able to pass properly, this is shown when playing many students make mistakes in passing, including: passing not reaching friends, passing too fast so that friends find it difficult to control the ball, careless passing so that it is not clear where the ball will be given, passing that is not right towards friends so that the wrong pass is given. In addition, the coach who gives monotonous training so that children get bored in training. In playing, children usually still often do careless passing, sometimes this is carried over during the match. Lack of variation in training causes children to feel bored and often make basic mistakes in passing during training and matches. Alasan peneliti melakukan penelitian di SSB Mandalika fc. u-17 karena peneliti juga merupakan salah satu pemain di SSB tersebut, sehingga peneliti melihat masalah secara jelas bahwa kemampuan *shooting* terutama pada saat mengiktui pertandingan banyak bola yang tidak terarah pada saat mencoba memasukan bola ke dalam gawang sehingga tidak terjadi *goal* atau tidak mendapatkan poin sehingga peneliti berinisiatif untuk memberikan bentuk Latihan yang berupa eksperiment untuk mendukung kemampuan *shooting* masih kurang maksimal.

## Research results

### 1. Description of research data

This research was conducted on July 26 to August 27, 2023. The pretest was taken on July 26, 2015 and the posttest on August 27, 2023. Treatment was carried out 16 times with a training frequency of 3 (three) times in one week, namely on Tuesday, Thursday, and Sunday morning. The results of the pretest and posttest of the passing ability of the Mandalika fc. u- 17 football school students are presented in table 3 as follows:

Research Results Data Pretest and Posttest Passing and Shooting Ability Mandalika fc. u-17

No	Nama	Pretest	Posttest	Selisih	Rangking
1		5	7	2	10
2		4	6	2	19
3		7	5	-2	20
4		6	9	3	1
5		7	9	2	2
6		5	8	3	4
7		4	7	3	11
8		7	7	0	12
9		4	7	3	13
10		5	7	2	14
11		6	7	1	15
12		7	9	2	3
13		5	7	2	16
14		6	7	1	17
15		6	8	2	5
16		5	8	3	6
17		5	8	3	7
18		6	8	2	8
19		5	7	2	18
20		3	8	5	9

The results of the descriptive statistical analysis of the pretest and posttest of the underhand passing ability of Mandalika FC U-17 football school students are presented in table 4 below:

Table 4. Descriptive Statistics of Pretest and Posttest Passing and Shooting Ability of Mandalika FC U-17 Football

Based on observations made in the SSB Mandalika fc. u-17 training to be used as a research object, it can be seen because there are still many children or students who are not able to pass properly, this is shown when playing many students make mistakes in passing, including: passing not reaching friends, passing too fast so that friends find it difficult to control the ball, careless passing so that it is not clear where the ball will be given, passing that is not right towards friends so that the wrong pass is given. In addition, the coach who gives monotonous training so that children get bored in training. In playing, children usually still often do careless passing, sometimes this is carried over during the match. Lack of variation in training causes children to feel bored and often make basic mistakes in passing during training and matches. Alasan peneliti melakukan penelitian di SSB Mandalika fc. u-17 karena peneliti juga merupakan salah satu pemain di SSB tersebut, sehingga peneliti melihat masalah secara jelas bahwa kemampuan *shooting* terutama pada saat mengiktui pertandingan banyak bola yang tidak terarah pada saat mencoba memasukan bola ke dalam gawang sehingga tidak terjadi *goal* atau tidak mendapatkan poin sehingga peneliti berinisiatif untuk memberikan bentuk Latihan yang berupa eksperiment untuk mendukung kemampuan *shooting*

masih kurang maksimal.

The place and goal were prepared in advance before carrying out the test so as not to interfere with the implementation of the low ball passing test. Before carrying out the test, the testee warmed up for 15 minutes. The implementation of this test was not carried out first so that the testee immediately tested passing the ball low ten times with kicks. A kick is considered valid and counted as going in if it enters the target area, hits the upper limit and/or hits the stake, and the hardness of the kick must reach the boundary line from the opposite direction (distance 9 meters). The assessment is the number of kicks that go in legally out of ten kicks.

Statistik	Pretest	Posttest
<i>N</i>	20	20
<i>Mean</i>	5.4000	7.4500
<i>Median</i>	5.0000	7.0000
<i>Mode</i>	5.00	7.00
<i>Std. Deviation</i>	1.14248	.99868
<i>Minimum</i>	3.00	5.00
<i>Maximum</i>	7.00	9.00
<i>Sum</i>	108.00	149.00

When displayed in the form of a frequency distribution, the results of the pretest and posttest of the underhand passing ability of Mandalika fc. u-17 football school students aged 10-12 years are presented in table 5 as follows:

Table 5. Frequency Distribution of Pretest and Posttest of Underhand Passing Ability of Mandalika fc. u-17 Football School Students

Based on the frequency distribution in table 5 above, the results of the pretest and posttest of the underhand passing ability of Mandalika fc. u-17 football school students can be presented in figure 6 as follows:

Based on table 2 and figure 6 above, it shows that the results of the pretest and posttest of the underhand passing ability of Mandalika fc. u-17 for the pretest results are in the category of "very lacking" at 0% (0 students), "less" at 20% (4 students), "sufficient" at 60% (12 students), "good" at 20% (4 students), and "very good" at 0% (0 students), while for the posttest it is in the category of "very lacking" at 0% (0 students), "less" at 0% (0 students), "sufficient" at 10% (2 students), "good" at 75% (15 students), and "very good" at 15% (3 students). Hasil Uji Prasyarat

#### a. Normality Test

The normality test is intended to determine whether the variables in the study have a normal distribution or not. The calculation of this normality test uses the Kolmogorov-Smirnov Z formula, with processing using the computer program SPSS

16. The results are in table 6 as follows.

Table 6. Normality Test

Group	P	Sig.	Information
<i>Pretest</i>	0,487	0,05	Normal
<i>Posttest</i>	0,258	0,05	Normal

When displayed in the form of a frequency distribution, the results of the pretest and posttest of the underhand passing ability of Mandalika fc. u-17 football school students aged 10-12 years are presented in table 5 as follows:

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The results of table 6 above can be seen that all data have a p value (Sig.) > 0.05, so the variables are normally distributed. Because all data are normally distributed, the analysis can be continued. The complete results are presented in appendix 9 page 78.

#### a. Homogeneity Test

The homogeneity test is useful for testing sample similarity, namely whether or not the sample variants taken from the population are uniform. The homogeneity rule is if  $p > 0.05$ , then the test is declared homogeneous, if  $p < 0.05$ , then the test is said to be non-homogeneous. The results of the homogeneity test of this study can be seen in table 7 as follows:

**Table 7.** Uji Homogenitas

Group	df1	df2	Sig.	Information
<i>Pretest-Posttest</i>	1	38	0,445	Homogen

Table 7 above shows the pretest value sig.  $p 0.445 > 0.05$  so that the data is homogeneous. Because all data is homogeneous, data analysis can be continued with parametric statistics.

#### Hypothesis Test Results

When displayed in the form of a frequency distribution, the results of the pretest and posttest of the underhand passing ability of Mandalika fc. u-17 football school students aged 10-12 years are presented in table 5 as follows:

Table 5. Frequency Distribution of Pretest and Posttest of Underhand Passing Ability of Mandalika fc. u-17 Football School Students

Based on the frequency distribution in table 5 above, the results of the pretest and posttest of the underhand passing ability of Mandalika fc. u-17 football school students can be presented in figure 6 as follows:

Based on table 2 and figure 6 above, it shows that the results of the pretest and posttest of the underhand passing ability of Mandalika fc. u-17 for the pretest results are in the category of "very lacking" at 0% (0 students), "less" at 20% (4 students), "sufficient" at 60% (12 students), "good" at 20% (4 students), and "very good" at 0% (0 students), while for the posttest it is in the category of "very lacking" at 0% (0 students), "less" at 0% (0 students), "sufficient" at 10% (2 students), "good" at 75% (15 students), and "very good" at 15% (3 students)

The results of table 6 above can be seen that all data have a p value (Sig.) > 0.05, so the variables are normally distributed. Because all data are normally distributed, the analysis can be continued. The complete results are presented in appendix 9 page 78.

The t-test is used to test the hypothesis that states "there is a significant effect of paired passing training on the underhand passing ability of Mandalika FC U-17 football school students", based on the results of the pre-test and post-test. If the results of the analysis show a significant difference, then paired passing training has an effect on improving students' underhand passing ability. The conclusion of the study is stated as significant if the calculated t value > t table and the sig value is less than 0.05 (Sig

<0.05). Based on the results of the analysis, the data obtained in table 8 are as follows. The complete results are presented in appendix 10, page 79.

Table 8. t-Test Results of Pre-Test and Post-Test Passing Ability

Group	Rata-rata	t-test for Equality of means				
		t <sub>ht</sub>	t <sub>tb</sub>	Sig.	Selisih	%
Pretest	5,40	6,574	2,09	0,000	2,05	37,96%
Posttest	7,45					

Hasil uji-t dapat dilihat bahwa  $t_{hitung}$  6,574 dan  $t_{tabel}$  2,09 (df 19) dengan nilai signifikansi p sebesar 0,000. Oleh karena  $t_{hitung}$  6,574 >  $t_{tabel}$  2,09, dan nilai signifikansi 0,000 < 0,05, maka hasil ini menunjukkan terdapat perbedaan yang signifikan. Dengan demikian hipotesis alternatif ( $H_a$ ) yang berbunyi “ada pengaruh yang signifikan latihan *passing* berpasangan terhadap kemampuan *passing* bawah siswa sekolah sepakbola Mandalika fc. u-17”, diterima. Artinya latihan *passing* berpasangan memberikan pengaruh yang signifikan terhadap peningkatan kemampuan *passing* bawah siswa sekolah sepakbola Mandalika fc. u-17usia 10-12 tahun. Dari data *pretest* memiliki rerata 5,40, selanjutnya pada saat *posttest* rerata mencapai 7,45. Besarnya peningkatan kemampuan motorik tersebut dapat dilihat dari perbedaan nilai rata-rata yaitu sebesar 2,05, dengan kenaikan persentase sebesar 37,96%.

Based on the analysis of the research data, a significant increase was obtained in the group studied. The provision of paired passing training treatment had a significant effect on increasing the ability of underhand passing of students at the Mandalika FC U-17 football school. This study aims to determine the significant effect of paired passing training on the ability of underhand passing of students at the Mandalika FC U-17 football school. The sequence of activities that must be carried out so that conclusions can be drawn are: (1) a pretest is held with the aim of knowing the students' underhand passing ability, (2) providing paired passing training treatment for 16 meetings, (3) then the last is a posttest which aims to determine whether or not there is an increase in underhand passing ability for the subjects who are given treatment.

To find out the difference or influence of paired passing training on students' underhand passing ability, it can be proven by a t-test. The t-test will display the value of the t-count and its significance. The results of the t-test show that there is a significant influence of paired passing training on the underhand passing ability of students at the Mandalika fc. U-17 football school, this is evidenced by the t count of 6.574 > t table 2.09, and a significance value of 0.000 < 0.05. Students' underhand passing ability increased after undergoing paired passing training treatment as indicated by a post-test value greater than the pre-test value. This is evidenced by the average post-test value of 5.40, better than the average pre-test value of 7.45.

There is an increase in underhand passing ability because the paired passing training method is a form of training by passing to a friend face to face and is done repeatedly, so that the ability to pass increases. Based on the results of the study, it was also seen that there were several children whose underhand passing ability increased drastically, some even decreased in ability. This is because this type of research is a quasi-experiment, meaning that researchers cannot fully monitor children's activities outside the training/treatment schedule provided by researchers. It is possible for children whose abilities have drastically increased because the child also continues to practice outside the training/treatment schedule provided by researchers. Meanwhile, for children whose abilities have decreased, it is possible that the child did not take the training seriously, and there were also children who were sick when the posttest data was taken so that their

abilities were not optimal.

## Conclusion

Based on the analysis of the research results, it can be concluded that there is a significant effect of paired passing training on the ability of underhand passing of Mandalika FC U-17 football school students, the t-value is  $6.574 > t\text{-table } 2.09$ , and the significance value is  $0.000 < 0.05$ , and the percentage increase is 37.69%

Based on the analysis of the research data, a significant increase was obtained in the group studied. The provision of paired passing training treatment had a significant effect on increasing the ability of underhand passing of students at the Mandalika FC U-17 football school. This study aims to determine the significant effect of paired passing training on the ability of underhand passing of students at the Mandalika FC U-17 football school. The sequence of activities that must be carried out so that conclusions can be drawn are: (1) a pretest is held with the aim of knowing the students' underhand passing ability, (2) providing paired passing training treatment for 16 meetings, (3) then the last is a posttest which aims to determine whether or not there is an increase in underhand passing ability for the subjects who are given treatment.

To find out the difference or influence of paired passing training on students' underhand passing ability, it can be proven by a t-test. The t-test will display the value of the t-count and its significance. The results of the t-test show that there is a significant influence of paired passing training on the underhand passing ability of students at the Mandalika fc. U-17 football school, this is evidenced by the t count of  $6.574 > t\text{ table } 2.09$ , and a significance value of  $0.000 < 0.05$ . Students' underhand passing ability increased after undergoing paired passing training treatment as indicated by a post-test value greater than the pre-test value. This is evidenced by the average post-test value of 5.40, better than the average pre-test value of 7.45.

There is an increase in underhand passing ability because the paired passing training method is a form of training by passing to a friend face to face and is done repeatedly, so that the ability to pass increases. Based on the results of the study, it was also seen that there were several children whose underhand passing ability increased drastically, some even decreased in ability.

This is because this type of research is a quasi-experiment, meaning that researchers cannot fully monitor children's activities outside the training/treatment schedule provided by researchers. It is possible for children whose abilities have drastically increased because the child also continues to practice outside the training/treatment schedule provided by researchers. Meanwhile, for children whose abilities have decreased, it is possible that the child did not take the training seriously, and there were also children who were sick when the posttest data was taken so that their abilities were not optimal.

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