



## **The Influence of Small-Sided Games Training on Football Passing Accuracy in Dekate FC Bangkalan Players**

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### **ABSTRACT**

*The passing technique is the technique most often used in football games. Passing is a technique for passing the ball between one player and another. The problem in this study is that many passes are not on target by players so the game becomes ineffective. Therefore, the purpose of this study was to determine the effect of small-sided games on improving the accuracy of football passing. This research is experimental research with a matching-only design. The research sample used was 20 players from the DESEAD FC Bangkalan team aged 12-14 years. The division of the experimental and control groups will use the MSOP technique. The results of the descriptive analysis of the experimental group obtained the mean pretest and mean posttest, while for the control group the mean pretest and mean posttest. For the results of the paired sample t-test in the experimental group, the Sig. 0.000 < 0.05, so there is a significant difference between the pretest and posttest data. Meanwhile, in the control group Sig. 0.148 > 0.05 there was no significant difference in the pretest and posttest results of the control group. From the results of the independent sample t-test, the value of Sig. (2-tailed) 0.001 < 0.05 There is a significant difference between the post-test results of the experimental group and the control group. For the percentage increase in data on passing test results, the experimental group had a significant increase of 21.59%. Meanwhile, the control group did not have a significant increase of 1.53%. So it can be concluded that small-sided games training is very influential in increasing the accuracy of football passing.*

**Keywords:** *Football; Passing; Small-Sided Games.*

### **INTRODUCTION**

In the current era, football is one of the sports that are very popular and favoured by the majority of the population in Indonesia and the world (Burhanuddin et al., 2022). Football is one of the big ball sports which is very popular and popular in the current era (Rustanto, 2016). Football is a sport that has many functions, not only as a spectacle for the general public (Firmana, 2017). However, football can be enjoyed as entertainment for all people (K. Raharjo et al., 2018). Many cities in Indonesia and outside Indonesia use

football as a tool for fighting for prestige and many also use football as a medium to create unity and peace between communities in each region (Junaidi et al., 2018; Hammado et al., 2020).

Football is a sport that is played on an open field. As stated by (Yuniarto et al., 2018) that football is a sport that is played on an open field (outdoor) where there are 11 main players and some as reserves (Zulwandi & Irawan, 2018). Several techniques in football must be mastered by all players including dribbling, shooting, passing and heading (Rabuansyah et al., 2018). The basic techniques that must be owned and mastered by football players are dribbling, stopping, kicking, grabbing and heading (S. M. Raharjo, 2018) (Sudirman et al., 2022). One of the techniques that must be mastered in football is the passing technique (Mustofa & Adnan, 2019) which is included in kicking techniques to be able to organize attacks effectively (Quddus et al., 2018; Sandi & Irawadi, 2019).

Passing is one of the basic football techniques that must be mastered by all players without exception (Dany et al., 2016). The passing technique is the technique most often used in football games (Irawan et al., 2019). In the sport of football, the most frequently used basic technique is the passing technique (D. Setiawan, 2019). All positions in football must master the passing technique in-depth because passing is a technique for passing the ball between one player and another and if the passing technique can be mastered properly it will be easy to organize attacks so that they can score (Syamsudar & Firmansyah, 2019). Passing in football has the goal of giving the ball to a teammate so they can open space, they can score goals and can defend well (Akabar et al., 2020). Based on the distance between the types of passing in football, there are two types, namely short passing and long passing (Nugroho & Rohadi, 2020). The accuracy of passing on a team is also very influential in a football match. This passing accuracy must be owned and mastered by every player (Misbahuddin et al., 2020). This is because the pass given must be precise and aimed at the player who will receive the ball so that the receiver of the ball can receive and control the pass properly (Afrizal. S, 2018). The accuracy of good football passing will make the game more effective so that the strategy that will be used in building attacks can work well. The accuracy of passing is very influential when setting up attacks, the more precise and accurate the passing is, the more effective the flow of the ball will be and the game will be more varied so that the chances you have to score against the opponent's goal will be greater (Nugroho & Rohadi, 2020). In football sports having precise and accurate passing is very important because the ball will be easily received and easily mastered so that the enemy does not easily grab the ball

(Rafi Afdholul Fauzi & Hariyadi, 2021). Making the right and fast decisions is also very influential in a match, both when in a state of defence and when in a state of attack (Hulfian, 2021). This is also a must-have for every player because making decisions correctly and quickly will make it difficult for the opponent to take the ball so in any condition and situation it is not easy for players to make mistakes (Pieter Pelamonia & Putra Hutapea, 2020).

Based on initial observations by researchers on the Desecate FC Bangkalan team, researchers observed passing by players aged 12-14 because according to the coach at that age, they were the players who practised the most actively and were also the best time to improve their abilities. The age of 12-14 is the golden age phase in developing the talents and skills of players, the development of children's motor movements at the age of 12-14 years is the best phase compared to other ages (Harianto et al., 2016). When sparring during training sessions, there are still many passes made by players aged 12-14 that are not properly aimed at the players who receive the ball so it is difficult for players to control the ball and the ball is easily captured by opposing players. Many passes have not been on target by players so the game becomes ineffective. The form of passing training that is usually carried out by the players from Dekate FC Bangkalan is that each player passes in pairs and never uses the small-sided games training method. Therefore, a variety of exercises is needed to train the precision and accuracy of passing for the players from the Dekate FC Bangkalan.

One of the exercises that can be used to practice passing accuracy is the small-sided game training method (Misi, 2016; Imam et al., 2022). Small-side games are a training method that uses a field with a different size than the actual size of the field (Muhammad Khoirul Huda et al., 2021) and the number of players and a different game system (Agustan & Hidayat, 2021). Small-sided games are a form of training with a small-sized field aimed at training tactics (Hulfian, 2021), physics and techniques in football (Supriady, 2020). With the implementation of this training method, it is hoped that all players will be able to improve the accuracy of passing and make the right and fast decisions in passing in a football match (Setyaningum & Anwar, 2016; W. A. Setiawan et al., 2021).

The analysis of this study is about small-sided game exercises which are expected to be able to improve the passing accuracy of football players, especially for the DESEAD FC Bangkalan team. The Dekade FC Bangkalan team never or rarely uses this small-sided game training method to improve the accuracy of the players' passing.

With this training method, players will not feel bored because the form of training can be modified. This research can be a guideline for football coaches to improve the accuracy of players' passing because passing accuracy is very important for every player to master. Based on the description above, the writer will conduct research on "the effect of small-side games on the accuracy of passing football players at the Dekate FC Bangkalan academy".

## METHOD

This study uses a type of experimental research with a quantitative approach which aims to determine the effect on the object being treated. According to (Sugiyono, 2019) this type of experimental research is a form of research with experiments, with a quantitative approach, aiming to determine the effect of the independent variables on the dependent variable under controlled conditions.

The design in this study is a matching-only design which is included in the quasi-experimental design. According to (Maksum, 2012) this design is a design with two groups whose distribution uses matching, there are two groups which are divided using matching, namely pairing subjects with each other based on certain variables. The division of groups in this study will use the matching subject ordinal pairing technique after the pretest is carried out so that the abilities of the two groups become balanced which then carries out the final test.

This research was conducted at the Bangkalan square which is the permanent training ground for the DESEAD FC Bangkalan team. This research was carried out from May 10 to June 16 2023. Sampling in this study used a purposive sampling technique which is part of nonprobability sampling. Purposive sampling is determining the sample using certain considerations (Sugiyono, 2019). Therefore, the sample in this study was 20 players from Dekade FC Bangkalan with an age range of 12 to 14 years. The test instrument in this study used the short pass test (Arsil, 2015) with a test validity of 0.06 and a test reliability of 0.69.

**Table 1.**  
Tranformasi Skor Test Score Pass for T-Score

T-Score	Short Pass Test /10 detik	T-Score	Short Pass Test /10 detik
90	<3.00	46	11.14 – 11.30
84	3.01 – 4.00	45	11.31 – 11.50
68	4.01 – 7.09	44	11.51 – 11.70
67	7.10 – 7.32	43	11.71 – 11.81

T-Score	Short Pass Test /10 detik	T-Score	Short Pass Test /10 detik
65	7.33 – 7.69	42	11.82 – 12.00
64	7.70 – 7.89	41	12.01 – 12.20
63	7.90 – 8.11	40	12.21 – 12.42
62	8.12 – 8.30	39	12.43 – 12.47
61	8.32 – 8.46	38	12.48 – 12.70
60	8.47 – 8.68	37	12.71 – 13.03
59	8.69 – 8.81	36	13.04 – 13.20
58	8.82 – 9.06	35	13.21 – 13.40
57	9.07 – 9.21	34	13.41 – 13 – 59
56	9.22 – 9.44	33	13.60
55	9.45 – 9.62	32	13.61 – 13.80
54	9.63 – 9.80	31	13.81 – 14.09
53	9.81 – 10.00	30	14.10 – 14.20
52	10.01 – 10.15	29	14.21 – 14.40
51	10.16 – 10.38	28	14.41 – 14.60
50	10.39 – 10.57	25	14.61 – 15.20
49	10.58 – 10.74	22	15.21 – 15.70
48	10.75 – 10.92	20	15.71 – 16.10
47	10.93 – 11.13	19	16.11 – 19.78

(Sumber : Arsil, 2015)

**Table 2.**  
 Transformasi Skor Test Short Pass (Ball In) for T-Score

T-Score	Ball In
66	4
55	3
45	2
34	1

(Sumber : Arsil, 2015)

**Table 3.**  
 Rating Norms Test Short Pass (T-Score + Ball In)

No	Classification	T-Score
1	Very well	> 124
2	Good	104 – 123
3	Currently	85 – 103
4	Not enough	65 – 84
5	Less Once	< 64

(Sumber : Arsil, 2015)

Data collection techniques in this study used tests and direct measurements of test participants. After conducting the pretest, they will be given treatment or training for 16 meetings for the experimental group and the control group treatment or training, which will then carry out a posttest which can then obtain data from the test results.

The data analysis technique in this study used descriptive analysis by comparing the results obtained from the pretest and posttest after being given treatment with the help of the SPSS 23 program. According to descriptive analysis, it is the statistics used when analyzing data that was late to be obtained.

The normality test in this study used the Kolmogorov-Sminorv test using the SPSS program to know whether the variables in this study were normally distributed or not. The basis for decision-making in this normality test is if the significance value is > 0.05 then the variable is normally distributed and vice versa.

The homogeneity test in this study used the ANOVA test using the SPSS program to know whether the variances of several populations were the same or not. The basis for decision-making in this homogeneity test is by comparing the significant value > 0.05.

The hypothesis test in this study aims to determine the effect of the training model on the accuracy of passing. by using the paired sample t-test with a significance requirement if the Sig value <0.05, the hypothesis in this study is accepted. The independent sample t-test shows that there is a difference in the average results of the two groups using the posttest results of the two groups with a decision-making Sig > 0.05, there is no difference in the average of the two groups and vice versa.

To find out the percentage increase in the results of the assessment of the two groups from before being given treatment to after being given treatment, you can use the following formula. Improvement percentage =  $\frac{(\text{Mean Posttest} - \text{Mean Pretest})}{\text{Mean Pretest}} \times 100\%$

## RESULTS AND DISCUSSION

### Results

The data from this study were generated from the passing tests of the players from the Dekate FC Bangkalan in the field. The two teams were divided based on the results of the pretest using the MSOP technique. The following are the results of the experimental group and control group passing tests.

**Table 4.**  
 Statistical Data Results Descriptive Group Experiment

	Pretest	Posttest
N	10	10
Min Value	73	95
Maximum Value	117	128
Means	91.70	111.50
Median	92.50	108.50
Std. Dev	13.727	11.325

From the table above, the result data *pretest* of the group experiment has a minimum value of 73, a grade maximum of 113, a mean of 91.70, a median of 92.50 and a standard deviation of 13.727. While the result data *posttest* has a minimum value of 95, a grade

maximum of 128, a mean of 111.50, a median of 108.50 and a standard deviation of 11.325. For distribution frequency of result data in adjusted percentage \_ with norm test can be depicted as follows.

**Table 5.**  
 Distribution Group Outcome Data Frequency Experiment

Class Intervals	Classification	Pretest		Posttest	
		Fa	%	Fa	%
>124	Good Very			3	30%
104-123	Good	2	20%	5	50%
85-103	Currently	5	50%	2	20%
65-84	Not enough	3	30%		
<64	Less Once				
<b>Amount</b>	-	<b>10</b>	<b>100%</b>	<b>10</b>	<b>100%</b>

From the table above can be seen that the winning player classification Good as many as 2 players (20%), classification currently as many as 5 players (50%), classification of not enough as many as 3 players (30%) and no There is winning player classification Good once and less once.

From the table above can be seen that winning player \_ classification Good very as many as 3 players (30%), classification Good as many as 5 players (50%), classification currently as many as 2 players (20%) and no There is winning player \_ classification less and less once.

**Table 6.**  
 Statistical Data Results Descriptive Group Control

	Pretest	Posttest
N	10	10
Min Value	73	95
Maximum Value	117	128
Means	91.70	111.50
Median	92.50	108.50
Std. Dev	12,830	11.04

From the table above, the result data *pretest* of group control has a minimum value of 74, a grade maximum of 111, a mean of 91.20, a median of 92.20 and a standard deviation of 12,830. While the result data *posttest* has a minimum value of 79, grade maximum of 112, mean of 92.60, median of 91.00 and standard deviation of 11.04. For distribution frequency of result data in adjusted percentage \_ with norm test can be depicted as follows.

**Table 7.**  
 Distribution Group Outcome Data Frequency Control

Class Intervals	Classification	Pretest		Posttest	
		Fa	%	Fa	%
>124	Good Very				
104-123	Good	2	20%	2	20%
85-103	Currently	5	50%	5	50%
65-84	Not enough	3	30%	3	30%
<64	Less Once				
<b>Amount</b>	-	<b>10</b>	<b>100%</b>	<b>10</b>	<b>100%</b>

From the table above can be seen that the winning player \_ classification Good as many as 2 players (20%), classification currently as many as 5 players (50%), classification of not enough as many as 3 players (30%) and no There is winning player \_ classification Good once and less once.

From the table above can be seen that winning player classification Good as many as 2 players (20%), classification currently as many as 5 players (50%), classification not enough as many as 3 players (30%) and no There is winning player classification Good once and less once.

**Table 8.**  
 Normality test

Group	Variable	Statistics	Sig.	Information
Experiment	<i>Pretest</i>	0.180	0.200	Normal
	<i>Posttest</i>	0.165		Normal
Control	<i>Pretest</i>	0.194		Normal
	<i>Posttest</i>	0.165		Normal

From the table above it can be seen that the data on the results of the *passing test* get a *statistical value* (Sig.) > 0.05, therefore the data in this study are normally distributed

**Table 9.**  
 Homogeneity Test of Pretest Data Results

Group	Variable	df 1	df 2	Sig.	Information
Experiment Control	Pretest	1	18	0.919	Homogeneous

From the table above can be seen that homogeneity test results get a value (Sig) > 0.05 because it's group pretest data experiment and control characteristic homogeneous.

**Table 10.**  
 Homogeneity Test of Pretest Data Results

Group	Variable	df 1	DF 2	Sig.	Information
Experiment Control	Posttest	1	18	0.746	Homogeneous



From the table above can be seen that homogeneity test results get a value (Sig) > 0.05 because it's group *pretest* data experiment and control characteristic homogeneous.

**Table 11.**  
 Paired Sample T-Test Group Test Experiment

Pretest-Posttest	Q	Df	Sig. (2-tailed)
Group Experiment	11,440	9	0.000

Based on the table above can seen that Sig value. (2-tailed) is 0.000 < 0.05 because The results pretest and posttest group experiment there is a significant difference.

**Table 12.**  
 Paired Sample T-Test Group Test Control

Pretest-Posttest	Q	df	Sig. (2-tailed)
Group Control	1,583	9	0.148

Based on the table above can be seen that the Sig value (2-tailed) is 0.148 > 0.05 because The results pretest and posttest group control no there is a significant difference.

**Table 13.**  
 Independent Sample T Test

Posttest	Q	Df	Sig. (2-tailed)
Group Experiment and Control	3,778	18	0.001

From the table above can be seen that get Sig value. (2-tailed) of 0.001 < 0.05 because That can the researcher to conclude that there is a significant difference between the results of *posttest* group experiments and groups control.

**Table 14.**  
 Percentage Data Improvement of Group *Pretest* and *Posttest* Results Experiments and Groups Control

Group	Mean Pretest	Mean Posttest	Mean Pretest- Mean Posttest	% Increase
Experiment	91.70	111.50	19,8	21.59%
Control	91.20	92.60	1.4	1.53%

From the table above, you can see that the percentage group improvement experiment by 21.59% while in the group control by 1.53%.

## Discussion

The problems found in the Desection FC Bangkalan team when researchers made initial observations were that there were still many passes made by players aged 12-14 years that were not precisely aimed at the players who received the ball so it was difficult for players to control the ball and the ball was easily captured by opposing players. Many

passes have not been on target by players so the game becomes ineffective.

Based on the problems above, the researcher will conduct experiments using the experimental group (with treatment) and the control group (without treatment) which aims to find out how much influence small-sided games have on improving football passing from the players of Dekate FC Bangkalan. Players will carry out an initial test (pretest) which is then divided into 2 groups based on these results. The experimental group was given treatment in 16 meetings and the control group was without treatment. After that, the players do a final test (posttest) for comparison with the results of the initial test.

Small-side games are a form of training that uses a different field than the actual size of the field and a different number of players and game systems. According to (Charaka Raka Wardana, 2018) small-sided games are a form of training with a field that has a small size. aims to train in tactics, physics and techniques in football. With the implementation of this training method, it is hoped that all players will be able to improve the accuracy of passing and make the right and fast decisions in passing in a football match.

The experimental group got a pretest score with a maximum score of 117 and a mean (average) value of 91.70. If seen from the percentage of 10 players, 20% get a good classification, 50% get a medium classification and 30% get a less classification. For posttest results, there is an increase with a maximum value of 128 and a mean (average) value of 111.50. If seen from the percentage of 10 players, 30% get a very good classification, 50% get a good classification and 20% get a moderate classification. From the results above, it can be obtained an increase in the mean (average) value between the pretest and posttest results of 19.8%.

From the results of hypothesis testing using the paired sample t-test, the value of Sig.  $0.000 < 0.05$ , so the researcher can conclude that there is a significant difference between the pretest and posttest data.

For the control group to get a pretest score with a maximum value of 111 and a mean (average) value of 91.20. If seen from the percentage of 10 players, 20% get a good classification, 50% get a medium classification and 30% get a less classification. For posttest results, there is an increase with a maximum value of 112 and a mean (average) value of 92.60. If seen from the percentage of 10 players, 20% get a good classification, 50% get a medium classification and 30% get a less classification. From the results above, an increase in the mean (average) value between the pretest and posttest results can be obtained by 1.4%.

From the results of hypothesis testing using the paired sample t-test, the value of Sig.

0.148 > 0.05 therefore there is no significant difference in the results of the pretest and posttest of the control group.

For the independent sample t-test which aims to see the difference in posttest results between the experimental group and the control group, get a Sig. (2-tailed) 0.001 < 0.05. Therefore, the researcher can conclude that there is a significant difference between the post-test results of the experimental group and the control group.

Based on the calculation of the percentage of data on the results of the passing test, the experimental group had a significant increase of 21.59%. Meanwhile, the control group did not have a significant increase of 1.53%.

From the description above, it can be seen that small-sided game training is very influential in increasing the accuracy of football passing, especially for the players from Dekate FC Bangkalan. Routine and regular training is also very influential in increasing the accuracy of passing football players.

## CONCLUSIONS AND SUGGESTIONS

### Conclusions

From the analysis above, the researcher can conclude that small-sided game training has a significant effect on increasing the accuracy of passing for the players from Dekate FC Bangkalan. This was proven by a comparison of the final test results between the experimental group and the control group.

### Suggestions

1. The small-sided games training method can be a guideline for coaches to improve the passing accuracy of football players. This form of practice can be modified so that the players will not feel bored.
2. In doing this exercise, adjust the dose of exercise according to age or age level.
3. For further research, the researcher hopes to use this research as a guide to explore the small-sided games training method.

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