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The Effect of Drill Form To The Wall on The Accuracy of Passing The Inside Foot of PERBI FC Football Players

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ABSTRACT

This study aims to solve the problem of drill training forms on the accuracy of passing the inner foot so that players have good passing quality and are right in the direction of the ball's goal. The sample of this study is PERBI FC Football players in the Bandung Regency area. The number of samples of this study is 30 PERBI FC players, this research test consists of 1 type, namely the inner foot passing accuracy test where the accuracy of passing must be measured, and the passing accuracy test with a distance of 10 meters. Lack of passing accuracy in the game of football, this drill exercise can have the right influence on the accuracy of passing in the football game. In line with the title of the research that the researchers took, this study uses the Experiment method with the research design using one group pretest-posttest design, because to find out the influence and magnitude of the influence of the results of the research taken. The results of research conducted by researchers about the Effect of the Form of Drill Drill to the Wall on the Accuracy of Passing the Inside Foot of PERBI FC Football Players in football games, the amount of influence is 0.01.

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AUTHORS' CONTRIBUTION

- A. Conception and design of the study;
- B. Acquisition of data;
- C. Analysis and interpretation of data;
- D. Manuscript preparation;
- E. Obtaining funding

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INTRODUCTION

Football is the most popular team sport in the world because as much as 4% of the world's population is actively involved in this game. The sport of soccer requires players to control the ball, put the ball into the opponent's goal, and keep the goal so that the opponent's ball does not go in. To achieve mastery in soccer, players need basic game techniques as the main capital.(Fajrin et al., 2021) . Football is a very popular sport and in demand by many people wherever they are. We can feel it from the reality that occurs in the sport of football that this game is increasingly advanced and gets the most followers in the world. The game of football is very popular when compared to other sports. A team that is said to be good, strong, and tough is a team consisting of players who have a good basis for playing football and are able to work together, demonstrate good individual



technique and have a good vision of playing.(Firman I et al., 2018)

Football is a ball game played by two teams of eleven people each. To be able to play this game perfectly then a soccer player must master some basic techniques in this game. This technique is a fundamental thing that must be mastered by a footballer. In the game of soccer which is the basic technique of playing ball, namely kicking, holding, dribbling and passing. The two keys to success in football are mastery and the ability to apply basic techniques consistently and effectively.(Kristina, 2018)

Football is a team game where each player has their own duties, such as defender, midfielder, forward and goalkeeper. The tasks are listed as well as support by mastering the technique very well. The basic techniques of football are very mastered and understood every football player. Soccer movement techniques consist of various basic skills such as running, dribbling, passing and shooting, which are also called technical skills(Bozkurt et al., 2020). A goal is counted if the ball has all crossed the goal line. Each player tries to get the ball in by making a pass(Gonçalves et al., 2017).

Players who have good basic technique will tend to be able to play football well as expected. Some basic techniques that need to be mastered are kicking, stopping, dribbling, heading, and grabbing. So that sports achievements will be achieved as desired (Mahfud et al., 2020). And as for according to (Ridwan et al., 2017). The basic techniques of football games include heading, stopping, shooting, dribbling, controlling, tackling, goal keeping, throw in and passing. The goal of the soccer game is that players try to put as many balls as possible into the goal.(Kismono & Dewi, 2021)

The drill method of an activity does the same thing, repetitively in earnest with the aim of strengthening an association or perfecting a skill so that it becomes permanent. The distinctive feature of this method is the activity in the form of repeated repetition of the same thing so that it can be concluded that drill is an exercise with practice that is done repeatedly or continuously to gain practical skills and dexterity about the knowledge learned.(Subarja et al., 2022).

According to (Irawan et al., 2020) explained that "The drill method is a training method that is in accordance with the problems that occur because the drill method is one method to increase awareness about various factors related to motion, namely awareness of time, force and space. Children are directed to be able to feel the speed of movement, feel the forces that cause and inhibit movement, and feel themselves in a spatial environment". Exercises that are carried out repeatedly in order to improve the technique gradually, because in the learning process can gain dexterity in improving skills and proficiency well".

Passing is one of the basic techniques of playing football that is very complex or important that is often done in the game of football and most football games are done by passing. Basically, basic passing techniques are useful for passing the ball to friends or connecting one player's ball to another in an attempt to build an attack and then score a goal. Because the main goal of the football game itself is to win the game by scoring as many goals as possible against the opponent's goal. To improve the ability to master basic passing techniques in football, training is very influential on the quality of mastery

of basic techniques to obtain an achievement (Subarja et al., 2022). There are several ways in passing techniques using feet, namely 1. Passing with the inside of the foot. 2. Passing with the outer side of the foot. 3. Passing with a turtle foot. (Pieter Pelamonia & Putra Hutapea, 2020).

This passing technique is very important because this soccer sport is essentially to be the best relying on teamwork through passing techniques used for teamwork. There are also many kinds of passing techniques, but what is often used in soccer games is passing using the inside foot. Basic passing is done using the inner foot. Passing using the inner foot is also the easiest pass to learn and the easiest to use when playing soccer. In playing football, when a player passes to a friend, accuracy or accuracy is needed which will determine the success rate of the passing. Passing is a very important football-playing skill to obtain victory. (Irawan et al., 2020).

With the profile of the PERBI FC Football team located in Bandung District, Cileunyi District, Cinunuk village in the blue gem housing. By having infrastructure facilities that are quite complete including synthetic fields, complete training equipment, changing rooms, canteens. PERBI FC is a club that was established in 2009 and has also been registered as a member of PSSI West Java.

METHODS

The method used in this study is an experimental method, which is a method that will find causal factors, control events in the interaction of variables and predict the results at a certain level (Tarju & Wahidi, 2017). The research design used is *One-Group Pretest-Posttest Design* (Asmawati et al., 2018). The research sample was 30 PERBI FC Football players. This research was taken on prior observation or survey, which was taken previously with a lack of accuracy or accuracy of passing on PERBI FC players. This research wants to see the passing of PERBI FC Football players by doing *Pre-test* Beginning by kicking the ball with a distance of 10 meters and having to pass the cones that have been provided, with treatment practice passing to the wall for 8 times treatment with ending *Post-test* or a final test to see whether or not the treatment given during 8 meetings affects the passing accuracy of PERBI FC Football players.

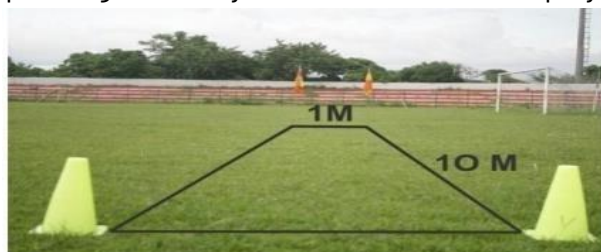


Figure 1.
Passing test using targets

The purpose of the short passing test to the target is to measure the accuracy skill of short passing in a predetermined direction. The steps for implementing the test are as follows:

- The teste stands behind a ball placed at a point 10 meters in front of the goal or target.
- The teste is given a cue from the tester to prepare to make a kick.
- Teste was given 10 kicking opportunities. That is 5 times using the inner right foot and 5 times using the inner left foot.

The movement is declared a failure if the ball goes off target or hits the ball not at a distance of 10 meters from the target. The method of assessment is to calculate the success of the testee kicking towards the specified target with the number of kick attempts as many as 10 kicks and when the ball goes in gets a value of 1 and when the ball comes out gets a value of 0.

RESULTS AND DISCUSSION

Result

The results of the calculation of the *Paired Sample T-Test* in the study The effect of the form of drill exercises to the wall on the accuracy of passing the inner legs of football players with a sample of 30 people.

Table 1.
Normality Test

	Zscore: pretest	Zscore: posttest
N	30	30
Asymp. Sig. (2-tailed)	.280	.287

Based on the normality test conducted using Kolmogorov-Smirnov, the normality test result at the time of the pre-test was 0.28, while at the time of the post-test it was 0.29. It can be concluded that the pre-test and post-test data are Normal distributed because the significance value is obtained $> \alpha$ (0.05) so that H_0 is accepted. After conducting the normality test, continue to calculate the homogeneity test which aims to find out that the data obtained is Homogeneous or Inhomogeneous.

Table 2 .
Test of Homogeneity

Levene Statistic	df1	df2	Sig.
4.015	1	58	.050

Based on the homogeneity test results on *pre-test* and *post-test data*, the sig value $(0.05) > \alpha$ (0.05) so that the data is Homogeneous.

Table 3.
Paired Samples Test

	t	Df	Sig. (2-tailed)
Pretest - Posttest	-29.618	29	.001

Based on **Table** it can be concluded that the Sig value $(0.001) < (0.05)$, it can be concluded that H_0 is rejected, which means that in this study there is an

influence of the form of drill training to the wall on the accuracy of passing the inner foot of PERBI FC soccer players, then a normality test was carried out to see the data obtained distributed Normal or Abnormal.

Based on the processing of the data above, it can be concluded that the effect of the form of drill training to the wall on the accuracy of passing the inner foot of PERBI FC Football players, and the magnitude of the influence is $(0.001) < (0.05)$ which means H_1 Accepted and H_0 Rejected.

CONCLUSION

The conclusion of this study is that the form of exercise with the treatment drill method to the wall has a significant effect from the initial pre-test and post-test completion in the study. The effect of the drill form to the wall on the accuracy of passing the inside foot of PERBI FC Footballers.

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