

## Exploration of Passing Training Methods in Futsal Games: Review Study

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### ABSTRACT

The purpose of this study is to determine the passing training method for ball passing skills in futsal. The training method is a scientific way to provide programmed treatment to improve athlete talent, athlete skills and athlete physical condition according to the sport being played. Good passing technique allows the team to maintain ball control, build attacks, and create scoring opportunities. It was concluded that there was a significant positive relationship between the level of passing training method and ball passing skills. This further indicates that the better the level of a player's training, the better his skills in passing the ball. These findings provide important implications for developing various training programs and focusing on improving ball passing skills.

**Keywords :** Method; Passing; Futsal

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- A) Conception and design of the study;
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### INTRODUCTION

Sport is one of the physical activities that is done regularly with the aim of improving physical fitness, maintaining health, and improving the quality of life. In addition to being beneficial for physical health, sport also has many positive impacts on mental health, such as reducing stress. Therefore, sport should be made part of a daily lifestyle to achieve a healthier and more balanced life. According to (Mora, Firlando, and Salman 2021) Sports are a necessity for humans. This is because humans are creatures that move. Humans in carrying out their activities are never separated from the process of movement, because there is no life without movement. In its implementation, sports are physical activities that are universal because sports can be done by all levels of society regardless of differences in ethnicity, race, religion and educational background, economic status or gender.

Sports activities are one form of efforts to improve the quality of human resources of the Indonesian nation. The success of national development is greatly influenced by the quality of human resources. Sports coaching and development are part of efforts to improve the quality of Indonesian people. (SN and Setiawan 2020). One of the supporting factors to improve the quality of human resources is influential, because with sports humans can improve physical

fitness and maintain health. In addition to maintaining physical fitness, sports can also be used as a means of achieving achievements, therefore sports really need special attention and coaching in an effort to find new seeds and improve athlete achievement. All sports require the ability to master techniques, tactics, strategies, mentality, as well as supporting facilities and infrastructure in training and games. The most popular sport among the public at this time is football (Utomo and Indarto 2021). As a comparative sport, it is only right that its development and coaching should be carried out continuously through a well-planned and programmed training process that is supported by science and technology about sports, in the sense that the development of competitive sports for athletes must be directed towards the goals that are to be achieved both at the regional and national levels. (Haikal and Gazali 2024).

Futsal games provide benefits for body endurance because in playing futsal almost no one stays still, a player will run in all directions on the field, creating high tension and must have very good body endurance. (Suryadi, Maulana, and Saputri 2021). Futsal players are a popular sport and are widely loved by teenagers today. This is marked by the emergence of many futsal clubs, not only in big cities but also in villages. Several futsal championships or tournaments have been held, both in general and inter-school categories. Many schools have finally responded to this phenomenon by holding futsal extracurricular activities as a forum for students who are interested in this sport to achieve achievements. (Husyaeri and Saleh 2022). In futsal games there are basic techniques that must be mastered by players, such as passing, control, dribbling, and shooting techniques. From these basic techniques, futsal games can be formed. In addition, futsal is a team sport whose game is very fast and dynamic, a high collectivity will raise achievements (Sasmita and Hartati 2023). Playing futsal, the basic techniques of the game need to be mastered by each player. The goal of this game is to put the ball into as many goals as possible. As in football, the goal of futsal is to put the ball into the opponent's goal as much as possible, so the basic skills that need to be mastered by a futsal player are how to kick the goal correctly. Kicking the goal requires precision and calmness when doing it so that the ball can hit the target and produce a goal. (Lestari, Ni Kadek Yuni and Laksmi 2020).

According to (Noviada, Kanca, and Darmawan 2014) Passing and control itself is a very important basic technique in futsal, it can be said that if someone cannot do passing and control, then that person will not be able to play as a professional player. In futsal, the continuous movement of players also causes players to have to continue to pass, almost ninety percent (90%) of futsal games are filled with passing. Players who do not have good passing and control skills, the appearance of the player will not be as expected, so in order to get good basic passing and control techniques, special training is needed to achieve it so that in the futsal game it is more optimal. Basic passing techniques are the initial stage for students to learn the game of futsal. The results of the study showed that good passing skills can support futsal games better and make it easier to create goals into the opponent's goal. (Agustan and Hidayat 2021).

From the above expression, Passing is one of the basic techniques that is very important in futsal. Good passing technique allows the team to maintain possession of the ball, build attacks, and create scoring opportunities. In futsal, there are several types of passing, namely passing with the inside of the foot, the outside of the foot, and the tortoise foot. Each technique has a different function and use according to the game situation. Choosing the right passing technique will increase the effectiveness of the game and team cooperation. Therefore, understanding passing techniques is very necessary in futsal to improve individual or team performance.

According to (Adhi, Sugiharto, and Soenyoto 2017) The training method is a scientific way of providing programmed treatment to improve the athlete's talent, athlete's skills and the athlete's physical condition according to the sport being played. There are ten components of physical condition that must be met in sports and their fulfillment is adjusted to the sport being played by the athletes. The ten components of physical condition include cardiorespiratory

endurance, muscle endurance, muscle strength, flexibility, body composition, speed, agility, balance, reaction speed and coordination. The training method is one way to improve sports performance. One of them is the drill training method and the training method by playing. In its development, this training method is often applied in certain sports.(Adhi, Sugiharto, and Soenyoto 2017).

## METHOD

The author conducted a literature review using the traditional literature review method. Traditional literature review is a comprehensive, critical, and objective analysis related to science or knowledge on a particular topic that does not have specific research questions or special methods in the literature search strategy. In this literature review, the author analyzes the relationship between passing training methods and passing skills in futsal players. The variables used are passing training methods and passing. The population is all literature sources related to the topic of this literature review. While the sample is all research sources with the topic of passing training methods on passing in futsal players that meet the inclusion criteria.

The inclusion criteria for this literature review are articles that have titles and contents that are relevant to the purpose of writing, research articles published nationally or internationally, research articles published in 2010-2024, full-text research articles, research articles indexed by Scimago Journal and Country Rank (SJR) and Sinta (Science and Technology Index), and research articles that have levels of internal validity of at least category B (limited) according to critical appraisal.

The literature review search strategy is to analyze or summarize several articles or research journals related to the questions and objectives of the writing. Literature search is the process of searching in depth for published information on a topic. Literature search aims to obtain as many scientific publications on a topic as possible.

The search method for this literature review data source is obtained from a literature study that has been published through electronic databases including Google Scholar, Garba Digital Reference, Science Direct, PubMed, and various other journal sites as well as books and other written data related to the title of this writing. The keywords used in this literature search are: "methods and passing", The literature sources used are literature published in the last 8 years, namely 2012-2020 and selected using inclusion criteria.

## RESULTS

The author conducted a literature review of six published research journals related to the title of the article. The articles were found in the electronic databases Google Scholar and Garba Rujukan Digital.

**Table 1.** Source data paper

| No | Title  | Author & year   | Method     | Research results   |
|----|--|-----------------|------------|--|
| 1  | Basic Active and Passive Passing Training Methods to Improve Skills in Futsal Extracurricular Activities | (Khoiruzi 2022) | Experiment | The test was conducted to determine whether there was an effect given from the provision of treatment to the variables studied. The provision of small-sided games training had an effect on passing accuracy in extracurricular futsal students. Furthermore, other studies conducted, that the reward for small-sided games training increased the |

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|   |  |   |            | convoy of better and more structured player positions.  |
| 2 | The Effect of Triangle Passing and Zig-Zag Passing Exercises to Improve Passing Techniques in Futsal Extracurricular Activities at SMA Negeri 2 Kendal | (Wiranto, Prastiwi, and Fahmi 2021)     | Experiment | Shows that the underhand passing exercise with a wall target has an effect on the passing technique ability of the futsal extracurricular participants of SMA Negeri 2 Kendal. After being given underhand passing exercise with a wall target, the average passing technique ability of the respondents was 43.83 where previously it was only 41.5 or an increase of 5.62%. Through underhand passing exercise with a wall target, players are able to direct the ball well so that the accuracy in passing is more focused.  |
| 3 | The Effect of Resistance Band and Plyometrics Training Methods on the Passing Ability of Futsal Extracurricular Students at Sma Pgri 2 Palembang       | (Syahab, Manullang, and Handayani 2023) | Experiment | The effect of resistance band training on students' futsal passing ability because the Sig value is $0.530 > 0.05$ with the contribution of the influence of resistance band training is 76.2%. b). There is an effect of plyometrics training on students' futsal passing ability because the Sig value is $0.107 > 0.05$ with the contribution of the influence of plyometrics training is 62.6%. c). There is a difference in the resistance band training group and plyometric training before and after being given treatment on the passing ability of extracurricular futsal students at SMA PGRI 2 Palembang because the sig value is 0.177 is greater than 0.05. |
| 4 | The Effect of Zig-Zag Crossover Shuffle Passing Training on Increasing the Agility Results of Osram Futsal Players                                     | (Wardani 2022)                          | Experiment | There is an Effect of Zig-Zag Crossover Shuffle Training on Increasing the Agility Results of Osram Mataram Futsal Players in 2020. The t-value of X (agility) is 5.933, the simultaneous value between Y and X draws the conclusion of the table analysis at a significant level of 5% with a sample size (n-1) of 11, which is 1.796. So it can be concluded that "there is an Effect of Zig-Zag Crossover Shuffle Training on Increasing the Agility Results of Osram Mataram Futsal Players in 2020". seen from $t\text{-value} > t\text{-table}$ ( $5.933 > 1.796$ )" is accepted.   |
| 5 | Efforts to Improve Basic Futsal Passing Technique Skills Using the Drill Method  | (Sugiarto, Tomi, and Fauzi 2022)        | Experiment | In cycle 1 and cycle 2 on the application of the drill method on basic futsal passing techniques, there has been a significant increase, namely entering the very good category with a percentage of 83%. The first 3 weeks for cycle 1 and the second 3 weeks for cycle 2. The results   |

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|   |  |  |                   | <p>were obtained in the last week, it was found that the basic passing technique skills of futsal extracurricular participants at SMA Negeri 3 Kediri had increased. The level of success has reached the criteria for completion of the good category with a percentage of 83%.</p>   |
| 6 | <p>The effect of training methods and eye-foot coordination on futsal passing skills at BKMF Futsal FIK UNM</p>    | <p>(Kurniawan 2023)</p>                            | <p>Experiment</p> | <p>This study uses an experimental method involving independent variables, namely drill training methods and tactical training methods and eye-foot coordination, while the dependent variable is passing skills in futsal games for BKMF Futsal FIK students, Makassar State University. (1) The drill training method has a better influence than the tactical training method on passing skills in futsal games, (2) There is an interaction between the drill training method and the tactical training method and eye-foot coordination on passing skills in futsal games. (3) The drill training method has a better influence than the tactical training method on passing skills in futsal games for athletes with high eye-foot coordination, (4) The drill training method has a better influence than the tactical training method on passing skills in futsal games for athletes with low eye-foot coordination.</p> |
| 7 | <p>The Influence of Small Games Based on Motor Educability Levels on Motivation and Futsal Game Passing Skills</p> | <p>(Syahrial, Sudijandoko, and Priambodo 2020)</p> | <p>Experiment</p> | <p>Shows that the pretest and posttest data from the analysis using SPSS, each group, namely (a) the treatment group using small games based on high and low motor educability towards learning motivation obtained an average of 06.31% and for futsal passing obtained an average of 06.90% with sig &lt;0.05. (b) the control group did not use small games based on high and low motor educability towards learning motivation obtained an average of 01.37% and for futsal passing obtained an average of 01.40% with sig &gt; 0.05.</p>  |
| 8 | <p>Contribution of exercise variations to basic passing skills in futsal games</p>                                 | <p>(Hidayat et al. 2024)</p>                       | <p>Experiment</p> | <p>Treatment of passing variations on a group of orangiro teams after being given treatment or treatment for 16 meetings in one week three meetings on the orangiro team. In this study, the researcher concluded that there was a contribution in the form of improving basic passing techniques on</p>   |

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|    |   |   |   | the 2020 orangi-ro team, this was indicated by the t count being greater than the T table $12,080 > 1.729$ . The average pretest value was 14.4 and the average posttest was 22.6.  |
| 9  | Improving Passing Efficiency in Futsal                                      | (Irawan et al. 2024)                        | correlational                                       | That the explosive power of the leg muscles plays a fairly large role<br>The passing ability of futsal players of Rajawali Gorontalo is 57.91% of their performance. The correlation value of 0.761 exceeds the expected value at a significance level of 0.05, and the t-value of 4.058 is also statistically significant. Thus, the hypothesis proposed in this study has been supported by data analysis.  |
| 10 | The effect of small sided games training method on passing skills in futsal | (Halimah, Nurwansyah, and Purbangkara 2023) | pre-experimental designs one group pretest-posttest | data analysis and testing hypothesis of the average before treatment and after treatment experienced a significant increase from six point three to seven point eighty three. Meanwhile, the results of the hypothesis testing calculation obtained a significance value that was less than the significant level ( $\alpha$ ). The results of the descriptive statistical calculation on the mean pretest and posttest passing, it can be concluded that there is an influence of the small-sided games method in improving passing skills in the futsal extracurricular at SMAN 1 Lemahabang. It can be seen from the learning of futsal passing techniques with the form of basic playing concepts that it can influence the results of the futsal passing test of students who take part in the futsal extracurricular at SMAN 1 Lemahabang.<br>Statement |

The author found that the seven articles used had similarities regarding the variables analyzed in his research. All articles found had the same dependent variable, the variable was ball passing. However, there were differences in the number of samples used in each article.

Based on the results of the analysis of the three articles. The article is "The effect of the small-sided games training method on passing skills in futsal games" written by (Halimah, Nurwansyah, and Purbangkara 2023). That the application of the small sided games method has a good influence on improving futsal passing skills, the influence is shown by an increase after being given treatment for ten meetings, as many as four students thirteen point three percent have a moderate category, seventeen students fifty-six point seven percent have a good category, and nine students thirty percent have a very good category, after observing the increase in student learning outcomes with the effect of applying the small sided games method, student learning completeness has an influence from three to seventeen students out of a total

of thirty students, the results of the influence of futsal skills using the small sided games method are better than students who learn with a conventional approach.

According to other article sources found by the author, giving a variation treatment of passing to a group of orangiro teams after being given treatment or treatment for 16 meetings in one week three meetings on the orangiro team. In this study, the researcher concluded that there was a contribution in the form of improving basic passing techniques on the 2020 orangiro team, this was indicated by the t count being greater than the T table  $12,080 > 1.729$ . The average pretest value was 14.4 and the average posttest was 22.6 (Hidayat et al. 2024). Accuracy as a motor skill is a component of physical fitness that is needed in children's daily activities. Accuracy can be in the form of movement (performance) or as accuracy of results (results). Accuracy is closely related to the maturity of the nervous system in processing input or stimuli that come from outside, such as being accurate in assessing space and time, being accurate in distributing energy, being accurate in coordinating muscles and so on. (Rosita, Hernawan, and Fachrezzy 2019). The purpose of passing is to give or pass the ball to a friend. Good and correct passing is very much needed in futsal, because by being able to master this technique it will make it easier for our friends to receive the ball that we give. While control (stopping) aims to stop the ball effectively. With effective stopping techniques, the team will be able to build a very effective defense and attack (Rizky and Zulkifli 2023).

Based on the results of the analysis of seven articles found by the author and used as the main source in this literature review and several other supporting articles, the author revealed that the futsal passing training method has a relationship with passing skills in futsal players. This is supported by the research results that have been obtained in each article.

## CONCLUSION

Based on seven articles in the form of research journals that have been analyzed by the author related to the title of the writing, namely the relationship between passing training methods and passing skills in futsal players, this literature review concludes that there is a relationship between passing training methods and passing skills in futsal players.

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## CONFLICT OF INTEREST

I declare that in preparation and implementation article This No there is conflict interests that can influence objectivity and integrity from the results obtained.

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