

## The Effect of Pair Passing Exercise using the Inside Feet on Accuracy Results School Football Player Passing

Desi Fatmala<sup>1AB</sup>, Muarif Arhas Putra<sup>2BC\*</sup>, Deri Putra<sup>3C</sup>, Lolia Manurizal<sup>4D</sup>

<sup>1234</sup>Faculty of Teacher Training and Education, University Pasir Pengaraian, Rokan Hulu, Indonesia

### ABSTRACT

This research was conducted because the researchers saw the low level of passing accuracy of the Singa Muda school football players (SSB). This research is a quasi-experimental research method followed by looking at the contribution of variable X to variable Y. The population in this study were 18 Singa Muda Football School (SSB) players using the Purposive Sampling technique. This research was conducted at Rambah Muda DU-SKPD football field with the method of pair passing training using the inside of the foot and taking a kick and holding the ball test. In this study, the data analysis used was the normality test analysis using the Lilliefors method, homogeneity and hypothesis testing using the t test. From the results of the analysis of the hypothesis testing of the measurements carried out on the pre-test and post-test with the same test, namely kicking and holding the ball, statistical calculations were carried out according to the formula used (t test) obtained tcount 3,249 > ttable 1,740, which means Ho is rejected and Ha is accepted. These results mean that there is an effect of pair passing exercises using the inner legs on the passing accuracy of Singa Muda Football School Players (SSB). The conclusions in this study are as follows: Paired Passing Exercises Using the Inner Legs have a Significant Effect on the Passing Accuracy of Singa Muda Football School Players (SSB)

**Keywords:** Paired Passing; Exercises; Inside of the Leg; Passing Accuracy

### Corresponding author:

\*Muarif Arhas Putra, M.Pd, Universitas Pasir Pengaraian, Tuanku Tambusai Kumu Desa Rambah 28560. Email: [muarifarhasputra@upp.ac.id](mailto:muarifarhasputra@upp.ac.id)

### Article History:

Submitted: January, 2024  
Accepted: February, 2024  
Published: February, 2024

### 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.

### Cite this article:

Fatmala, D., Putra, M. A., Putra, D., & Manurizal, L. (2024). The Effect of Pair Passing Exercise using the Inside Feet on Accuracy Results School Football Player Passing. *Indonesian Journal of Sport Management*, 4(1), 133-145. <https://doi.org/10.31949/ijsm.8688>

## INTRODUCTION

Sports in Indonesia have an essential role in shaping the nation's character. Sports are loved by everyone, both adults and small children. This sport can shape the moral and social character of everyone who plays sport. This is by Law Number 11 of 2022 concerning sports, article 4, which states that: "Sports aims to: (a) maintain and improve health and fitness, achievement, intelligence, and human quality, (b) instill moral values and noble character, sportsmanship, competitiveness, and discipline, (c) strengthen and foster national unity and unity. , (d) strengthening national resilience, raising the dignity and honor of the nation, and (f) maintaining world peace". Based on the opinion above, it can be concluded that sports can improve health and physical fitness, increase intellectual performance, instill moral and moral values for sportsmanship, foster unity and unity, and strengthen national resilience to maintain world peace. Sports is not only about how we can play sports games well, but sports can make someone instill morals in everyone, as well as foster a high sense of sportsmanship in sports.



The Author(s). 2022 **Open Access** This article is licensed under a **Creative Commons Attribution-ShareAlike 4.0 International (CC BY-SA 4.0)**, which permits use, sharing, adaptation, distribution and reproduction in any medium or format, as long as you give appropriate credit to the original author(s) and the source, provide a link to the Creative Commons licence, and indicate if changes were made. The images or other third-party material in this article are included in the article's Creative Commons licence, unless indicated otherwise in a credit line to the material. If material is not included in the article's Creative Commons licence and your intended use is not permitted by statutory regulation or exceeds the permitted use, you will need to obtain permission directly from the copyright holder. To view a copy of this licence, visit: <https://creativecommons.org/licenses/by-sa/4.0/>

The sport most popular among people in Indonesia is football. Football can unite various ethnicities, races, and religions without any differences. The game of football can bring people together between players and supporters. As we know, football become game interesting and enjoyable for the public to watch, as well as many tournaments held in various areas, like tournaments among the most famous villages for players. Football is not allowed to play in the national league. Football is a team played by 11 people. One squad: Inside play football is played 45 minutes x 2 (90 minutes ) during the whole game. In the game of football, everyone is inside. One team has a role, each in defense and attack because the objective game football That Alone is to reach the goal as much as possible to goal against For reach victory.

Passing becomes important in in-game football because, with the accurate ball passing to a friend, one team will be more easily controlled by the player, so the ball is not easily free or captured by the opponent. This good passing with minimal errors will make the game more interesting to watch. For practice, passing a good one needs to be done. We know that many methods are used for practicing passing, one of which is passing with friends. Passing together, Friends will feel more fun and test the compactness between players when passing. Passing practice pairs also train the ability to control the ball calmly because they will become used to passing together with passing-together friends and can also increase the accuracy of passing players. Doing this will make exercise variety and practice monotonous, making the player increasingly enthusiastic about exercise. Pair passing practice is one \_ effective way \_ to increase the accuracy of passing a player because, with exercise, This player becomes used to passing together Friends so that the player does not become clumsy in passing.

School Singa Muda Football (SSB) was founded on January 28, 2022. SSB Singa Muda carried out regular exercises 3 times a day, One Sunday, namely on Wednesday, Saturday, and Sunday. The elections timetable exercises this so it doesn't hit with activity school because the children who play at SSB Singa Muda are the children who were still sitting on my bench school, so coaches and administrators must adapt timetable exercise with the players still \_ undertaking formal education, following structure management of SSB Singa Muda Simpang D.

Based on the researcher's observations do it on February 19, 2023, together with coach Mr. Robert ParnandesPanggabean in a session exercise with Young Lion SSB players who will the researcher make object study this researcher is interested in researching at SSB Singa Muda because SSB Singa Muda is very active in developing the players. In the researcher's observations, the researcher sees That many players still make errors when passing. It is one of those passes that made \_ SSB Young Lions players inaccurate in the game and rejected measuring players' ability to control the ball.

There can still be Lots of players who aren't capable of passing well or in a way appropriate to a friend; at the moment of the game, Lots of players do error passing, and one of them is passing does not go to a friend, passing which is too strong. Hence, the ball is difficult to control by the player, careless passing \_ the ball doesn't directional, deep exercise passing. This coach gives monotonous training \_ . Hence, the players are bored Because training is given \_ for each exercise. The same is true for the lack of variation in practice; with the lack of variation exercises, the player becomes less severe and feels fed up, so the players often make fundamental errors in passing the moment exercise.

Passing often goes wrong, so that player usually loses the ball. Doing passing requires good technique \_ in contact with the ball with the foot and position. Being ready to receive the ball becomes very important at the moment. Controlling the ball does not cause errors, so player No can pass the ball back to Friend One, his team. Passing is a must be done by all players in the team, so everyone should \_ have the ability to do good passing \_ so the player does not capture the ball.

## LITERATURE REVIEW

### *The Nature Of Football*

Fahrevi et al. (2022:15) stated that sports have become very popular over time with the development of the world of sports. Sport football Alone has its purpose: to reach victory with as many goals as possible, to fight and guard against the conceded goal from the team. Football is A popular game and very popular with everyone in Indonesian society; good old young game football is carried out in cities \_ big and in remote areas villages ( Ridlo et al.,2019: 101).

Aprilianto et al. (2022: 157) stated football is one of the branch sports played \_ in a way, team or team, where team or playing team \_ is good, and discipline will do capable do Solid gameplay and meaningful structure team or team own good cooperation. \_ Meanwhile, Nugroho and Rohadi (2020: 174) stated Football is a game team; each team consists of eleven players, one of them is a guard wicket; the game uses feet except the guard goal can use their hands in the area the punishment. Football is a game played with a road kick, which aims to put the ball into the goal against maintaining it so that it doesn't concede it (Idris et al., 2023: 20).

Based on these opinions, experts can conclude that playing football requires a solid team and good cooperation. Of the 11 Football players, 1 goalkeeper and 10 players worked in their respective positions. And of those 11 people, only the goalkeeper who can use their hand now plays football.

Son (2020: 66) stated that football is a game team; therefore, That Works. The same squad needs game football, which is a must for everyone who wants victory. Game Football is \_ a game being played in time \_ for 2x45 minutes (standard time ); each team consists of 11 ( eleven ) people plus 7 players backup, and every player tries To create a goal as much as ( Janiarli and Manurizal 2022: 114).

Based on expert opinion \_ we can conclude that playing football requires working for The same team. For success, game football. Game Football is top-rated, with everyone in circles public. Deep engineering plays football, controlled by the player, which only passes and kicks. The technique of passing the ball is often mentioned as passing the ball. Passing technique: this is necessary For distributing the ball to the Friend One team. All players who play football must master the passing technique to be established. Work The same good team.

### *The Nature Of Passing*

Play football to get a good game \_ requires accuracy—good passing \_ in-game football. Accuracy Passing is the ability of someone direct the ball or Move the ball to a friend. One team is accurate, so the ball is easy for friends to reach and control. Prasetyo and Putro (2021: 35) stated that passing the ball ( Passing ) is a technique based on a lot of football used in game football . Passing the ball is a very necessary ability. It is Very good technique to get it appropriate give the ball a target , with Accurate passing \_ somebody player Can run to room open and controlling game

moment build a game strategy . Whereas Yudistira , Mudian&Risyanto (2018:191) explain in game football one \_ technique the most dominant basis used is Passing . Passing in game football has \_ objective that is pass the ball to a friend One team to get it create space , so player can create goal to goal fight and get maintain area defense for player endure .

Aidil and Asmuddin (2019: 2) stated that according to its function utility Passing including : (1) passing , (2) shooting the ball to goal , (3) clearing , and (4) kick-off special . Passing is Pass the ball to a friend . Passing or operand own understanding operand to Friend or a passed ball from One player to other players in One squad , Nugroho and Nurhadi (2020: 176) stated that ability Passing become must for a player football . Accurate passing \_ can used team For create room motion with connect player one and player others . The best passing done using feet, however part body others can too used, Hasyim and Syafii (2022: 123).

From expert opinion \_ on so can We conclude that Passing No only just smart or Can distribute the ball to friend , will but Passing become or have very important role in game football , mistake Passing or Passing is not accurate will make We loses the ball and the ball is controlled by the opponent . Good passing \_ is Direct the ball to your friend 's strongest foot One which team is here? player must know which leg is the strongest from Friend One his team , so error Passing can be minimized , because with error Passing will have a lousy impact \_ to team That Alone provides profit to team opponents who can exploited by opponents For print goals and control the way match . Increase accuracy Good passing \_ need done exercise in increase accuracy The passing.

### ***The Nature Of Practice***

Practice is a person's process in do something work with systematic and effective For reach maximum improvement and results . \_ Exercise is a practice process that is carried out in a way systematic in a way over and over again day burden the practice increasingly increase , (Sin, 2020:28). Whereas Prasetyo and Putro (2021:35 ) originating training from the word practice is activity For increase exercise skills \_ \_ \_ with use various equipment in accordance with goals and needs branch sport . Nugroho and Ruhadi (2020: 174) practice is a refinement process regulated sports \_ with nature principles \_ scientific , esp principle pedagogically , this process is planned in a way systematic increase readiness a sportsman .

Based on opinion above , yes We conclude that exercise something activities performed \_ repeatedly in \_ \_ \_ quite a long time with selecting the right exercise program with addition constant burden \_ increases , with principles planned course \_ in a way repeated For increase readiness a athlete .

Sukur ,et al (2022: 56) stated exercise is a practice process that is carried out with systematic and repetitive with \_ the burden given in a way progressive . Plus , practice \_ is efforts made \_ somebody For prepare self in effort For reach objective certain . term exercise originate from the English word that can \_ contain a number of meaning such as : practice, exercises, and training. Understanding originating exercise \_ from the word practice is activity For increase exercise skills \_ \_ \_ with use various equipment in accordance with goals and needs branch sports , ( Ridlo , Basri, & Ramadhan, 2019:102).

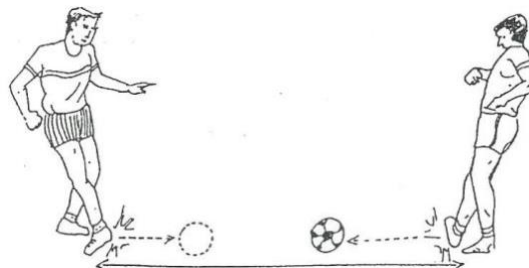
Exercise is activities carried out by each athlete For develop ability the basis that he have , then with athletes ' training can self in face upcoming match \_ faced ,

Kurniawan, Hasibuan & Heri (2023:13). Hasyim and Syafii (2022: 123) stated train in a way continuously without exists variation different exercises \_ can bring up effect bored at the moment exercise . Whereas Aprilianto , Roesdiyanto & Taufik (2022:157) stated exercise is one of the structured and planned activities \_ in increase motion body .

Based on expert opinion \_ on can We conclude that exercise is a practice process \_ in a way over and over with increase Skills exercising with various tool or burden with objective exercise required , and with train in a way systematic athlete will get the thing he wants in sport or increase his abilities .

### ***The Nature of Pair Passing***

Good practice in increase accuracy Passing can done with exercise Passing pair up . Yudistira , Mudian & Risyanto (2018; 193) stated exercise Passing pair direction still is form exercise Passing is done in distance certain , ie 10 meters with position each other face to face with one ball and Passing in a way alternate with his partner . This exercise done For increase ability skill Passing at a time For increase ability control the ball from the player did it . This exercise can support ability player in feel the ball when will pass the ball to his partner , the extent of the power His passing done with distance Far . Profit from exercise This is very easy matter This done Because every player only control the ball passed to always colleagues \_ is at right in front of him.



**Figure 1.** Pair Passing Practice

Candra, Mulyono and Syafutra (2022: 380) practice Passing pair direction appropriate is exercise Passing form exercise Passing is done in distance 10 meters with position each other face to face with one ball and Passing in a way alternate with his partner . Passing with the legs inside fits perfectly done If want to pass the ball to existing colleagues \_ in close distance . \_ Whereas Ridlo , Basri, & Ramadhan (2019: 102) stated exercise Passing pair direction still is form exercise Passing is done in distance certain , ie 10 meters with position each other face to face with one ball and Passing in a way alternate with his partner .

This exercise can support ability player in ball feeling when will pass the ball to his partner , the extent of the power Passing will \_ done with existing distance . \_ Profit from exercise This is very easy done Because each player only Direct the ball to be passed to always a friend straight was in front of him , so stimulation For mean it in do exercise will influential to enhancement ability accuracy Passing , Setyia , (2022:2).

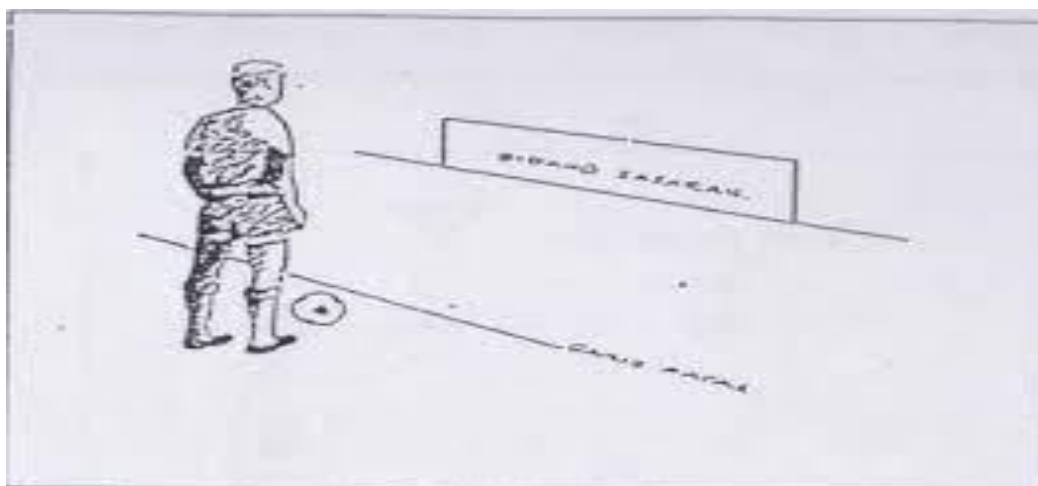
Based on expert opinion \_ on can concluded that exercise pair is exercise variations . This exercise more to enhancement touch towards the ball and work The same between team. This exercise For increase accuracy operand to friends and practice done with the distance already determined with distance 10 meters.

## METHOD

This research is a quasi experiment. Quasi Experiment is a quasi experiment by looking for the influence of the independent variable on the dependent variable by carrying out treatment by carrying out exercises. The design used in this research is "The One Group Pretest-Posttest Design" or there is no control group (Pelamonia and Hutapea, 2020: 104). The experimental method uses unseparated samples, meaning that there is only one group in the study that is measured twice, namely the first measurement (Pre-test) is carried out before the subject receives treatment, followed by treatment, which is finally closed. with the second measurement (Post-test).

Population is a collection or total of objects/subjects that will be studied/researched (Sahpitri, Janiarli and Putra, 2022: 185). The population in this study were SSB Singa Muda players, totaling 50 people. The sampling technique in this research used the Purposive Sampling technique. Purposive sampling purposive sampling is a sampling technique used by researchers if the researcher has certain considerations in taking samples or determining samples for certain purposes, (Gunawan, 2015: 60). The sample in this study was 18 SSB Singa Muda players aged 12 years. At the age of 12 years children learn to practice basic techniques (Wulandari, Syamsuramel, Destriana, 2021: 22). At this age, children still need to be trained with basic techniques, because their motor level is still being perfected. Good basic techniques will provide good soccer game results.

The data collection technique in this research is in the form of tests and measurements. The instruments used to collect data in this research are 1) Tests Kicking and Holding the Ball ( Narlan and Juniar , 2020: 123).



**Figure 2.** Test Passing and Stopping

The analysis technique used in this research is Hypothesis Test analysis aimed at determining whether or not there is an effect of pair *passing* training using the inside of the foot on the *passing accuracy* of SSB Singa Muda . To assess the effect of this method, the *dependent* t-test is used.

## RESULTS

Study held with Pre-test and Post-test carried out at the Rambah Muda DU-SKPD football field . Treatment done for 16 meetings with Frequency exercise 3 ( three ) times in One Sunday , namely Wednesday , Saturday and Sunday located at the Rambah Muda DU-SKPD football field . In chap This will discussed and presented results measurement test accuracy passing with ( kick ). For more each data is described clearly as following :

### ***Accuracy Pre-test Results Passing Players School Young Lions Football (SSB).***

For know accuracy passing so used test measurement with test kick and hold the ball , before given Pair Passing Practice Method treatment with A sample of 18 (n=18) was obtained score Maximum as big as 6, Minimum score 3, Average 4.50, Standard Deviation ( Standard Deviation ) 1.04. Description results study the served in distribution frequency with formula look for Lots class =  $1 + 3.3 \text{ Log } N$ , range = value maximum - minimum and long class with formula = range / lot class . Distribution frequency seen in the table below This :

Table 1. Distribution Pre-test Results Data Frequency Accuracy Passing Player School Young Lions SSB Football

No	Interval Class	Absolute Frequency	Frequency Relative (%)
1	3 – 4	8	44%
2	5 – 6	10	56%
3	7 – 8	0	0%
4	9 – 10	0	0%
5	11 – 12	0	0%
<b>Amount</b>		18	100%

Based on distribution data frequency above the outcome data Pre-test Accuracy School Passing Young Lions Football (SSB).in table 4.1 of 18 people , score 3 - 4 is 8 person or 44%, score 5 - 6 there are 10 people 56 % , score 7 - 8 there are 0 people or 0 % , score 9 - 10 there are 0 people or 0%, score 11 - 12 there are 0 people or 0%.

### ***Accuracy Post-test Results Passing Players School Young Lions Football (SSB).***

Based on results test accuracy passing with test measurement Test Kicking and Holding the Ball after given treatment with exercise Passing pair with A sample of 18 (n=18) was obtained score Maximum by 7, Minimum score 4, Average 5.61, Standard Deviation ( Standard Deviation ) 1.04. Description results study the served in distribution frequency with formula look for Lots class =  $1 + 3.3 \text{ Log } N$ , range = value

maximum -minimum and long class with formula = range / lot class . Distribution frequency seen in the table below This :

**Table 2.** Distribution Frequency of *Post-test* Results Data Accuracy *Passing* Player School Young Lions Football (SSB).

No	Interval Class	Absolute Frequency	Frequency Relative (%)
1	4 - 5	8	44%
2	6 - 7	10	56%
3	8 - 9	0	0%
4	10 - 11	0	0%
5	12 - 13	0	0%
<b>Amount</b>		18	100%

Based on distribution data frequency above the outcome data *Post-test* Accuracy School *Passing* Young Lions Football (SSB).in table 4.2 of 18 people , score 4 - 5 is 8personor 44%,score 6 - 7 there are 10 people56% , score 8 - 9 there are 0 people or 0 % , score 10 - 11there are 0 people or 0%, score 12 - 13there are 0 people or 0%.

**Table 3.** Summary Normality Test Analysis

No	Data Variables	N	Test	L	L <sub>table</sub>	Information
observation						
1	<i>Accuracy Passing</i>	18	<i>Pre-test</i>	0.1489	0.2000	Normal
			<i>Post-test</i>	0.1668	0.2000	Normal

Sourch : Data Processing Results August 2023

### Lilliefors test

Research data This is tested for normality with using the *Lilliefors* test , with level significance used  $\alpha$  as base reject or accept normal decision or or not something data distribution is  $\alpha = 0.05$ . In accordance with hypothesis put forward before , then criteria used  $L_{count}$  that is reject hypothesis zero , if mark  $L_{count}$  big from  $L_{table}$  means population No normally distributed . Rather , hypothesis zero accepted If  $L_{count}$  small from  $L_{table}$  means population normally distributed . Results of normality test analysis for each variable served in form table below \_ This .

**Table 3.** Summary Normality Test Analysis

No	Data Variables	N	Test	L	L <sub>table</sub>	Information
observation						
1	<i>Accuracy Passing</i>	18	<i>Pre-test</i>	0.1489	0.2000	Normal
			<i>Post-test</i>	0.1668	0.2000	Normal

Sourch : Data Processing Results August 2023

Based on table 3 above , summary results normality test analysis from results measurement accuracy players at level a significance of 0.05 was obtained in the test beginning  $L_{count} 0.1489 < L_{table} 0.2000$  then on test end  $L_{count} 0.1668 < L_{table} 0.2000$ . With thereby can concluded that data from the above variables normally distributed .



## Homogeneity Test *Variance*

**Table 4.** Summary Homogeneity Test Analysis *Variance*

Data Variables	Variance	N	F <sub>count</sub>	F <sub>table</sub>	Information
<i>Pre-test</i>	1.09	18	1.01	3.63	Homogeneous
<i>Post-test</i>	1.08	18			

Source : Data Processing Results August 2023

Based on the data obtained from table 4 above with use degrees freedom ( $n_1 - 1$ ), ( $n_2 - 1$ ) and level significance 0.05 in the table distribution F with  $F_{table}$  is (3.63). Remember  $F_{count}$  (1.01) is more small from  $F_{table}$  (3.63) , then can concluded variance the Homogeneous .

## Testing Hypothesis

Testing hypothesis done for know There is or not The Effect of *Passing* Practice Pair Using the Inner Foot for Accuracy Results *Passing* School Player School Young Lions Football (SSB). Statistical tests used \_ is the Mean Difference Test calculate (  $t_{test}$  ) at level significant  $\alpha = 0.05$ .

**Table 5.** Summary Analysis Testing Hypothesis

<i>Agility T Test</i>	Average	elementary school	$t_{count}$	A	$t_{table}$	Information
<i>Pre-test</i>	4.50	1.04	3,249	0.05	1,740	Significant
<i>Post-test</i>	5.61	1.04				

Source : Data Processing Results August 2023

Based on table 5, summary results analysis testing Hypothesis from Measurement carried out on *the pre- test* and *post-test* with the same test that is kick and hold the ball which is conducted calculation statistics in accordance with the formula used ( $t_{test}$ ) is obtained  $t_{count} 3,249 > t_{table} 1,740$  which means  $H_0$  rejected and  $H_a$  accepted . These results interpreted that There is The Effect of Paired *Passing* Practice Using the Inner Foot against Accuracy *Passing* Player School Young Lions Football (SSB).

## DISCUSSION

Increase *Passing* accuracy is not will come so just without exists effective exercise \_ given to players , research This give treatment exercise for 16 meetings in increase the accuracy of the player's *passing* the exercises carried out is pair *passing* practice . Test study This with hypothesis testing .

Knowledge gained \_ through approach scientific and created based on theory certain in a way systematic and carried out in accordance with steps or correct procedure \_ with thereby results study This can accepted the truth . So it's necessary done discussion results study intended as description For make it easier interesting conclusion study . After done data analysis with use approach different test statistics

average calculate ( ttest ) at level significant  $\alpha = 0.05$ , against hypothesis proposed research \_ accepted and acceptable tested the truth . Proposed hypothesis \_ in study This that is The Effect of Paired Passing Practice Using the Inside of the Foot on the Player's Passing Accuracy Results School Young Lions Football (SSB). Discussion This can stated as following .

Based on results research conducted \_ increase , p This can seen from a pree - test average of 4.50, increasing amounted to 5.61 in the post-test with difference an increase of 1.11 or 1.1%. From the results that The increase occurred in the pre -test and post-test. Based on testing hypothesis carried out to Passing accuracy , with hypothesis test results tcount 3,249 >ttable 1,740 with meaning  $H_0$  is rejected and  $H_a$  is accepted .

Based on study the there is significant influence \_ between Passing practice in pairs use the legs in to the accuracy of the player's passing football (SSB) Young Lions. Research result This in line with research conducted by Hengky Remora (2022) with title " The Effect of Paired Passing Practice To SSB Silampari Passing Ability , Lubuklinggau City ". Based on results research and discussion can concluded There is influence Passing practice in pairs to Silampari SSB Passing ability , Lubuklinggau City . This matter can seen results average pretest score in class experiment amounted to 3.77 and in class Control of 3.85. Whereas average grade in the class experiment after given treatment with using Passing practice in pairs of 7.85, and in class given control \_ learning with exercise normal of 5.92. With thereby means class average \_ experiment more big from class control . From the results Data analysis using the average difference test (Independent Sample T-test) was obtained mark test final at Sig.(2-tailed) = 0.001 < Sig= 0.05, then  $H_0$  is rejected  $H_a$  is accepted .

Research conducted by Habibi Sutirta (2023) with title " The Effect of Paired Passing Practice and Passing Practice with Wall Media to Deep Passing Ability Game Student Football \_ Class XI of Tunas Bangsa Vocational School ". Research result This show that There is significant influence \_ between pair passing practice and wall media passing practice to Passing ability in the game football student class \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ increase over time posttest Where average score results Passing ability reaches 8.00. The t-test results also show that mark tcount 6,416 >ttable 2,045 ( df 29) with mark significance p is 0.000 <0.05.

Research result this is also in line with research by Sandi Ardiansyah (2022) with title " Influence Pair Passing Learning to Inside Foot Passing Ability Game " Football for Students at SMPN 1 Tegal Buleud ". Research result This showing that influence learning Passing in pairs to Part foot passing ability in game football is successful experience enhancement with the resulting t - count is 13.213 and t- table 2.048 with P value = 0.000. These results showing that t- calculated value > t- table and probability significant not enough from 0.05. So that can concluded there is real difference \_ between results learning Passing in pairs to Part foot passing ability in pretest and posttest data . So Passing in pairs give significant impact \_ to Part foot passing ability in game football among students at SMPN 1 Tegal Buled . Followed by research from Hendrig Joko Prasetyo (2021) with title " The Effect of Paired Passing Practice To Passing Accuracy of SSB U-16 Askatala Students ". Based on results calculation with using SPSS V16 obtained 0.416 with distribution data N 15. From this data is known that mark significant 0.416 more big rather than value significant 0.05. So that data normally distributed . Hypothesis test results show that There is significant influence \_ Passing practice in pairs to Passing accuracy for SSB U-16 Askatala students

, with mark tcount 16,681 >ttable 1,761. So from explanation the can seen that Ha is accepted and Ho is rejected .

Based on study previously carried out by several expert on so Passing practice in pairs is very good done For increase ability the accuracy of the player's passing especially for player beginner like child 10-12 years old is a must Lots do Technique than physique .

Practice is a process of perfection movement from those who don't Can become Can . The purpose of training ( training ) is For help athlete increase skills and achievements maximum Possible . For reach matter That , there are 4 aspects exercises that need to be paid attention to and practiced in a way carefully by the athlete , ie exercise physical , technical , tactical , mental, ( Sinurat , 2018: 49). Practice is very necessary for players can increase his abilities especially in play football improves \_ Passing ability . Exercises used in increase Passing ability is one of them is with pair passing practice . Practice in pairs that is exercises carried out with mutually exclusive pairs face to face so you can maximizing passing ability . \_

Passing by yourself have very important role in do game football , game football identical with Passing because with Good passing ability \_ \_ player , then game will walk with well , esp in distribute the ball to Friend One team. Player passing accuracy must measurable in pass the ball to Friend One team , with good passing player will can control the way match .

Passing practice in pairs is very influential in increase the accuracy of the players' passing , p This can increase cooperation between player so that can set the tempo of the game and the passing that is done can done with measurable , so Passing drills in pairs are very effective in increase the accuracy of the player's passing , so exercise this is very effective done in every practice and get it vary exercise with exercise other so that can increase ability player in do game good football .

## CONCLUSION

Based on results research and discussions that have been carried out displayed earlier , then can given conclusion as The following is a pair passing exercise Using the Inner Foot Has Effects in a way Significant to Player Passing Accuracy School Football (SSB) Young Lions with Results : Pre-test Average 4.50 increase by 1.11 or 1.1% to 5.61 in the Post-test with results ( tcount 3,249 >ttable 1,740), then Ho is rejected Ha is accepted .

## AKCNKOWLWDGEMENT

Researcher be thankful to both parents \_ researcher , top prayers and support so that researcher can finish study This with good and the researchers are also grateful to second mentor researcher that is father MAP, M.Pd and Mr. DP M.Pd , because without guidance he researcher Possible No can finish study This ..

## CONFLICT OF INTEREST

The autors declare no conflict of interest

## REFERENCES

- Aidil, R., & Asmuddin, MZA (2019). *Improving Learning Results in Passing Games Football Through Playing Methods\_ with Approach Pair up on Students Class VII E of SMP Negeri 1 Batauga*. Journal of Physical Education . 1(1). 1-12.
- Aprilianto, A., Roesdiyanto, R., & Taufik, T. (2022). *Basic Football Technique Training for 14-15 Year Olds* . *Sport Science and Health* , 4 (2), 156-174. ISSN: 2715-3886.
- Ardiansyah, S., Syafei, MM, & Nasution, NS (2022). *Influence Pair Passing Learning to Inner Foot Passing Ability in the Game Football among students at SMPN 1 Tegal Buleud*. Journal of Education and Counseling (JPDK), 4 (5), 1066-1072.
- Basri, H. (2016). *Efforts to Improve Learning Outcomes Football Material: Passing with the inside of the foot through the dribbling method for students Class V Sdn Kalibaru 09 AM District Cilincing, North Jakarta* . *Motion : Physical Education Research Journal* , 7(1), 1-14.
- Candra, C., Mulyono, D., & Syafutra, W. (2022). *The Effect of Paired Passing Practice to Inside Foot Passing Skills Student Middle School Futsal Extracurricular* . Journal of Educational Estuaries, 7(2), 378-385. ISSN 2528-6250.
- Fahrevi, FA, Wibisana, MIN, & Hadi, H. (2022). *Comparison of Rondo Games Practice and Diamond Passing Practice against Accuracy Passing Accuracy in the Game Football* . Journal of Physical Activity and Sports (JPAS), 3(2), 14-21. ISSN. 2775-4324.
- Gunawan, MA (2015) *Research Statistics in the Field of Education, Psychology and Social Affairs* . Yogyakarta: Parama Publishing. ISBN: 978-602-1547-84-7.
- Hamdani, R., Santoso, N., & Sari, Y. (2021). *Influence practice pass go and drill pass against level deep passing accuracy football in children 8-10 years old ssa Satria 11 Jatipuro Karanganyar in 2021* . Journal spirit science , 21(2), 77-86.
- Hasyim & Saharullah. (2019). *Basics of Coaching Science* . UNM. ISBN 978-623-7496-27-4.
- Hasyim, RRN, & Syafii, I. (2022). *The Influence of the El Rondo Training Model and the 1-2 Combination Passing Training in Increase Football Passing Accuracy* . Journal Performance Sport , 5(4), 121-132.
- Idris, M.I.M., Sinurat, R., & Aluwis, A. (2023). *Connection Tournament Football with \_ Enhancement Community Income in the King's Promise* . Journal of sport education and training, 4(1), 19-24.
- Janiarli, M., & Manurizal, L. (2022). *Contribution Contribution Agility and Eye-Foot Coordination With Dribbling Ability in Athletes Unity Fullness Football* . \_ Journal Of Sport Education and Training, 3(2), 113-121.
- Kurniawan, H., Hasibuan, E., & Heri, Z. (2013). *Influence One Touch Passing Practice Variations on Short Passing Results in Players Football Age 15-16 Years Marelan Year 2022* . Journal Knowledge Sports , 22(1), 11-17. ISSN: 1693-1475.

- Nurlan, D. &Juniar , D.T. (2020). *Measurement and Evaluation Sport* . Yogyakarta: CV. Budi Utama. ISBN:978-623-02-1670-1.
- Nugroho, T., &Rohadi , M. (2020). *Effects of Paired Passing and Control Practice to Students ' Down Passing Ability School Football Kutai Young Generation Kartanegara Age 10-12 Years* . Scholar , 4(2), 170-188.
- Pelamonia , S.P., &Hutapea , A.P. (2020). *The Effect of 5, 10, 15 Meter Passing Practice on Football Passing Accuracy* . Journal Porkes , 3(2), 103-109.
- Prasetyo , HJ, &Putro , WAS *The Effect of Pair Passing Practice To Passing Accuracy of SSB U-16 Askatala Students* . Smart Sport, 19(1).
- Putra, MA (2020). *Contribution Agility and Eye Foot Coordination with Ball Dribbling Ability* . Sport Science , 20 (2), 65-74.
- Remora, H. (2022). *The Effect of Paired Passing Practice to SSB Silampari Passing Ability , Lubuklinggau City* . SJS: Silampari Journal Sport, 2(3), 53-60. ISSN: 2798-2475.
- Ridlo , AF, Basri, H., & Ramadhan, FP (2019). *Influence Exercise Variations for Improving Deep Passing Results Game Football at SSB Mutiara Babakan, Bogor Regency* . Motion: Physical Education Research Journal , 10(2), 101-107.
- Sahpitri , Y., Janiarli , M., & Putra, AY (2022). *The Effect of Aerobic Exercise to Measurement of Body Weight and Body Fat* . Journal Of Sport Education and Training, 3(2), 182-189.
- Sukur, TA, Aryadi , D., Rahmat, A., & Arini, I. (2022). *The Effect of Paired Passing Practice to Ball Control in the Game Football at Madrasah Aliyah Masyariqul Anwar Cimanggu*. Setiabudhi Journal of Basic Education , 5(2), 53-60. ISSN: 2580-9466.
- Constitution Republic of Indonesia. (2022). *Number 11 of 2022 concerning Sports* . President Republic of Indonesia.
- Wulandari, F. (2021). *Wallpass Practice Pair Regarding School Passing Accuracy Results Men 's Football (SSB)* . Sports Science : Journal Scientific Knowledge Sports , 5(1), 21-30. ISSN 2580-5150.
- Yudistira , R., Mudian , D., &Risyanto , A. (2018). *Effects of Paired Passing and Approach Drills Tactics to Students ' Down Passing Ability School Football Fuck FC Age 10-12 Years, Citra Jaya Village, District Binong*. Biomantics : Journal scientific faculty teaching and science education , 4(02), 190-199.ISSN: 2461-3961.