

The Effect of Box Pass and El Rondo Training on Passing Accuracy in Futsal Extracurricular Students at State Senior High School 1 Tunjungan, Blora District

Ari Tri Prasetyo^{1A-E*}, Moch Fahmi Abdulaziz^{2B-D}

^{1,2} Universitas Negeri Semarang, Central Java, Indonesia

aritriprasetya2@students.unnes.ac.id¹, moch.fahmi.abdulaziz@mail.unnes.ac.id²

ABSTRACT

This study aims to determine the effect of Box Pass and El Rondo training on improving passing accuracy in futsal extracurricular participants at SMA Negeri 1 Tunjungan, Blora Regency. The method used was an experiment with a two-group pretest-posttest design. The research sample amounted to 40 students who were divided into two groups, each of which was given different treatments for 12 training meetings. The instrument used was the passing accuracy test from Irianto (1995). The paired sample t-test results showed that both training methods significantly improved passing accuracy, with an increase of 15.15% in the El Rondo group and 43.29% in the Box Pass group. The independent sample t-test showed a significant difference between the two groups ($p = 0.012$), with Box Pass training providing higher results. In conclusion, Box Pass training is more effective than El Rondo in improving passing accuracy in beginner futsal players. This study recommends the application of the Box Pass method in basic futsal technique training programs.

ARTICLE HISTORY

Received: 2025/06/15

Accepted: 2025/06/20

Published: 2025/06/25

KEYWORDS

Passing;
Futsal;
Box Pass;
El Rondo;
Passing Accuracy.

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

Cites this Article : Prasetyo, Ari Tri; Abdulaziz, Moch Fahmi. (2025). The Effect of Box Pass and El Rondo Training on Passing Accuracy in Futsal Extracurricular Students at State Senior High School 1 Tunjungan, Blora District. **Competitor: Jurnal Pendidikan Kepeleatihan Olahraga**. 17 (2), p.1250-1259

INTRODUCTION

Sport is a human physical need that reflects specific and directed movement behaviour. According to Salahudin & Rusdin (2020), sport has an important role in a person's physical and spiritual development. This activity not only supports physical growth but also increases the efficiency of body systems such as blood circulation and breathing. In Law No. 11 of 2022 concerning Sports, it is explained that sports are divided into three scopes, namely education, recreation, and achievement, which are interconnected and cannot be separated (Amali, 2022).

One form of sport that is growing rapidly in this era of globalization is achievement sports. According to Jihad & Annas (2021), achievement sports foster and develop

athletes in a planned and tiered manner in order to achieve optimal performance. A methodically and scientifically organized training program is the main key to success in achievement sports. Futsal is a popular sport in various countries, including Indonesia, because it is easy to play and fun (Tanzilalaziiz et al., 2024). According to Candra et al. (2022), futsal can be played indoors or outdoors with a field measuring 38 x 20 meters and facilities that are easy to find.

The growth of futsal in Indonesia has been rapid due to the ease of starting the game and the expansion of facilities. Compared to soccer, which requires eleven players, futsal only requires five players per team and is played on a smaller field. The stricter futsal rules in terms of physical contact also add to its appeal (Debyanto et al., 2022). The number of tournaments between students or students encourages the spirit of competition and student interest in participating in extracurricular futsal at school (Norfiansyah et al., 2024).

SMA Negeri 1 Tunjungan in Blora Regency is one of the schools that actively encourages student development through extracurricular activities. Although known to excel in academics, this school also pays great attention to non-academic fields, including sports. The extracurricular sports activities at this school are an indicator that SMA Negeri 1 Tunjungan balances intellectual, physical, and social aspects in forming healthy and competitive students. Futsal extracurricular activities at SMA N 1 Tunjungan are very popular, with 40 male and 15 female students participating. This figure outperforms other extracurricular sports such as volleyball and basketball. This fact shows that futsal is the most popular sport and provides a great opportunity for students to develop their talents and skills in team sports.

In the world of futsal, basic technical skills determine the success of the game. According to Kusuma (2021), physical, technical, tactical, psychological, and sociological aspects are important components in achieving success. One of the basic techniques that must be mastered is passing, which requires muscle coordination and precise timing (Raibowo et al., 2021; Darmawan et al., 2024). Without good mastery of the technique, players will have difficulty competing in competitive matches (Fian et al., 2024).

Passing in futsal serves to build teamwork and create attack opportunities. Utomo et al. (2023) state that passing connects all players on the field, both in the form of short and long passes. Fikri & Fahrizki (2021) state that accurate passing needs to be continuously trained so that the direction and quality of the pass are optimal. (Ajhari et al., 2023) emphasises that passing is a crucial individual technique that every player must master.

To improve passing skills, exercises such as Box Pass and El Rondo can be applied. The box pass uses a box pattern with markers in each corner, where players pass the ball a short distance in turn (Ulfaizin et al., 2024). This exercise aims to train passing accuracy, game tempo, and understanding of space. Players are required to move dynamically to open passing lanes and avoid opponent pressure, so that the ball can flow quickly and precisely. Meanwhile, El Rondo is done in a circle formation, with one or two players in the middle as ball grabbers. This exercise trains passing techniques, teamwork, and response when facing pressure (Agusta & Agus, 2020).

The Box Pass exercise is carried out in a counterclockwise rotation pattern like in Figure 1, starting from Player A (bottom left), who passes the ball straight to Player B (bottom right), then moves to Player B's position. Player B returns the ball (back pass) to A, who is already in a new position, and A immediately passes diagonally to Player C (top right). Player C gives a back pass to B, who moves into position, then B passes diagonally to Player D (top left). Player D gives a back pass to C, then C passes diagonally to Player E (bottom left), and E gives a back pass to D. Finally, D makes a diagonal pass to Player C (top left). Finally, D makes a diagonal pass to position A (bottom right). This pattern is repeated with a focus on passing accuracy, movement without the ball, and coordination of position rotations between players.

Based on observations at the Blora Futsal League match on December 21, 2024, it was found that the SMA Negeri 1 Tunjungan futsal team had difficulty in making accurate and effective passes. This hampered the process of building attacks and caused frequent disconnects in the flow of the game (Pamungkas et al., 2024). Video analysis reinforced these findings, showing the number of passes that failed to reach teammates and were instead captured by opponents.

An interview with the futsal coach of SMA Negeri 1 Tunjungan, Yosfat Liska Novianto Saputra, revealed that although routine training has been carried out, most players still have not mastered the basic passing techniques optimally. This is reinforced by the results of the initial test of 40 students, which showed that the majority of participants were in the poor category, 14 students were in the moderate category and there were no students in the good category based on the norms of passing accuracy assessment of Dr. Norbert Rogalski and Dr. Ernst G Dege. This condition shows that weakness in basic aspects, such as passing, is one of the main factors that hinder the team's performance in matches. The lack of mastery of these techniques has a direct impact on the low effectiveness of the game and the difficulty in building a structured attack pattern.

The inability to perform proper passing is a major obstacle to achieving optimal results in futsal competitions. This has an impact on the difficulty of the team in controlling the game and strategising attacks effectively. Therefore, a more focused and in-depth training program, such as Box Pass and El Rondo training, is needed to improve accuracy, understanding of space, and cooperation between players. Based on this background, researchers are encouraged to find out the extent of the influence of Box Pass and El Rondo training on the passing accuracy of students who take part in extracurricular futsal at SMA Negeri 1 Tunjungan, Blora Regency, in 2025.

METHODS

This research uses an experimental method with a two-group pretest-posttest design. According to Sugiyono (2013), the experimental method aims to identify the effect of treatment on other variables in a controlled situation. In this design, two groups were given different treatments, namely Box Pass and El Rondo exercises. Before and after treatment, participants underwent a passing accuracy test to measure the impact of each exercise. The research design can be seen in Figure 1 below.

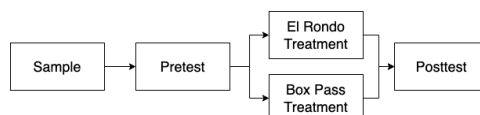


Figure 1.
Research Design

The population in this study were all futsal extracurricular participants of SMA Negeri 1 Tunjungan Blora Regency, totalling 40 students. The sampling technique used was total sampling, where the entire population was sampled (Sugiyono, 2013). Group division is carried out using the Matched Subject Ordinal Pairing (MSOP) method based on pretest results so that the initial ability of the participants is balanced. In collecting data, researchers used passing accuracy test instruments. The data collection process begins with conducting pretests on all students. The pretest results were sorted based on the highest to lowest scores, then divided into two groups with the ordinal pairing method using the A-B-B-A zigzag pattern. This pattern is used so that each group has an equal and balanced level of initial ability.

The research was conducted at GOR Mustika Blora with a duration of 14 meetings, consisting of 12 exercises, 1 pretest, and 1 posttest. According to Fitriani et al. (2022), the frequency of training for 12 meetings can have a positive impact on the performance of participants. The training was conducted three times a week. Data analysis in this study used quantitative descriptive tests and t-tests. The t-test was used to determine the effect of Box Pass and El Rondo training methods on improving passing accuracy in futsal extracurricular participants at SMA Negeri 1 Tunjungan, Blora Regency.

The instrument used is the passing accuracy test by Subagyo Irianto (1995), which has a validity of 0.653 and a reliability of 0.879. Passing is considered successful if the ball enters the predetermined target from a distance of 9 meters. The test was conducted 10 times for each participant, both at pretest and posttest. The passing accuracy instrument can be seen in Figure 3 below.

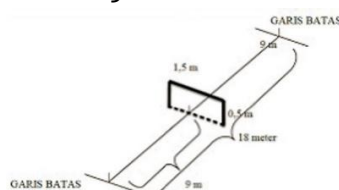


Figure 2.
Passing Accuracy Instrument (Irianto, 1995)

RESULTS AND DISCUSSION

Result

The results of this study will be presented in the form of a general description of the data displayed through tables. This description includes the pretest and posttest results from each group that received El Rondo and Box Pass training treatment. Furthermore, the data will be discussed in depth to see the effect of both types of training on improving passing accuracy. The discussion of the results is supported by theory and previous

findings, which form the basis of the analysis, as well as considering the factors that play an important role in improving passing skills in futsal games. The results of the passing accuracy measurement data obtained are presented as follows.

Descriptive Analysis.

Table 1.

Pretest and Posttest Results of El Rondo and Box Pass Training on Passing Accuracy

Group	Test	N	Min	Max	Mean	Std. Dev
El Rondo	Pretest	20	3	7	4,96	1,32
	Post Test	20	3	9	5,7	1,66
Box Pass	Pretest	20	3	7	4,85	1,31
	Post Tes	20	3	9	6,95	1,32

Based on the data obtained in Table 1, the group that followed the El Rondo exercise experienced an increase in average results from 4.96 in the pretest to 5.70 in the posttest, with a standard deviation that increased from 1.32 to 1.66. Meanwhile, in the Box Pass training group, the average increased from 4.85 to 6.95, with a relatively stable standard deviation, from 1.31 to 1.32. This data shows a change in the value of passing accuracy before and after being given the training treatment in each group. The data obtained from this research is quantitative data. Before conducting the t-test, the data were first analysed using normality and homogeneity tests as preliminary testing requirements.

Normality Test

Table 2.

Normality Test Results of El Rondo and Box Pass Training on Passing Accuracy

Group	Test	Df	P	Information
El Rondo	Pretest	20	0,089	Normal
	Post Test	20	0,278	Normal
Box Pass	Pretest	20	0,072	Normal
	Post Tes	20	0,173	Normal

The normality test is carried out to determine whether the data is normally distributed as a prerequisite for parametric testing. Based on the test results in Table 2, all data in the El Rondo and Box Pass groups, both pretest and posttest, have a significance value (P) above 0.05, such as the El Rondo pretest and posttest of 0.089 and 0.278, respectively. While the Box Pass has a significance value of 0.072 and 0.173, respectively, so that all data is declared normally distributed. After fulfilling the normality requirements, the next step is to conduct a homogeneity test to determine the similarity of variance between groups.

Homogeneity Test

Table 3.

Homogeneity Test Results of El Rondo and Box Pass Training on Passing Accuracy

Group	Test	N	Sig.	Description
El Rondo	Pretest	20	0,154	Homogen
	Post Test	20		
Box Pass	Pretest	20		
	Post Tes	20		

The homogeneity test was conducted to determine the similarity of data distribution between groups, which is a requirement for parametric analysis. Based on the test results in Table 3 with the based on mean approach, a significance value of 0.154 was obtained. Because this value is greater than 0.05, the data from the El Rondo and Box Pass groups, both on the pretest and posttest, are declared to have a homogeneous data distribution. After the normality and homogeneity requirements are met, the next stage can proceed with the t-test to determine the difference in results between treatments.

Hypothesis Test

Based on the results of the test requirements analysis, the data in this study have a normal distribution and are homogeneous. Therefore, the data is suitable for hypothesis testing. Tests were conducted using a paired sample t-test and an independent sample t-test with the IBM SPSS Statistics 26 for Mac application.

Table 4.

Paired Samples T-Test El Rondo Group

Group	Test	Mean	T ht	T tb	Sig. (2-tailed)	Difference	%
El Rondo	Pretest	4,95	2,775	2,093	0,000	0,75	15,15%
	Post Test	5,7					

Hypothesis testing was conducted to determine the difference in the results of passing accuracy before and after being given the El Rondo training treatment. Based on Table 4, the results of the Paired Sample t-test, the pretest average value was 4.95, and the posttest was 5.7 with a difference of 0.75 or equivalent to an increase of 15.15%. The calculated t value is $2.775 > t \text{ table } 2.093$ ($df = 19$; $\alpha = 0.05$) and the significance value (Sig. 2-tailed) is $0.000 < 0.05$. The comparison of t count $> t \text{ table}$ and the low significance value indicates a difference in results between the pretest and posttest after the El Rondo exercise treatment.

Table 5.

Paired Samples T-Test Box Pass Group

Group	Test	Mean	T ht	T tb	Sig. (2-tailed)	Difference	%
Box Pass	Pretest	4,85	8,768	2,093	0,000	2,1	43,29%
	Post Test	6,95					

Hypothesis testing was also carried out on the group given the Box Pass training treatment to determine the difference in the results of passing accuracy before and after the treatment. Based on Table 5, the results of the Paired Sample t-test, the pretest average value was 4.85, and the posttest was 6.95, with an average difference of 2.1 or equivalent to an increase of 43.29%. The calculated t value of 8.768 is greater than the t table of 2.093 ($df = 19$; $\alpha = 0.05$), and the significance value (Sig. 2-tailed) is $0.000 < 0.05$. The comparison of the t value $> t \text{ table}$ and the low significance value shows that there is a significant difference between the pretest and posttest after being given the Box Pass training treatment.

Table 6.

Uji Independent Samples T-Test

Group	Test	Mean	T ht	T tb	Sig. (2-tailed)	Difference	%
El Rondo	Post Test	5,7	2,642	2,024	0,012	1,25	21,92%
Box Pass	Post Test	6,95					

The Independent Sample t-Test was conducted to determine the difference in post-test results between the El Rondo and Box Pass groups. Based on Table 6, the results of the analysis, the average post-test score of the El Rondo group was 5.7, while the Box Pass group was 6.95, with a score difference of 1.25 or a relative increase of 21.92%. The calculated t value of 2.642 is greater than the t table of 2.024 (d.b. = 38; $\alpha = 0.05$), and the significance value is $0.012 < 0.05$. Thus, there is a significant difference between the post-test results of the two groups, which shows that Box Pass training has a greater effect on improving passing accuracy than the El Rondo method.

Discussion

The results showed that both training methods, El Rondo and Box Pass, had a positive impact on improving the passing accuracy of futsal extracurricular participants at SMA Negeri 1 Tunjungan. However, there are differences in the level of effectiveness between the two methods. El Rondo training increases passing accuracy with an average increase of 15.15%. This method trains players under pressure conditions by strengthening teamwork and passing accuracy in a limited space. This result is in line with the opinion of Agusta & Agus (2020), who stated that El Rondo is effective in developing quick responses and passing accuracy in dynamic match situations.

Meanwhile, Box Pass training provides a more significant increase, which is 43.29%. This shows that Box Pass is more effective in shaping basic passing techniques. This exercise focuses on systematic repetition of passing patterns, so that players are better able to develop passing accuracy and understanding of space position. This finding is supported by Ulfaizin et al. (2024), who mentioned that Box Pass training is very useful for improving passing consistency and control. In addition, the results of the independent sample t-test showed that there was a significant difference between the post-test results of the two groups. With a calculated t value of 2.642, which is greater than the t table and a significance of $0.012 < 0.05$, it can be concluded that Box Pass is superior to El Rondo in improving passing accuracy.

In general, these results indicate that a structured and systematic training approach, such as Box Pass, that emphasizes the repetition of basic techniques consistently in a limited pattern has a significant influence on improving passing accuracy in novice futsal players. Studies by Badawi & Nasrulloh (2023) show that the "small-sided games" and Rondo training models are effective, but what has more impact on passing consistency is the structure of repetitive basic techniques, such as in Box Pass. This repetitive practice strengthens motor pathways through muscle consolidation, which is in line with basic motor learning theory (Beck et al., 2020).

The analysis shows that the higher effectiveness of Box Pass training compared to El Rondo can be explained by several main factors. Firstly, the Box Pass has a more purposeful training structure that focuses on the repetition of basic passing techniques. In this exercise, players practice in a fixed pattern with consistent movement space, thus allowing them to focus more on passing accuracy without being distracted by pressure or complex game conditions (Malik et al., 2024). Secondly, the Box Pass provides an

opportunity for players to master basic skills gradually. It minimizes variables that can disrupt the learning process, such as opponent pressure or teammate positioning irregularities. This provides a stable and safe learning environment, which is especially important for novice players in the technique learning phase (Valerio et al., 2025). Third, the repetition of movements in Box Pass drills creates more effective motor learning. Based on motor learning theory, consistent repetition strengthens neural pathways associated with specific skills, thereby improving accuracy and speed of muscle reaction in performing passing movements (Beck et al., 2020).

On the contrary, although El Rondo provides benefits in terms of decision-making acumen and reaction speed, the complexity of the simulated game situations can divert the focus of novice players from basic technical aspects. In El Rondo training, players are also required to think tactically and face the opponent's pressure directly, which, in some cases, can reduce passing accuracy if the basic technique is not mature (Low et al., 2024). Thus, the higher results in the Box Pass group indicate that to improve basic technical skills such as passing, training with simple, repetitive patterns and minimal pressure is more effective than complex exercises such as El Rondo.

CONCLUSION

Based on the results of the study, it can be concluded that both El Rondo and Box Pass exercises have a positive effect on improving passing accuracy in extracurricular futsal participants. However, Box Pass training proved to be more effective than El Rondo. The group given the Box Pass training treatment experienced an increase in the average score of 2.1 or 43.29%, while the El Rondo group only experienced an increase of 0.75 or 15.15%. The statistical test results showed a significant difference between the two methods, with a significance value of $0.012 < 0.05$. The average post-test result of the El Rondo group was 5.7, while the Box Pass group was 6.95, with a difference of 1.25 or an increase of 21.92%. Therefore, Box Pass training is recommended to be applied intensively in coaching basic futsal techniques, especially to improve passing accuracy in novice players.

REFERENCES

- Agusta, A., & Agus, A. (2020). Pengaruh Metode Latihan El Rondo Terhadap Keterampilan Short Passing Pemain Sepakbola IPPKM. *Jurnal Stamina*, 3, 31–39.
- Ajhari, M. H., Nurudin, A. A., & Nugraheni, W. (2023). Latihan Passing Target Menggunakan Kaki Bagian Dalam Untuk Meningkatkan Teknik Passing Futsal. *Jurnal Educatio*, 9(3), 1364–1368. <https://doi.org/10.31949/educatio.v9i3.5564>
- Amali, Z. (2022). Kebijakan Olahraga Nasional Menuju Indonesia Emas Tahun 2045. *Jurnal Olahraga Pendidikan Indonesia (JOPI)*, 2(1), 63–83. <https://doi.org/10.54284/jopi.v2i1.197>

- Badawi, A., & Nasrulloh, A. (2023). Effect of method, sided games and the rondo games against an accurate passing player, Joko Ribowo, football academy age 15 years. *International Journal of Physical Education, Sports and Health*, 10(1), 310–314. <https://doi.org/10.22271/kheljournal.2023.v10.i1e.2794>
- Beck, M. M., Grandjean, M. U., Hartmand, S., Spedden, M. E., Christiansen, L., Roig, M., & Lundbye-Jensen, J. (2020). Acute Exercise Protects Newly Formed Motor Memories Against rTMS-induced Interference Targeting Primary Motor Cortex Mikkell. *Neuroscience*, 436, 110–121. <https://doi.org/10.1016/j.neuroscience.2020.04.016>
- Candra, Mulyono, D., & Syahputra, W. (2022). Pengaruh Latihan Passing Berpasangan Terhadap Keterampilan Passing Kaki Bagian Dalam Siswa Ekstrakurikuler Futsal SMP. *Jurnal Muara Pendidikan*, 7(2), 378–385. <https://doi.org/10.52060/mp.v7i2.903>
- Darmawan, E. G., Nuryasin, S., & Nurajab, E. (2024). Hubungan Penguasaan Teknik dasar Passing Dalam Permainan Sepak Bola Dengan Tingkat Percaya Diri Saat bertanding. *Sport Science and Education Journal*, 26–27.
- Debyanto, K., Atradinal, Yulifri, & Edwarsyah. (2022). Tinjauan Kondisi Fisik Pemain Satelite Futsal Club Kota Padang. *Jurnal Pendidikan Dan Olahraga*, 5(2), 85–91. <http://jpdo.ppj.unp.ac.id/index.php/jpdo/article/view/930>
- Fian, M. I. Al, Sudarmono, M., Annas, M., & Fahmi, M. (2024). Pengaruh Small Sided Games dan Rondo Terhadap Kemampuan Passing Futsal MAN Tegal. *Indonesian Journal for Physical Education and Sport*, 5(2), 763–773. <https://doi.org/10.15294/inapes.v5i2.9598>
- Fikri, Z., & Fahrizki, E. B. (2021). Penerapan Model Latihan Variasi Passing Futsal di Ekstrakurikuler SMAN 1 Liwa. *Journal of Physical Education*, 2(2), 23–28. <https://doi.org/10.33365/joupe.v2i2.1356>
- Fitrian, Z. A., Manopo, B. A. H., & Fitrianto, E. J. (2022). Pengaruh Latihan Small Sided Games dan Latihan Rondo Terhadap Ketepatan Passing pada Pemain Klub Futsal Aldifa Banjarmasin. *Journal of Sports and Exercise Science*, 5(2), 50–58. <https://doi.org/10.26740/jses.v5n2.p50-58>
- Irianto, S. (1995). Penyusunan tes keterampilan bermain sepakbola bagi siswa sekolah sepakbola puspok IKIP Yogyakarta. Yogyakarta: FPOK IKIP.
- Jihad, M., & Annas, M. (2021). Pembinaan Prestasi Olahraga Sepak Bola pada SSB 18 di Kabupaten Jepara Tahun 2021. *Indonesian Journal for Physical Education and Sport*, 2(2), 46–53. <https://10.0.59.190/inapes.v2i0.46452>
- Kusuma, I. D. M. A. W. (2021). Teknik yang paling dominan pada pertandingan futsal putra profesional. *Jurnal Keolahragaan*, 9(1), 18–25. <https://doi.org/10.21831/jk.v9i1.31853>
- Low, W. R., Stoker, M., Butt, J., & Maynard, I. (2024). Pressure Training: From Research to Applied Practice. *Journal of Sport Psychology in Action*, 15(1), 3–18. <https://doi.org/10.1080/21520704.2022.2164098>
- Malik, F. G., Badaru, B., Arimibi, Hudain, M. A., & Sudirman. (2024). Effect of Drill Passing Practice on The Level of Passing Accuracy In Futsal Games of Futsal

- Extracurricular Participants SMP Negeri 2 Sungguminasa. *Jurnal Pendidikan Kepeatihan Olahraga*, 16(1), 603–609. <https://doi.org/10.26858/cjpko.v16i3.64698>
- Norfiansyah, Arifin, R., & Amirudin, A. (2024). Analisis Tingkat Passing dan Control Pemain Futsal di Ekstrakurikuler SMPN 13 Banjarbaru. *Jurnal Ilmu Olahraga*, 5(2), 224–231. <https://doi.org/10.46838/spr.v5i2.523>
- Pamungkas, R., Permadi, A., Risky, O. B., Ilahi, B. R., & Raibowo, S. (2024). The Effect Of Active Triangle Passing Training On Players' Passing Accuracy At SMP Negeri 13 Rejang Lebong. *Jurnal Ilmiah Pendidikan Jasmani*, 5(1), 165–178. <https://doi.org/10.33369/gymnastics>
- Raibowo, S., Ilahi, B. R., Prabowo, A., Nopiyanto, Y. E., & Defliyanto. (2021). Penguasaan Keterampilan Dasar Futsal UKM FORKIP Universitas Bengkulu. *Jurnal Pendidikan Kesehatan Rekreasi*, 7(2), 333–341. <https://doi.org/10.5281/zenodo.4897656>
- Salahudin, S., & Rusdin, R. (2020). Olahraga Meneurut Pandangan Agama Islam. *JISIP (Jurnal Ilmu Sosial Dan Pendidikan)*, 4(3), 457–464. <https://doi.org/10.58258/jisip.v4i3.1236>
- Sugiyono. (2013). *Metodologi Penelitian Kuantitatif, Kualitatif dan R & D*. Alfabeta.
- Tanzilalaziiz, M. A., Riyoko, E., & Sari, P. S. (2024). Survei Kondisi Fisik Atlit Futsal SMBR FC (Semen Baturaja Futsal Club. *Harmoni Pendidikan : Jurnal Ilmu Pendidikan*, 1(3). <https://doi.org/10.62383/hardik.v1i3.439>
- Ulfaizin, M. S., Rakhman, A., & Mulhim, M. (2024). Pengaruh latihan box drill dan small sides games terhadap kemampuan passing pada pemain SSB HW Mandiangin. *Jurnal Porkes*, 7(1), 547–558. <https://doi.org/10.29408/porkes.v7i1.25837>
- Utomo, M. P., Arifai, & Nugroho, R. A. (2023). Pengaruh Latihan Diamond Passing terhadap Ketepatan Passing Futsal SMAN 13 Bandar Lampung. *Journal of Physical Education*, 4(2), 8–16. <https://doi.org/10.33365/joupe.v4i2.4121>
- Valerio, L., Yagin, F. H., & Plakias, S. (2025). Comparative Analysis of Pass Go and Traditional Drill Training Methods on Passing Accuracy Development in Youth Football Players Aged 12–15 Years : A Randomised Controlled Trial. *Inspire : Indonesian Sport Innovation Review*, 06(02), 148–158. <https://doi.org/10.53905/inspiree.v6i02.152>