



Analysis Effectiveness Short Passing Accuracy Variation Training In Football: Systematic Literature Review

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ABSTRACT

This research aims to find out the Variation in the effectiveness of pass-go training on short passing accuracy in football. To ensure process transparency and reproducibility, we reviewed and analyzed published studies according to the Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA) criteria. The theme of this research as a whole obtained 99. Contains 56 articles, which are then taken from 10 relevant articles. According to the results of literature research, variations in short passing accuracy training in football are very important to improve the technical abilities of players to control the ball and provide passes correctly. This exercise is useful for improving players' passing abilities in various situations and game conditions so that they can face more complex challenges on the field. Because previous research has limitations, it is hoped that future research can build an effective training program.

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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;
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INTRODUCTION

Due to its immense popularity, football, a multi-player game, plays an important role in the national and international economy. (Çaloğlu Büyükselçuk & Badem, 2024). A soccer player's ability depends not only on technical ability but also on the player's attitude and character. Each squad of a soccer team consists of eleven players: goalkeeper, defender, midfielder, and striker. Football is a sport that is played in groups. (Asrul, Nugraha, & Kasih, 2021). Football is the most played sport around the world, where players have to repeatedly perform sudden accelerations and decelerations (Robles-Palazón et al., 2022). Many interrelated variables influence soccer performance, These include physical, psychological, technical and tactical.

In this case, football must emphasize the use of proper basic techniques; this



includes deploying the basic concepts, tactics, and game plans of soccer to achieve the best level of success. (Emral & Setiawan, 2020). All soccer players must understand passing positions thoroughly because passing is the process of moving the ball from one player to another. If they can understand passing techniques correctly, it is easy to organize attacks to score goals (Imamy, Anwar, Hidayatullah, & Himawan, 2023). If a soccer player can pass the ball well, the team will become more adept at attacking and winning the match (Soniawan, Setiawan, Edmizal, Haryanto, & Arifan, 2022). To achieve maximum success in football, it is very important to pay attention to the correct use of basic techniques, such as passing.

In the study (Marsuna, Rusli, & Saman, 2024), This short pair passing drill helps soccer players improve their passing accuracy. This study was unable to capture significant variations in age, gender, and skill level of participants due to limitations. As for research from (Gunawan & Abd Rahman, 2023), after practising small-sided games, Poso Regency U-16 soccer athletes increased their passing speed. According to research (Novan Wahyudi, Simbolon, & Saviri, 2024), the Tunas Depati Amir Pangkalpinang U-14 Football School players were able to make better use of short passes after taking part in small training on the opposing side.

Systematic Review was the type of research used, and a comprehensive search strategy was used on the SCOPUS research journal database. Keywords used include "Accuracy", "Passing", and "Football".

METHODS

To ensure process transparency and reproducibility, we reviewed and analyzed published studies according to the Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA) criteria (Martín-Magdalena, De los Ríos-Sastre, Redondo, & Alaminos, 2024).

Study participants

In papers published during 2020–2024, the words "Accuracy", "Passing", and "Football" were found in the Scopus Collection (Science Citation Index Expanded; Social Science Citation Index; and Arts & Humanities Citation Index). The PRISMA (Preferred Reporting Items for Systematic Review) methodology was implemented to guarantee a thorough and transparent review process (Güzel, Vizuete-Luciano, & Merigó-Lindahl, 2025). The Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA) guide, which includes flowcharts, checklists, and explanatory and elaboration documents, was created to improve systematic reviews (Elsman et al., 2024).

Study organization

A library review uncovered many things. The first is the trend of articles published every year from 2020 to 2024. Second is, the distribution of publications to the first author's institution, and the third is the field of study (education, training, health, management, or mixed). The fourth is the type of research (experimental, descriptive, correlational, or other). Fifth, the average number of citations per article.

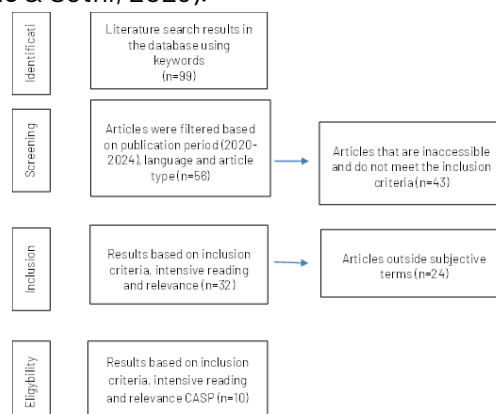
Analysis statistical

Since the title, abstract, and keywords of the article are strong enough to warrant further use and study, the focus is on them. This review study only examined publicly available literature. The authors took this action because they wanted their research to be accessible to everyone. Only relevant people who can speak on a particular issue selected based on the exclusion and inclusion criteria listed below can access this research.

RESULTS AND DISCUSSION

Result

Literature search results in the database were identified using keywords (n=99). From the database as a whole, it will be screened from 2020 to 2024 and selected categories of articles (n=56) and inaccessible articles that do not meet the inclusion criteria (n=43). Next, the filtered articles will be selected based on keywords related to the themes of accuracy, passing and football (n=32), and then relevant articles will be selected (n=10). Using the PRISMA approach, which consists of identification, screening, eligibility, and inclusion, the sample consisted of 10 articles from 99 articles (Das & Sethi, 2023).



The following table shows the year of publication and total publications published during the selected period.

Table 1.
 Evolution of the number of publications per year

Year of Publication	Number of Articles	Percentage
2020	12	21,2%
2021	9	16,0%
2022	14	25%
2023	10	17,8%
2024	11	19,6%
Total	56	100%

Table 1 shows how the number of publications changed over different periods. Starting with the fact that, compared with 2020 (12 articles), 2021 (9 articles), 2022 (14 articles), 2023 (10 articles), and 2024 (11 articles), There is an increase and decrease in scientific results.

The following table shows the analysis that can be used for passing practice based on the literature:

Table 2.
 Passing exercises based on literature

Title/source	Sample	Result
Improvement of the passing quality of an American football training machine (Hollaus, Raschner, & Mehrle, 2021)	Athlete	Improve football passing
Relationships Between Task Constraints, Visual Constraints, Joint Coordination, and Football-Specific Performance in Talented Youth Athletes: An Ecological Dynamics Approach (Heuvelmans, Di Paolo, Benjaminse, Bragonzoni, & Gokeler, 2024)	Athlete	Football passing performance
Decision-Making Influences Movement Variability And Performance Of High-Level Female Football Players In An Elastic Resistance Task (Tuyà Viñas, Fernández-Valdés Villa, Pérez-Chirinos Buxadé, González, & Moras Feliu, 2023)	Athlete	Decision-making football
Application Of Deep Learning Technology In Strength Training Of Football Players And Field Line Detection Of Football Robots (Zhou, Chen, & Xu, 2022)	Athlete	Improve football passing
Expected Pass Turnovers (xPT) - a model to analyse turnovers from passing events in football (Peters et al., 2024)	Athlete	Football passing performance
Individual Performance In Passing Tests Predicts Age-Independent Success In Small-Sided Soccer Possession Games (Wilson, Sandes de Souza, Santiago, Ignacio, & Smith, 2020)	Athlete	Possession in small-sided games
Development of A Modified Loughborough Soccer Passing Test (Jaroenkitwitchanon, Khaothin, Tongkhambanchong, Songtrakul, & Ingkatecha, 2023)	Athlete	Improve football passing
The effect of stroboscopic vision on performance in a football-specific assessment (Beavan et al., 2021)	Athlete	Football passing performance
The Impact Of a Spatial Occlusion Training Intervention On Pass Accuracy Across a Continuum Of Representative Experimental Design In Football (Dunton, O'Neill, & Coughlan, 2020)	Athlete	Improve accuracy in football passing.
Awareness of Creativity and Its Relationship To Speed and Accuracy Of Futsal Soccer For Female Students (Hassan, Hassan, Al-Sayegh, & Alshawi, 2020)	Athlete	Improve accuracy in football passing.

Discussion

Quality passing improves ball control, and overall team strategy (Arizona, Destriana, & Kurniawan, 2024). Passing ability is very important because the ability to initiate passes correctly allows someone to make accurate passes. If the passing technique is not used correctly, the resulting pass will be inaccurate, making it difficult for other players to receive the ball from the pass (Romdon, Sujarwo, & Setiakarnawijaya, 2024). To meet the demands of passing ability, a person must have good basic passing

techniques. Therefore, having or mastering good basic passing techniques will improve a player's performance on the field (Al Qadri Ilmi Sukisman Putra, Wahyuddin, Saleh, Juhanis, & Hudain, 2024).

Opportunities and attack strategies will be created with fast and accurate passing (Rahmania Putri, Syafaruddin, Aryanti, Destriani, & Yusfi, 2023). suggests coaches consider using the soccer passing drill model as an alternative guideline for their own soccer passing drills as it is very effective in improving one's passing skills while playing soccer (Andrian, Sudrazat, & Fauzi, 2024). Passing technique is very important in the game of soccer for victory. The better passing technique each player has, the easier it is for the team to win. To play soccer well, you must have a good passing technique (Ratyonono, Pelana, Wenly, & Nasution, 2022).

The performance of sports teams seems to depend on how well players understand and act. This suggests that the passing decision-making (DM) process is critical to success in certain competitive environments (Coutinho et al., 2023). It is hoped that game-based activities, which involve active decision-making for players in full versions of sports, can improve players' ability to use visual search and scanning, as well as make better decisions during competition, compared to regular practice (Roca & Ford, 2020). Passing decisions, consisting of the use of information generated by the circumstances of the game, are key to the success of a football team (Sousa et al., 2021).

Small slide game manipulation helps with tactical changes and the psychological burden of players in passing (Nunes, Gonçalves, Coutinho, & Travassos, 2020). In small slide games, ball control becomes stronger because the player must block the opponent or create a passing line to increase the number of moves (Nunes, Gonçalves, Coutinho, Nakamura, & Travassos, 2020). Small-sided games (SSG) can play an important role in future talent identification models as the main benefit of SSG is to mimic movement requirements. This is because ball control is closely related to the ability to pass well in adult football (Fenner et al., 2022).

Improving one's passing ability can also be achieved by doing various types of passing and kicking exercises. In football, the passing ability is very important because with precise and accurate passing, the ball can be received and controlled easily, so it is not easily seized or lost by the opponent (Sibarani & Manurung, 2021). Apart from that, passing wall training techniques that are easier for the coach to control can increase passing accuracy (Julriansyah, Syamsuramel, & Bayu, 2024). Coaches or athletes who want to improve their passing ability can use the passing give-and-go training method together with overlap passing to improve passing accuracy (Pratama, 2020).

CONCLUSION

According to the results of literature research, variations in short passing accuracy training in football are very important to improve a player's technical ability to control the ball and send passes correctly. This exercise is useful for improving players' passing abilities in various situations and game conditions so that they can face more complex

challenges on the field. Because previous research has limitations, it is hoped that future research can build an effective training program.

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