

The Effect of Drill Pass Training With The Inside of The Foot On The Accuracy of Futsal Passing SDN Bunter 1

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ABSTRACT

This study aims to determine the effect of drill pass training using the inside of the foot on the passing accuracy of SDN Bunter 1. The passing technique is one of the important techniques in futsal. The research method, One Group Pre-test and Post-test Design, is used to determine the difference before and after a certain treatment is given. The sample used in this study is the total sampling technique, which includes all students from grades IV, V, and VI at SDN Bunter 1. Using the ground passing test as an instrument in the research. The results of the normality test data processing yielded a pretest significance value of 0.143 and a posttest significance value of 0.291. From the data, it can be interpreted that the normality test is normally distributed, because the significance is > 0.05 . Then the homogeneity test conducted resulted in a significance of 0.479. From the data, it can be interpreted that the homogeneity test is homogeneous. Then, a Paired Sample T-test was conducted to determine the effect, with a value of 0.000. So it can be said to have an effect because < 0.05 . The research results show that passing accuracy skills (after using the drill pass training model) improved more compared to the initial test. This shows that the implementation of the drill pass training can improve the passing accuracy skills of SDN Bunter 1.

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AUTHORS' CONTRIBUTION

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

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INTRODUCTION

Due to its fast-paced, dynamic, and difficult nature, futsal is one of the most popular sports among elementary school children. But in reality, a lot of students still struggle with the fundamentals, particularly the passing technique. Students in grades IV through VI sometimes fail to make accurate passes in the futsal extracurricular activities at SDN Bunter 1. The secret to fostering collaboration and generating scoring opportunities is passing. This problem emphasizes the necessity of intervention through more focused and methodical training techniques to develop these skills, which ultimately impacts their level of independence and quality of life.

The drill method—repeated, systematic technical training—has been shown in numerous prior studies to be beneficial in enhancing students' fundamental movement

skills, including those in futsal. Because it makes use of the foot's most stable and expansive surface area, drill passes made with the inside of the foot are particularly thought to be able to increase passing accuracy. This strategy is consistent with the findings of Suharno (2010) and Hasibuan (2018), who claim that this method results in a high degree of ball-passing accuracy. The drill pass approach makes sense to use in an attempt to raise the calibre of students' passing in extracurricular futsal activities at elementary schools because of this urgency. The purpose of this exercise is to determine how much drill pass training that uses the inside of the foot improves students' passing accuracy.

The researcher intends to track changes in passing technique performance following the training intervention using a pretest and posttest approach. The outcomes of this exercise are intended to be used as a guide for creating a more successful physical education training program, particularly when it comes to teaching primary school students the fundamentals of the futsal game. The hypothesis put forward is that students at SDN Bunter 1 increase their passing accuracy in futsal games in a good and significant way when they practice drill passes with the inside of their feet.

The futsal extracurricular at School has a strategic approach to allowing students to maximize their potential in the game of sports. Not only as physical exercise, but also as a means of teaching students discipline, sportsmanship, and teamwork. However, in the absence of the proper training approach, extracurricular activities risk becoming activities that are merely entertaining without the development denotes students' skills. Because of this, it is necessary to use a teaching method that is not only entertaining but also effective in enhancing the technical aspects of the game. Drill exercises, which imply consistency and repetition of movements, are a suitable substitute for creating basic skills like passing with more structure and accuracy.

Because it has a better accuracy success rate than other passing strategies, the inside-of-the-foot technique was selected. For elementary school pupils who are still working on their motor coordination, this method makes it easier to learn and improves ball control. Basic skills like passing are essential for sustaining ball possession, facilitating game transitions, and developing attack patterns, according to research by Irawan (2009) and Suharno (2010). Therefore, it is anticipated that the effectiveness of drill training using this technique will not only affect the development of individual skills but also help to improve the team's overall performance in games.

The absence of empirical data on the precise impact of drill pass training in elementary school settings, particularly studies that are methodical and quantifiable, is another factor that makes this study urgent. The elementary school years are the best for developing good movement habits and laying a solid basis for athletic skills. It is intended that this study will yield a useful, low-cost training model that physical education instructors and other extracurricular supervisors can use. Furthermore, it is anticipated that the findings of this study will contribute to the body of knowledge in the fields of physical education and sports training, specifically in the creation of elementary-level training models for fundamental futsal techniques.

METHODS

With a pre-experimental design in the form of a One Group Pretest-Posttest Design, this study used a quantitative methodology. This approach was used to investigate the impact of instep drill pass training on elementary school futsal players' passing accuracy. Without a control group, the study concentrated on one treatment group that was examined both before and after the intervention. Only the extracurricular futsal activities at SDN Bunter 1, which is situated in Cimanggung District, Sumedang Regency, were the focus of the study. Students in grades IV, V, and VI who participated actively in futsal extracurricular activities were the study's subjects. Due to the limited number of participants, all 20 students in the whole population were chosen as the sample using a saturation sampling strategy. A planned training program was given throughout 12 meetings, and the research was carried out on the school futsal field across several sessions.

The instep drill pass training served as the study's independent variable, and passing accuracy served as its dependent variable. Operationally, a ground-pass accuracy test modified from Suparjo (2009) was used to measure passing accuracy. Students made ten tries to pass a miniature goal made up of two cones spaced one meter apart and ten meters from the kicking point. A score of one was awarded for each successful pass. Pretest and posttest measures were taken both before and after the training program as part of the data collection strategy. Futsal balls, cones, markers, and scoring sheets were the primary equipment used.

RESULTS AND DISCUSSION

Results

The results of the pre-test and post-test research on the effect of drill pass training using the inside of the foot on passing accuracy at SDN Bunter 1:

Table 1.
Pretest-Posttest Result

Statistic	Pretest	Posttest
N	20	20
Mean	3,15	4,55
Std. Deviation	1,531	1,317
Lowest	1	2
Highest	6	7

Table 2.
Normality Test

	Statistic	Df	Sig.	Description
Pretest	0,928	20	0,143	Normal
Posttest	0,944	20	0,291	Normal

Based on the results of the table data above in the normality test data section that has been carried out. Then the data can be concluded that the data in this study that has been taken through the accuracy passing test shows that the pretest results have a

significance of $0.143 < 0.05$ while for the posttest it is $0.291 < 0.05$. It can be said that the normality test data is normally distributed.

Table 3.
Homogeneity Test

Group	Levene Statistic	df1	df2	Sig.	Description
Pretest-Posttest	0,510	1	38	0,479	Homogen

Based on the table above, shows a significant value of variance homogeneity for the pretest and posttest data, indicated by a significant value of $0.479 > 0.05$. With these results, it can be said that the pretest and posttest data are homogeneous.

Table 4.
Hypothesis Test

		t	df	Sig. (2-tailed)
Pair	Hasil pretest-posttest	-6,294	19	,000

Based on the table above, it can be seen that the Sig. (2-tailed) value shows a result of $0.001 < 0.05$, which means that H_1 is accepted and H_0 is rejected. Thus, it can be concluded that "There is an influence of inside foot passing drill training on passing accuracy at SDN Bunter 1" is accepted.

Based on the data that has been analyzed from the pretest and posttest results which shows that the implementation of drill pass training in improving the passing accuracy of SDN Bunter 1 has increased, therefore knowing the contribution of implementing drill pass training in improving the passing accuracy of SDN Bunter 1 in futsal games.

Table 5.
R-Square Test

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	,766	,587	,564	1,011

The results in the table show that the R Square value is 0.587, which can be interpreted as the influence of the independent variable on the dependent variable is $0.587 \times 100\% = 58.7\%$. Therefore, with the presence of drillpass training in improving passing accuracy skills, it is significant at 58.7%.

Discussion

By examining the existing data, it can be said that passing drill workouts significantly increase passing accuracy in futsal games in addition to having an effect. Consequently, this approach is very deserving of ongoing use, particularly for players who are still honing their foundational abilities. Furthermore, the notable effects of this drill training demonstrate that, when applied regularly, an organized, targeted, and repetitive training method can yield the best outcomes. One of the main components of a successful futsal team's on-field strategy is having players with great passing accuracy, which may be developed through pass drill training.

This is supported by earlier research conducted by Sugandi & Santosa (2020), which

states that various dasar technique drills, particularly drill pass, can significantly improve futsal players' passing skills. In addition, Wardana et al. (2018) explain that drill exercises have a significant impact on dasar performance, including accuracy, coordination, and ball control, all of which are crucial for advancing the ball with precision. Drillpass training using the inner foot has been proven to have an impact on passing skills, especially in terms of accuracy, body-brain concentration, and foot movement coordination. Based on the results of the data analysis using the paired sample t-test, a 2-tailed significance value of 0.000 was obtained, which is smaller than 0.05. This indicates that the alternative hypothesis (H_1) is accepted and the null hypothesis (H_0) is rejected. Thus, it can be concluded that the implementation of drillpass training using the inner part of the foot significantly impacts the improvement of passing skills in futsal at SDN 1 Bunter Cimanggung.

It is hoped that the exercises used in this research can be accepted and utilized in daily training processes. This training model is simple, easy to implement, and does not require difficult-to-obtain equipment or high costs. Exercises to improve passing accuracy should be designed in a structured manner and carried out regularly to achieve more optimal skill enhancement in the future.

CONCLUSIONS

Drillpass training using the inner foot has been proven to have an impact on passing skills, especially in terms of accuracy, body-brain concentration, and foot movement coordination. Based on the results of the data analysis using the paired sample t-test, a 2-tailed significance value of 0.000 was obtained, which is smaller than 0.05. This indicates that the alternative hypothesis (H_1) is accepted and the null hypothesis (H_0) is rejected. Thus, it can be concluded that the implementation of drillpass training using the inner part of the foot significantly impacts the improvement of passing skills in futsal at SDN 1 Bunter Cimanggung.

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