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The Effect of Drill Training on Inside Foot Pass Accuracy

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ABSTRACT

This study aims to determine the effect of the drill training method on the accuracy of passing using the inside of the foot in the Pakkanreawang Football Club. This study uses a quantitative approach with a quasi-experimental type and a One Group Pretest-Posttest Design. The study population was 25 players, while the sample used was 15 players selected purposively. The research instrument used a passing skills test to a static target to measure the accuracy of passing using the inside of the foot. Treatment was given in the form of drill training for 12 training sessions, with a frequency of three times a week for four weeks. Data collection techniques were carried out through observation, literature study, tests and measurements, and treatment administration. The research data were analyzed using the SPSS program through descriptive statistical tests, normality tests, and paired sample t-tests. The results showed that the drill training method had an effect on the accuracy of passing using the inside of the foot at the Pakkanreawang Football Club, with a pre-test average of 2.80 and a post-test average of 5.47, while the calculated t value was 10.583 > t table 1.761 and a significance value (0.000) < 0.05. The increase in post-test results compared to the pre-test showed that structured, repetitive, and systematic training was able to improve the accuracy of players' passing. Thus, the drill method can be used as an effective alternative training method to improve basic football technical skills, especially passing accuracy using the inside of the foot.

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INTRODUCTION

Football is a sport that demands the integration of technical, physical, tactical, and decision-making skills in fast-paced and dynamic game situations. Among the various basic techniques that players must master, passing holds a central position as it is the primary means of maintaining possession, building atak, controlling the tempo of play, and collectively creating opportunities. Within the context of football technical skills, short-passing ability is even considered a crucial indicator of game quality because it directly relates to the effectiveness of ball circulation during a match. A systematic review by Wang et al. (2024) showed that short-passing ability is a technical component influenced by various factors, including training format, physical condition, mental fatigue, and the training design itself.

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One of the most basic and frequently used passing techniques in football is the inside-foot pass. This technique is commonly used because it provides a relatively large contact area, making it easier for players to control the direction of the pass and maintain precision, especially for short- and medium-range passes. In both training and matches, the accuracy of inside-foot passes is crucial for the continuity of a team's play. When passes are inaccurate, ball flow is easily interrupted, attacking transitions become less effective, and the chance of losing possession increases. Research by Havidz et al. (2025) specifically addressed the issue of low inside-foot passing accuracy in football players and demonstrated that this skill is indeed an aspect that needs to be improved through specific training.

From a sports coaching perspective, improving basic technical skills cannot be done incidentally but requires systematic, structured, and repetitive training methods. One method widely used for this purpose is the drill method. The drill method emphasizes continuous repetition of movements in a relatively fixed pattern so that players can develop consistency of movement, improve coordination, and strengthen the accuracy of technical execution. Repetition in drills provides players with more opportunities to improve body position, foot angle upon contact with the ball, power of the push, and direction of the pass. In the motor learning study discussed in the research by Wijaya et al. (2025), the effectiveness of technical training models such as passing drills is explained in relation to the interaction between external factors, such as the training model, and internal factors, such as the athlete's coordination ability.

Empirically, several studies have shown that drill-based training contributes to improving football players' passing abilities. Kurniawan et al. (2024) found that drill-to-the-wall significantly improved inside-foot passing accuracy. These results confirm that drill training that provides high repetition of passing movement patterns can significantly improve passing accuracy. Similarly, Permono and Ramadhani (2025) reported that passing drill training improved passing accuracy in SSB Mars U-17 players, as evidenced by the increase in average scores after the training intervention. Both studies consistently demonstrate that drill training is worthy of consideration as a practical approach to improving players' passing accuracy.

Similar findings were also demonstrated in a study of more specific drill variations. Kurniawan et al. (2024) compared circle passing drills and diamond passing drills on the accuracy of short inside-foot passes in SSB PSSP Demak players. The results showed that both training methods had an impact, but diamond passing drills produced greater improvements than circle passing drills. Furthermore, Fatmala et al. (2024) also demonstrated that pair passing exercises using the inside feet significantly affected passing accuracy in school football players. These two studies strengthen the argument that improving inside-foot passing accuracy is significantly influenced by training specific to passing movement patterns, rather than just general training.

However, previous research has also shown that the effectiveness of passing training is not always uniform across all player characteristics. Agus et al. (2023) found an interaction between training model and foot-eye coordination on short passing accuracy. In that study, the rondo model was more effective in athletes with high foot-

eye coordination, while passing drills were more appropriate for athletes with lower coordination. These findings are important because they demonstrate that drills remain relevant, especially when training objectives are directed at strengthening basic technique and movement consistency. On the other hand, a systematic review by Wen et al. (2018) also emphasized the need for more research on specific training techniques or methods that influence short-passing ability, as the existing literature does not yet cover all player contexts and characteristics.

Based on this review, it is clear that research on passing, particularly inside-foot passing, still has room for development at the contextual level. Some previous research was conducted on school football players, youth athletes, or specific training groups using various drill formats, such as wall drills, pair passes, circle passes, and diamond passes. However, not all of these results can be directly generalized to every team, as each group of players has different training conditions, initial abilities, technical habits, and coaching characteristics. Therefore, testing the effectiveness of drill training methods in specific team contexts remains crucial to obtain more practically relevant empirical evidence.

In the context of the Pakkanreawang Football Club, the accuracy of inside-foot passing is a crucial aspect to improve because this technique is fundamental to building teamwork and maintaining ball possession. If players' passing skills are not accurate, the team's playing style will struggle to develop optimally. Therefore, implementing the drill training method is a rational alternative to test, given that it focuses on controlled and measurable technique repetition. Academically, this research is also important because it adds empirical evidence regarding the effectiveness of drill training methods on inside-foot passing accuracy in the context of local teams, which has so far been relatively limited compared to research in football schools or coaching age groups. The findings of this study are expected to not only benefit coaches in developing training programs but also enrich sports coaching studies on the development of basic football techniques.

Based on this description, this study aims to analyze the effect of drill training methods on inside-foot passing accuracy in the Pakkanreawang Football Club. This research is based on the assumption that structured and repeated drill training can improve passing movement quality, increase technical consistency, and ultimately enhance player passing accuracy. Therefore, this research is expected to provide theoretical and practical contributions to the development of basic football technique training methods, particularly for inside-foot passing skills.

METHODS

This study used a quantitative approach with a quasi-experimental approach. The quantitative approach was chosen because the study aimed to test the effect of a specific treatment on the dependent variable through statistically analyzed numerical data. A quasi-experimental approach was used because the study was conducted without a control group, but still involved treatment administration and measurements before and after the intervention. In a quasi-experimental design, the dependent variable is measured before and after treatment in the same group to determine changes

resulting from the intervention. Although this design still has limited internal validity compared to a pure experiment because it does not involve a randomized comparison group (Cozby, 2017). The design used was a One Group Pretest–Posttest Design, which measures the same variables in one group before treatment (pretest) and after treatment (posttest). This design is commonly used to assess changes in performance or skills after a training program is administered to the same group (Cozby, 2017).

The study was conducted with the Pakkanreawang Football Club, located at A. Mappelawa Field, Salapanrenge, Otting Village, Tellu Siattinge District, Bone Regency. This location was chosen because the team actively participates in regular training, allowing for structured treatment according to the training schedule. The study was conducted over a one-month period, starting in August 2025. During this period, the training program was provided for four weeks, three times per week, for a total of 12 training sessions. The population of this study was all 25 members of the Pakkanreawang Football Club, who were in good physical condition at the time of the study and had no history of serious injuries. The study sample consisted of 15 players selected purposively, based on their suitability to the research needs and the criteria established by the researcher. Methodologically, purposive sampling involves the deliberate selection of subjects based on specific characteristics relevant to the research objectives (Asrulla et al., 2023).

Data collection in this study was conducted through tests and measurements administered twice: before and after the treatment. The pretest aimed to determine the players' initial abilities, while the posttest aimed to determine changes in abilities after the entire training program was implemented. Data were analyzed using SPSS 23. The analysis was conducted in three stages. First, descriptive statistics were used to describe the pretest and posttest data in the form of minimum, maximum, mean, and standard deviation values. Second, prerequisite tests, in this case, normality and homogeneity tests, were conducted. The normality test was conducted using the Shapiro–Wilk test. This test was chosen because it is widely recommended for normality testing, even in small sample sizes (Sianturi, 2025). The homogeneity test used the Levene test. Third, the hypothesis test was conducted using the paired samples t-test.

RESULTS AND DISCUSSION

Result

Descriptive analysis was used to provide an overview of the pretest and posttest results of inside-foot passing accuracy.

Table 1.
Descriptive Statistical Analysis of Inside-Foot Passing

Statistics	Pretest	Posttest
N	15	15
Mean	2,80	5,47
Std. Deviation	1,656	1,767
Minimum	0	2
Maximum	6	8
Sum	42	82

Based on Table 1, the pre-test results showed a minimum passing accuracy score of 0, a maximum score of 6, and a mean of 2.80, with a standard deviation of 1.656. Meanwhile, the post-test results showed a minimum passing accuracy score of 2, a maximum score of 8, and a mean of 5.47, with a standard deviation of 1.767.

Table 2.
Normality Test

Passing Accuracy		Statistics	df	P	Description
Drill	Pre Test	833	15	0.052	Normal
	Post Test	888	15	0.063	Normal

Based on Table 2, the pre-test data for passing accuracy in drill training showed a p-value of 0.052 > 0.05, and the post-test results were 0.063 > 0.05. It can be concluded that the research data is normally distributed.

Table 3.
Homogeneity Test

Accuracy	Df 1	Df 2	*P*	Description
Passing	2	11	0.599	Homogeneous

Based on Table 3, the analysis results using SPSS Version 23 showed p = 0.599 > 0.05. This result indicates that p > 0.05 indicates homogeneity of variance.

Table 4.
Hypothesis Test

Drill Training		Average Difference	t-test	t-table	Df	Std. Daviation	Sig. (2-tailed)
Passing	Pre Test Post Test	2.667	10.583	1.761	14	0.976	0.000

Based on the results of the t-test analysis on passing accuracy with drill training, the average difference between the pre-test and post-test was 2.667. The calculated t-value of 10.583 was greater than the t-table of 1.761, and the significance value was (0.000) <0.05. Therefore, drill training significantly influenced the passing accuracy of the Pakkanreawang Football Club.

Discussion

The results of the study indicate that the drill training method significantly impacted the accuracy of inside-foot passing in the Pakkanreawang Football Club. Descriptively, the increase in average scores from pretest to posttest indicates that after participating in the 12-session training program, players improved their ability to direct the ball toward the target using inside-foot techniques. This finding indicates that drill training can gradually improve the quality of basic technical skills through consistent and structured repetition.

This finding aligns with the basic principle of motor learning that motor skills develop better when practiced repeatedly under controlled conditions. For inside-foot passing techniques, repetition allows players to improve the position of the supporting foot, the angle of contact between the foot and the ball, the direction of the leg swing, and the force of the ball's thrust. A systematic review by Carlsoon et al. (2025) concluded

that short-passing ability in football is influenced by training, physical condition, and implementation factors, so that improved passing performance is inseparable from the quality of the intervention design implemented.

This study also aligns with the research of Irawan et al. (2019), which found that drill-to-the-wall training significantly impacted inside-foot passing accuracy in football players. The similarity between these findings lies in the treatment's emphasis on directed repetition of passing techniques. In both studies, players not only repeated movements but were also trained to execute precise passing techniques toward specific targets. This suggests that drills are effective in improving movement consistency and passing accuracy, especially for players who still need to strengthen basic techniques.

The findings of this study are also supported by a study by Rohendi et al. (2020), which reported that the square drill passing training method significantly improved passing accuracy in 15-year-old players. These results reinforce the view that the drill method is not only effective in the context of school football training but also has the potential to be applied to local teams with similar needs for improving basic technique. The similarity between that study and this study lies in the focus of the intervention, namely improving passing accuracy through a systematic, repetitive, and easily controlled training pattern by the coach.

Furthermore, the results of this study are consistent with the findings of Faozi et al. (2025), who compared passing-skill training with small-sided games to improve side-foot kick accuracy. This study showed that structured passing-skill training, with a focus on technique and feedback, resulted in greater accuracy improvements than small-sided games. The implication of these findings is that training specifically targeting the technical aspects of passing is indeed more effective when the primary goal is to improve passing accuracy, rather than simply increasing game engagement. Thus, the results of this study reinforce the assumption that the drill method is highly relevant for use in the basic technique development phase, especially when players need to practice correct movement before entering more complex game situations.

The research by Ramadhan and Pardilla (2025) also provides important insight into the effectiveness of passing training models, which are influenced by player characteristics, particularly foot-eye coordination. They found that passing drills were more appropriate for athletes with relatively low coordination, while rondos were more effective for athletes with high coordination (Ashar et al., 2025). This finding helps explain why the drill method in this study was effective, especially when the Pakkanreawang Football Club players still needed to strengthen their passing technique foundations and stabilize their motor coordination. In other words, the success of the drill training can be understood not only as a function of repetition, but also because of its suitability to the technical needs of the study subjects.

Practically, the increase in inside-foot passing accuracy after treatment can be explained by the nature of drill training, which places players in repetitive and focused training situations. In these conditions, players have the opportunity to make immediate technique corrections from session to session. The more frequently correct movements

are repeated, the greater the chance of forming automatic movement patterns that support accuracy. This is crucial in football because inside-foot passing is a fundamental technique that underpins collective play. When players have good passing accuracy, the flow of the ball between players becomes smoother, teamwork improves, and the chance of losing the ball is minimized.

However, the results of this study should be interpreted judiciously. While a one-group pretest-posttest design can demonstrate changes before and after treatment, it cannot fully control for external factors that may influence the results, such as playing experience, motivation, additional training outside of the research program, or the players' daily physical condition. Therefore, the results of this study are best understood as empirical evidence that the drill training method is associated with improved passing accuracy in the context of the Pakkanreawang Football Club, rather than as an absolute generalization to the entire player population. This limitation is common to one-group quasi-experimental designs and should be considered in interpreting the results.

Thus, this discussion confirms that the drill training method is an effective approach to improving inside-foot passing accuracy. The findings of this study reinforce previous research showing that specific, structured, and repetitive technical training can improve football players' passing accuracy. Theoretically, these results support the motor learning principle that repetitive practice facilitates the development of more stable motor skills. Practically, these results imply that coaches can use drills as a primary strategy to improve players' basic technique, particularly in passing using the inside of the foot.

CONCLUSION

Based on the research results, it can be concluded that the drill training method significantly impacted the accuracy of inside-foot passing in the Pakkanreawang Football Club. Structured, repetitive, and systematic training over 12 sessions improved players' ability to execute passes more accurately toward the target. This demonstrates the effectiveness of the drill training method as a strategy for developing basic football techniques, particularly inside-foot passing skills. Theoretically, these findings reinforce the view that repetitive, directed movements can help players develop technical consistency, improve coordination, and enhance passing accuracy. Practically, the results of this study suggest that coaches can implement the drill training method as part of a routine training program to improve players' basic technique, particularly passing accuracy. Therefore, the drill training method can be a relevant and applicable training alternative in efforts to improve the technical performance of football players.

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