



Level of Passing Ability in Futsal Among Extracurricular Participants

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ABSTRACT

This study is a quantitative descriptive study aimed at determining the passing skills of students in the futsal extracurricular program at SMP Negeri 17 Makassar. The focus of the study is on measuring the level of basic passing skills, which include the aspects of power, accuracy, and motor coordination. The population in this study consists of all students in the futsal extracurricular program at SMP Negeri 17 Makassar, totalling 30 students, while the sample size of 30 students was determined using total sampling, meaning the entire population was included as the study sample. The instrument used was the Mitchell Soccer Test. Data collection was conducted through testing and documentation. Data were analyzed using descriptive statistics, including mean, standard deviation, frequency, and percentage, with the assistance of SPSS version 25. The research results showed that the ability was categorised as Very Good for 2 students (6.67%), Good for 9 students (30%), Moderate for 12 students (40%), Poor for 6 students (20%), and Very Poor for 1 student (3.33%). Thus, it can be concluded that the percentage of final data on passing ability falls into the average category. Therefore, it can be concluded that the passing ability in futsal among students in the extracurricular program at SMP Negeri 17 Makassar is in the average category at 40%.

ARTICLE HISTORY

Received: 2026/05/25

Accepted: 2026/05/29

Published: 2026/05/31

KEYWORDS

Skills;
Passing;
Futsal;
Extracurricular;
Activities

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 : Hasanuddin, M.I.; Hasanuddin, M.I. (2026). Level of Passing Ability in Futsal Among Extracurricular Participants. **Competitor: Jurnal Pendidikan Kepeleatihan Olahraga**. 18(2), p.4328-4334

INTRODUCTION

Futsal is a highly popular sport among students because it is easy to play, requires a relatively small field, and helps develop physical abilities, technique, tactics, and teamwork. In a school setting, futsal serves not only as a means of physical activity but also as a tool for fostering character, discipline, sportsmanship, and social skills among students. The popularity of futsal continues to rise alongside the growth of inter-student competitions and extracurricular activities organised by schools. This makes futsal one of the sports that plays a strategic role in supporting the goals of physical education in schools.

The urgency of developing futsal skills among students is growing as various reports indicate that physical activity levels among adolescents worldwide remain low. The World Health Organisation (WHO) reports that approximately 80% of adolescents worldwide do not meet the recommended daily physical activity guidelines, which could potentially lead to



various physical and psychological health issues in the future (World Health Organisation [WHO], 2024). In this context, extracurricular sports activities, including futsal, serve as an effective alternative to increase student participation in physical activity while simultaneously developing sports skills in a targeted manner. Therefore, the quality of instruction in basic futsal techniques in schools requires more serious attention.

One of the most important basic techniques in futsal is passing. Passing is the ability to pass the ball to a teammate precisely, quickly, and accurately to maintain possession and build attacking plays. The nature of futsal, which is played in a confined space at a fast pace, makes passing ability a key factor in a team's success. Recent research shows that passing technique significantly contributes to the effectiveness of teamwork and overall futsal performance. Training focused on improving passing skills has been proven to enhance game quality and the effectiveness of attacks in futsal matches (Eka et al., 2026). Additionally, an analysis of the Indonesian National Futsal Team at the 2024 AFF Futsal Championship revealed that the passing success rate reached 84% and was one of the key factors supporting the team's success in winning the championship title (Rabbani, 2026).

Although passing plays a very important role, the reality on the field shows that students' passing skills in the futsal extracurricular activity are still not optimal. Based on the results of preliminary observations conducted by the researcher on participants in the futsal extracurricular activity at SMP Negeri 17 Makassar, it was found that many students still have difficulty passing accurately. Common mistakes include passes that miss the target, kicks with insufficient power, and poor decision-making when passing during gameplay. As a result, the team often loses possession, and their playing style becomes less effective. This situation highlights a gap between the theoretical importance of passing and the students' actual on-field ability.

This issue is believed to be influenced by several factors, including a lack of practice in basic techniques, limited variety in passing drills, and the students' limited playing experience. Research conducted by Saputra et al. (2025) shows that active partner passing drills can improve passing accuracy by up to 40.69%, which is higher than that achieved through active group passing drills. These findings indicate that the quality and methods of training have a significant impact on improving futsal players' passing skills. However, in many school extracurricular activities, training is still more oriented toward direct gameplay rather than the systematic development of basic techniques, resulting in suboptimal skill development among students.

In addition to training factors, there remains a misconception in school-level futsal coaching that passing skills will develop automatically through regular play. In fact, various studies show that mastery of passing requires structured training, consistent repetition of movements, and periodic skill evaluation. Without a clear measurement of ability, coaches and physical education teachers will find it difficult to determine training programs that suit the needs of students. Therefore, research is needed to provide an empirical picture of students' passing ability levels as a basis for decision-making regarding sports coaching in schools.

Based on the above description, this study aims to determine the level of passing ability in futsal among participants in the extracurricular program at SMP Negeri 17 Makassar. The research results are expected to provide theoretical benefits in the form of enriching sports science studies, particularly regarding the basic technical skills of futsal, as well as practical benefits for physical education teachers, coaches, and schools in designing training programs that are more effective, targeted, and tailored to the characteristics of students, thereby continuously improving the quality of futsal development in schools.

METHODS

This study is a quantitative descriptive study aimed at determining the level of passing ability in futsal among participants in the extracurricular program at SMP Negeri 17 Makassar. A descriptive approach was used because this study seeks to describe the students' passing ability based on measurements obtained in the field without applying any specific treatment or intervention to the research subjects.

The population consists of all elements to be studied, whether they are inanimate objects or subjects such as humans or social entities available in a study (Rahmadani et al., 2023). The population in this study comprises all 30 students participating in the futsal extracurricular program at SMP Negeri 17 Makassar. A sample is any method used to identify a sample for research purposes (Purba et al., 2023). The sample in this study consists of 30 students. The sampling technique used is total sampling. Total sampling is a sampling technique in which the sample size is equal to the population size. This technique is used when the population size is relatively small or when the researcher wishes to make generalisations with a very low margin of error.

The research instrument used to measure passing ability is the Mitchell Soccer Test, as cited by Ngatman (2001:25). This test aims to measure the passing ability of soccer or futsal players through the activity of repeatedly kicking a ball at a target within a specified time frame. This instrument has a validity coefficient of 0.860 and a reliability coefficient of 0.871, making it suitable for use as a measure of passing ability. Data collection techniques involved the use of measurement tests and documentation. Data analysis in this study utilised descriptive statistics to interpret the results, including calculations of the mean, percentage, and categories of passing ability, using the statistical software SPSS Version 25.

RESULTS AND DISCUSSION

Result

The results of the study, available at, describe the level of passing ability in futsal among participants in the extracurricular program at SMP Negeri 17 Makassar. The descriptive results regarding the magnitude of the values (mean, median, mode, standard deviation, minimum, and maximum values) of each respective value at the

research site are presented below. The following presents the results of the descriptive analysis of passing ability.

Table1.
 Descriptive Statistics of Passing Ability

No	Parameter	Passing Ability
1	Sample Size (N)	30
2	Mean	21.53
3	Standard Deviation (SD)	2.70
4	Maximum Value (Max)	27
5	Lowest Value (Min)	16

The data on the scores of students at SMP Negeri 17 Makassar is presented in a frequency distribution table. The frequency distribution and percentage of student performance can be seen in the following table.

Table2.
 Frequency Distribution and Percentage of Passing Ability

Category	Value Range	Frequency	Percentage (%)
Very Good	≥ 26	2	6.67
Good	23-26	9	30
Moderate	20-23	12	40
Less	17-20	6	20
Very Low	≤ 17	1	3.33
Total		30	100

Based on the table above, it appears that the percentage of students' passing scores is as follows: 2 students (6.67%) received a "Very Good" rating, the "Good" category for 9 students (30%), the "Average" category for 12 students (40%), the "Poor" category for 6 students (20%), and the "Very Poor" category for 1 student (3.33%). Thus, it can be concluded that the final percentage of passing ability data in futsal among students in the extracurricular program at SMP Negeri 17 Makassar falls into the Good category. The data is presented in a diagram in the figure below:

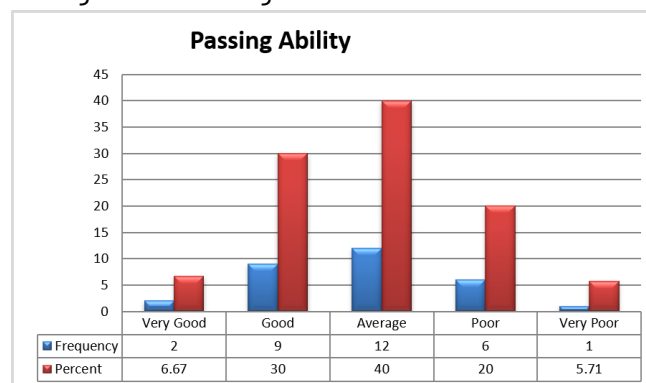


Figure 1.

Diagram of passing ability results in futsal among extracurricular students at SMP Negeri 17 Makassar

Discussion

The results of the study indicate that the passing ability level in futsal among participants in the extracurricular program at SMP Negeri 17 Makassar falls into the

moderate category, with the highest frequency observed in 12 students (40%). Additionally, there were 9 students (30%) in the good category, 2 students (6.67%) in the very good category, 6 students (20%) in the poor category, and 1 student (3.33%) in the very poor category. These findings indicate that most of the extracurricular participants already possess basic passing skills; however, their mastery of these techniques has not yet reached an optimal level. This situation indicates that students' passing skills still need to be improved through more systematic and sustained training programs.

Passing is a fundamental technique that is crucial in futsal because it serves as the primary means of maintaining possession, building attacks, and creating scoring opportunities. According to Lhaksana (2011), the success of a futsal team is heavily influenced by the players' ability to pass quickly, precisely, and accurately. The characteristics of futsal played in a confined space with a fast pace require players to possess good passing skills so that the flow of the game can proceed effectively. Therefore, passing ability that falls only into the moderate category indicates that the students' effectiveness in the field can still be improved through more intensive technical training.

The results of this study can be explained by motor learning theory, which states that athletic skills develop through a process of repetitive, structured, and continuous practice. According to Schmidt and Lee (2019), mastery of motor skills is influenced not only by physical ability but also by the frequency of practice, the quality of feedback, and the practical experience gained by the individual. Based on observations during the study, some extracurricular participants had not been practising consistently and still exhibited technical errors in passing, such as improper stance, inappropriate use of kicking force, and a lack of accuracy in directing the ball toward the target. These conditions potentially hindered the students' passing skills from developing to their full potential.

The findings of this study are consistent with the research by Saputra et al. (2025), which found that the quality of passing technique training has a significant effect on improving the passing accuracy of futsal players. That study showed that active partner passing drills are more effective at improving passing skills than conventional training methods. The results of Festiawan et al. (2024) also indicate that varied, programmed passing drills can improve passing accuracy and the quality of futsal play. These consistent findings suggest that students' passing ability is heavily influenced by the training methods employed during the development process.

In addition to training factors, passing ability is also influenced by physical aspects and motor coordination. According to Luxbacher (2012), good passing ability requires coordination between vision, body balance, foot control, and the ability to anticipate the direction and speed of the ball. During junior high school, the development of motor coordination is still ongoing, resulting in differences in ability among students. This is evident from the variation in ability categories observed in the study, ranging from very good to very poor. Thus, the differences in passing ability found may be influenced by differences in motor maturity, playing experience, and the intensity of each student's training.

From the perspective of school sports development, the results of this study indicate that the futsal extracurricular program at SMP Negeri 17 Makassar has been able to establish

a foundation for students' passing skills; however, the quality of instruction on basic techniques still needs improvement. Coaches and physical education teachers need to provide more specific training on passing accuracy through partner drills, small-sided games, target passing, and situational drills that simulate match conditions. A varied training approach is believed to increase student motivation while accelerating the mastery of basic futsal technical skills.

Theoretically, this study reinforces the concept that passing skills result from the interaction between technical ability, training experience, and players' physical condition. Practically, the study's findings can serve as a basis for evaluation by schools and coaches in developing more effective futsal training programs. These findings also provide empirical data on the passing ability levels of junior high school futsal club participants, which can serve as a reference for future research. Thus, improving the quality of passing drills in a structured and sustainable manner is a crucial step toward enhancing students' futsal performance and supporting athletic achievements within the school environment.

CONCLUSION

Based on the results of a study conducted on passing skills in futsal among students in the extracurricular program at SMP Negeri 17 Makassar, the following categories were identified: 2 students (6.67%) were rated "Very Good," the "Good" category for 9 students (30%), the "Average" category for 12 students (40%), the "Poor" category for 6 students (20%), and the "Very Poor" category for 1 student (3.33%). Thus, it can be concluded that the final percentage of passing ability data falls into the "Average" category. Thus, it can be concluded that the passing ability in futsal among students in the extracurricular program at SMP Negeri 17 Makassar falls into the average category at 40%. This finding indicates that most students already possess fairly good basic passing skills; however, they still require improvement in the aspects of accuracy, control, and consistency of passing to support more effective futsal performance. Therefore, students' passing skills need to be continuously developed through structured, consistent, and student-centred training. Based on the research results, it is recommended that the futsal extracurricular participants at SMP Negeri 17 Makassar increase the intensity of their passing technique training regularly, while coaches and physical education teachers are expected to implement training programs that are more structured, varied, and focused on improving passing accuracy and consistency. Additionally, the school is expected to continue supporting the extracurricular activity by providing adequate facilities and infrastructure, while future researchers may examine other factors influencing passing ability to obtain more comprehensive research results.

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