

## The Effect of Variation Training on Passing and Stopping Skills in Football on Students' Extracurricular at SMPN 1 Siak Hulu, Kampar Regency



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**ABSTRACT:** Based on observations conducted at Students' Extracurricular at SMPN 1 Siak Hulu, Kampar Regency, the author notices that the basic techniques of Passing and Stopping are still lacking. This is proven by the inaccurate passing of the ball to the other players, and the students' inability to stay in control of the ball when receiving passes, which prevents football game from reaching maximum results, especially in real matches. Football passing and stopping skills can be improved through variation training methods. This study aimed to determine if different exercises have an effect on passing and stopping in football on students' extracurricular at SMPN 1 Siak Hulu, Kampar District. This is quantitative research applying a Pre-experiment design with a Pretest-Posttest design and a statistical formula or T-score. Population is the entire object of research, so for this study, the population consisted of all 24 students who participated in extracurricular football activities at SMPN 1 Siak Hulu, Kampar Regency. The t-count value for this study was 13.18, while the t-table with a significant 5% and db = N-1 (24-1 = 23) was 2.07. Therefore, t count > t table. Thus, there is a substantial difference between the results of the Pretest and Posttest. Based on the findings of this study, it can be concluded that the proposed hypothesis regarding the relationship between Variation Training on Passing and Stopping Skills in Football on Students' Extracurricular at SMPN 1 Siak Hulu, Kampar Regency is accepted. Students who participate in extracurricular football activities at SMPN 1 Siak Hulu, Kampar Regency, and who wish to improve their football skills are advised to always practice diligently. This is due to the fact that a form of sport skill can only be acquired through regular, continuous practice.

**KEYWORDS:** Effect of Variation Training, Passing and Stopping Skills.

### I. INTRODUCTION

Sport plays an important part in human life, both for improving achievement and maintaining a healthy body. Everyone can participate in sports activities, both formally and informally. One of the purposes of sports is to improve physical fitness, so that daily activities can be performed properly.

Sport is also an effort to improve human resource quality. As stated in Article 1 paragraph 23 of Law Number 3 of 2005 concerning the National Sports System, "sports coaching and development is a conscious effort carried out systematically to achieve sports goals." Sports have very complex objectives. Therefore, this sport must be fostered in order to produce humans who are healthy, fit, qualified, and accomplished.

One form of sports coaching is early introduction to sports. Regular coaching will produce athletes who perform optimally, and in the school environment, sports can be developed by conducting extracurricular activities, because these activities aim to develop one of the sports fields in which the students are interested, such as football. Football is one of the sports that has become popular on a national, regional, and even rural level. This is proven by the presence of soccer schools and clubs in both urban and rural areas.

Football is a sport with complex movements. It means that an action consists of a combination of elements of motion that are properly coordinated. To play the ball effectively, you must master the movement technique. Effective and efficient football movements must be grounded on a solid foundation of basic techniques. Football's basic techniques consist of kicking techniques (passing), dribbling techniques (dribbling), shooting techniques (shooting), and controlling balls (stopping).

Passing and stopping are two basic techniques that must be mastered. In football, one of the techniques used to pass the ball with the inside of the foot is kicking the ball (passing). The objective of passing in football is to set the tempo of the game, change the pace of the game, and make it easier to pass, whereas stopping the ball (stopping) is an attempt to stop or control the

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ball so that it cannot be easily taken by the opponent.

Athletes must be motivated to engage in an activity in order to acquire the ability to perform basic football techniques. Athlete motivation can originate from within the athletes themselves (internal), as well as from external factors such as coaches and infrastructure. With adequate infrastructure, it will be easier for coaches or athletes to run programs and achieve optimal training outcomes. The extracurricular football activities conducted in schools are also designed to improve basic football skills. SMPN 1 Siak Hulu is one of the schools that offer football-related extracurricular activities. The purpose of this football extracurricular activity is to motivate students and develop their football skills.

According to researchers' observations of football extracurricular activities at SMPN 1 Siak Hulu, Kampar Regency, there are still numerous issues, including a lack of passing accuracy and ball control, the ball being too far from the player's feet so that it is less protected and can be easily stolen by the opponent. In passing, the ball is frequently off target, preventing it from reaching the other player and frequently leaving it too far away. This makes it simple for the opponent to control the ball. Students' stopping is still not accurate and precise, resulting in imperfect ball control when they receive a pass. This may also make it easier for the opponent to steal and maintain possession of the ball.

Providing methods and forms of training with the proper procedures will have an effect on improving the basic passing and stopping techniques. The inaccuracy in passing and stopping is a result of students not engaging in a variety of exercises. The training method used by extracurricular instructors is still suboptimal, consisting only of a warm-up around the field, stretching muscles, and practicing basic techniques in general. Students receive inadequate training in passing and stopping techniques. Therefore, improvements must be made using more effective and varied training methods.

Based on the preceding explanation, the authors conducted research with the title "The Effect of Variation Training on Passing and Stopping Skills in Football on Students' Extracurricular at SMPN 1 Siak Hulu, Kampar Regency" to discover a solution to the problem.

## II. METHOD

In this study, the author applied the experimental method. Experimental research attempts to determine the cause-and-effect relationship between two factors that were deliberately implemented by the researcher, while reducing or eliminating other confounding variables (Sukardi, 2003: 179).

This study used a quasi-experiment. The experiment was conducted according to Sukardi's design (2003:184).

Pretest	Passing and stopping practice	Posttest
Y <sup>1</sup>	X	Y <sup>2</sup>

Source: Sukardi (2003:184)

Population is the total number of study participants. If every component of the research area are to be studied, then the research is population research. The research or study is also known as a population study or census study (Arikunto, 2010, p. 173). This study's population consisted of 24 students who participated in extracurricular football activities at SMPN 1 Siak Hulu, Kampar Regency.

The sample represents a portion of the population chosen for the data source (Sukardi, 2003, p. 54). Regarding the population, which according to the researcher was not too large, the researcher sampled all students who participated in extracurricular football, including 8 ninth-graders, 8 eighth-graders, and 8 seventh-graders. Therefore, 24 students were studied as samples.

The T-test was used in this study to analyze the data regarding the effect of variation training. Prior to conducting the T-test, the average mean was calculated using the following formula:

Arikunto (2010:351):

$$Md = \frac{\sum d}{N}$$

Description:

*Md* = Mean

*d* = Deviation Score

*n* = Number of Respondents

To analyze the results of the study, the pre-test and post-test group formula was used:

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$$t = \frac{Md}{\frac{\sqrt{\sum x^2 d}}{n(n-1)}}$$

Description:

- Md* = mean value of the difference between pre-test and post-test
- Xd* = deviation score of each subject
- $\sum x^2 d$  = the sum of squares and deviations
- N = number of samples

### III. RESULTS AND DISCUSSION

Based on the problems described in the previous section, the variables of this study are the implementation of variation training methods to enhance football passing and stopping skills. The following is a description of the data regarding football players' passing and stopping abilities:

#### A. Pretest Results of Passing and Stopping in Football in the Extracurricular Students of SMPN 1 Siak hulu, Kampar Regency

According to the results of the study conducted prior to receiving variation training, the highest score was 11 for two people (8.3%), the score of 10 for one person (4.2%), the score of 9 for two people (8.3%), the score of 8 for eight people (33.3%), the score of 7 for three people (12.6%), and the lowest score was 6 for eight people (33.3%), with an average of 7.625. For additional information, please refer to the following table:

**Table 1. Frequency distribution of passing and stopping football test results before being given various exercises on extracurricular students of SMPN 1 Siak hulu, Kampar Regency.**

No	Score	Frequency	Percentage
1	11	2	8,3 %
2	10	1	4,2 %
3	9	2	8,3 %
4	8	8	33,3 %
5	7	3	12,6 %
6	6	8	33,3 %
<b>Sum</b>		<b>24</b>	<b>100%</b>

Source: Data Processing Results, 2014

#### B. Final Test Results (Postest) Passing and Stopping in Football After Being Given Variation Training Methods on Extracurricular Students of SMPN 1 Siak hulu, Kampar Regency

The results of passing and stopping after receiving variation training obtained the highest score with the best score of 13 as many as 1 person (4.2%), the score of 12 as many as 6 people (25%), the score of 11 as many as 7 people (29.2%), the score of 10 as many as 5 people (20.8%), the score of 9 as many as 1 person (4.2%), and the lowest score was 8 as many as 4 people (16.6%). The results of the passing and stopping tests are presented in the following table:

**Table 2. Frequency distribution of passing and stopping test results after being given variation trainings on extracurricular students of SMPN 1 Siak hulu, Kampar Regency.**

No	Score	Frequency	Percentage
1	13	1	4,2 %
2	12	6	25 %
3	11	7	29,2 %
4	10	5	20,8 %
5	9	1	4,2 %
6	8	4	16,6 %
<b>Sum</b>		<b>24</b>	<b>100 %</b>

Source: Data Processing Results, 2014

#### C. Research Hypothesis Testing

The test data on passing and stopping scoring are analyzed using statistical techniques with existing formulas to determine

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whether the variation training method can improve passing and stopping abilities in football games on students' extracurricular activities at SMPN 1 Siak hulu, Kampar Regency. The purpose of proving this hypothesis is to determine the scale of the influence of variable X (independent variable), specifically the effect of variation training on variable Y (dependent variable), particularly the passing and stopping abilities in football on the students' extracurricular activities at SMPN 1 Siak Hulu, Kampar Regency.

**Table 3. Results of hypothesis testing of initial test data (pretest) and final test (posttest) of passing and stopping skills in the football extracurricular at SMPN 1 Siak Hulu, Kampar Regency.**

Mean		Df(N-1)	t table 5%	t count	conclusion
Pre test	Post test				
183	240	24-1	2,07	13,18	Affecting
$X_1=7,625$	$X_2 = 10$	23			

The previously described test results obtained a t-count value of 13.18. With 5% significance and db = N-1 (24-1 = 23), the t-table was 2.07. Because t-count > t-table, it can be concluded that variation training had a significant influence on the results of the pre-test and post-test of passing and stopping skills in football. Thus, the proposed hypothesis, that there is a significant influence of variation training on the ability of passing and stopping in football on students' extracurricular at SMPN 1 Siak Hulu, Kampar Regency, can be accepted.

Based on the findings of the preceding analysis, it is clear that there are differences in the results of passing and stopping abilities in football after being exposed to a variation training method. Variation training given to extracurricular students at SMPN 1 Siak Hulu, Kampar Regency, resulted in an average pre-test score of 7.625 and an increase in average post-test scores of 10. Thus, the use of variation training methods in football can improve passing and stopping skills.

This variation training is a training material where this method is used for the activity material conditions. Every sport requires practice, and practice is a factor in students' ability to reach their objectives. In football, players need a variety of exercises to enhance their ability to perform good game techniques. Variation training is an essential form of exercise for football players.

The main purpose of this training method is to prevent student boredom during training while simultaneously training strength, agility, and speed, as the principle of variation training is implemented by interspersing different forms of exercise with recovery time (rest), so that it can gradually improve passing and stopping abilities. In football training, variation training aims to improve the ability to master basic techniques, particularly passing and stopping, as well as provide motivation and reduce boredom.

This is supported by the theory suggested by Ambarukmi (2007, p. 14): monotonous training methods will result in boredom, preventing the achievement of training objectives; therefore, it is necessary to design a variety of models and training methods that adhere to the training objectives. If training objectives are met, achieving success is simple and easy. Passing and Stopping training requires the use of methods that can stimulate the enthusiasm of the students or athletes, and variation training is one form of training that can do this because it contains a variety of training elements and is not monotonous.

This research reveals that training plays an important role in improving the passing and stopping skills of football players who participate in extracurricular activities at SMPN 1 Siak Hulu, Kampar Regency. It is hoped that this will spark a movement that influences how football's passing and stopping techniques are trained.

According to the results of the calculation and analysis of the research data, variation training on the passing and stopping skills in football has a significant impact on students' extracurricular activities at SMPN 1 Siak Hulu, Kampar Regency. In this regard, with well-organized and directed training, variation training will have a significant impact on passing and stopping skills. Thus, it can be concluded that variation training is essential for improving passing and stopping skills in football in order to achieve a higher level of performance.

#### IV. CONCLUSIONS

Based on the findings of this study's data analysis, it can be concluded that Effect of Variation Training on Passing and Stopping Skills in Football on Students' Extracurricular Activities at SMPN 1 Siak Hulu, Kampar Regency, involving 24 students. 14 meetings of research were conducted to determine the Effect of Variety Training on Passing and Stopping Skills in Football Extracurricular at SMPN 1 Siak Hulu, Kampar Regency. The researcher presents the following recommendations based on these findings.

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1. Students who want to improve their football skills should always practice diligently. This is due to the fact that a form of sports skill is acquired through continuous, consistent practice.
2. To improve the ability to play football, coaches or teachers must develop various forms of variation training so that the objectives of sports coaching results in increased achievement.
3. Due to the limitations of this study besides its limited scope and sample size, it is recommended that future researchers expand the study's scope and explore a larger sample size.

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