

The Effect of Rondo Game Practice Method on Passing Skills of Football Players



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ABSTRACT: This study aims to determine the effect of rondo game practice on the passing skills of football players. This study is a type of experimental research of one group pretest-posttest design with 16 treatments. The population in this study is 40 people, then the 40 population is not all used, only 24 athletes meet the criteria as subjects in this study. The instruments in this study are tests, observations, interviews, and documentation. The validity of the test in this study was 0.812 and the reliability was 0.879. The data analysis techniques of this study use prerequisite tests including normality tests, homogeneity tests, and t-test or t-est. The results of this study prove that training based on the rondo game method has a significant impact on the accuracy of passing in football games. This is proven by the results of data analysis in this study with a percentage of $0.000 < 0.05$, thus the hypothesis in the study is proven to have an influence on football athletes of the Student Activity Unit of the University of the Union of Teachers 1945 East Nusa Tenggara. Then it is strengthened by the statistical results of the mann whitney test with an asymp. sig. (2-tailed) value of $0.750 > 0.05$, H_a is rejected and H_o is accepted. The result of the score for the rondo game was 48.69 which means that the influence of the rondo game was greater. Based on the results of the study, the researcher concluded that there is a significant influence of the rondo game practice method on improving passing skills.

KEYWORDS: rondo game, passing skills, football, athlete.

I. INTRODUCTION

Football is a very popular sport around the world, almost in every region there is a football field, not only adults who play football, old and young, big and small, rich and poor, employees, traders, farmers and even women also play football [1], [2]. Millions of people in this day and age are fascinated by the game of football [3]. Football is a game to seek victory according to the rules of FIFA (World Football Federation), namely by scoring more goals to the opponent's goal than conceding [4]. Football is a type of sport that has strict rules about physical contact, tripping from behind, body collisions and other aspects of violence like in the game of football [5]. When viewed from the beginning and end of the movements that underlie various football game skills, such as running, jumping, kicking, and shooting. His skills can be categorized as discrete [6]. When viewed from the pattern of the environment in which football is carried out, football is a game that relies on open skills [7].

The purpose of the game of football is to put the ball into the opponent's goal, by manipulating the ball with the foot [8]. In addition to the eleven main players, each squad is also allowed to have reserve players [9]. During the 90 minutes, you must try to get points from the goals that have been scored, provided that the ball must go all the way through the goal line to be considered a legitimate goal [10]. Inserting the ball with any part of the body is allowed, but it is not allowed to use the hand except for a goalkeeper [11], [12]. Another goal of the football game is to prevent the opponent from putting the ball into the team's own goal [13]. After the first 45 minutes of play are completed, players will get a 15-minute break called half-time. The second half, which also lasted 45 minutes, will continue and the referee will give additional time (injury time) if necessary, and accordingly [14]. In addition, the purpose of passing in a football game is to pass the ball to teammates to create space, so that it can create goals into the opponent's goal and can maintain a defensive area for defensive players. The purpose of passing creates a pass that leads to the opponent's goal to score a goal and when the opponent attacks can defend the defensive area Santos et al, (2017:37). When you have a good pass, it will reduce mistakes on the field and the game of football will be more enjoyable for the spectators [16]. In addition to sports, football is very effective in growing and developing players' abilities and honing their skills in playing football on the field [17]. Football is a game of kicking the ball with the aim of putting the ball into the opponent's goal and defending the ball itself from entering the ball and the player can use all limbs except the arm [18].

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In the game of football, there are several basic techniques that need to be possessed by football players, namely kicking, stopping, dribbling, heading, tackling, throwing in and goal keeping. The goal is to provide passes, shoot many balls into the enemy's goal, to break the enemy's attacks, corner kicks, goal kicks, and free kicks [20]. Controlling the ball in playing football is an attempt to stop or take the ball until it is fully controlled. Throw in is a way to restart the game after the ball is out, that is, the ball leaves the field of play through the side line [12]. Because in the game of football not only techniques are needed, but teamwork is also needed, which is commonly called tactics. So that good basic techniques are needed for each player to be able to carry out tactics optimally. So in improving the basic technique of football players, there are several forms or training methods that want to be applied to UPG 1945 NTT UKM players, namely the rondo game practice method to improve the basic passing technique in the football game.

There are many practice methods that are often used, namely passing and moving methods, triangle passing, one-two passing combinations, diamond passing, etc. to be able to improve the passing skills of football players. However, there are two training methods used to improve players' passing skills which have been supported by previous studies. The first training method is training using the rondo game method. The researcher is interested in choosing this method because in the rondo game players are not only required to pass quickly but players also have to always move to open up space and have to think quickly because the modified field is smaller than the actual field. Rondo differs from other ball possession exercises in that the players take up a predetermined space, but variations of the rondo also involve movement outside of a predetermined rondo space [21]. Thus, the rondo exercise is an exercise that involves 2 groups in one game place that has different tasks where there are more groups of ball owners and fewer groups of scramblers. The purpose of rondo training is to be able to make passes between players or some skills to maintain possession. Rondo is an exercise applied in football and futsal to improve passing skills that require a minimum of three people to pass the ball to each other [22].

Passing is the art of transferring the momentum of the ball from one player to another [23]. Passing is one of the ways to give/pass the ball to teammates with the outside foot, the back of the foot, and can also be with the inside foot of this pass is very much used by players, especially with an attacking player or can also be an attacking midfielder [23]. Meanwhile, Pratama et al, (2022:34), interpret passing as one of the efforts to move the ball from one place to another using the inside foot. This means that basic passing techniques are needed in doing football games because in football games a team is able to carry out its tactics well must also be supported by good basic passing techniques [24]. Examples of players who have poor basic passing techniques are not close to the position of the ball, unbalanced balance of the player's body and the use of the foot on the ball that does not fit, there will be a wrong pass or the ball is cut by the opponent. Meanwhile, players who have good basic passing techniques, such as the position of the feet not far from the ball and the foot of the pedestal is right next to the ball, body balance that must be maintained and the contact of the feet with the right ball in the middle of the ball. So it can be concluded from the description above that good passing is needed by every football player in order to be able to carry out football game tactics.

UPG 1945 NTT students are very active in playing football, especially PJKR students, there is also a UPG 1945 NTT football team that is still active in training. In this training, students are trained to be able to improve the quality of playing football so that it can be useful for the teams in East Nusa Tenggara, especially in the UPG 1945 NTT football team. In addition, the UPG 1945 NTT football team also strives to create quality players so that they can excel, especially in football at the national and international levels. The UPG 1945 NTT football team also often participates in several inter-university football tournaments in Kupang City, but the UPG 1945 NTT football team always fails to achieve achievements because there are still problems that occur in players, especially the problem of poor basic passing techniques, Therefore, the researcher is interested in providing a training method that can improve passing skills, namely the rondo game practice method. The problem in this study was found based on the results of data obtained from the observation of the UPG 1945 NTT UKM football team in previous matches where the team always failed in a match because the players still made many mistakes in basic passing techniques and practice and when making selections. The researcher also conducted an interview with the head coach of the UPG 1945 NTT football UKM and found that there was a gap in the football players who were still lacking in passing in the football game. This is the main basis for researchers to conduct scientific research at the UPG 1945 NTT football UKM, to find out what is the main obstacle for players not to have good passing skills in the game of football, so that they fail to achieve achievements in various competitions both between universities and competitions between clubs. Achievements for each player are due to the quality of the player's passing skills that are still lacking. And supported by several coaches' submissions to researchers that the training programs implemented at UKM UPG 1945 NTT are still not fixed and still conventional so that in the training process at UKM UPG 1945 NTT the programs provided still use unusual programs and the training methods provided are also not effective so that there are problems with the quality of passing skills in players. In a football team, the coach is required to be able to provide a good training program so that the training process can also run effectively, but the coach also admits that the knowledge in providing the program is still limited and has not found a suitable training method to be able to improve passing skills. But as a coach, you must be able to prepare several good training

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methods in improving passing skills in players so that the team can compete in a match and can even achieve achievements for the team and achievements for each player. Players who have good passing skills are players who get an effective and regular training program and the training methods obtained also affect the improvement of passing skills. So that it can be proven by players being able to provide achievements for the team and achievements for the player.

Based on the description above, the researcher is interested in conducting research related to the rondo game with the overall title "The Influence of the Rondo Game Practice Method on the Passing Skills of Football Players".

II. MATERIAL AND METHOD

This study is a type of experimental research of one group pretest and posttest design with 16 treatments. [25] Experimental research is a way to find a causal relationship between two factors that are deliberately caused by researchers to find out a treatment. The population in this study is 40 people, which are in the form of football players of UPG 1945 NTT. The researcher chose this population because the SMEs are still active in conducting training. Population is a generalization area consisting of Objects/Subjects that have certain qualities and characteristics that are determined by the researcher to be studied and then drawn conclusions. The sample is part of the number and characteristics possessed by the population. So, the sample taken must be representative of the whole population. So in this study, the sample to be taken is 24 people from the existing population of 40 people. The researcher took this sample based on the criteria of players who had poor passing skills based on the results of the researcher's observations in the matches participated in by the UPG 1945 NTT football UKM team and during the training and selection of the UPG 1945 NTT football UKM team.

The instrument used in this study is a low passing accuracy test. The test is carried out to measure the passing accuracy ability of football players. This test is intended to measure the accuracy of the bottom pass. Data collection in this study uses tests and measurements. The tool used is a small goal with a width of 1.5 m and a height of 0.5 m with a kicker distance from the goal of 9 m, a line behind the goal is also 9 m, and a legal line of 1.5 m in length. A kick is valid and considered to be entered if it enters the field of the target field, hits the upper limit and/or hits the stake, and the severity of the kick must reach the back boundary line of the goal (distance 9 m). Assessment is the number of valid kicks out of ten kicks, with the standard norm given a score of 5-7 is categorized as poor, 7-10 is categorized as good and 10-14 is categorized as very good.

III. RESULT AND DISCUSSION

Result

1. Normality test

The normality test aims to find out whether the data from the research results comes from a normal distribution or not. To test the normality of the data in this study, the researcher used the Shapiro-Wilk test with the provision that if sig. > 0.05, the data is normally distributed. In the analysis of this study, the researcher used the help of SPSS 29.0 for windows.

Table 1. Normality Test

| | | <i>Tests of Normality</i> | | | | | | |
|-------|----------|---------------------------|---------------------------------|----|------|--------------|----|------|
| | | Rondo | Kolmogorov-Smirnov ^a | | | Shapiro-Wilk | | |
| | | | Statistic | Df | Sig. | Statistic | Df | Sig. |
| Rondo | 1 | | .304 | 12 | .003 | .777 | 12 | .005 |
| | Posttest | | .364 | 12 | .000 | .753 | 12 | .003 |

Based on statistical analysis of the normality test that has been carried out using the Shapiro-Wilk test in table 1. above, it shows that the posttest data in the Rondo game with a significance value of $0.005 < 0.05$, which means that the data is not normally distributed.

2. Homogeneity test

The homogeneity test on the data in this study aims to find out whether the variance of the two research samples is homogeneous or not. In praising the data at the test stage, the two researchers used the same device, namely SPSS 29.0 for Windows with the provision that if sig. > 0.05, the data is homogeneous. If the data in this study are homogeneous, then the researcher conducts an advanced analysis stage

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Table 2. Homogeneity Test

| <i>Test of Homogeneity of Variance</i> | | Levene | df1 | df2 | Sig. |
|--|---|-----------|-----|--------|------|
| | | Statistic | | | |
| Pretest | Based on Mean | 3.667 | 1 | 22 | .069 |
| | Based on Median | 3.385 | 1 | 22 | .079 |
| | Based on Median and with adjusted df | 3.385 | 1 | 20.888 | .080 |
| | Based on trimmed mean | 3.652 | 1 | 22 | .069 |

Based on the statistical analysis of the homogeneity test that has been carried out using the descriptive test in the table above, it shows that the data in the rondo game with a significance value of $0.069 < 0.05$, which means that the data is not homogeneous.

3. Hypothesis Test

Based on the data above, there are abnormal and non-homogeneous data, so it is carried out with a non-parametric mann whitney statistical test to process the research data. The non-parametric mann whitney statistical test was used to determine the effect between the rondo game practice method on the improvement of passing skills in UKM athletes of UPG 1945 NTT Football UKM.

The non-parametric mann whitney statistical test is an output used to test whether there is an influence of the rondo game practice method on improving passing skills. The results of the analysis are said to have an effect, if the significance value obtained is less than 0.05 ($p < 0.05$). The non-parametric mann whitney statistical test in the rondo game practice group is presented in the following table.

Table 3. Rondo game practice method

| <i>Test Statistics^a</i> | |
|------------------------------------|-------------------|
| | hasil tes |
| Mann-Whitney U | .000 |
| Wilcoxon W | 78.000 |
| Z | -4.282 |
| Asymp. Sig. (2-tailed) | .000 |
| Exact Sig. [2*(1-tailed Sig.)] | .000 ^b |
| a. Grouping Variable: rondo | |
| b. Not corrected for ties. | |

Based on the results of the analysis in table 11 above, it is known that the asymp value sig. (2-tailed) obtained by the variable is $0.000 < 0.05$ ($p < 0.05$), so H_0 is rejected and H_a is accepted. It can be concluded that there is an influence of the rondo game practice method on improving passing skills.

Discussion

The results of this data analysis are theoretical discussions based on the theories and frameworks underlying this research. The research was carried out for 1.5 months at the Merdeka stadium involving 24 athletes from the UPG 1945 NTT football UKM. The players are given a rondo game practice method, which is a practice method that can improve passing skills for football players [26], [27]. It can be proven from the statistical results where 24 athletes were able to perform basic passing techniques better, compared to the results of the pretest. Rondo is known as cat-cat, it is an exercise applied in football and futsal to improve passing skills which requires a minimum of three people to pass the ball to each other.

Based on the results of the data analysis conducted by the researcher, presented in the table above that the result data in the rondo game practice method is not normally distributed with a value of 0.005 for the rondo game and 0.018. Based on the results in the table above, it is stated that the data value in the rondo game is 0.069 which means that the data is not homogeneous. After the data was declared abnormal and not homogeneous, the T test was then carried out using the non-parametric Mann Whitney test where the result of the Rondo game practice method was 0.000.

El rondo is a form of exercise with a circle scheme filled with several players and placing one or two players in the center of the circle. The form of training is that the players who stand around the circle must try to continue to control the ball by passing

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the ball to each other. On the other hand, the player who is in the middle of the circle must try to win the ball. In el rondo exercises there are many variations, but the basic concept is that 3- 10 people stand in a circle and 1-3 players stand in the middle and try to snatch the ball, block or force the player to make a mistake with the ball out of the circle. Situation games are games that resemble real games, but in this game the area is reduced to read a condition and have a specific target. Situational games are one of the important components in football that must be trained in the hope of improving the quality of individual and team games.

In the modern era of football like today, every player is required to have a vision of playing fast, precise and effective, the development of football now no longer allows players to play a lot of the ball because of the fast pressing of the opposing player, therefore the player must be able to make a decision before receiving the ball [28]. Whether it is to make direct movements to pass the ball, cross, outwit the opponent, dribble or shoot directly at the goal. That way every player has a clear vision of playing, accurate and quick decision-making. Evolving playing skills and effective movements.

It can be concluded that the el rondo training program with this situational game approach has a good impact and influence on the ability of passing skills and neatness of the players at the time of the match. Therefore, this training program is highly recommended to be able to improve the technique of football passing skills with the appropriate portion of practice. Movement is the process of implementing sports activities that have been planned and structured systematically over a long period of time in order to improve motor skills both physical, technical, tactical, and mental in order to achieve maximum success for students or athletes [29]. In addition to technique, there are also tactics, physical, and mental that must be trained so that all the components in football that are needed can be owned by all players. This is a support for playing skills because the playing skills themselves are not all the techniques needed but must be accompanied by mastery of tactics in playing so that players know what tactics or decisions to take in the match, excellent physicality is an important component to support playing skills so that players do not get tired easily when controlling the ball and playing until the end of the match while still playing focus then mentally as a match determinant because the player's focus will be centered on the player's mentality. If the mentality of the competition is lacking, then the game will not go according to expectations because physicality, technique and tactics will be affected.

From the results of the research I conducted, it turned out to have a positive impact on the ability to play basic techniques when playing football during competitions. Exercise is a basic process to prepare for higher achievement, which aims to develop athletic and psychological skills that improve one's abilities [30]. Structured training and the provision of the right training program and the right portion of training make the goals of the training program get good results.

IV. CONCLUSION

Based on the results of the above research, it can be concluded that the rondo game has a very significant impact on the results of football players' passing skills, this is because the rondo game has great benefits for football athletes' ball possession, including, practicing basic techniques, such as passing, control, and first touch, practicing decision-making, building teamwork with communication and doing Passes, Can increase ball possession, Practice physical ability, Practice ball grabbing or pressing skills.

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