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The Effect of Small-Sided Games Practice on the Result of Lower Passing Accuracy Using the Inner Foot

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Abstract

The purpose of conducting a study was to determine the effect of Small-Sided Games training on the accuracy of lower passing using the inner foot of soccer at SSB Megas II Banyuasin. The research method used is the Experiment one group pretest and posttest method. The research design used is one group pretest-posttest design. Using the total sampling technique to take a sample of 40 people. The research instrument in this study was a modified test of soccer passing accuracy. From the results of data analysis processing through the calculation of the t-test formula with the criteria tcount (11.504) > Ttable (2.002) with a confidence level of 0.95 or 95% (α = 0.05) and the number of samples (N = 40). Submitted accepted. The practice of Small-Sided Games using the inside of the foot affects the accuracy of the bottom passing. Based on the results of research on the effect of Small-Sided Games using the inside of the foot, it turned out to have a significant effect on the accuracy of lower passing at SSB Megas II Banyuasin. This research implies that Small-Sided Games using the inside of the foot can be carried out and used as an exercise program to increase the accuracy of lower passing.

Keywords*: Small-Sided Games, Down Passing, Accuracy*.

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A. Introduction

Football is a very popular sport today. Of the many sports, football is the most popular in the world (Palmizal et al., 2020). This sport has been played in more than 200 countries in the world. The players involved in this sport also reach hundreds of millions of people (Komarudin, 2018). Football fans are estimated to make up more than half of the world's population, touching all ages from children to adults. Football itself is a sport that uses a ball in its game played by two teams facing each other, each team consisting of eleven players (Ardianta & Hariadi, 2017). The ball is played using the feet, passing each other with teammates, keeping the ball from being snatched by the opponent, and the final goal is to get the ball into the opponent's goal (Kristina, 2018). The parties who score more goals are those who win the soccer game (Susanto, 2019).

Football is a very complex sport, namely one that combines physical components, conditions, and techniques to form a beautiful game (Ardianta & Hariadi, 2017). One of the basic techniques that are often used in football is passing the ball. Passing the ball is one of the skills that must be mastered correctly by football players because in passing the ball, a player must be skilled in a placement to improve their ability to pass the ball. This ability can only be improved if the athlete has a supportive physical condition (Pujianto et al., 2020).

Based on the results of observations at SSB Megas II Banyuasin who participated in the exercise, there were 40 players, where each exercise only carried out shooting, physical, and strategy exercises. The lack of accuracy in passing practice results in deficiencies in the basic technical components of football, namely passing skills.

Of the entire sample, when underhanded passing practice used the target 10 times, only 6 (15%) players were able to pass correctly, namely past the target and right at their friends, 6 (15%) players passed past the target but at the same time, the end of the ball was not right on their friend, while 28 (70%) players could not pass correctly, namely not on target to the target.

Therefore, to achieve the target of good passing accuracy, maximum practice is needed to develop the passing

The problems experienced by SSB Megas II Banyuasin during training on Wednesday, Friday and sparring in the Air Kumbang Banyuasin area on Sunday, February 21, 2021, show that there are still many SSB Megas II Banyuasin players who are not optimal in doing

underhanded passes to their colleagues because the players are still making mistakes when passing short down and lack of technique when passing down to players, so the ball is easily snatched by the opponent. The players' inaccuracy in passing makes the ball easy to snatch by the opponent. The players also often have difficulty in implementing the possessing strategy using short passing to colleagues and other colleagues, so the strategy does not work well due to the players' under-passing that has not been on target.

The data from the observation shows the lack of accuracy of passing down in the application of passing using the inside of the foot at SSB Megas II Banyuasin. This requires a way to correct the lack of accuracy of passing down.

This small-sided game exercise is adapted to the material, taking into account the situation and conditions as well as the needs of the athlete's characteristics. So, through the Small-Sided Games, it is hoped that it will make it easier for athletes to master passing techniques in soccer games (Wea, 2020).

Based on research by (Karim, 2018) with the title The Effect of Small-Sided Games Exercises on Increasing Inner Foot Passing Accuracy in Football Extracurricular Participants at Mts Ali Maksum Bantul, analysis of research results The Effect of Small-Sided Games exercises on increasing inner foot passing accuracy on the students of Mts Ali Maksum Bantul There is a significant influence in the practice. From the study, it can be concluded that the Small-Sided Games exercise affects the accuracy of passing using the inside of the foot.

According to (Khurrohman et al., (2021), small-sided games are the right exercises to use for young players, for them to learn and develop. Each game is a combination of special techniques in football, such as dribbling, passing, and shooting.

Small-sided games are an exercise using the ball in the field, which has become a fun training approach (Wardana et al., 2018). Therefore, an integrated form of training with the ball is a priority for football athletes, especially in basic training (Komarudin, 2018).

Sets, and namely on This exercise is performed in various sets, including 2 sets, 3 sets, and 5 sets. The Small Sided Games practice is carried out 3 times in 1 week, namely on Wednesday, Friday, and Sunday. Based on the above, it is necessary to research the effect of Small-Sided Games training on the accuracy of lower passing using the inner foot of football at SSB Megas II Banyuasin.

B. Method

The type of research used is the experiment one group pre-test and post-test design method. In this design, there is a pretest given before treatment and a posttest given after treatment. Thus, the results of the treatment can be known to be more accurate because it aims to determine whether there is an influence between the independent variables on the dependent variable (independent variables and dependent variables) (Sugiyono, 2019). The dependent variable (X) in this study is the Small-Sided Games exercise, and the independent variable (Y) is the accuracy of lower passing using the inside of the foot.

The population of SSB Megas II Banyuasin is 40 people. So the research is a population study. If the subject is more than 100 people, it can be divided into 10%-15% or 20%-25%. In this study, participants cannot be more than 100. So this research is population sampling. The sample in the study at SSB Megas II Banyuasin amounted to 40 people.

The technique used in collecting data in this research is the passing test, in which the athlete kicks the ball through the goal in the middle. There are 3 stages of data collection carried out, namely:

1. Preparation Phase

a. Managing research permits

b. Determining the research subject

c. Prepare the equipment needed for the implementation of the test.

d. prepare data collection forms.

2. Implementation Phase

a) Prepare tools in the form of whistles, poles or cones, and soccer balls.

b) Provide direction to participants in the form of test procedures and test assessments.

c) Implementing Passing, how to implement it, namely:

   a. The test taker stands behind the predetermined line.

   b. At the time of hearing the whistle, the test taker kicks the ball with the best foot, using the inside of the foot towards the target.

   c. Assessment: Each student kicks five times and then adds them up.

d) Record test results

3. Completion Phase

The completion stage is carried out by entering the test result data that has been obtained by each soccer athlete from the passing test into the passing test assessment five times, after which the results of the assessment can be concluded by looking at the results that have been achieved by the participants.

The instrument used is a modified test of soccer passing accuracy. The test is carried out to measure the technical ability

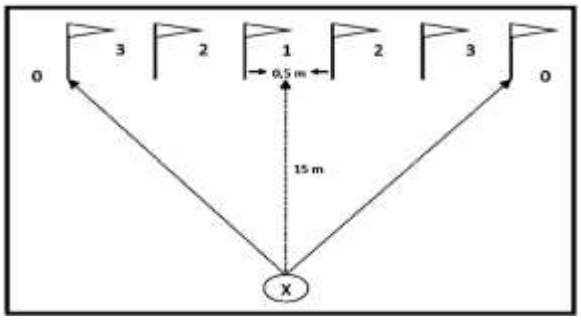
of the passing accuracy of the passing test (Khurrohman et al., 2021). The test implementation procedure is as follows:

a. Destination

To find out the abilities and skills of test-takers in passing correctly and quickly.

b. Tools and facilities consisting of:
   1. Field: a wall, flat, even, not slippery.
   2. Whistle, soccer ball
   3. Goals/cones as target markers, forms, and stationery.

c. Implementation:
   1. the test taker stands behind the predetermined line.
   2. At the time of hearing the whistle, the test taker kicks the ball with the best foot, using the inside of the foot towards the target.
   3. Scoring: Each student kicks 5 times and then adds them up.



(Source: Baskoro, 2016)

Pretest

The pretest (initial test) conducted by the researcher was to provide a direct assessment of the soccer players of SSB MEGAS II BANYUASIN. With this, the researchers conducted a soccer passing accuracy test for each player to measure the accuracy of the bottom passing. implementation stage:

a. Prepare tools in the form of whistles, poles or cones, and soccer balls.
b. Provide direction to participants in the form of test procedures and test assessments.
c. Implementing Passing, how to implement it, namely:

1) The test taker stands behind the predetermined line,
2) At the time of hearing the whistle, the test participant kicks the ball with the best foot, using the inside of the foot towards the target.
3) Scoring: Each student kicks five times and then adds them up.

Treatment

Small-Sided Games 3 vs 2 + 1

1. The 30 x 10m court is divided into two-possession areas.
2. The initial 3vs2 situation in the 15x10m area. From the picture above, the blue player can seize control of the red player's ball. They move the ball to move to the control area and create a 3vs2 situation in their area.
3. Do as many as 2–5 sets with a duration of 5 minutes between sets, with a rest between sets of 1 minute.

Posttest (Final Test)

The Posttest (final test) was conducted by researchers to provide a direct assessment of the soccer players of SSB Megas II Banyuasin. With this, the researchers conducted a soccer passing accuracy test for each player to measure the ability of the bottom passing accuracy. implementation stage:

a. Prepare tools in the form of whistles, poles or cones, and soccer balls.
b. Provide direction to participants in the form of test procedures and test assessments.
c. Carrying out passing, the implementation method is:
   1) The test taker stands behind the predetermined line,
   2) At the time of hearing the whistle, the test participant kicks the ball with the best foot, using the inside of the foot towards the target.

Scoring: Each student kicks five times and then adds them up.

C. Result and Discussion

Pretest

The results of the study of 40 athletes or samples were obtained from SSB Megas II Bnyuasin with SPSS calculations. Pretest data obtained: the highest data is 11, while the lowest data is 4. The mean is 7.08, the standard deviation is 1.803, and the slope of the curve is 0.269. In posttest data obtained, the highest data obtained is 13, while the lowest data obtained is 6. The mean is 9.43, the standard deviation is 1.810, and the slope of the curve is 0.005. It can be seen that the normality test of the pretest data in table 4.1 was completely normal.

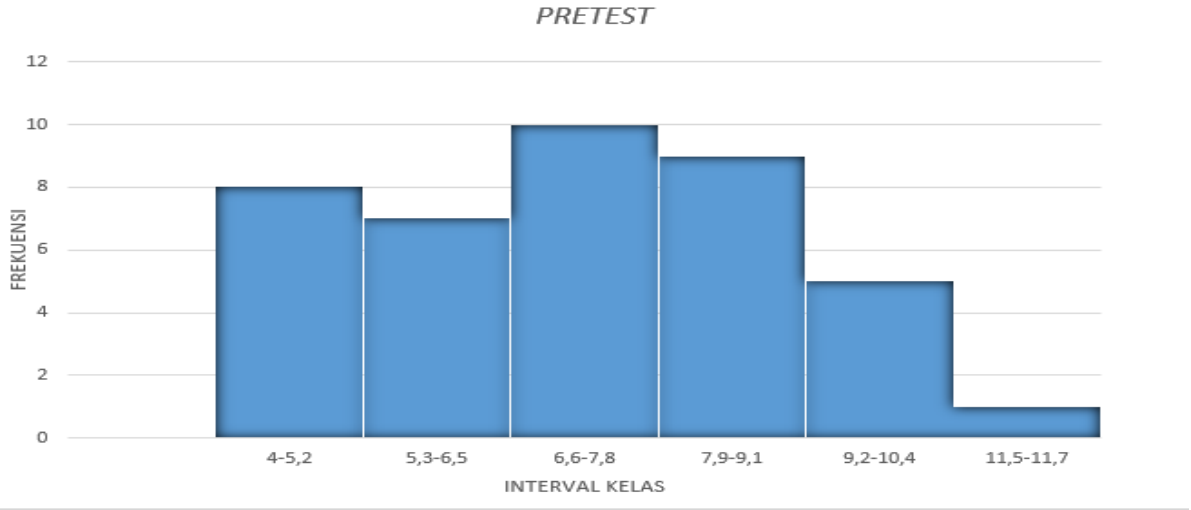
Table 4.1
Distribution List of Pretest Results of Lowe assing Accuracy Using the Inner Ft

Hasil	Fi	Xi	Fi.Xi	Xi^2	Fi.Xi^2
4 - 5,2	8	4,6	36,8	21,16	169,28
5,3 - 6,5	7	5,9	41,3	34,81	243,67
6,6 - 7,8	10	7,2	72	51,84	518,4
7,9 - 9,1	9	8,5	76,5	72,25	688,5
9,2 - 10,4	8	9.8	49	96,04	480,2
10,5 - 11,7	1	11,1	11,1	123,21	123,21

Total	40	47,1	286,7	399,31	2.223,36

Based on the table above, it can be explained that the results of 4-5.2 have a frequency (Fi) of 8, a mean value (Xi) of 4.6 values of (Fi. Xi) 36.8 a mean squared value (⟦Xi⟧^2) 21.16 and the value of (Fi.⟦Xi⟧^2) 169.28. The results from 5.3-6.5 have a frequency (Fi) of 7, the mean (Xi) 5.9 the value of (Fi. Xi) 41.3 the mean squared Xi⟧^2 34.81 and the value of (Fi.⟦Xi⟧^2) 243.64. The results 6.6-7.8 have a frequency (Fi) of 10, the mean (Xi) 7.2 the value of (Fi. Xi) 72, the mean squared (⟦Xi⟧^2) 51.84 and the value of (Fi. Xi⟧^2) 518.4. Results 7,9-9,1 have a frequency (Fi) of 9 mean values (Xi) 8,5 values of (Fi.Xi) 76,5 mean squared (⟦Xi⟧^2) 72,25 and values of (Fi.⟦Xi⟧^2) 688.5. The results 9.2-10.4 have a frequency (Fi) of 8 mean values (Xi) 9.8 values of (Fi. Xi) 49 mean squared (⟦Xi⟧^2) 96.04 and a value of (Fi. Xi⟧^2) 480.2. the results of 10.5-11.7 have a frequency (Fi) of 1, the mean (Xi) of 11.1 the value of (Fi. Xi) 11.1 the mean of squared (⟦Xi⟧^2) 123.21 and the value of (Fi.⟦Xi⟧^2) 123.21.

Based on the table above, the list of frequency distributions resulting from the Pretest of Lower passing accuracy using the inside of the foot can be described in a histogram as follows:



Source : Histogram Distribution Pretest 2021

Based on the table above, it can be explained that the results of 4-5.2 have a frequency (Fi) of 8, a mean value (Xi) of 4.6 values of (Fi. Xi) 36.8 a mean squared value (⟦ Xi⟧^2) 21.16 and the value of (Fi.⟦Xi⟧^2) 169.28. The results from 5.3-6.5 have a frequency (Fi) of 7, the mean (Xi) 5.9 the value of (Fi. Xi) 41.3 the

mean squared Xi⟧^2 34.81 and the value of (Fi.⟦Xi⟧^2) 243.64. The results 6.6-7.8 have a frequency (Fi) of 10, the mean (Xi) 7.2 the value of (Fi. Xi) 72, the mean squared (⟦Xi⟧^2) 51.84 and the value of (Fi. Xi⟧ ^2) 518.4. Results 7.9-9.1 have a frequency (Fi) of 9 mean values (Xi) 8.5 values of (Fi. Xi) 76.5 mean squared (⟦Xi⟧^2) 72.25 and values of (Fi.⟦Xi⟧^2) 688.5. The results 9.2-10.4 have a frequency (Fi) of 8 mean values (Xi) 9.8 values of (Fi. Xi) 49 mean squared (⟦Xi⟧^2) 96.04 and a value of (Fi. Xi⟧ ^2) 480.2. the results of 10.5-11.7 have a frequency (Fi) of 1, the mean (Xi) of 11.1 the value of (Fi. Xi) 11.1 the mean of squared (⟦Xi⟧^2) 123.21 and the value of (Fi. Xi⟧^2) 123.21.

Based on the table above, the list of frequency distributions resulting from the Pretest of Lower passing accuracy using the inside of the foot can be described in a histogram as follows:

Table 4.2

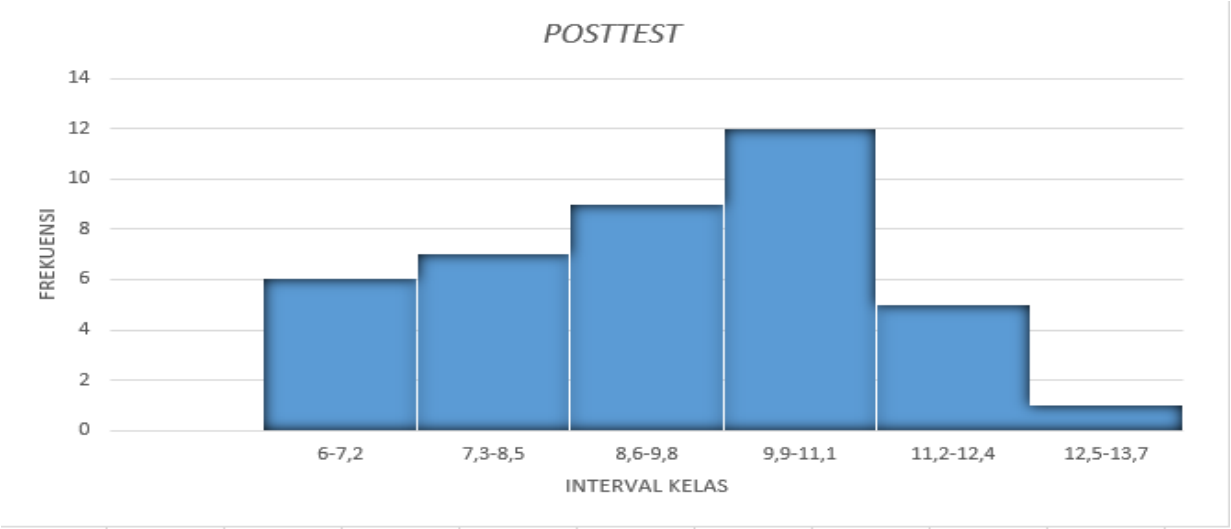
The distribution table of the results of the posttest accuracy of passing down using the inside of the foot

Result	Fi	Xi	Fi.Xi	Xi^2	Fi.Xi^2
6 – 7,2	6	6,6	39,6	43,56	261,36
7,3 – 8,5	7	7,9	55,3	62.41	436,87
8,6 – 9,8	9	9,2	82,8	84,64	761,76
9,9 – 11,1	12	10,5	126	110,25	1.323
11,2 – 12,4	5	11,8	59	139,24	696,2
12,5 – 13,7	1	13,1	13,1	171,61	171,61
Total	40	59,1	375,8	611,26	3.650,8

Based on the table above, it can be explained that Results 6-7.2 have a frequency (Fi) of 6 mean values (Xi) 6.6 values from (Fi. Xi) 39.6 the mean squared value (⟦Xi) ^2) 43.56 and the value of (Fi.⟦Xi⟧^2) 261.36. The results from 7.3 to 8.5 have a frequency (Fi) of 7, the mean (Xi) 7.9 the value of (Fi. Xi) 55.3 the mean squared (⟦Xi⟧^2) 62.41 and the value of (Fi.⟦Xi⟧^2) 436.87. The results from 8.6-9.8 have a frequency (Fi) of 9, the mean (Xi) 9.2 the value of (Fi. Xi) 82.8, the mean squared (⟦Xi⟧^2) 84.64 and the value of (Fi.⟦Xi⟧^2) 761.76. The results 9.9-11.1 have a frequency (Fi) of 12, the mean value (Xi) of 10.5 the value of (Fi. Xi) 126 the mean squared (⟦Xi⟧^2) 110.25, and the value of (Fi.⟦Xi⟧^2) 1.323. The results of 11.2-12.4 have a frequency (Fi) of 5 mean values (Xi) 11.8 values of (Fi. Xi) 59 mean squared (⟦Xi⟧^2) 139.24 and values

of (Fi. Xi⟧^2) 696.2. The results of 12.5-13.7 have a frequency (Fi) of 1 the mean (Xi) 13.1 the value of (Fi. Xi) 13.1 the mean squared (⟦Xi⟧^2) 171.61 and the value of (Fi.⟦Xi⟧^2) 171.61.

Based on the table above, the frequency distribution list of the results of the posttest accuracy of passing down using the inside of the foot can be described in a histogram as follows:



Source: Histogram distribution Posttest

Based on the histogram above, it can be explained that the median value of 6.6 has 6 people. The median value is 7.9, meaning there are 7 people. The median value is 9.2. There are 9 people. The median value of 10.5 is 12 people. The median value of 11.8 is 5 people. The median value of 11.8 is 5 people. The median value of 13.1 is 1 person.

Normality test

The normality test aims to test whether the variable data has a normal or abnormal distribution. Good data is defined as having a normal or close to normal data distribution. To test normality, the researcher analyzed using Shapiro-Wilk. Because the number of sample data was less than 50, the normality test used Shapiro-Wilk with the acquisition of a Pretest value of 0.063 and a Posttest value of 0.0124. Then this number is greater than the research alpha (0.05), which means that the two variables are normally distributed. So the results obtained are as follows:

Table 4.3 Normality Test

	Shapiro-WILK		
Value	Statistic	Sig	Information
Pretest	0,948	0,063	Normal
Posttest	0,956	0,124	Normal

Using the data used in the table above, it can be explained that the acquisition of the pretest score is 0.063 and the posttest value is 0.0124. Then this number is greater than the research alpha (0.05), which means that the two variables are normally distributed.

Homogeneity Test

Table 4.4

Homogeneity Test Calculation Results

Variable	Significance	Result
Bottom Passing Accuracy Using the Inner Foot	0,597	Homogen

Based on the table above, it can be seen that the significant calculation is 0.597 > 0.05, which means that the sample variance is homogeneous, so the hypothesis stating the variance of the existing variables is accepted. It can be concluded again that the population variance is homogeneous.

Hypothesis testing

The type of data in this study is paired data because the researchers used the same sample to conduct pretest and posttest research, so to manage the data, they used SPSS with the paired sample T-Test test. The data obtained is as follows:

Table 4.5

Paired Samples Statistics

		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	Nilai_Pretest	7.08	40	1.803	.285
	Nilai_Posttest	9.43	40	1.810	.286

Table 4.9
Paired Samples Test

		Paired Differences							
				Std. Error Mean	95% Confidence Interval of the Difference				
	Variable	Mean	Std. Deviation		Lower	Upper	T	**df**	**Sig. (2-tailed)**
Pair 1	Nilai_Pretest - Nilai_Posttest	-2.350	1.292	.204	-2.763	-1.937	-11.504	**39**	**.000**

The t-count result from the Paired Sample T-Test test is -11,504 which can

be negative because the Pre Test value is smaller than the Post Test value so that the t count can be positive, namely 11,504. Furthermore, to find out the T_table value, it is searched based on the df value and the significance value. From these data obtained df is 39 and the value of 0.05/2 is 0.025. After looking for T_table on df 39 and sig 0.025, the value of T_table is 2.02269. So T_hitung 11,504 > T_tabel 2.002, which can be stated that H0 is rejected and Ha is accepted. Based on research by (Karim, 2018) at Yogyakarta State University with the title The Effect of Small-Sided Games Exercises on Increasing Passing Accuracy with the Inner Foot in Students Participating in Football Extracurricular at Mts Ali Maksum Bantul, analysis of research results The effect of Small-Sided Games exercises on increasing passing accuracy by the inner leg of the students of Mts Ali Maksum Bantul there was a significant effect in the exercise with a value of t_(count) 2.196> t_(table(0.05)(19))2.093, a significant value of 0.041<0.05 and an increase in the percentage of 15.79 %, so that Ha is accepted. It can be concluded that the Small-Sided Games exercise affects the accuracy of passing using the inner foot of the study, so it can be concluded again that there is an average difference between the results of the Pre Test and Post Test exercises, which means that there is an effect of Small-Sided Games exercises on the results of Lower Passing Accuracy. Using the Inner Foot of SSB Megas II Soccer in Banyuasin.

Discussion

Based on the research criteria, a discussion is needed to compile the results of the research which will discuss the results of the pretest and posttest data as well as the results of the data on the effect of small-sided games training on the accuracy of lower passing using the inner foot of soccer at SSB Megas II Banyuasin with the following criteria: This research was conducted 6 weeks is in line with the opinion of Harsono (2017: 14) that technical efficiency after 6 weeks of training is aimed at physiological-psychological regeneration of the central nervous system (CNS) before the start of the training season the following year. To know the progress of the training process. Bottom passing is passing that goes along the ground and usually uses the inside of the foot, while soaring passing is passing that is on the ground (Amin, 2018). The target can be a distance or it may be a direct object that is hit. Based on relevant research by Rono et al. (2018) with the title The Effect of Small-Sided Games Practice on Passing Accuracy in Mahardhika Fc Football Players, among others:

a) Small-sided games exercises can be used to improve the accuracy of passing using the inner foot at SSB MEGAS II BANYUASIN. This can be seen from the increase in the results of the Pretest and Posttest.

b) Based on the results of the hypothesis test, namely -11,504. The result of the t-count from the test

The Paired Sample T-Test is -11,504, which can be negative because the pre-test value is smaller than the post-test value, so the t count can be positive, namely 11,504. So Thitung 11,504 > Ttable 2,002, which can be stated that H0 is rejected and Ha is accepted. So it can be concluded that there is an average difference between the results of the Pretest and Posttest exercises, which means that there is an effect of Small-Sided Games training on the results of Lower Passing Accuracy Using the Inner Foot of SSB MEGAS II BANYUASIN Football. Based on the data obtained from the pretest results, the accuracy of passing using the inner foot is 11. The highest is 11, and the lowest is 4. The mean is 7.08, the median is 7.00, then 7.00, and is 7.00. The slope of the curve is 0.269. posttest data for the accuracy of Passing uses the inner leg, the highest is 13, and the lowest is 6, the mean is 9.43, the median is 9.00, the model is 9.00, the slope of the curve is 0.005. Based on the research that has been done, the Small-Sided Games exercise can be used to improve the accuracy of Passing using the inner foot at SSB MEGAS II BANYUASIN, this can be seen from the increase in Pretest and Posttest after being given the Small-Sided Games exercise treatment.

The passing technique is a technique that must be mastered in soccer games by soccer players to facilitate the game and break through the opponent's defense line through cooperation and accuracy when passing. According to Handoko (2019: 231), football is a sport that uses a ball that is generally made of leather and is played by two teams, each consisting of eleven core players and several reserve players. Thus, it can be concluded that football is a team sport in which each team consists of eleven players who compete with each other to get as many balls into the opponent's goal as possible and defend their own goal from conceding through predetermined rules. Some basic techniques in soccer passing, kinesiological and anatomically, the muscles in the limbs that are directly involved are, in principle, the same. According to (Sukirno, 2017). The muscles that strengthen the leg muscles on the dorsal back are divided into two groups. First, the outer muscles, including

superficial muscles, include the Gastrok numerous, Soleus, and Plantaris muscles, and the muscles that are joined in the deep/deep, include the Popliteus muscle, Flexor smoothies longus, Musculus Flexor digitorum longus, and Musculus Tibialis Posterior, and the two muscles located laterally include Musculus process, Musculus process Brevis. According to (Khurrohman et al., 2021) small-sided games are the right exercises to use for young players, for them to learn and develop. Each game is a combination of special techniques in football, such as dribbling, passing, and shooting. Small-sided games are an exercise using the ball in the field, which has become a fun training approach (Wardana et al., 2018). Therefore, an integrated form of training with the ball is a priority for football athletes, especially in basic training (Komarudin, 2018).

Researchers conducted experimental research and gave small-sided games exercise treatment for 6 weeks every Wednesday, Friday, and Sunday, at meetings 1 to 5. They gave small-sided games training with an intensity of 40%, which means that the players pass 40 times. In meetings 6 to 9, the Small-Sided Games exercise is given with an intensity of 50%, which means that the players pass 50 times. At meetings 10 to 12, the Small-Sided Games exercise is given with an intensity of 60%, which means that the players pass 60 times. At meetings 13 to 17, the Small-Sided Games exercise was given with an intensity of 70%, which means that the players did 70 passes. This study aims to improve the accuracy of passing using the inner foot of soccer. Data collection in this study was followed by 40 soccer athletes from SSB MEGAS II BANYUASIN. From the results of the pretest and posttest data, it is said to be normal because at the time of the pretest it was 0.948 and the posttest result was 0.956. Then the hypothesis was tested with the t-test statistic, and the results obtained were -11.504. The t-count result from the Paired Sample T-Test test is -11,504, which can be negative because the Pre-test value is smaller than the Post-test value so that the t count can be positive, namely 11,504. So T 11,504 > T 2,002, which in fact can be stated that H0 is rejected and Ha is accepted. So it can be concluded that there is an average difference between the results of the Pretest and Posttest exercises, which means that there is an influence of the Small-Sided Games exercise on the results of Lower Passing Accuracy Using the Inner Foot of SSB MEGAS II Football in Banyuasin in line with the thesis of Wahyu Aprianto (2020) at the University of Lampung, with the title The Effect of Small-Sided Games Exercise on

the Accuracy of Passing in Football Players, which explained that the Small-Sided Games exercise affected the accuracy of the passing of soccer players.

During the training process, this must be given and must have good training principles so that it can be carried out systematically and regularly, aiming to improve the accuracy of down passing in football. (Sukirno, 2017) reveals several efforts that can be made to improve the performance of an athlete, including physical, technical, tactical, and mental aspects. According to (Komarudin, 2018), the purpose of this exercise is to provide a form of exercise that can be used to improve the accuracy of an underpass in football. This form of exercise is useful for doing bottom passing in tight situations and a narrow area because, in the game of football, we really have to control the situation in the game, so players must do bottom passing with tight obstacles or opponents, narrow spaces, and limited motion.

D. Conclusion

Based on the results of the research and data analysis that have been obtained above, it can be concluded that the Small-Sided Games exercise affects the accuracy of lower passing using the inner foot of soccer on soccer athletes at SSB MEGAS II BANYUASIN. The results of this study indicate that the exercises from the Small-Sided Games can be used to improve the accuracy of lower passing using the inner foot of soccer and are very effective for soccer coaches to apply to soccer athletes.

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F. Conflict of Interest

No Conflict Interest

Reference

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