

The Effectiveness of Rondo Game Variations in Improving the Passing and Controlling Skills of U-13 Soccer Athletes

by Ahmad Natas

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The Effectiveness of Rondo Game Variations in Improving the Passing and Controlling Skills of U-13 Soccer Athletes

Hafiz Zikrillah Ravi Afwan*, **Muhamad Tafaqur**, **Ridha Mustaqim**, **Mulyana**
Program Studi Pendidikan Keperawatan Olahraga, Fakultas Pendidikan Olahraga dan Kesehatan, Universitas Pendidikan Indonesia, Indonesia
e-mail: hafizzikrillah24@upi.edu¹, muhamad.tafaqur@upi.edu², ridhamustaqim@upi.edu³, mulyanafpok@upi.edu⁴

Abstract

The problem faced is the low ability of passing and controlling the ball in SSB Perbi FC Bandung Regency athletes. The purpose of this study is to provide a solution to the problem by using rondo games training as a method to improve the ability of passing and controlling the ball. The approach used in this research is an experiment with a one group pre-test post-test design. The population of this study were soccer athletes SSB Perbi FC Kab. Bandung, with a sample size of 10 people selected through purposive sampling. The data collection technique is done through measuring the ability of passing and controlling the ball before and after the rondo variation training. The data analysis technique used is descriptive analysis with average calculations and t tests to determine differences before and after treatment. The results showed that rondo variation training can significantly improve the ability of passing and controlling the ball. Based on these results, it can be concluded that intense rondo variation training can provide a significant improvement in the passing and controlling skills of soccer athletes SSB Perbi FC Bandung Regency. The novelty of this research lies in the application of variations of rondo games as a solution to improve the ability of basic soccer techniques in young age groups.

Keywords: *Controlling; Passing; variasi Rondo.*

Corresponding Author

email: ridhamustaqim@upi.edu

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A. Introduction

Football is a sport that requires good coordination and cooperation between players in every line on the field. Players are required to appear compact, both when attacking and defending. Some of the basic techniques that must be mastered by soccer players include ball control (control), passing the ball (passing), kicking the ball (shooting), heading the ball (heading), and dribbling (Ramdhan Hidayat et al., 2022). If a player does not have good passing techniques, the flow of the ball between players will be hampered. Therefore, passing is a very important part of football, because football is a collective game that relies on cooperation between players to build effective attacks and defenses (Lestari et al., 2023).

Passing is an important component in a soccer game to control the ball well. A good coach will start his job by improving the passing skills of his players (Santoso, 2014). Based on this, researchers want to use rondo variations as a method to improve passing and controlling skills in 13-year-old soccer athletes. Rondo training involves several players (at least three players) passing to each other in a limited space. (Makhrus et al., 2024). The basic objective of the group in numerical superiority is to maintain possession while

the objective of the group in numerical inferiority is to win the ball (soccer coach indonesia).

The problem of this research is that players still lack understanding of rondo games training, besides that the average U-13 soccer athlete is still lacking in terms of technique and quality of passing and controlling, so players must be given an understanding by being given rondo games training so that players can improve the quality of passing and controlling well. The gap that occurs in previous research is that there is still a lack of strong evidence to test whether rondo games training affects the level of effectiveness of training in improving passing and controlling abilities in soccer players. The novelty of this research is that researchers want to provide a solution to the existing problem, namely the ability to pass and control the ball that is less than optimal with rondo games training so that it can improve the passing and control skills of U-13 soccer athletes.

B. Methods

Research Design

This study uses an experimental method by giving rondo games training treatment. And the research design used is one group pre test-post test design..

Population and Sample

The research location is at the Perbi FC soccer field, Bandung Regency. In this study the population was Perbi FC soccer athletes using purposive sampling technique, therefore the participating sample was 10 Perbi FC soccer athletes.

Research Instrument

This football skills test is designed to evaluate basic proficiency in playing football, with the aim of identifying the skill level of students. This method of measurement helps in categorizing students' skills based on their technical ability. This test, as described by (Adolph, 2016) For more details, the soccer skills test is as follows:

Soccer Hold Ball Test

- a) Aim to measure skills and footwork in passing and holding the ball.
- b) Tools used: 2 balls, stopwatch, board, chalk.

- c) Test execution: Test takers will be behind the firing line, which is located 4 meters from the target or board. They can use their right or left foot to kick the ball. After the start signal, the participant will kick the ball to the target and then hold it back with the foot behind the firing line, then kick the next ball in the opposite direction. This activity will be done alternately between the left foot and the right foot for 30 seconds. If the ball goes out of the designated area, participants can use the spare ball provided.

- d) Scoring. The number of legal kicks and holds, over 30 seconds, counted as one, obtained from one ball kicking activity.

- e) Fail if: (a) The ball is held and kicked in front of the kicking line that will kick the ball; (b) Only holds and kicks the ball with one foot

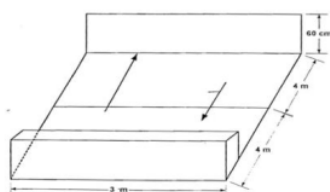


Figure 1. Football Resistant Test (Passing and Stopping) (Adolph, 2016)

Data Analysis

Data from passing and controlling tests in soccer games before and after intervention will be processed using SPSS 17 Windows software. The normality test is carried out using the Kolmogorov-Smirnov

test which aims to test the hypothesis that the data is normally distributed or not (Fadluoh et al., 2024). The homogeneity test in this study used Levene's Homogeneity statistics of pretest and posttest data. Hypothesis testing uses the

Paired Sample t-Test to analyze two sets of data that are paired, which means there are two groups of data that come from the same

subject. To answer the last question, the author used an independent T-test.

C. Result and Discussion

Result

Table 1. Descriptive Statistic

	N	Minimum	Maximum	Mean		Std. Deviation
	Statistic	Statistic	Statistic	Statistic	Std. Error	Statistic
Pre-test	10	12	15	13.20	.359	1.135
Post-test	10	15	19	16.50	.477	1.509
Valid N (listwise)	10					

Table 1 shows that the pretest obtained an average pre-test value of 13.20 while the post-test obtained a value of 16.50, then the standard deviation of the pre-test was 1.135 while the standard deviation of the post-test was 1.509, the lowest value of the pretest

was 12. While the post-test was 15, the highest value of the pre-test was 15, while the post-test was 19. And the pre-test N value is 10, then the post-test N value is 10. Furthermore, the authors conducted a normality test in table 2.

Table 3. Normality Test

	Shapiro-Wilk		
	Statistic	df	Sig.
Pre-test	.848	10	.055
Post-test	.865	10	.087

The decision taken from these criteria is that there is an effect of training variations of rondo games on passing and controlling abilities in U13 soccer athletes. Using the Shapiro-Wilk Test to show the results of the data normality test. Table 2 shows that the pre-test is 0.848, df 10, and Sig. of 0.055 while the post-test obtained a statistical value of 0.865, df 10, and Sig. of 0.087.

Based on the test results, both data obtained a value of Sig. > 0.05, so both data are declared "Normally Distributed". Therefore, the author uses a parametric approach in conducting hypotheses. The hypothesis test results are presented in Table 3.

Tabel 4. Homogeneity Test

Pre-test			
Levene Statistic	df1	df2	Sig.
2.129	1	18	.162

Table 4 shows the sig value > 0.05 , so it can be stated that the data is homogeneous data distribution.

Table 5. Hypothesis Test

Pair	Pre-test - Post-test	Mean	Paired Differences			t	df	Sig. (2-tailed)	
			Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
				Lower	Upper				
1		3.300	1.337	.423	-4.257	-2.343	-7.802	9	.000

The table shows the results of hypothesis testing using Paired Sample t-Test. Table 3 shows the t-test value of -7.802, with a Sig value. (2-tailed) of 0.000, Based on the test results, the Sig value. (2-tailed) < 0.05 so that H_0 is rejected, it can be concluded that there is a significant influence on the passing and controlling abilities of Perbi U13 soccer athletes.

Discussion

Based on the findings that have been described, there is a positive significance between the use of rondo variation training on improving the passing and controlling skills of 13-year-old soccer athletes from SSB Perbi FC Bandung Regency. These findings are in line with research conducted by Wibowo, A (2022) with the title

Implementation of Rondo Games Training in Developing Passing and Controlling Skills in 15-year-old soccer players. According to him, one form of exercise that can be used to improve passing and controlling skills is rondo games training.

To achieve this, athletes must do training, according to Harsono (2015) "Training is a systematic process of practicing or working that is carried out repeatedly, by increasing the amount of exercise or work". Meanwhile, according to Mulya and Agustriyani (2015) is "Comprehensive training provides the possibility of more stable development for the formation of achievements in time". Training is the process of an athlete being prepared for the highest possible level of

performance (Bompa & Haff, 2019).

Hasyim & Saharullah (2019) explain that the main objectives of training are as follows: 1) Achieving and improving overall physical development. 2) Improve and secure specific physical development according to the needs of the chosen sport. 3) Produce and perfect techniques in the sport. 4) To improve and refine the techniques and strategies required. 5) Managing the quality of willpower. Meanwhile (Ahlan et al., 2015), exercise program planning aims to direct training in the long term, in order to maximize physiological adaptations that can ultimately improve athlete performance.

Therefore, this research is expected to provide benefits to athletes to increase knowledge about the effectiveness of rondo games training. As well as this research can provide information about the effectiveness of rondo games training on improving passing and controlling abilities. This information can be useful for soccer coaches to develop more effective training programs. For future research should expand the scope of the sample to include populations from diverse cultural and social perspectives and cover a variety of sports.

D. Conclusion

It can be concluded that the effect of

intense rondo variation training can improve the skills of 13-year-old soccer athletes, one of which improves passing and controlling abilities. This shows that the role of intense training using rondo variations is effective for improving skills. Thus efforts to improve passing and controlling skills can be a strategy to become more accomplished in the sport of soccer.

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