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The Effectiveness of Wall Pass Training Variations on Improving the Accuracy of Inside Foot Passing in SSB Cikedo...

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The Effectiveness of Wall Pass Training Variations on Improving the Accuracy of Inside Foot Passing in SSB Cikedondong Players

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Abstract

Passing is one of the fundamental techniques in soccer that greatly influences team play effectiveness and ball possession. However, the passing accuracy of youth soccer players still requires improvement through effective and varied training methods. This study aimed to determine the effect of varied wall pass training on improving inside-foot passing accuracy among players of SSB Cikedondong. The study employed a quantitative experimental method using a One Group Pretest-Posttest Design. The sample consisted of 15 players selected through purposive sampling. The treatment program was conducted over 12 training sessions. The research instrument used an inside-foot passing accuracy test adapted from Nurhasan (2001). Data were analyzed using descriptive statistics, normality tests, and paired sample t-tests with IBM SPSS Statistics. The results showed that the average pretest score increased from 3.07 to 5.80 in the posttest. Hypothesis testing indicated a significance value of 0.000 < 0.05, meaning that varied wall pass training had a significant effect on improving inside-foot passing accuracy. This study highlights that varied and repetitive wall pass training can effectively improve coordination, ball control, and passing precision among youth soccer players.

Keywords: wall pass training, passing accuracy, inside-foot passing, soccer, youth player

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A. Introduction

Soccer is one of the most popular sports worldwide and is played by people of various ages, including children, adolescents, and adults. In Indonesia, soccer has become an important part of community sports activities and continues to develop through professional competitions and youth coaching programs (Safari et al., 2018). Youth development through soccer schools is considered essential because it serves as the foundation for improving players' technical, physical, tactical, and mental abilities from an early age. Soccer is a team sport that requires coordination, cooperation, and mastery of basic techniques to achieve optimal performance during matches (Hafizudin et al., 2024).

In modern soccer, mastery of basic techniques plays a crucial role in determining individual and team performance. Basic techniques such as passing, controlling, dribbling, shooting, and heading must be mastered by players to support effective gameplay and tactical execution (Rachmat Ramadhan Maulana et al., 2020). Among these techniques, passing is one of the most important skills because it is fundamental for maintaining ball possession, building attacks, creating scoring opportunities, and developing teamwork.

Effective soccer performance is strongly influenced by players' ability to execute accurate and precise passing (Nugraha et al., 2024). Passing accuracy enables players to distribute the ball effectively and maintain the rhythm of the game. One of the most frequently used passing techniques is inside-foot passing because it provides better control, direction, and accuracy compared to other passing techniques (Sudrazat et al., 2020). Therefore, inside-foot passing skills need to be trained systematically and continuously, especially among youth players, to establish strong technical fundamentals.

Based on preliminary observations conducted at SSB Cikedondong on December 20, 2024, several players still demonstrated low passing ability, particularly in inside-foot passing. During training sessions and matches, many passes were inaccurate, lacked proper power control, and showed inconsistent ball direction. These conditions reduced team effectiveness and frequently caused loss of ball possession during play.

To address this problem, an effective and structured training method is required. One training method that can be used to improve passing accuracy is wall pass training. Wall pass training involves repeatedly passing the ball against a wall or with a partner to improve coordination, ball control, concentration, timing, and passing precision (Ratna Sari & Nugraha, 2022). This method allows players to perform repeated passing movements, which are important in motor learning processes to develop consistent technical skills. Wall pass training is considered an effective method for improving passing accuracy because it involves systematic and repetitive movement practice (Pratama et al., 2022).

n addition, the use of varied wall pass exercises is expected to increase training effectiveness. Training variations provide diverse movement stimuli that can reduce player boredom and improve adaptability to different game situations. Through varied drills, players are expected to develop better passing consistency, coordination, and decision-making abilities during matches.

Several previous studies have shown that wall pass training positively affects passing ability in soccer players. Iqzan and Agus (2021) reported that wall passing training significantly improved passing skills among youth soccer players. Similarly, Ratna Sari and Nugraha (2022) found that wall pass training improved passing accuracy in female futsal players. Furthermore, Irhamna (2023) demonstrated that paired wall pass exercises improved

passing accuracy among senior high school students. However, studies specifically examining the effectiveness of varied wall pass training on inside-foot passing accuracy among youth soccer school players remain limited, particularly at SSB Cikedondong.

Therefore, this study aimed to determine the effectiveness of varied wall pass training in improving inside-foot passing accuracy among players of SSB Cikedondong. The findings of this study are expected to contribute both theoretically and practically to soccer coaching, particularly in developing effective training methods for improving passing skills among youth players.

B. Methods

This study employed a quantitative experimental method using a One Group Pretest-Posttest Design. The study aimed to examine the effect of varied wall pass training on inside-foot passing accuracy among players of SSB Cikedondong.

The research was conducted at SSB Cikedondong, Bantarsari District, Cilacap Regency, from April 19 to May 18, 2025. The population consisted of 30 players, while the sample involved 15 players selected through purposive sampling based on attendance and participation consistency during the training program. The selected players participated in all stages of the study, including the pretest, treatment sessions, and posttest.

The treatment consisted of varied wall pass exercises, including:

1. wall passing to the wall,
2. paired passing,
3. zig-zag passing,
4. combined wall pass drills.

The training program was conducted for 12 sessions over one month. Each training session included warm-up activities, core wall pass exercises, and cool-down activities. The exercises were designed progressively to improve coordination, ball control, timing, and passing accuracy. In the wall passing to the wall drill, players repeatedly passed the ball against a wall using the inside foot. In paired passing exercises, players practiced short and medium-distance passing with teammates. Zig-zag passing drills required players to move and pass through cone formations to improve passing precision during movement. Combined wall pass drills integrated all exercises into game-like situations to improve adaptability and teamwork.

The research instrument used an inside-foot passing accuracy test adapted from Nurhasan (2001). In this test, players performed 10 passing attempts toward a 1-meter target from a distance of 10 meters. Successful passes were scored 1, while unsuccessful passes were scored 0. The final score was obtained from the total number of successful passes completed by each player.

The research procedure began with a pretest to measure the players' initial passing accuracy. After the pretest, participants received the varied wall pass training program for 12 sessions. At the end of the training period, a posttest was conducted to evaluate improvements in inside-foot passing accuracy.

Data analysis employed descriptive statistics, normality tests (Kolmogorov-Smirnov and Shapiro-Wilk), and paired sample t-tests using IBM SPSS Statistics at a significance level of 0.05.

C. Results and Discussion

Descriptive Statistics

Table 1. Descriptive Statistics of Pretest and Posttest Results

Variable	N	Minimum	Maximum	Mean	Std. Deviation
Pretest	15	1	5	3.07	1.223

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Variable	N	Minimum	Maximum	Mean	Std. Deviation
Posttest	15	3	10	5.80	2.042

Based on Table 1, the average pretest score was 3.07 and increased to 5.80 in the posttest. The minimum score improved from 1 to 3, while the maximum score increased from 5 to 10. These findings indicate that varied wall pass training improved inside-foot passing accuracy among the players.

Normality Test

Table 2. Normality Test Results

Variable	Kolmogorov-Smirnov Sig.	Shapiro-Wilk Sig.
Pretest	0.069	0.205
Posttest	0.174	0.244

The normality test results showed that all significance values were greater than 0.05. Therefore, the data were normally distributed, and hypothesis testing could be continued using the paired sample t-test.

Paired Sample t-Test

Table 3. Paired Sample t-Test Results

Variable	Mean Difference	t	df	Sig. (2-tailed)
Pretest – Posttest	-2.733	-6.902	14	0.000

Based on Table 3, the significance value was 0.000, which was smaller than 0.05. Therefore, H_0 was rejected and H_1 was accepted. It can be concluded that varied wall pass training had a significant effect on improving inside-foot passing accuracy among players of SSB Cikedondong.

Discussion

The results of this study demonstrated that varied wall pass training significantly improved inside-foot passing accuracy among players of SSB Cikedondong. This improvement was indicated by the increase in the mean score from 3.07 during the pretest to 5.80 in the posttest. In addition, improvements were also observed in the minimum and maximum scores, indicating that most participants experienced progress after the training program.

The improvement in passing accuracy occurred because varied wall pass training provides repetitive and structured movement patterns that enhance motor coordination, ball control, and movement consistency. According to motor learning theory, repetition-based training plays an important role in skill acquisition because repeated movement execution helps athletes develop automatic and efficient movement patterns. Through continuous repetition, players become more familiar with proper inside-foot passing techniques, resulting in improved accuracy and consistency during performance.

Furthermore, the training program supported coordination adaptation by exposing players to different passing situations and movement patterns. The inclusion of wall passing, paired passing, zig-zag passing, and combined drills encouraged players to adjust their body positioning, timing, and directional control in dynamic situations. This adaptation process contributed to better technical execution and improved passing performance during training and gameplay.

The findings of this study are also

consistent with the specificity training principle, which states that training adaptations occur according to the type of exercise performed. Since the training program specifically focused on inside-foot passing movements, players developed technical improvements directly related to passing accuracy. The repeated execution of sport-specific movements allowed players to improve neuromuscular coordination and passing precision more effectively.

In addition, training variation increased player motivation and engagement during practice sessions. Different passing drills reduced monotony during training and encouraged players to remain focused and active throughout the program. Varied exercises also helped players adapt to different game situations, which contributed to better decision-making and passing effectiveness during matches.

These findings are consistent with previous studies showing that structured and repetitive passing drills significantly improve passing accuracy and technical performance in youth soccer players. Priyo Utomo and Indarto (2021) stated that structured technical exercises can improve passing skills through continuous and systematic practice. Similarly, Irhamna (2023) found that wall pass training significantly improved passing accuracy by enhancing coordination and ball control. In addition, Fauzi et al. (2024) reported that varied wall pass drills positively influenced passing precision in soccer players.

Based on these findings, it can be concluded that varied wall pass training is an effective training method for improving inside-foot passing accuracy among youth soccer players. Therefore, this training method can be recommended as an alternative approach for developing basic passing techniques in youth soccer coaching programs.

D. Conclusion

Varied wall pass training significantly improved inside-foot passing accuracy among players of SSB Cikedondong. The improvement was demonstrated by the increase in mean scores from 3.07 in the pretest to 5.80 in the posttest and supported by the paired sample t-test results showing a significance value of $0.000 < 0.05$.

The findings indicate that varied and repetitive wall pass exercises effectively enhance passing precision, ball control, coordination, and movement consistency among youth soccer players. The structured and repeated training process also supports motor learning adaptation, allowing players to perform passing techniques more accurately and efficiently.

Therefore, varied wall pass training can be recommended as an effective alternative training method for developing basic passing techniques, particularly inside-foot passing accuracy, in youth soccer coaching programs.

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F. Conflict of Interest

The authors declare that there is no conflict of interest related to this research and publication, either personal, organizational, or financial.

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