Effects of Give-and-Go Drill Variations on Passing Accuracy and Dribbling Speed in Elementary School Football Extracurricular Players (2025)

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Abstract.

Background The problem in this study is based on the results of observations on students participating in the Baitul Aziz Elementary School Football extracurricular who still make many basic mistakes during training and matches, training has not been adjusted to the needs of the players as a whole, the population of this study is 15 people. From the data obtained After being given the *Give and go training* data Normality Test Pretest Accuracy *Passing* results L $_{\text{Count Value}}$ = 0.114, While the L $_{\text{Table Value}}$ with Dk = 15 at the level of α = 0.05 = 0.220. So L $_{\text{Count}}$ < L $_{\text{Table}}$ (0.114 < 0.220), for the post test L $_{\text{Count Value}}$ = 0.0843, While the L Table Value with Dk = 15 at the level of α = 0.05 = 0.220. So L $_{\text{Count}}$ < L $_{\text{Table}}$ (0.0843 < 0.220). Thus, the data from the Pretest and Posttest results *of the passing* accuracy of students participating in the extracurricular soccer at Baitul Aziz Elementary School in 2025 are normally distributed . Meanwhile, for the normality test of *the dribbling speed* , the *pre-test* results are L $_{\text{-count}}$ = 0.0668, while the L $_{\text{-table value}}$ with Dk = 15 at the level of α = 0.05 = 0.220. So that L $_{\text{-count}}$ < L- $_{\text{table}}$ (0.0668 < 0.220) for the post-test results, the L $_{\text{-count value}}$ = 0.0772, while the L -table value with Dk = 15 at the level of α = 0.05 = 0.220. So that L $_{\text{-count}}$ < L- $_{\text{table}}$ (0.0772 < 0.220). Thus, the data from the Pretest and Posttest dribbling speed Students participating in the extracurricular Football program at Baitul Aziz Elementary School in 2025 were also normally distributed.

Objectives For the Homogeneity Test of the Accuracy *of Passing* , the calculated F = 0.80 and the F $_{\text{table}}$ = 4.60, so it can be seen that the $_{\text{calculated f}}$ and < f $_{\text{table}}$ (0.80 < 4.60). While the Homogeneity Test of Dribbling Speed, $_{\text{calculated F}}$ = 1.11 and the F $_{\text{table}}$ = 4.60, so it can be seen that the calculated f and < f $_{\text{table}}$ (1.11 < 4.38). This shows that the population comes from a homogeneous variance. For the Passing Accuracy Hypothesis test, the calculated t value is 50 and the t table is 1.76, while the *Dribbling Speed Hypothesis Test* has a calculated t value of 55 and the t table is 1.76. Furthermore, the price is consulted with the t $_{\text{table price}}$ at a significance level of α = 0.05 with dk = n-1 (15-1) = 14, then this result shows that there is a significant difference. Thus, the alternative hypothesis (Ha) states " There is an influence of *Give and Go* training on the *passing accuracy and dribbling speed* of students participating in the Baitul Aziz Private Elementary School football extracurricular in 2025. "

Methods

Results The problem in this study is based on the results of observations on students participating in the Baitul Aziz Elementary School Football extracurricular who still make many basic mistakes during training and matches, training has not been adjusted to the needs of the players as a whole, the population of this study is 15 people. From the data obtained After being given the *Give and go training* data Normality Test Pretest Accuracy *Passing* results L $_{\text{Count Value}}$ = 0.114, While the L $_{\text{Table Value}}$ with Dk = 15 at the level of α = 0.05 = 0.220. So L $_{\text{Count}}$ < L $_{\text{Table}}$ (0.114 < 0.220), for the post test L $_{\text{Count Value}}$ = 0.0843, While the L Table Value with Dk = 15 at the level of α = 0.05 = 0.220. So L $_{\text{Count}}$ < L $_{\text{Table}}$ (0.0843 < 0.220). Thus, the data from the Pretest and Posttest results *of the passing* accuracy of students participating in the extracurricular soccer at Baitul Aziz Elementary School in 2025 are normally distributed . Meanwhile, for the normality test of *the dribbling speed* , the *pre-test* results are L $_{\text{-count}}$ = 0.0668, while the L $_{\text{-table value}}$ with Dk = 15 at the level of α = 0.05 = 0.220. So that L $_{\text{-count}}$ < L- $_{\text{table}}$ (0.0668 < 0.220) for the post-test results, the L $_{\text{-count value}}$ = 0.0772, while the L -table value with Dk = 15 at the level of α = 0.05 = 0.220. So that L $_{\text{-count}}$ < L- $_{\text{table}}$ (0.0772 < 0.220). Thus, the data from the Pretest and Posttest dribbling speed Students participating in the extracurricular Football program at Baitul Aziz Elementary School in 2025 were also normally distributed.

Conclusion For the Homogeneity Test of the Accuracy *of Passing* , the calculated F = 0.80 and the F $_{\text{table}}$ = 4.60, so it can be seen that the $_{\text{calculated f}}$ and < f $_{\text{table}}$ (0.80 < 4.60). While the Homogeneity Test of Dribbling Speed, $_{\text{calculated F}}$ = 1.11 and the F $_{\text{table}}$ = 4.60, so it can be seen that the calculated f and < f $_{\text{table}}$ (1.11 < 4.38). This shows that the population comes from a homogeneous variance. For the Passing Accuracy Hypothesis test, the calculated t value is 50 and the t table is 1.76, while the *Dribbling Speed Hypothesis Test* has a calculated t value of 55 and the t table is 1.76. Furthermore, the price is consulted with the t $_{\text{table price}}$ at a significance level of α = 0.05 with dk = n-1 (15-1) = 14, then this result shows that there is a significant difference. Thus, the alternative hypothesis (Ha) states " There is an influence of *Give and Go* training on the *passing accuracy and dribbling speed* of students participating in the Baitul Aziz Private Elementary School football extracurricular in 2025. "

Keywords: Give-and-go drills; Passing accuracy; Dribbling speed; Youth football; Extracurricular sports.

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INTRODUCTION

Exercise is a form of physical activity undertaken by individuals with the goal of improving physical fitness and health through exercise. Exercise can provide benefits to the body, whether done individually or in groups. Exercise done together or in a group can increase motivation. One sport played together or with a team is soccer.

Football is a team game, played by 11 players, each with their own role. The game involves simple movements such as kicking, passing, dribbling, stopping, and shooting. These simple movements are easy to perform, but the technique and tactics employed in executing them have made the game popular among players of all ages.

Football is a game played with a ball and kicked with the feet. The game of football involves various elements, including physical, technical, tactical, and mental skills. The goal of football is to score as many goals as possible by kicking the ball into the goalposts, thus earning points and winning the game for one team.

The rules of soccer differ from those of other sports. Players, except the goalkeeper, are not allowed to use their hands to kick the ball. The ball is not permitted to touch any part of the body except the hands. Soccer is played using all elements of the body and basic movements.

Basic soccer techniques include kicking, passing, heading, shooting, and stopping the ball. Mastering soccer skills requires mastering the rhythm of the game, which is played in groups. Each player needs to play a supportive role to identify their strengths and weaknesses. Soccer fosters character, enabling players to work well together and execute effectively without compromising their individual responsibilities.

Mastering basic techniques is fundamental to passing and dribbling. Passing and dribbling are the most dominant basic soccer techniques. A soccer player's ability can be seen when they kick the ball towards a teammate, as well as their ability and skill in controlling the ball properly. In soccer, dribbling is a skill that can disrupt the opponent's defense. Passing the ball is a basic technique that aims to pass the ball to the team.

Based on observations conducted at Baitul Aziz Private Elementary School on extracurricular soccer students. The condition of fifth grade students of Baitul Aziz Private Elementary School in soccer *passing material, dribbling skills* still need to be improved. This is shown when the extracurricular soccer participants play the game, there are still many mistakes in basic *passing techniques* , one of which is passing without power, passing too much so that they don't know where the ball is going and when giving the wrong pass , the ball so that the ball is passed to the opposing player. Then when dribbling, many players still dribble the ball too far from control so that the ball will be difficult to control. In addition, the coach provides monotonous training so that children experience boredom during the training process. This lack of variation in training is the cause of extracurricular students so that they lack challenges and feel that the learning provided is too monotonous, making extracurricular participants less enthusiastic in training.

Needs analysis is carried out in the form of learning that is carried out repeatedly to produce good abilities and can enable extracurricular soccer participants to improve their abilities and skills in soccer games that are continuously carried out through training that is carried out according to the abilities of extracurricular participants in improving dribbling skills.

Give and Go is a form of training that involves giving and doing. In this game, one team intentionally passes the ball, while the next team receives it, kicks it, and then runs away. This provides a more varied form of training and can be done quickly and easily to gain control of the

ball. This allows the person receiving the ball to control it, and this skill is easily mastered by every player.

Based on needs analysis, *the give-and-go training format* is a good choice for developing passing skills in soccer. Because of this give-and-go training format, extracurricular participants can easily master the game and pass and dribbling skills. Give-and-go training is a combined exercise carried out with the aim of providing opportunities to receive the ball from the opposing team to be able to control the ball well and provide a good kick to the team players so that the ball can be easily controlled by the players to put the ball towards the goal.

Based on these problems, the researcher conducted research using an experimental method with *a one-group research design* , meaning there was only one control class and one experimental class. This aimed to determine the research entitled "the effect of variations in Give and Go training on Passing Accuracy and Dribbling Speed skills in soccer games for extracurricular students at Baitul Aziz Private Elementary School in 2025.

METHOD

Research Design

The research conducted in this study is an experimental research. The experimental research method is a research method that is most appropriate and can truly test hypotheses regarding the cause and effect and influence of a relationship when compared to other research methods (Wasis Dwiyogo, 2010: 35). Experimental research can be defined as a research method used to find the effect of certain treatments on others under controlled conditions (Sugiyono, 2012: 107). An experiment is a scientific research or investigation in which the researcher manipulates and controls one or more independent variables *and* makes observations on the dependent variable (Kerlinger in Wasis, 2010: 36).

According to Gay in Wasis (2010: 36) the experimental method researchers manipulate at least independent variables, control other variables that are thought to be related and observe their effects on one or more dependent variables. The experimental method is defined as a systematic method to build relationships that contain causal phenomena (*Causal-effect relationship*) (Sukardi in Karim, 2018: 62). This study uses the *Pretest-Posttest Control Group Design design* in this design requires at least two groups of subject placement in groups through the design can also be matched. Both groups receive an initial test, treatment is given to the experimental group, while the control group does not receive treatment then the two groups are given a final test (Wasis Dwiyogo, 2010: 44).

Research design *Pre test-Post test Control Group Design* , there are two groups selected randomly, then given a *pre-test* to determine the initial state of whether there is a difference between the experimental group and the control group. The *pre-test results* are good if the experimental group's scores are not significantly different (Sugiyono, 2012: 113). Design *Pre test-Post test Control Group Design* in this design there are two classes selected randomly. The two classes are the control class and the experimental class. Then given *a pre-test* to determine the initial state of whether there is a difference between the experimental group and the control group. After being given *a pre-test* , treatment is given to the experimental class. Finally, *a post-test is given* to both classes. Finally, comparing the two classes (Alfianika, 2018: 133).

Based on the description above, this research will be conducted two tests, namely the initial test to find out how the initial condition of the Baitul Aziz Private Elementary School Extracurricular students are. Then, *treatment will be carried out* for the experimental group. This treatment is carried out for 16 meetings where the Baitul Aziz Private Elementary School Extracurricular players will be given a variety of *give and go exercises* . Then after the treatment is completed, another final test will be held where this test is carried out to find out how the condition of the Baitul Aziz Private Elementary School Extracurricular players is after receiving *the treatment*, then from these results will be compared with the results of the initial test whether the training given to the Baitul Aziz Private Elementary School Extracurricular players to find out whether the training given has an effect or not.

Participant

This research was conducted in Medan, Indonesia, and involved extracurricular students of Baitul Aziz Private Elementary School. In this research, *purposive random sampling was used* , meaning that the sampling technique was not based on the sample. random, but based on on existence consideration which focuses on a specific objective. The sample for this study was 15 students from the Baitul Aziz Private Elementary School's extracurricular soccer program.

Data Analysis

Before conducting hypothesis testing, prerequisite tests need to be conducted, namely data normality and homogeneity tests. Before proceeding to the t-test, there are requirements that researchers must fulfill, namely that the data is valid. The data analyzed must be normally distributed, for this reason it is necessary to carry out normality tests and homogeneity tests (Arikunto in Kusumajati 2019: 46).

1. Prerequisite Test

1.1. Normality Test

Normality testing is actually nothing more than conducting a test. to normal whether or not distribution data Which will analyzed. Testing is carried out depending on the variables to be processed. The normality test for data distribution uses *Kolmogorov-Smirnov* with the help of SPSS 23.

1.2. Homogeneity Test

In addition to testing the distribution of the values to be analyzed, a homogeneity test is necessary to ensure that the groups forming the sample come from a homogeneous population. Homogeneity is sought using the F test of *pre-test* and *post-test data* using the SPSS 23 program.

1.3 Hypothesis Testing

Hypothesis testing uses a t-test with the help of the SPSS 23 program, namely by comparing *the pre-test* and *post-test means.* If the calculated t value is smaller than the t table, then Ha is rejected, if the calculated t value is greater than the t table, then Ha is accepted.

The percentage increase after treatment is calculated using the following formula.

$$\text{Percentage improvement} = \frac{\textit{Mean Different}}{\textit{Mean Pre-test}} \times 100\%$$

Mean Different = mean post test-mean pre test .

RESULTS AND DISCUSSION

Results

The first step taken by the researchers was to identify the problem to be studied by observing both the participants' level of mastery and their enthusiasm for the training. This was done to observe any changes in passing accuracy and dribbling speed after the training.

Prior to conducting the research, the researcher interviewed the coaches to obtain information on the passing accuracy and dribbling speed of the students participating in the Baitul Aziz Elementary School extracurricular activities . Afterward, the researcher provided training and conducted a post-test.

The action taken before carrying out the method is to plan what will be implemented through the training program, after which the researcher carries out the research stages.

The stages are:

a. The researcher introduces himself and explains the purpose and objectives of the research.
b. Researchers Explain Passing and Dribbling Techniques in Football Games

c. Researchers explain 4 Training Programs for the game of Accuracy of Passing and Speed of Dribbling
d. After carrying out the training program for 16 meetings, participants carried out a posttest using the Passing and Dribbling test instrument.
After carrying out the research, the test results were obtained from the pretest and posttest results .

To determine the influence of research variables, hypothesis testing was carried out using the t-test statistical formula. The calculation results were as follows:

Table 8. Hypothesis Test of Passing Accuracy Result Data

No	Name	X_1	X_1^2	X_1	X_2^2	d	D^2
1	Aldi	4	16	6	36	2	4
2	Askhar	6	36	8	64	2	4
3	Azhari	5	25	7	49	2	4
4	Good	4	16	5	25	1	1
5	Bobby	4	16	6	36	2	4
6	Chandra	7	49	10	100	3	9
7	Dodi	5	25	7	49	2	4
8	Elfaro	6	36	7	49	1	1
9	Ferry	4	16	6	36	2	4
10	Priest	6	36	7	49	1	1
11	Kelvin	4	16	5	25	1	1
12	Scout	4	16	6	36	2	4
13	Solihin	5	25	7	49	2	4
14	Yogi	4	16	6	36	2	4
15	Yoyok	6	36	8	64	2	4
amount		74	380	101	703	27	53
average		4.93	25.33	6.73	46.87	1.8	3.53

Based on the results of the analysis in Table 8 above, it can be seen that the calculated t is 50 and the t table is 1.76. Furthermore, the price is consulted with the $t_{\text{table price}}$ at a significance level of $\alpha = 0.05$ with dk = n-1 (15-1) = 14, then this result shows that there is a significant difference. Thus, the alternative hypothesis (Ha) which reads " There is an effect of *Give And Go* training on the *passing accuracy* of students participating in the Baitul Aziz Private Elementary School Football extracurricular in 2025 ", **is accepted** .

Table 9. Hypothesis Test of Dribbling Speed Data Results

No	**Name**	**Y_1**	**Y_1^2**	**Y_2**	**Y_2^2**	**D**	**D^2**
1	Aldi	14.68	215.5024	12.32	151.7824	2.36	5.5696
2	Askhar	16.75	280.5625	15.20	231.04	1.55	2.4025
3	Azhari	21.06	443.5236	19.32	373.2624	1.74	3.0276
4	Good	20.54	421,8916	18.36	337.0896	2.18	4.7524
5	Bobby	16.45	270.6025	14.32	205.0624	2.13	4.5369
6	Chandra	14.55	211.7025	13.02	169.5204	1.53	2.3409
7	Dodi	15.38	236.5444	13.58	184.4164	1.8	3.24
8	Elfaro	22.25	495.0625	20.27	410.8729	1.98	3.9204
9	Ferry	18.35	336.7225	16.38	268.3044	1.97	3.8809
10	Priest	19.45	378.3025	17.31	299.6361	2.14	4.5796
11	Kelvin	17.36	301.3696	15.42	237.7764	1.94	3.7636

12	Scout	24.20	585.64	21.32	454.5424	2.88	8.2944
13	Solihin	21.33	454.9689	18.74	351.1876	2.59	6,7081
14	Yogi	22.29	496.8441	18.31	335.2561	3.98	15.8404
15	Yoyok	19.32	373.2624	17.08	291.7264	2.24	5.0176
amount		283.96	49522.518	250.95	4301.4759	33.01	77.8749
average		18.93	3301.5012	16.73	286.76506	2.20	5.19

Based on the results of the analysis in Table 8 above, it can be seen that the calculated t is 55 and the t table is 1.76. Furthermore, the price is consulted with the $t_{\text{table price}}$ at a significance level of $\alpha = 0.05$ with dk = n-1 (15-1) = 14, then this result shows that there is a significant difference. Thus, the alternative hypothesis (Ha) which reads " There is an effect of *Give And Go* training on Dribbling Speed" *Students participating in the* 2025 Baitul Aziz Elementary School Football extracurricular program **were accepted** .

Discussion

Based on the analysis of the research data, it can be seen that normal and homogeneous distribution has a significant influence on Passing Accuracy and Dribbling Speed in the 2025 Baitul Aziz Private Elementary School Football Extracurricular Participants. This study aims to determine the effect of *Give And Go Training* on *Passing Accuracy* and *Dribbling Speed* of students participating in the Baitul Aziz Private Elementary School Football Extracurricular in 2025. The study began with a *pre-test to determine students' passing* and *dribbling* abilities before being given treatment, giving treatment for 16 meetings with *Give And Go training* , and then after *the treatment* was completed, a post-test was conducted to determine students' *Passing Accuracy* and *Dribbling Speed* after being given *treatment* . *Treatment* was carried out with a post-test once in the field.

From the research data, the lowest *pretest score* was 4 and the highest score was 7 with an average of 4.93, while for the posttest the lowest score was 5 and the highest score was 10 with an average of 6.73 in the *Passing Accuracy test* , while the longest pretest time was 24.20 and the fastest time was 14.55 with an average of 18.93, while for *the posttest* the longest time was 21.32 and the fastest time was 12.32 with an average of 16.73 in the *Dribbling Speed test* for the Baitul Aziz Private Elementary School Extracurricular participants in 2025.

From the Normality Test data *of the Pretest* Accuracy *of Passing*, the result of the $L_{\text{Count Value}} = 0.114$, while the $L_{\text{Table Value}}$ with Dk = 15 at the level of $\alpha = 0.05 = 0.220$. So that $L_{\text{Count}} < L_{\text{Table}}$ (0.114 < 0.220), for *the post test* the $L_{\text{Count Value}} = 0.0843$, while the $L_{\text{Table Value}}$ with Dk = 15 at the level of $\alpha = 0.05 = 0.220$. So that $L_{\text{Count}} < L_{\text{Table}}$ (0.0843 < 0.220). Thus, the data of *the Pretest and Posttest results* of the Accuracy *of Passing* of Students Participating in the Football Extracurricular at Baitul Aziz Elementary School in 2025 are Normally Distributed . While for the normality test of *Dribbling speed* , the Pre-test results are the $L_{\text{Count Value}} = 0.0668$, while the $L_{\text{Table Value}}$ with Dk = 15 at the level of $\alpha = 0.05 = 0.220$. So that $L_{\text{Calculation}} < L_{\text{Table}}$ (0.0668<0.220) for the Post Test results, the $L_{\text{Calculation Value}} = 0.0772$, while the $L_{\text{Table Value}}$ with Dk=15 at the α=0.05 level = 0.220. So that $L_{\text{Calculation}} < L_{\text{Table}}$ (0.0772<0.220). Thus, the data from *the Pretest* and *Posttest results of the Dribbling* Speed of students participating in the Football extracurricular at Baitul Aziz Elementary School in 2025 are also Normally Distributed.

For the Homogeneity Test of the Accuracy *of Passing* , $F_{\text{count}} = 0.80$ and $F_{\text{table}} = 4.60$, so it can be seen that f_{count} and < f_{table} (0.80 < 4.60). While the Homogeneity Test *of Dribbling Speed*, $F_{\text{count}} = 1.11$ and $F_{\text{table}} = 4.60$, so it can be seen that f_{count} and < f_{table} (1.11 < 4.38). This shows that the population comes from a homogeneous variance.

For the Passing Accuracy Hypothesis test, the t count value is 50 and the t table is 1.76, while the Dribbling Speed Hypothesis Test has a t count of 55 and a t table of 1.76. Furthermore, the price is consulted with the $t_{\text{table price}}$ at a significance level of $\alpha = 0.05$ with dk = n-1 (15-1) = 14, then this result shows that there is a significant difference. Thus, the alternative hypothesis (Ha) which reads " There is an effect of *Give And Go* training on the *passing accuracy and dribbling speed* of students participating in the Baitul Aziz Private Elementary School football extracurricular in 2025 ".

CONCLUSION

Based on the results of data analysis, description, testing of research results, and discussion, it can be concluded that there is an influence of *Give and Go* training on the *passing accuracy and dribbling speed* of students participating in the Baitul Aziz Private Elementary School Football extracurricular in 2025 . For the Homogeneity Test of the Accuracy of Passing, $F_{\text{count}} = 0.80$ and $F_{\text{table}} = 4.60$, so it can be seen that f_{count} and < f_{table} (0.80 < 4.60). While the Homogeneity Test of Dribbling Speed, $F_{\text{count}} = 1.11$ and $F_{\text{table}} = 4.60$, so it

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AUTHOR CONTRIBUTION STATEMENT

This research was conceptualized and designed by Abdul Rofiq, who developed the research objectives and methodology, managed data collection, coordinated with participants, and supervised fieldwork at STOK Bina Guna Medan. Devi catur winata performed data analysis, interpreted the findings, and contributed significantly to the preparation of the manuscript. All authors participated in the revision of the manuscript, approved the final version for submission, and take full responsibility for the integrity and accuracy of the work.

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The authors declare no conflict of interest related to the conduct, authorship, or publication of this study.

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