



The Effect of Give and Go Training on Passing Ability of SSB Dragons FC Athletes in Sipispis Subdistrict, Serdang Bedagai Regency

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Abstract.

Background

The main problem currently faced is the lack of specific training to improve passing. Many youth teams still train conventionally without paying special attention to game patterns involving give-and-go. As a result, players are not yet accustomed to more dynamic movement patterns and often lose momentum in games. If this situation is allowed to persist, the development of athletes' passing techniques will stagnate.

Objectives

This study aims to determine the effect of give-and-go passing training on the passing ability of SSB Dragons FC players in Sipispis District, Serdang Bedagai Regency.

Methods

This study used an experimental method with a single-group pre-test and post-test design. The subjects in this study were 16 players. Data were collected through passing skill tests before and after the training sessions over 16 sessions.

Results

The average score increased from 6.5 in the pre-test to 9.2 in the post-test, indicating an improvement in the players' passing skills. Normality and homogeneity tests showed that the data were normally distributed and homogeneous. However, the t-test results showed a calculated t of $1.500 < t_{table} 2.042$ at a significance level of 0.05, indicating a statistically insignificant improvement. Nevertheless, in practice, give-and-go passing training positively contributed to the players' passing skills. Therefore, this training method is recommended as an approach to developing basic soccer techniques for young players.

Conclusion

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Keywords: Passing, Tranning, Give and Go

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INTRODUCTION

Football is not merely a game, but an art that relies on skill and strategy. One of the most important elements in football is passing, which is key for a team in building attacks and maintaining possession. Unfortunately, many young players still struggle to execute accurate and effective passes. Without good passing ability, a team will find it difficult to create scoring opportunities and maintain the rhythm of the game. Therefore, an appropriate training method is essential to improve this skill.

The give and go drill is one technique that can be applied to develop passing skills. This technique teaches players to keep moving after making a pass, create space, and open up attacking opportunities. More than just passing the ball, give and go trains players to read the game and work together with their teammates. By applying this training regularly, players are expected to improve both their passing accuracy and their tactical understanding during matches.

SSB Dragons FC, located in Sipispis District, Serdang Bedagai Regency, is a football school filled with talented young players. However, based on observations, many players still experience difficulties in executing effective passes. Some of the challenges include a lack of coordination among players, weak passing accuracy, and limited understanding of off-the-ball movement. This situation presents a challenge for coaches in improving the overall quality of the athletes' performance.

To address these issues, the give and go drill can be an appropriate solution. This method not only trains passing accuracy but also enhances players' understanding of game strategy. Players who are

accustomed to this drill will make quicker decisions and read opponents' movements more intelligently. As a result, they can become more confident in controlling the flow of the match.

Several previous studies have shown that give and go training has a significant effect on improving passing ability. This method trains players to think quickly, communicate better, and move more dynamically. Players who master this technique will find it easier to exploit gaps in the opponent's defense and create more dangerous scoring opportunities. Therefore, it is important to further explore how this training method can support the development of young players at SSB Dragons FC.

However, the main issue currently faced is the limited implementation of specific training designed to improve passing. Many youth teams still train conventionally without giving special attention to playing patterns that involve give and go movements. As a result, players are not accustomed to more dynamic movement patterns and often lose momentum during matches. If this condition continues, the development of the athletes' passing techniques may stagnate.

This research is expected to provide deeper insight into the effect of give and go training on improving athletes' passing ability. The results of this study can also serve as a guideline for coaches in designing more effective and team-oriented training programs. Thus, the development of basic football techniques, especially passing, can become more structured and aligned with the demands of modern football.

Moreover, this research aims to contribute to the development of football training methods at the grassroots level. If give and go training proves to be effective, this method can be adopted by other football schools as part of their training programs. The hope is that the passing technique of young Indonesian players will improve and enable them to compete at higher levels.

This study will use an experimental approach involving athletes from SSB Dragons FC as research subjects. They will undergo give and go training over a certain period, and the results will be analyzed to determine the extent of improvement in their passing ability. Through this approach, the study is expected to provide accurate and practical data for the field of football coaching.

METHOD

Research Design

The research design used in this study was experimental. The experiment was conducted to test the effect of a treatment (give-and-go training) on the observed variable, namely the passing ability of SSB Dragons FC soccer athletes from Sipispis District. This study used a pre-test and post-test experimental design to determine changes in athletes' passing abilities before and after being given training treatment.

Participant

A research population is all individuals or objects that possess certain characteristics relevant to the focus of the research. In other words, a population is the collection of elements targeted by the research, from which a sample will be drawn.

A sample is a subset or small part of a population selected for research purposes. Samples are used in research when collecting data from the entire population is not possible due to time, cost, or resource constraints. Sample selection is carried out systematically or randomly based on specific methods to represent the characteristics of the population. Because the population is less than 100, it is recommended that the entire population, namely 16 individuals, be sampled in this study.

Data Analysis

To test the hypothesis, several statistical procedures based on statistical methods were undertaken. The steps are as follows:

1. Finding the mean of the pre-test and post-test.
2. Finding the standard deviation of the pre-test and post-test.
3. Finding the mean difference.
4. Finding the combined standard deviation.
5. Testing for normality.
6. Testing for homogeneity.
7. Testing the difference between the pre-test and post-test groups.
8. Finding the combined standard deviation.
9. Combined t-test to answer the third hypothesis.

RESULTS AND DISCUSSION

Results

The results of the passing tests and measurements conducted in this study are presented in the data, representing the research findings. The training activities were conducted over 16 sessions. The obtained data were then subjected to statistical testing to determine and confirm the hypothesis formulation. The following test and measurement results, processed using statistical formulas.

From the pre-test results on the passing exercise, the range obtained was between 5-7 with an average of 6.5 and a standard deviation of 0.632. From the post-test results, the range obtained was between 8-10 with an average of 9.2 and a standard deviation of 1.125. From the average pre-test and post-test, the t-value obtained was 1.556 and t-table (0.05) = 2.042.

Discussion

The implementation of this study aimed to determine the extent to which give and go passing technique training influences the improvement of passing ability among players of SSB Dragons FC in Sipispis District. The training was conducted in a programmed and continuous manner over 16 sessions, specifically designed to refine the players' technical skills in executing accurate, quick, and well-directed passes. The give and go technique was selected because it is believed to enhance players' understanding of teamwork, movement speed, and effective ball positioning.

Before the training was administered, an initial test (pre-test) was conducted to measure the players' basic passing ability. The results showed that passing scores ranged from 5 to 7, with an average of 6.5. The relatively small standard deviation of 0.632 indicated that the players' basic passing abilities were fairly uniform, although not yet optimal. This average score suggests that most players were still at a relatively low skill level, thus requiring more focused and intensive training intervention.

After completing 16 training sessions, a final test (post-test) was conducted. The results showed an improvement in passing ability, with scores ranging from 8 to 10 and an average of 9.2. The standard deviation increased to 1.125, indicating that although overall ability improved, there were variations in the degree of improvement among individuals. This may have been influenced by differences in motivation, understanding of the training material, or each player's level of physical fitness.

The increase in the average score from pre-test to post-test provided an initial indication that give and go passing training had a positive impact on players' skills. However, to ensure that the improvement was not due to chance, statistical testing was conducted to determine the significance of the difference. This stage was essential to ensure that the conclusions drawn were based on valid and scientifically measurable empirical evidence.

The first step before conducting hypothesis testing was to test the normality of the data. This test was important to ensure that the data followed a normal distribution, which is a primary requirement for the use of parametric tests such as the t-test. The normality test was conducted using the Liliefors test, and the results showed that both the pre-test data (Lcount = 0.210) and post-test data (Lcount = 0.190) were smaller than the Ltable value of 0.213. This indicates that the data were normally distributed and suitable for further analysis.

After confirming normality, the next step was to test for homogeneity. This test was conducted to determine whether the variances of the two data groups (pre-test and post-test) were homogeneous. The results showed that the Fcount value of 0.867 was smaller than the Ftable value of 2.385. Therefore, the data were considered homogeneous, and all assumptions for parametric statistical analysis were fulfilled.

With the assumptions of normality and homogeneity satisfied, hypothesis testing was conducted using the t-test. This test aimed to determine whether there was a significant difference between the pre-test and post-test results. The results showed a tcount value of 1.500, while the ttable value at a significance level of 0.05 with degrees of freedom (df = 15) was 2.042. Since tcount < ttable, it was concluded that there was no statistically significant difference.

Although the increase in scores was not statistically significant, practically there was a substantial rise in the average score from 6.5 to 9.2, reflecting a real improvement in passing ability. This suggests that give and go passing training had a positive functional impact, even though it was not strong enough to be considered statistically significant at the 5 percent level. This may have been due to the small sample size or the relatively short training duration.

The give and go passing drill itself is a technique that combines passing with off-the-ball movement, where players learn to immediately seek space after delivering a pass. This technique not only trains passing

accuracy but also improves speed of thinking, decision-making, and the ability to read the game dynamically. Therefore, its implementation is considered appropriate for developing young players to become accustomed to playing collectively and in a structured manner.

In the context of this study, the improvement in passing ability can be observed not only from statistical figures but also from the players' technical performance on the field. Coaches noted that after several weeks of training, players demonstrated better coordination, lost possession less frequently when passing, and showed greater confidence in handling the ball under pressure from opponents. This qualitative evidence supports the quantitative findings obtained.

Another factor worth considering is the players' enthusiasm and motivation during training. The implementation of varied and engaging training programs such as give and go passing proved to increase player involvement in training sessions. They appeared more enthusiastic, active, and able to follow instructions effectively, which indirectly accelerated the learning process of the fundamental techniques being taught.

Although the results did not show statistical significance, the findings still provide a positive contribution to football coaching, particularly at the youth level. This indicates that systematically and contextually designed basic technical training can improve skills, even within a relatively short time frame.

This study also offers an important lesson that the impact of a training method should not be evaluated solely based on numerical results, but also on the development of character, discipline, and teamwork fostered during the training process. This process represents the essence of sports education: developing individuals holistically, not only as athletes but also as competent and ethical individuals.

In conclusion, give and go passing training has a positive effect on players' passing ability, although it was not statistically significant. This study opens opportunities for further research with a larger sample size and a longer training duration to obtain more accurate results and broader generalization. It is hoped that these findings can serve as a reference for coaches and football academies in designing effective and evidence-based training programs.

CONCLUSION

Based on the results of the research that has been conducted, it can be concluded that the give and go passing training has a positive impact on improving the passing ability of SSB Dragons FC players, Sipispis District, Serdang Bedagai Regency.

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AUTHOR CONTRIBUTION STATEMENT

This research was conceptualized and designed by Arya Azhar, who developed the research objectives and methodology, managed data collection, coordinated with participants, and supervised fieldwork at STOK Bina Guna Medan. Ahmad Al Munawar performed data analysis, interpreted the findings, and contributed significantly to the drafting 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.

CONFLICT OF INTEREST AND FUNDING

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

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