



EFFECTS OF TARGET-BASED TRAINING ON PASSING ACCURACY AMONG U-15 PLAYERS AT SEJATI ACADEMY SERDANG BEDAGAI

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Abstract .

Background

Problems in study This based on results observation of students seen when Wrong One player given material play and players often Wrong passing the ball and complete ball control not enough control matter This proven when player do easy ball game very confiscated by player against matter This become problems that must be completed because in essence game a football player player must capable control the ball and be able to pass the ball to a clear and precise direction and target . , population from study This as many as 15 people . From the data obtained After given target data training Normality Test Pretest Accuracy From the accuracy test results data *Passing* mark The lowest pretest score was 4 and the highest 7 while for post test scores lowest 6 and value highest 10 The average value for the pretest was 5.27 and the average value for the posttest was 7.53, while For mark deviation The standard pretest is 0.95 and the value Deviation The Post Test Standard is 1.18 for Mark Lhitung = 0.1808, Meanwhile Mark LTable with Dk = 15 at the level $\alpha=0.05 = 0.220$. So that LCount < LTable (0.1808< 0.220). Then Mark Lhitung = 0.1997, Meanwhile Mark LTable with Dk = 15 at the level $\alpha=0.05 = 0.220$. So that LCount < LTable (0.1997< 0.220). With This is the data from the Pretest and Posttest results Student Football Passing Accuracy Academy True Serdang Bedagai U 15 Year 2025 Normally Distributed .

Objective

For test Homogeneity calculation F count = 1.24 and F table = 4.60 with dk numerator 1 and dk denominator =n-1 =15-1=14 so seen that f count and < f table (1.24 < 4.60) . This show population originate from homogeneous variance , whereas For test Hypothesis t count 5.51 and t table 1.76, Next price the consulted with price table at level significant $\alpha=0.05$ with dk = n-1 (15-1)= 14 then results This show there is significant difference . With thus hypothesis alternative (Ha) which reads "There is an influence Exercise using Target against Student passing accuracy Academy True Serdang Bedagai U 15 2025 ". Meanwhile *Target* hypothesis test to Accuracy student *passing* Academy True Serdang Bedagai U 15 Years 2025 t count 5.51 and t table 1.76, Next price the consulted with price table at level significant $\alpha=0.05$ with dk = n-1 (15-1)= 14 then results This show there is significant difference . With thus hypothesis alternative (Ha) which reads "There is an influence Exercise using Target against Student passing accuracy Academy True Serdang Bedagai U 15 2025 ", accepted .

Method

Results

Problems in study This based on results observation of students seen when Wrong One player given material play and players often Wrong passing the ball and complete ball control not enough control matter This proven when player do easy ball game very confiscated by player against matter This become problems that must be completed because in essence game a football player player must capable control the ball and be able to pass the ball to a clear and precise direction and target . , population from study This as many as 15 people . From the data obtained After given target data practice Normality Test Pretest Accuracy From the accuracy test results data , the passing value The lowest pretest score was 4 and the highest 7 while for post test scores lowest 6 and value highest 10 The average value for the pretest was 5.27 and the average value for the posttest was 7.53, while For mark deviation The standard pretest is 0.95 and the value Deviation The Post Test Standard is 1.18 for Mark Lhitung = 0.1808, Meanwhile Mark LTable with Dk = 15 at the level $\alpha=0.05 = 0.220$. So that LCount < LTable (0.1808< 0.220). Then Mark Lhitung = 0.1997, Meanwhile Mark LTable with Dk = 15 at the level $\alpha=0.05 = 0.220$. So that LCount < LTable (0.1997< 0.220). With This is the data from the Pretest and Posttest results Student Football Passing Accuracy Academy True Serdang Bedagai U 15 Year 2025 Normally Distributed .

Conclusion

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Keywords : Target-Based Training; Passing Accuracy; Youth Soccer; U-15 Players; Football Training



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INTRODUCTION

Sport is activities carried out For form body become more healthy and more active . Activities exercising done with the goal is for the body more healthy and make activity physique a day day become more easy , because need for man done with a healthy body and a strong soul so that in exercising the activities carried out have a very big influence in life daily For continuity life .

Football becomes a very popular sport in all circles Because in game football is needed character Work same , character discipline , character compactness matter This make football becomes game a team that is loved by everyone circles . Games Football becomes something games played in a way team or group , games football consists of of 11 players with function nya . In game football movement simple with do kicking , passing, dribbling, stopping the ball and shooting. Simple movements easy done However use techniques and tactics in do movement the so that game lots of football in demand by all layers .

Games played with using a ball and being kicked with the feet called Football . Game football has various element in do wrong play involving many element physical , technical , tactical and mental. Goal do game soccer ball into the goal goal with method kick the ball to goal as much as many For get points and winnings received by one of the team.

School Football or more known with SSB designation or academy school football is receptacle For distribute talents and interests in the field indoor soccer matter This football is played in a way routine with using existing programs determined and executed , carried out in a way together The same with system formally . The development of SSB or Academy football in Indonesia , especially in Serdang Bedagai has developed greatly proven with a number of academy football is one of them academy real football in Serdang Bedagai with frequency exercise three times a week that is Days (Tuesday , Thursday and Saturday) children practice 15 years old .

Based on analysis situation that ability in control technique base football must own support for each element between One with others well from SSB or Academy school football or coach in do matches and training programs that are owned . Next can other factors that must be filled when somebody own abilities and skills in do game football with Good from factor physical support like agility , speed , strength , power resistance and flexibility that becomes supporting appearance in the match must also be owned for the game can walk with good . Game football has technique base that is *dribbling, passing, shooting, heading and stopping* .

In matter This technique the most basic principle that must be controlled by the player football is passing. Passing is something mastery technique which is capable aspects move the ball from One point to point others with appropriate target No missed . This is become A challenge as well as more skills that must be owned by all player in game football . Unbiased passing ability as well immediately come with itself , ability This obtained in form exercises that must be done done with intensity and programs that have been customized with need players and abilities .

Based on observations made together with coaches and players at the academy true Serdang trading . When researchers observe the training program created coach No walk in accordance with what is made coach , thing This can seen when one of player given material play and players often misplaced the ball and complete possession of the ball not enough control matter This proven when player do easy ball game very seized by the player against matter This become problems that must be completed because in essence game a football player player must capable control the ball and be able to pass the ball to clear and precise direction and targets .

In matter This researchers and trainers try For discuss look for location problems and solutions For overcome problem this , in increase passing ability against players . Motivation player in exercise Possible be one of causes and capabilities coach as well as facilities and infrastructure talents possessed by the players Good That ability physical and mental abilities that are possessed make ability trainers and skills in do game football . For overcome problem This coach must create atmosphere in activating exercises player so that control technique basic passing with Good .

In analysis the existing situation so can withdrawn conclusion For done study problem this . Therefore That writer do research that has been withdrawn conclusion namely " The Effect of Passing Practice Using Targets on Player Passing Accuracy Football Academy The Truth of Serdang Bedagai This will be the age of 15 years in 2025" discussed in study This so that the discussion that will be done about passing and accuracy game football to be more good and capable master it .

METHOD

Research Design

Study This is type study experiment. Study experiments according to Sandjaja (2006: 123) is study Which with on purpose awaken something incident or circumstances, Then investigated How the consequences. This can be interpreted as one way to find a causal relationship (causal relationship) between two factors that are deliberately created by the researcher by reducing or eliminating other interfering factors. Experiment always associated with Meaning For see consequence something treatment. Design study Which used in study This is " *pretest- posttest one group* "(Sandjaja, 2006: 124). *Pretest-posttest one group* is design by observation 2 time that is before experiment And after experiment. Observations are made before the experiment (01), called *pre-test* and observations after experiment (02) is called *post-test*.

According to Gay in Wasis (2010: 36) method experiment researchers manipulate the least variables free , control other estimated variables related as well as observe its influence to something or more variables bound . Method experiment defined as method systematic use build relationship that contains phenomenon because Causal - *effect relationship* (Sukardi) in Karim, 2018: 62). Research This use design *Pretest-Posttest Control Group Design* in design This require at least There is two group placement subject in group through design can also be done with matchmaking . Second group accept test beginning , giving treatment given to group experiments , whereas group control No accept treatment Then two group given test end (Wasis Dwiyoogo , 2010: 44).

Research design *Pre test - Post test Control Group Design* , available two selected group randomly , then given *pre-test* For know condition beginning is there any difference between group experiments and groups control . *Pre-test results* the good one when mark group experiment No different in a way significant (Sugiyono , 2012: 113). *Pre test- Post test Control Group Design* in design This there is two selected class in a way random . Two class the is class control and class experiment . Then given *pre-test* For know condition beginning is there any difference between group experiments and groups control . After being given *pre-test* new given treatment For class experiment . Finally , it was carried out *post test* For second class . Finally , compare second class (Alfianika , 2018: 133) .

Based on the description above, this research will involve data collection and treatment at Sejati Serdang Bedagai Academy. The initial pretest will be conducted in January. 2025 o'clock 15.00 –17.00. Treatment implemented on 15.00 – 17.00 from the first week of January 2025 to April 2025. Each *pretest* and *posttest* were carried out once, while *the treatment* was carried out 3 times a week.

will done two tests that is test at the beginning For know How condition beginning from student Baitul Aziz Private Elementary School Extracurricular Activities Then will done *treatment* or treatment For to group experiment . Treatment This done during 16 meetings Where player Baitul Aziz Private Elementary School's extracurricular activities will given variation exercise *give and go* . Then after treatment finished will held Again test end Where test This done For know How condition player Baitul Aziz Private Elementary School Extracurricular after accept *treatment*, then from results This will compared to with results test beginning whether the exercises given to player Baitul Aziz Private Elementary School Extracurricular for know whether the exercises given influential or No

Participant

Study This carried out in the Regency Serdang Bedagai , Province Sumatra North , Indonesia, and involves all over player Academic True Serdang Bedagai in study This use *purposive sampling* It means that is take subject study based on objectives certain instruments Research and Engineering Data Analysis . The set as sample study This is all over player Academic True Serdang Bedagai which consists of 15 players .

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. Test Homogeneity

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 Testing Hypothesis

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 H_a is rejected, if the calculated t value is greater than the t table, then H_a is accepted.

For know percentage improvement after given treatment used calculation percentage improvement with formula as following (Sutrisno Hadi , 1991: 34).

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

$$\text{Pre-test Average Average Different} = \text{means post test average pre test} .$$

RESULTS AND DISCUSSION

Results

Step The first thing to do by researchers is do identification to the problem that will investigated through Accuracy *passing* student Academy True Serdang Bedagai U 15 2025 is good from level mastery and passion participant in follow practice . Things This done For see changes that occur after implementation exercise to results Accuracy *passing* football .

Before the research was conducted, the researcher first interviewed the coach with the aim of obtaining information regarding the results of football *passing accuracy*. students of the True Academy Serdang Bedagai U 15 2025. And after that the researcher provided training and do *a post test*.

Actions taken before do method is planning what to do through program practice , after That researchers do stages study .

As for The stages is :

- Researchers Introduce yourself and explain purpose and objectives study
- Researchers Explain Passing and dribbling techniques in Game Football
- Researchers explaining 4 Programs Exercise game Passing accuracy with using targets
- After Carry out Program exercise during 16 meetings participant carry out Posttest use Passing and Dribbling test instrument

After do Implementation research So it can be results testing from Pretest and Posttest results

For know the influence of research variables so done testing hypothesis with use formula statistics t -test of results calculation obtained results as following :

Table 8. Test Hypothesis Data Results *Passing*

No	Name	X 1	X 1 ²	X 2	X 2 ²	D	D ²
1	Ardiansyah	4	16	6	36	2	4
2	askhar	7	49	9	81	2	4
3	Ansari	4	16	6	36	2	4
4	Bagas	5	25	7	49	2	4
5	Good	5	25	7	49	2	4
6	Funds	6	36	9	81	3	9

7	Dedi	5	25	7	49	2	4
8	Elfrido	5	25	7	49	2	4
9	Jordan	5	25	8	64	3	9
10	Jonathan	7	49	10	100	3	9
11	Kiki	5	25	8	64	3	9
12	Son	4	16	6	36	2	4
13	Suherman	6	36	8	64	2	4
14	Yogi	5	25	8	64	3	9
15	Zafran	6	36	7	49	1	1
Amount		79	429	113	871	34	82

Based on results analysis in Table 8 above, can seen that t count 5.51 and t table 1.76 , Next price the consulted with price t table at the level significant $\alpha=0.05$ with dk = n-1 (15-1)= 14 so results This show there is significant difference . With thus hypothesis alternative (Ha) which reads "There is an influence Exercise using Target against Accuracy student *passing* Academy True Serdang Bedagai U 15 2025 ", **accepted** .

Discussion

Based on the analysis of the research data, it can be seen that it is normally distributed and homogeneous. has a significant influence on the *passing accuracy* of students at Academi Sejati Serdang Bedagai U 15 In 2025, through the Target training method, conclusions were drawn from the results of the t-test. This study aims to determine the effect of Target training. to significant influence on the *passing accuracy* of students at Sejati Serdang Academy Bedagai U 15 Year 2025. Study started with conduct a *pre-test* for know Accuracy passing Football Ball student before given *Treatment*, *treatment* was given 16 times with Target practice, and then after the treatment was completed, a *post-test was conducted* to determine the students' *passing accuracy* after being given *the treatment*. *Treatment* was carried out with post-test 1 times in the field.

It is known from the results of the t-test that Target training has an influence on Accuracy *passing* student student Academy True Serdang Bedagai U 15 of 2025. The implementation of Target training which is based on the training principles, has a significant influence on the *passing accuracy* of students at the Sejati Serdang Bedagai U 15 Academy. 2025.

From the accuracy test results data, the lowest *pretest passing score* was 4 and The highest value is 7, while for *the post-test* the lowest value is 6 and the highest value is 10. The average value for *the pre-test* is 5.27 and the average value for *the post-test* is 7.53, while for the standard deviation value of *the Pretest* is 0.95 and the Standard Deviation Value of *the Post Test* is 0.95 is 1.18 For Mark L Count =0.1808, Whereas Mark L Table with Dk= 15 on level $\alpha=0.05 = 0.220$. So that L Count < L Table (0.1808< 0.220). Then calculate the L value =0.1997, while the L Table Value with Dk= 15 at level $\alpha=0.05 = 0.220$. So that L Count < L Table (0.1997< 0.220). With thus Pretest and Posttest results data on the accuracy of *passing in football* at the Sejati Serdang Bedagai U-15 Academy students 2025 Normally Distributed.

On test Homogeneity calculation F count =,1.24 And F table =4.60 with dk numerator 1 and dk denominator =n-1 =15-1=14 so it can be seen that f count and < f table (1.24 < 4.60). This shows that the population comes from a homogeneous variance. Meanwhile, for the hypothesis test, the t count is 5.51 and t table 1.76, then the price is consulted with the t table price at a significance level of $\alpha=0.05$ with dk = n-1 (15-1)= 14 so These results indicate a significant difference. Therefore, the alternative hypothesis (Ha) states, "There is an effect of training using targets on the *passing accuracy* of students at the Sejati Serdang Bedagai U-15 Academy." 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 training using targets on *the passing accuracy* of students at the Sejati Serdang Bedagai U 15 Academy. In 2025, In the Homogeneity test of the calculation F count = 1.24

and $F_{table} = 4.60$ with numerator dk 1 and denominator dk = $n-1 = 15-1 = 14$ so it can be seen that f_{count} and $< f_{table}$ ($1.24 < 4.60$). This shows that the population comes from a homogeneous variance. Meanwhile, for the hypothesis test, the t_{count} is 5.51 and t_{table} 1.76, then the price is consulted with the price t table at a significance level of $\alpha=0.05$ with dk = $n-1$ ($15-1$)= 14 then these results show that there is a significant difference.

CONFESSION

Writer say accept love to Coach , Student Academy , SSB Academy True Serdang Bedagai , researchers and writers who have participate and provide support to activity study This .

AUTHOR CONTRIBUTION STATEMENT

Study This conceptualized and designed by Ishanul Fikri who developed objectives and methodology study as well as manage data collection , coordination with participants , and supervise Work field at STOK Bina Guna Medan. Devi chess Winata do data analysis , interpreting findings , and contribute significant in compilation script . All writer participate in revision script , approve final version for submitted , and responsible answer full of integrity and accuracy work .

CONFLICT OF INTEREST AND FUNDING

That The authors declare no conflict of interest. from interest related to That conduct , authorship , or publication from This Study .

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