



Improving Soccer Inside-Foot Passing Skills Through Varied Training Exercises Among SSB Putra Mulia Players

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Abstract

Background

This study aims to improve the results of soccer passing training using the inside of the foot in soccer games through variations of the el rondo exercise for students of SSB Putra Mulia, Class of 2025. The subjects used in this study were 20 students of SSB Putra Mulia, Class of 2025.

The experimental design used in this study was a pre-experimental design with a one-group pretest-posttest design. The method used in this study was an experimental method. The instrument used in this study was an instrument from Dr. Norbert Rogalski and Dr. Ernst G. Degel. The purpose of this test is to measure basic passing technique skills.

Based on the results of the first t-test analysis study on the results of soccer passing exercises using the inside of the foot, the calculated t value (9.430) > t table (2.306), the results concluded that there was an increase in the results of soccer passing exercises using the inside of the foot in soccer games through training variations using the el rondo training model for SSB Putra Mulia students in 2025. Based on the results of the second t-test analysis study on the results of soccer passing exercises using the inside of the foot, the calculated t value (4.000) > t table (2.201), the results concluded that there was an increase in the results of soccer passing exercises using the inside of the foot in soccer games through training variations using the el rondo training model for SSB Putra Mulia students in 2025.

Based on the results of the study, the percentage increase in the results of soccer passing exercises using the inside of the foot in soccer games through training variations using the el rondo training model for SSB Putra Mulia students in 2025 was 29.82%.

Keywords: *passing, inside of the foot, and exercise variations*

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INTRODUCTION

In this study, we discuss the most well-known sport: soccer. This sport is familiar to all genders. Competitions consistently garner media attention when there are fantastic moments, compared to other sports. The goal of becoming a player and representing one's country is to realize their dream of playing and winning a soccer match. Soccer is a popular sport, although it is known by different names in different regions of the world. In practice, each team has a similar goal: each player tries

to control the ball and defend it from the opposing team while attempting to score a goal to achieve victory. A goal is awarded when the ball completely crosses the goal line. Soccer is played by eleven players, including one goalkeeper.

In soccer, the game is played primarily with the legs, except for the goalkeeper, who is permitted to use his arms in the penalty area. (Sucipto et al., 2000:7). Playing soccer requires not only physical strength but also mental fortitude, supported by adequate basic skills. By mastering basic techniques, a player can improve their performance both individually and collectively with a team. Passing is a fundamental technique and the main technique

applied in soccer. According to Awang Roni (2017: 66), passing is a basic technique in soccer that every player must master. This ability supports the strategic process of attacking the opponent's area, creating space for scoring goals. A coach who is astute in conducting training must refine the main fundamental technique in soccer, namely passing. A player with good and accurate passing skills will produce a more attractive soccer game, and cooperation between players in executing strategies and directions from the coach will be maximized.

SSB Putra Mulia is one of the growing soccer schools in Medan. This SSB recruits students with athletic abilities, particularly soccer. Currently, students are facing a challenging process, namely a decline in player performance. The lack of development in the number of young players has also contributed to the decline in SSB Putra Mulia's achievements. Several aspects must be considered in soccer development, namely a player's physical, technical, mental, and tactical abilities. These aspects need to be improved proportionally to achieve the best results in competition.

When researchers monitored various information related to the development of Putra Mulia High School students, they found that they were in good physical and mental condition. However, the players' basic passing skills still needed improvement. Some students at Putra Mulia High School were not executing basic passing techniques as expected.

The methods the players mastered during training were not fully implemented during matches, resulting in a decline in performance on the field and less than optimal results. The lack of development among Putra Mulia High School students was due to a lack of motivation to practice. This also contributed to the decline in basic passing skills. Coaches should address this low motivation. This could be due to students appearing unfocused in following the coach's instructions, or the lack of variety in the training program, resulting in a lack of focus and suboptimal implementation. The solution requires an innovative approach to maximize passing skills. Conventional training methods often seem repetitive and involve the same material over and over again. It is hoped that innovative training practices will improve the motivation of Putra Mulia High School students. Recent advances in knowledge

The lack of variety in training at Putra Mulia Football School (SSB Putra Mulia), particularly in passing technique, is one of the reasons for the club's poor performance in matches. Monotonous training makes players bored, preventing them from maximizing their potential. Therefore, to improve passing accuracy, motivation is needed. A more effective and efficient training method is needed. This method is a training method that encourages players to be more motivated to kick objects to a predetermined location.

Researchers used the El Rondo training method, which is expected to be appropriate for players, based on the assumption that playing unconsciously creates elements of fun, ease, interest, simplicity, and avoids boredom, and is done voluntarily. Players will feel free and at ease in training. The principle is that continuous and repeated training will enhance what is learned, in this case, accuracy training with inside-foot passing.

Based on the above description, it is hoped that players will improve their passing accuracy during matches, thereby benefiting their team and improving their football skills. This will also reduce the number of passes that miss the target or are blocked or cut off by opposing players.

METHOD

This research was conducted at the Putra Mulia SSB field, located at Jalan Komplek Barakuda, Jl. Aluminium Raya, Medan Deli District, Medan City. The research is scheduled to be conducted from May to June 2025. According to Sugiyono (2015:108) "There are several forms of experimental design that can be used in research, namely pre-experimental design, true experimental design, factorial design, and quasi-experimental design". The experimental design used in this study is a pre-experimental design with a one-group pretest-posttest design form.

Research Design

The research design is presented in the form of the following image:

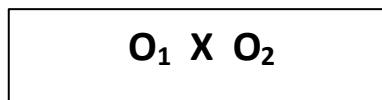


Figure 1. Experimental Design Source: Sugiyono (2015:111)

Information:

O₁ = pretest score (before being given treatment)

O₂ = posttest score (after being given treatment)

X = treatment

Participant

A population is the entire research subject. If someone wants to examine all elements within a research area, then the research is a population study, population study, or census study (Sabar, 2007). Meanwhile, according to Sugiyono, a population is a generalized area consisting of objects or subjects with certain qualities and characteristics determined by the researcher to be studied and then conclusions drawn (Sugiyono, 2011:47). The population in this study is the students of SSB Putra Mulia. A sample is a portion of the subjects in a population being studied, which is certainly capable of representing the population (Sabar, 2007). Meanwhile, according to Sugiyono, a sample is a portion or number and characteristics possessed by the population. If the population is large, and the researcher is unable to study everything in the population, for example due to limited funds, manpower, and time, then the researcher will take a sample from that population. Sampling in this study used a total sampling technique where all 20 students of SSB Putra Mulia were used as samples in this study.

Data Analysis

Before testing a hypothesis, it is necessary to conduct prerequisite tests. Testing measurement data related to the research findings aims to improve the analysis. Therefore, this study will test for normality and homogeneity of the data.

1. Analysis Prerequisite Tests

a. Normality Test

A normality test essentially tests the normality of the data being analyzed. The test is conducted depending on the variables being processed. The normality test uses the Kolmogorov-Smirnov Test with SPSS 16. According to the Kolmogorov-Smirnov method, the test criteria are as follows:

- 1) If the significance value is below 0.05, the data being tested differs significantly from the standard normal data and is therefore not normal.
- 2) If the significance value is above 0.05, there is no significant difference between the data being tested and the standard normal data and is therefore normal (Gempur Safar, 2015).

b. 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. The homogeneity test uses the F-test from the pretest and posttest data for both groups using SPSS 16.

c. Hypothesis Testing

Hypothesis testing uses a t-test using SPSS 16, comparing the means between group 1 and group 2. If the calculated t-value is less than the table t-value, H_a is rejected. If the calculated t-value is greater than the table t-value, H_a is accepted. In this study, the researchers used SPSS 16 to test the hypothesis. To determine the percentage increase after treatment, the following formula was used (Sutrisno Hadi, 2011: 37):

$$\text{Persentase Peningkatan} = \frac{\text{Mean Different} - \text{Mean Pre} - \text{Test}}{\text{Mean Pre} - \text{Test}} \times 100\%$$

$$\text{Mean different} = (\text{Mean Post} - \text{Test}) - (\text{Mean Pre} - \text{Test})$$

RESULTS AND DISCUSSION

Results

This study was conducted with the aim of determining how to improve the results of inside-foot passing training in soccer games through various training exercises for students at SSB Putra Mulia in the class of 2025. The training variations used included the El Rondo exercise. The results were obtained based on pretest and posttest data on inside-foot passing in soccer games among 20 students at SSB Putra Mulia in the class of 2025. This study was conducted from June to July 2025.

1. The results of the pretest, followed by treatment (El Rondo training), and ending with the posttest, yielded the following data:

Table 1. Statistical Comparison of Pretest and Posttest Data on Inside-Foot Passing Ability

Statistik	Pre Test	Post Test
Mean	5,7	7,4
Median	5	7
Modus	5	7
St. Deviasi	1,380	1,501
Minimum	4	5
Maksimum	8	10

2. Meanwhile, the categorization of soccer passing skills using the inside of the foot is as follows:

Table 2. Categorization of Soccer Passing Skills Using the Inside of the Foot

Statistik	Pre Test	Persentase	Post Test	Persentase
Less	11	55%	3	15%
Medium	6	30%	9	45%
Well	3	15%	8	40%
Quantity	20	100%	20	100%

When displayed in diagram form, it can be seen in the image below:

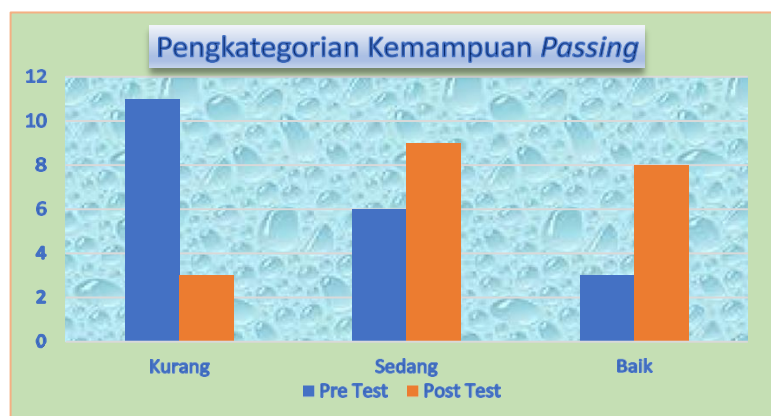


Figure 2 Categorization of Inside Foot Passing Ability

3. The percentage increase in soccer passing ability using the inside of the foot is as follows:

To determine the extent of improvement in soccer passing ability using the inside of the foot, this study used the percentage increase formula:

To determine the extent of the increase in soccer passing ability using the inside of the foot, this study used the percentage increase formula, namely: Based on the research results, the percentage increase in soccer passing ability using the inside of the foot in soccer games through training variations in SSB Putra Mulia students in 2025 was 29.82%.

Discussion

Football is one of the most popular sports worldwide, including in Indonesia. It's played by 11 players on a large, grassy field. Its popularity has grown as the sport has evolved. The goal is to win and score as many goals as possible against the opposing team's goal, which is constructed of poles and a net. Eleven players play on the field as a team. A team consists of 10 players in the middle of the field and 1 goalkeeper whose job is to protect the goal from opposing attacks. For a soccer game to run smoothly, it must be supported by basic techniques and good physical condition. One of the important basic techniques is passing. In passing, a player must have good accuracy. Good and directed passing is very necessary because accuracy when passing must be right to a teammate. Avoid mistakes in passing, because the ball will easily fall to the opponent. To improve soccer players' passing, intensive and routine training is needed. In this study, the aim was to determine the results of soccer passing training using the inside of the foot in soccer games through a variety of exercises on students of SSB Putra Mulia Class of 2025 using the El Rondo exercise. Based on the results of the research above, the percentage increase in the results of soccer passing training using the inside of the foot in soccer games through training variations using the el rondo training model for SSB Putra Mulia students in 2025 was obtained at 29.82%.

This research was conducted to the best of its ability, but the researcher still encountered limitations and shortcomings during the study, including:

1. The researcher did not conduct further monitoring after the study was completed, so the results are temporary and require regular practice.
2. The researcher did not fully monitor the sample's condition. During the test, some samples were fit and some were less fit. However, the data obtained was still used to save time and research costs.

CONCLUSION

Based on the research results and previous discussions, the following conclusions were drawn:

1. Based on the results of the first t-test analysis of the results of soccer passing exercises using the inside of the foot, the calculated t-value (9.430) was obtained $>$ the t-table (2.306). These results concluded that there was an increase in the results of soccer passing exercises using the inside of the foot in soccer games through training variations using the El Rondo model for students at SSB Putra Mulia in 2025.
2. Based on the results of the second t-test analysis of the results of soccer passing exercises using the inside of the foot, the calculated t-value (4.000) was obtained $>$ the t-table (2.201). These results concluded that

there was an increase in the results of soccer passing exercises using the inside of the foot in soccer games through training variations using the El Rondo model for students at SSB Putra Mulia in 2025.

3. Based on the results of the study, the percentage increase in the results of soccer passing exercises using the inside of the foot in soccer games through training variations using the El Rondo model for students at SSB Putra Mulia in 2025. obtained 29.82%.

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AUTHOR CONTRIBUTION STATEMENT

This research was conceptualized and designed by Nanda Adytia who developed the research objectives and methodology, managed data collection, coordinated with participants, and supervised fieldwork at STOK Bina Guna Medan. Dicky Hendrawan 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.

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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