
The effect of wallpass training on Persitara U-12 Indralaya's passing accuracy ability

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ABSTRACT

This research aims to assess the impact of Wall Pass training on the passing accuracy of the Persitara U-12 Indralaya football team. The study involved 30 players from the team, selected through total sampling, with a total sample size of 30 individuals. The research utilized a Pre-Experimental method with The One Group Pretest and Posttest design. The primary assessment tool was a passing accuracy test, and data were collected through pretest and posttest measurements. The training intervention consisted of Wall Pass exercises conducted three times a week. The study's results revealed a significant increase in the mean value, with a notable improvement of 1.233 from the pretest to the posttest. Statistical analysis produced a significance value of 0.000 (<0.05), supporting the hypothesis that Wall Pass training positively influences passing accuracy. In conclusion, the implementation of Wall Pass training, as implicated in this research, successfully enhanced the passing accuracy skills of the Persitara U-12 Indralaya football team. Wall Pass exercises proved to be an effective training method for improving passing accuracy. This research provides valuable insights into the positive effects of Wall Pass training on the passing skills of the Persitara U-12 Indralaya football team, emphasizing its significance as a practical and beneficial training approach.

Keywords: Wall Pass, Passing, Soccer.

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INTRODUCTION

Football is one of the games with simple and enjoyable rules, and it doesn't require expensive equipment ([Mahbubi & Adi, 2016](#)). Football can be played for fitness, recreation, and competition purposes, which is why it is immensely popular and enjoyed by people of all ages and backgrounds. Football is a sport played by two teams, each consisting of eleven players. It is played by kicking the ball with both feet, utilizing almost all parts of the body except the hands and arms. Only the goalkeeper is allowed to use their hands to catch and throw the ball from outside the field ([Mesnan et al., 2019](#)). The main objective in football is to score as many goals as possible in the opponent's goal while preventing the opponent from scoring in your own goal. Players with good basic techniques tend to perform well in football as expected. Therefore, it is crucial to research and learn about the fundamental techniques that form the foundation of football gameplay. One of the essential techniques to master is passing. In today's modern football era, which leans more towards possession play, controlling the game through passing is crucial. In the sport of football, passing is a fundamental technique that is frequently used and forms the basis of most football games ([Utomo & Indarto, 2021](#)).

Essentially, basic passing techniques are used to distribute the ball to teammates or connect different players to build an attack and score goals ([Utomo & Indarto, 2021](#)). Successful teamwork in football requires excellent passing accuracy. The Persitara Football School aims to implement a game strategy focused on Possession Play within the U-12 Persitara team. Passing is the primary technique used in this strategy. However, there are issues in its execution. Based on observations during training sessions for the Persitara U-12 Indralaya team, players struggle to provide accurate passes. Passes tend to be inaccurate, and the ball can easily be intercepted by the opponents. Out of ten passing attempts, seven of them do not reach their intended teammates. This hinders the successful implementation of the desired Possession Play strategy. The key to Possession Play is precise passing, allowing the ball to flow smoothly from one player to another. Therefore, before reintroducing the Possession Play system, appropriate passing training, including Wall Pass, must be prepared. Among various passing training methods, Wall Pass is a technique where the ball is returned to a teammate with a single touch. Proper positioning is crucial for executing this pass. For instance, when player A passes the ball to player B and then runs to a new position, this technique allows players to pass effectively and strategically ([Suantama et al., 2018](#)). With suitable training, each player can receive guidance and practice that influences their passing accuracy using the correct technique.

Compared to other passing training methods, Wall Pass training is easier to control in terms of form and methodology, making it easier for coaches to provide training programs that enhance their players' passing accuracy. Previous research conducted by ([Wulandari et al., 2022](#)) in "The Impact of Paired Wall Pass Training on the Accuracy of Passing in the Putera Sukma Palembang Football School (SSB)" demonstrated that Wall Pass training had a significant effect. Another study by ([Periansyah et al., 2022](#)) titled "The Implementation of Wall Pass Training in Improving Short-Distance Passing Using the Inside Foot in Extracurricular Football Games at SMPN Negeri 10 Palembang" also found a significant impact of Wall Pass training on passing results in extracurricular football games, with a 97.13% improvement. The advantage of Wall Pass training is that the ball's direction is more predictable and players become more efficient in their active movements, enhancing teamwork. However, its effectiveness depends on the chemistry between teammates and the condition of the football field. What sets this research apart from previous studies is the specific form of training conducted. Based on the background provided, the researchers at the Persitara U-12 Indralaya team are introducing Wall Pass training to assess its impact on the accuracy of football passing. In this context, the author will conduct a study on "The Impact of Wall Pass Training on the Passing Accuracy of the Persitara U-12 Indralaya Football Team." The author hopes that this research will be beneficial for personal growth and for the coaches at the Football School where this research is conducted.

METHODS

The research design used in this study is a Pre-Experiment, employing The One Group Pretest and Posttest Design. This design involves a pretest conducted before the treatment is administered. Consequently, the treatment results can be more accurately assessed by comparing them to the conditions before the treatment was given. The total sample size drawn from the population consists of 30 individuals, employing a total sampling approach, including all members of the SSB Persitara U-12 team. The data collection method utilized in this study is the experimental method. This method encompasses an initial test (pre-test), the training program (treatment), and a final test (post-test). The research instrument used in this study is the Subagyo Irianto Low Ball Passing Test, which has a validity of 0.812 and a reliability of 0.879. The evaluation process that needs to be conducted involves collecting data with the norm for low football passing tests. The test is performed ten times, and only valid passings will be counted.

Table 1. Football Low Passing Test Norms (Fahrozy, 2022)

Incoming Kick	Information
1-2	Not Very Good
3-4	Not Good
5-6	Enough
7-8	Good
9-10	Very Good

Data analysis techniques are a method used to obtain or analyze acquired data. The analysis is aimed at testing the validity of formulated hypotheses. The acceptance of a hypothesis depends on the data's results. Normality Test The normality test is conducted to determine whether the data follows a normal distribution or not. Since the sample size is 30, an effective test is performed using the Shapiro-Wilk test in the SPSS program. If the data has a Sig value > 0.05 , it is considered normally distributed. Homogeneity Test The homogeneity test is performed to determine whether the obtained data is similar or not. The decision criteria are as follows: if the Sig value < 0.05 , it is considered not homogeneous, and if Sig > 0.05 , it is declared homogeneous. Hypothesis Testing Hypothesis testing in this research employs a t-test. If the 2-tailed p-value is less than 0.05, the data is considered to undergo a significant change.

RESULTS AND DISCUSSION

Results

Based on the pretest results of football passing accuracy given to a total sample of 30 individuals, the highest score was 9, the lowest was 2, the range was 7, the mean was 5.03, and the standard deviation was 2.092. For the posttest results of football passing accuracy after treatment, with the same sample size of 30 individuals, the highest score was 9, the lowest was 3, the range was 6, the mean was 6.27, and the standard deviation was 1.413. The following are the data descriptions for the pretest and posttest results. After providing 30 samples with 6 weeks of Wall Pass training at an intensity of 80-90%, there was an effect observed with the highest score being 9, the lowest score being 3, and an average of 6.27, experiencing an average increase of 1.23.

Table 2. Description Of Data Pre-Post Test.

<i>Pre-Post Test</i>	<i>N</i>	<i>Range</i>	<i>Max</i>	<i>Min</i>	<i>Mean</i>	<i>Std.Dev</i>
	30	7	9	2	5.03	2.092
	30	6	9	3	6.27	1.413
<i>average increase</i>					1.23	

This research used data analysis to test the effect of Wall Pass training on football passing accuracy. Data analysis in this study employed the t-test. The research hypothesis is considered accepted when the significance value (P) is < 0.05, while if the significance value (P) is > 0.05, the hypothesis is rejected. The t-test for the experiment was used to test the hypothesis that states "There is an Effect on the Football Passing Accuracy of the SSB Persitara U-12 Indralaya Team." Below are the results of the t-test for the pretest and posttest of the experimental group:

Tabel 3. T test Statistical Analysis

	<i>t</i>	<i>df</i>	<i>Sig. (2-tailed)</i>
<i>Post-Pre Test</i>	4.033	2	.000
		9	

Discussion

Wall pass training can contribute to an improvement in passing accuracy for several reasons. Firstly, this exercise creates situations that closely resemble actual gameplay, requiring players to adapt to the movement of the ball being rebounded. From the previous research conducted by [\(Wulandari et al., 2022\)](#), using the paired or face-to-face wall pass training method, the study states that wall pass exercises are effective in improving passing accuracy. [\(Periansyah et al., 2022\)](#), employing the paired one-touch wall pass training method, concludes that wall pass exercises significantly influence enhancing passing abilities. [\(Sari & Nugraha, 2022\)](#), providing a combination of passing exercises with players acting as rebounders or walls to guide the movement path for feedback, states that wall pass exercises have an impact on passing precision. [\(Akhmad & Suriatno, 2021\)](#), introducing the 3 cone wall passing exercise as the main training and the "V" roll to gated pass exercise as a variation to avoid monotony in training, declares that the 3 cone wall passing exercise influences passing accuracy. Previous research by [\(Agusta A & Salahuddin, 2019\)](#), utilizing paired wall pass

exercises and passing support exercises as variations in the training provided but not as a comparative exercise, concludes that there is an influence of wall pass and passing support exercises on passing. ([Krisnada et al., 2020](#)), using the wall pass exercise method with players acting as rebound walls and the push and run exercise, running after passing, as a variation, states that there is a significant influence. ([Sutirta, 2023](#)), paired passing exercises and wall pass media exercises, using the wall as a ball rebound medium from passing as the given training method, states that there is a significant influence from the exercises provided.

According to ([Al-Amien et al., 2019](#)), providing wall pass and barrier hops exercises as supportive training to maximize speed improvement, the implications of this research state that there is an influence on passing accuracy. ([Riski Zulfi & Wijayanti, 2015](#)), using the wall pass exercise method with players facing each other and two players on each side as rebounders, then the players facing each other pass to the players acting as rebounders, also states that there is an influence on short passes. Research by ([Iqzan & Agus, 2021](#)), using the face-to-face wall pass training method with two-sided rebounders, states that wall pass training influences accuracy in passing.

CONCLUSION

The study aimed to improve the passing accuracy of the SSB Persitara U-12 Indralaya team through Wall Pass training. This training was conducted three times a week for six weeks with a sample of 30 individuals. In summary, the study's data analysis confirms the effectiveness of Wall Pass training in enhancing the passing accuracy of the SSB Persitara U-12 Indralaya football team. The author suggests that this research can serve as a valuable reference for assessing football passing accuracy through Wall Pass training. Based on the conclusions, the following recommendations are put forth: Subsequent researchers should consider minor adjustments to research tools to streamline the execution of pretest and posttest assessments. Future studies can use this research as a foundation to investigate various training methods and formats. It is encouraged for upcoming researchers to utilize this study as a basis for experimenting with alternative training methods and formats. These recommendations are intended to inspire further research and progress in the realm of football passing accuracy training, drawing on the insights gained from this study.

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