

THE INFLUENCE OF DYNAMIC PASSING AND CONCENTRATION ON INCREASING THE FOOTBALL PASSING ABILITY OF STUDENTS

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ABSTRACT

The study's background is based on the fact that no previous study has examined the football passing skills of Smanko students in South Sulawesi. This research aims to examine the influence of moving passing and concentration training on improving the football passing skills of Smanko students in Sulsel. This study utilized an experimental approach, employing a one-group pretest-posttest design. The population consisted of Smanko Sulsel students, who were still actively participating in routine training. We used a sample of 24 athletes. The results of the study are: there is an influence of moving passing training in increasing football passing skills of Smanko students in Sulsel with an average score of 83.00 with a sig value of 0.000 ($P < 0.05$), and there is an influence of concentration in increasing football passing skills of Smanko students in Sulsel, obtaining an average score of - mean 79.17 with a sig value of 0.000 ($P < 0.05$). Therefore, we can conclude that moving passing and concentration training significantly enhance the football passing skills of Smanko students in Sulsel.

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1. INTRODUCTION

In various international competitions, football has become a sport that brings pride to Indonesia. For example, in the 2023 SEA Games, the U-22 Indonesian National Team won first place, while currently the U-23 Indonesian National Team has won a ticket to compete in the 2024 An achievement such as this instills a sense of pride in the entire Indonesian population. In South Sulawesi, the coaching of football teams, from tarkam-tarkam performances to regional league championships, is evident. Three regional league championships.

The PSM Team, the pride of the South Sulawesi community, exemplifies successful coaching in football by competing against the best players in the area. The PSM Team

recently secured a gold medal in the 2023 League 1 championship, a testament to the determination of coaches and football fans to continue guiding the sport. ort of football.

Evaluation plays a crucial role in staged achievement development, necessitating periodic implementation from the athlete selection stage to the training program's final stage (Bergeron et al., 2015; Syahroni et al., 2019). If you don't have excellent passing, it doesn't reach your teammates, which leads to poor accuracy and many passing results that don't reach the target or go in the desired direction (Piper, 2022). Mastering passing is crucial in soccer, as it enhances the game's effectiveness compared to dribbling excessively (Ibrahim et al., 2022). It is more effective than dribbling excessively.

There are several methods to improve passing, including passing in place and passing in motion (Travassos et al., 2012; Gonçalves et al., 2017). Passing in place involves passing the ball to a partner while remaining stationary or not moving. Moving passing, on the other hand, is the act of passing the ball to a partner while moving or shifting positions. The primary purpose of passing is to deflect the ball away from the opponent (Vencúrik et al., 2021). A team's possession of the ball during a match reflects the quality of its passing (Saputra et al., 2017).

Many students at the South Sulawesi Youth and Sports Service High School, also known as the South Sulawesi Special Sports Gifted High School, encountered difficulties when implementing passing techniques. This was due to the training model's incompatibility with their unique circumstances, which hindered their ability to successfully execute the passing techniques. In anticipation of this, the researchers implemented the passing in place and passing in motion methods, with the aim of enhancing the passing skills of SMANKO students at the South Sulawesi Youth and Sports Service.

The players' lack of concentration partially contributed to the decline in passing ability at the South Sulawesi Youth and Sports Service (SMANKO), which in turn influenced the decline in student achievement. This lack of concentration is the main factor in reducing students' basic passing technical abilities. This low level of concentration is a particular concern for trainers because, during training, students tend to be less serious about following the training program given.

Various factors, both internal and external, can influence an athlete's concentration (Husnul & Haris, 2023). This is because concentration plays a critical role in determining an athlete's success. With concentration, athletes can focus their attention on selected stimuli, such as the target person (Anindhika, 2016). With concentration, players get used to shooting the ball into the goal and can find a "feeling touch" with their kicks (Mashuri, 2023). Factors such as a loss of concentration and a lack of hardness in the resulting kick cause the ball to miss its target, allowing the opposing player to control it or break it when passing to a friend (Sarifudin et al., 2023).

Monotonous and less varied training programs also cause students to feel bored or fed up (Linda Rikard & Banville, 2006; Lye & Kawabata, 2021; Nuryadin et al., 2024). Therefore, we need a new approach to enhance students' passing abilities. We hope that the new training method will offer variety and boost student interest and concentration. We hope that the passing ability of South Sulawesi Youth and Sports Service SMANKO

students will improve, thereby supporting the school's achievements in competitions once again.

Using the background information provided above, we formulate the research problem as follows:

1. Does moving passing training influence improving the football passing abilities of SMANKO students at the South Sulawesi Youth and Sports Service?
2. Does concentration training influence improving the football passing ability of SMANKO students at the South Sulawesi Youth and Sports Service?
3. Is there a difference in the influence of moving passing training and concentration training on improving the football passing ability of South Sulawesi Youth and Sports Service SMANKO students?

The benefits of research can be used as learning material to improve football performance. It serves as a roadmap for creating football training plans and enhancing passing skills.

2. METHOD

This study employs the experimental research method, which is a type of quantitative research (Creswell & Creswell, 2017; Kurniawan, 2018). The instruments used in this research were the blank grid concentration test and the stopwatch. The research also utilized equipment such as stationery, a ball, a head kund, a camera, a tape measure, a football field, and raffia rope (Mulyadi et al., 2021). The sample in this study consisted of 24 students. The study employed a grid-based concentration test. Observe the two-digit numbers, ranging from 00 to 99, arranged randomly across 10 rows and 10 columns.

Performing the test provides players with a blank grid to focus on. The task requires players to connect the smallest to largest numbers from 00 to 99 in a non-skipping sequence. The time given is 1 minute. We carry out the assessment by calculating the highest achieved score minus the errors made; the higher the score, the higher the concentration (Anindhika, 2016).

1. If the pass lands in the middle, you will receive 10 points.
2. Pass for one minute.

Moving, passing test instrument. Figure 1 below illustrates the procedure (Saputra et al., 2017):

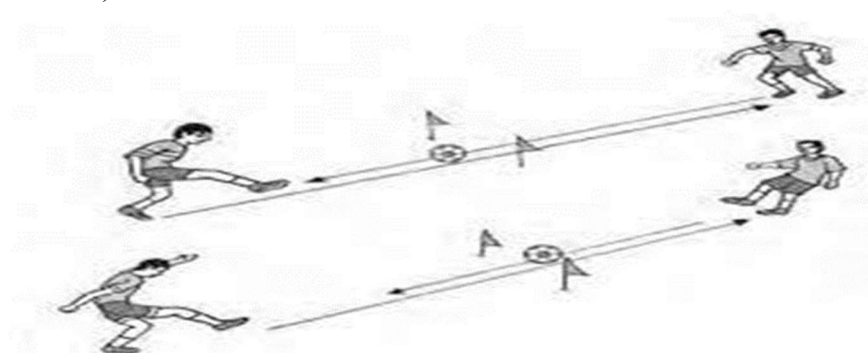


Figure 1. Moving Instrument Passing Test

3. RESULTS AND DISCUSSION

3.1. Results

The formulation of the research problem takes the following form:

1. Does moving passing training have an effect on improving the soccer passing abilities of SMANKO students at the South Sulawesi Youth and Sports Service?
2. Does concentration training have an effect on improving the football passing ability of SMANKO students at the South Sulawesi Youth and Sports Service?
3. Is there a difference in the influence of moving passing training and concentration training on improving the football passing ability of South Sulawesi Youth and Sports Service SMANKO students?

Table 1 below presents the results of the descriptive analysis.

Table 1. Descriptive Analysis

Variable	N	Sum	Mean	Stdv	Range	Min	Max
Moving passing pretest	12	580	48.33	8.348	20	40	60
Moving passing posttest	12	1000	83.33	6.513	20	70	90
Concentration pretest	12	660	55.00	11.677	40	30	70
Concentration posttest	12	950	79,17	9.962	30	70	100

The explanation can be found in Table 1 above.

1. For the Moving Passing Pretest data from 12 n (samples), the sum is 580; mean (average) 48.33; standard deviation (standard deviation) 8.348; range (range) 20; minimum 40; maximum 60.
2. For moving the passing posttest data from 12 n (samples), the sum is 1000; the mean (average) is 83.33; the standard deviation is 6.513; the range is 20, the minimum value is 70, and the maximum value is 90.
3. For pretest concentration data from 12 n (samples), the sum was 660; mean (average) 55.00; standard deviation (standard deviation) 11.677; range (range) 40; minimum 30; maximum 70.
4. For posttest concentration data from 12 n (samples), the sum was 950; mean (average) 79.17; standard deviation (standard deviation) 9.962; range (range) 30; minimum 70; maximum 100.

Table 2. Normality Test

Group	KS-Z	Asymp. Sig	Information
Moving Passing Pretest	0.258	0.027	Normal
Moving Passing Posttest	0.279	0.011	Normal
Concentration Pretest	0.249	0.038	Normal
Concentration Posttest	0.238	0.059	Normal

Based on Table 2, the results of the KS-Z pretest passing movement normality test were 0.258; Asymp. Sig pretest passing moved 0.027; KS-Z posttest passing moved 0.279; Asymp. Sig posttest successful moved 0.011; KS-Z pretest concentration 0.249;

Asymp. Sig pretest concentration 0.038; KS-Z posttest concentration 0.238; and Asymp. Sig posttest concentration 0.059. The Normality Test results indicate that the sig value exceeds the P value of 0.05, indicating a normal distribution of the research data.

Hypothesis Test Results

We must test and prove the hypothesis in this research using empirical data from field tests and measurements of the variables under investigation. The next step involves statistical processing of the data. The paired sample test is the hypothesis test used in this study.

Table 3. Paired T Test Results in the Moving Passing Group

Variable	N	Mean	Sig	t-count	t-table
Moving passing pretest	12	48.33	0,000	-15.199	1.796
Moving passing posttest	12	83.00	0,000	-15.199	1,796

We obtained an average value of 48.33 from the moving passing pretest data. The moving passing posttest data yielded an average score of 83.00. The study yielded a P value of 0.000, which is less than 0.05. Thus, the sig value indicates a significant influence of moving passing training on improving the football passing ability of SMANKO students at South Sulawesi Youth and Sports Service. Table 4 provides a conclusion or explanation of the paired T test results for the concentration training group.

Table 4. Paired T Test Results in the Concentration Training Group

Variable	N	Mean	Sig	t-count	t-table
Concentration pretest	12	55.00	0,000	-10.557	1.796
Concentration posttest	12	79.17	0,000	-10.557	1.796

The pretest paired T test data revealed a concentration of 55.00. According to the posttest concentration data, an average value of 79.17 was obtained with a P value of 0.000 ($P < 0.05$). Therefore, the sig value data indicates a significant influence of concentration training on improving the football passing ability of SMANKO students at the South Sulawesi Youth and Sports Service.

3.2. Discussion

Based on the results of descriptive analysis, normality tests, and paired T-tests, the following section discusses the research results and provides solutions to the problems encountered in this study. The moving-passing pretest data gave us an average value of 48.33. The moving-passing post-test data yielded an average score of 83.00. The study yielded a P value of 0.000, which is less than 0.05. Therefore, moving passing training has a significant effect on improving the soccer passing abilities of SMANKO students at the South Sulawesi Youth and Sports Service. The pretest paired T-test result data showed a concentration of 55.00. According to the posttest concentration data, an average value of 79.17 was obtained with a P value of 0.000 ($P < 0.05$). As a result, concentration training has a significant impact on improving the football passing ability of SMANKO students at the South Sulawesi Youth and Sports Service. vice.

We divided this study into two groups, assigning group one to the moving passing training group and group two to the concentration training group. Each group consisted of a sample of 12 students from the 24 samples who participated in this research. Football players place a high priority on having excellent passing skills. To meet the demands of passing ability, a person must have excellent basic passing techniques. Therefore, having or mastering effective basic passing techniques will improve a player's performance on the field.

SMANKO South Sulawesi Youth and Sports Service students can enhance their football passing skills by practicing moving passes and maintaining concentration. When playing, practicing moving passes also helps to create space or open up the opponent's area. Therefore, a moving passing training program and active concentration will improve passing abilities both individually and as a team.

This study concludes that moving and concentrating passing exercises enhance the football passing skills of SMANKO students at the South Sulawesi Youth and Sports Service. According to [Syahroni et al. \(2020\)](#); [Carrera & Bompa \(2007\)](#); [Pangrazi & Beighle \(2019\)](#), training is, in principle, a process of change for the better, namely to improve the physical quality, functional abilities of the body's equipment, and psychological quality of the training child.

4. CONCLUSION

Based on the results of the analysis and discussion, it shows that there is an influence of moving passing training on improving the soccer passing skills of Smanko students in South Sulawesi with an average score of 83.00 with a sig value of 0.000 ($P < 0.05$), and there is an influence of concentration in improving passing skills. South Sulawesi Smanko students' football obtained an average score of 79.17 with a sig value of 0.000 ($P < 0.05$).

Therefore, one can use the results of this research as learning material to enhance football performance. It serves as a roadmap for creating football training plans and enhancing passing skills.

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