

# Progressive Concept Towards the Long Passing Result of Woman Football Players of Jambi FC

Adhe Saputra<sup>1\*</sup>, Ahmad Muzaffar<sup>2</sup>, Iwan Budi Setiawan<sup>3</sup>, and Tubagus Zam Zam Al Arif<sup>4</sup>

<sup>1,2,3</sup>Faculty of Sport Science, Jambi State University, Jambi, Indonesia

<sup>4</sup>Faculty of Teacher Training and Education, Jambi State University, Jambi, Indonesia

\*Corresponding author: Email, [adhe\\_saputra@unja.ac.id](mailto:adhe_saputra@unja.ac.id)

## ABSTRACT

Before the progress of the attack ahead of the opponent's goal area, a player must get a long-distance ball or long pass from a teammate behind him, so that he gets a way to progressively attack to the opponent's goal area. In the game, a player's movement pattern is needed when controlling the ball to be able to open space for goal creation. Related to the reasons above, the authors are interested in examining the Effect of Progressive Concepts towards the Long Passing Result of woman football players, Jambi FC, the research question in this study, is there any effect of progressive concept towards long passing result of woman football players, Jambi FC. This study aims to examine the effect of progressive concept towards the long passing result of woman football players of Jambi FC. Based on the result of t-test obtained that t-count = 2.319 and t-table with the degree of (d.b.) 6, at significance 0,05 is t-table = 2.015. It showed that t-table 2.015 < t count 2.319, it can be concluded that there is a significant effect of progressive concept towards the long passing result of woman football player of Jambi FC. It also suggested that to improve long passing result can be done through progressive concept.

**Keywords:** *Progressive concept, long passing result*

## 1. INTRODUCTION

Sport is an important part of daily activities, and it is a necessity for humans to develop their spiritual and physical health. Physical Sport activities, in the form of competition or exhibition are to obtain high achievement, victory and recreation. The rules in sports are the standards that have been set and agreed upon by the actors. Sport is part of a match of a game. Sports activities that involve the physical can increase their potential and foster the values contained in the sport. Sport can help growth and development to cover up deficiencies and enhance a good personality in accordance with the purpose of sport that is to make people physically and mentally healthy. Football is a simple game. This game aims to make a goal to the opponent, without using hands or arms. The team that scores the most goals is the winner, but of course there are many rules designed to make the game run fairly and correctly.

One of the women's football clubs in Jambi is Women Soccer Jambi FC. Women Soccer Jambi FC was founded in Jambi City on July 8, 2017 with the manager: Eka Sartika, SH, the chairman: Hotma Uilly Barita M.H, secretary: Amelia, the treasurer: Yunarti, and the coach: Antoni, S.Ip. This club consists of

players of different ages, 16-24 years. The club has participated in their inaugural match, the 2017 Pertiwi Cup held in Palembang, South Sumatra. This was followed by 12 teams representing 12 provinces in Indonesia. Women Soccer Jambi FC was in group A and lost against West Kalimantan and West Java with scores Jambi vs West Kalimantan: 1-8 and Jambi vs West Java: 1-6.

## 2. LITERATURE REVIEW

According to Suharsono and Sukintaka (1983: 70) Football is a game played by two teams, each of team consists of eleven players. According to Herwin (2004: 78) soccer is a group game that involves many elements, such as physical, technical, tactical, and mental. According to Sucipto, et al (2000: 7), the limitations and objectives of football are the players entering the ball as much as possible into the opponent's goal and trying to keep their own goal so as not to concede. A team is declared victorious if the team can enter the most balls in the opponent's goal. And if they have the same score, then the game is declared a draw. Based on the opinions of the experts above it can be concluded that football is a ball game that is generally made of leather which is played by two teams of which

each team consists of 11 players, football is the most popular sport all over the world. Football aims to score as many goals as possible with the opponent's goal to get the victory in 2x45 minutes.

**A. Progressive**

Football is an invasion game, where one team tries to invade the opponent's area, with the aim to put the ball into the opponent's goal. In an effort to invade the opponent's goal, the team that controls the ball will get resistance from the team that does not control the ball in an effort to prevent goal. It should also be understood that possession of the ball is not an end, but a tool. The purpose of possession is to create goal scoring opportunities. For this reason, despite relying on a constructive possession-based line to line, the orientation of the attack must be progressive going forward, aiming at the opponent's goal. So the attack progression with passing or dribbling forward must be the highest priority if possible. Therefore it is important for the team that has the ball to understand the progressive concept to bring the ball to the opponent's goal. Progressive is an absorption word from English progression, the meaning is a process for moving forward. According to (KBBI) the meaning of progression is towards progress; towards the improvement of the present situation (about politics); multilevel rise (regarding tax collection rules and so on).

**B. Long Passing**

According to the Ministry of Education and Culture (2005: 1171) bouncing means rising (soaring, flying and so on) high, raising, spiking, flying and so on. According to Pradipta Alvin (2011: 3) Long passing is giving or passing the ball to a friend using the inside of the instep and full instep, the result of the ball being bounced at the knee height and the highest at the head height. According to Herwin (2004: 30-31) the imposition of the ball worn by the foot is the lower part. Stomach bait can be used as an alternative in conducting attacks when the strategy of using short passes does not work well and is difficult to penetrate the opponent's defense. Long passing in this case is kicking the ball with the right technique so that the ball moves from one place to another by bouncing the ball as far as possible (Mielke, 2007: 115).

**C. Ability**

According to KBBI (Big Indonesian Dictionary) ability is a capability, someone's ability to do something. A person is said to have the ability or able to, if he can and is able to do something that he must do. Hadiati (2001: 34) defines "ability as a basis for someone who is itself related to the implementation of work effectively or very successfully". Meanwhile

Robbin (2007: 57) "ability means the capacity of an individual to carry out various tasks in a job. Robbin further stated that the ability is a recent assessment of what someone can do".

**3. METHODOLOGY**

**A. Time and Place of the Study**

The research site for data collection in this study was at the Persija Jambi City football arena from 16 April - 16 June 2019.

**B. Research Design**

This research is a quasi experiment. The design used in this study was "The One Group Pretest Post-test Design" or the absence of the control group (Sukardi, 2009: 18). The method of this experiment is not with separate samples, meaning that the researcher only has one group, which is measured twice, the first measurement (pretest) is done before the subject is treated, then the treatment, which finally closed with the second measurement (post-test). The design of this study is as follows:

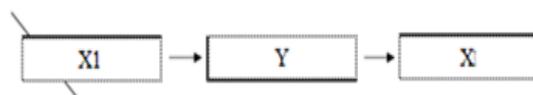


Figure 1. Research Design

Notes:

- X1 : First measurement (*Pretest*)
- X2 : Final Measurement (*Post-test*)
- Y : Treatment

**C. Population and Sample**

According to Sunarno and Syaifullah (2011: 59) "population is defined as all group members who have clearly defined the characteristics, the groups of people, objects, things or events". According to Badriah (2009: 80) "the population can be defined as a group to be subjected to be generalized of the research results". The population of this research is the 22 female women soccer player of Jambi FC. According to Badriah (2009: 81) states that "the sample is part of the population of course it has the characteristics possessed by the population. The principle of sample must be representative". The sample of this study were 6 women soccer players Jambi FC. Because of the reasons taken among others is as follows: Players who are intense do long passes (a) 2 wingers (b) 2 backs (c) 2 midfielders.

**D. The Research Instrument**

According to Suharsimi Arikunto (2010: 192), research instruments are "tools or facilities used at the time of research using a method". The benefits of this research instrument facilitate the work of researchers in



people with a percentage of 0%, the category of "good" there were 0 people with a frequency of 0%, the category of "average" there were 1 people with a frequency of 16.67%, the category of "bad" there are 2 people with a frequency of 33.33%, and the category of "very bad" there are 3 people with a frequency of 50%. The results of the pre-test abilities can be illustrated in the diagram as follows:

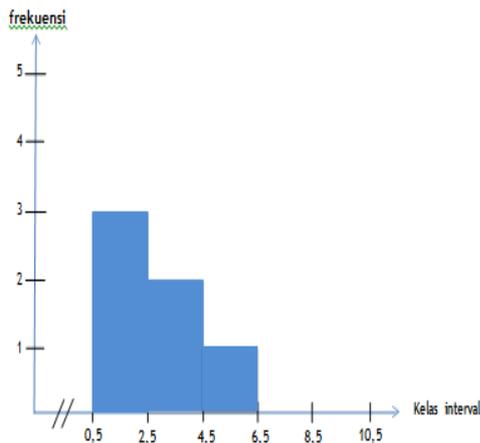


Figure 2. The Results of Pre-test

The post-test of this study is a long passing test. This test is done after the sample is given a treatment; the treatment given to the sample in this study is an exercise in the form of progressive concepts. The results of the post-test descriptive statistical analysis of the success of long passing in the women soccer player of Jambi FC in getting the total value of the ability of long passing is 35 points. The Minimum value of long passing success is 3 points, the maximum value is 8 points, with an average long passing success point of 5.83 points, then the post-test results of the success of long passing can be categorized as "good".

Table 5. Post-test Results of Long Passing Success

No	Score	Category	Post-test Frekuensi	Percent age (%)
1	9 – 10	Very Good	0	0%
2	7 – 8	Good	3	50 %
3	5 – 6	Average	1	16,67 %
4	3 – 4	Bad	2	33,33 %
5	< 2	Very Bad	0	0 %
Total			6	100%

The table above showed that the results of the post-test of long passing ability for Women Soccer players of Jambi FC in the category of "very good" there are 0 people with a percentage of 0%, the category of "good" there are 3 people with a frequency of 50%, the category of "average" there are 1 people with a frequency of 16.67%, the category of "bad" there are 2 people with a frequency of 33.33%, and the category of "very bad" there are 0 people with a frequency of 0%.

The results of post-test can be illustrated in the diagram as follows:

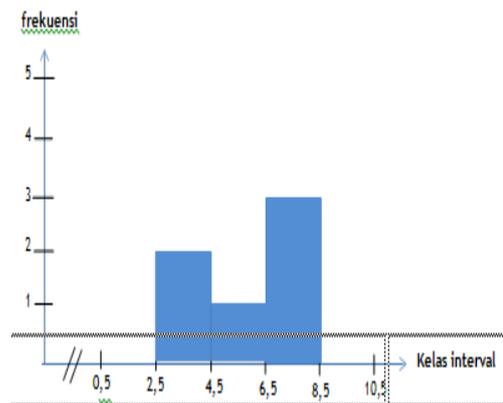


Figure 3. The Results of Post-test

If we look at the results of the successful of long passing of women soccer players of Jambi FC in the pre-test was 19 points with an average pre-test of 3.17, when compared with the post-test results of the successful passing was 35 points with an average of 5.83 points, thus there seems to be an increasing in the results of the pre-test and post-test data. This can be analysed by comparing the post-test with pre-test towards t-count in the 0.05 confidence level. If t-count was greater than t-table, it means there is a significant difference and vice versa, if t-count is smaller than t-table it means there is no significant difference.

H. Data Analysis

In this study, statistical analysis was used for the reason that the data obtained in this study is the value of a test from the experimental group data using the pre-test and post-test design. Then the t-test was used for significant test, before the t-test was carried out the normality test and the homogeneity test for data variance.

I. Normality Test of Long Passing Data

Normality distribution test analysis using the concept of progressive pre-test and post-test data was analyzed by the statistical normality test of lilifors with a significant level that is used as a basis for data is  $\alpha =$

0.05. Compare  $L_o$  with L-table using the criteria; if  $L_o$  is higher than L-table ( $L_o > L\text{-table}$ ) means the population is not in normal distribution, conversely if  $L_o$  is lower than L-table ( $L_o < L\text{-table}$ ) means the population is normally distributed.

The following is a table of the results on progressive concept research of the long passing in Women Soccer Jambi FC;

Table 6. Normality Test

No.	Test	N	L-count	L-table	Result
1	Pre-test	6	0.239	0,319	Normal
2	Post-test	6	0.156	0,319	Normal

The results of pre-test data of L-count  $0.329 < L\text{-table } 0.319$  then the data are normally distributed, and the results of the post-test data of L-count  $0.156 < L\text{-table } 0.319$  then the data are normally distributed.

J. Homogeneity Test

From the above calculation, F-count = 1.36 Which is then consulted with F-table = 0.05. At the significance level  $\alpha = 0.05$ . For F-table with  $\alpha 0.05$  with numerator dk = (6-1), dk denominator = (n2-1) = (6-1). From the distribution list F (0.05) (5.5) = Then compare F-count with F-table with dk numerator n-1 and dk the denominator n-1 at a significant level  $\alpha = 0.05$  then F-table (0.05; 5, 5) = 5.05. Because F-count (1.36) < F-table (5.05), it means the data comes from a homogeneous population.

Table 7. Homogeneity Test

No	Test	N	F-count	Ftable	Result
1	Pretest	6	1,36	5,05	Homogen
2	Post-test	6			

The results of the pre-test data and the post-test, F-count  $1.36 < F\text{-table } 5.05$  then the data is homogeneous.

I. Hypothesis Test

To test the hypotheses used the statistical tests of the similarity of two averages that aim to determine whether the results obtained from Pre-test and Post-test one group design, then the hypothesis testing is used t-test with a 95% confidence level or  $\alpha = 0.05$ .

Table 8. Hypothesis Test

N o.	Test	S D	T-count	T-table	Result
1	Pretest	1,83	2,319	2,015	Accepted at 95% confidence level
2	Post-test	2,14			

The results of the hypothesis test =  $2.319 > T\text{-table } 2.015$ , the results of this study were accepted at 95% confidence level. Based on the results of the analysis on the pre-test and the post-test obtained a significant effect between the progressive concept on the results of long passing in women soccer players of Jambi FC, this was proved because  $T\text{-count} > T\text{-table } (2.319 > 2.015)$ , then  $H_o$  was rejected and  $H_a$  was accepted.

4. DISCUSSION

Based on data analysis and hypothesis test using t-test, it is expected to lead to conclusions that can in accordance with the data obtained. Thus the conclusions drawn later will show a direct picture of the data expected during this experiment. For this reason, the study of methodology and theoretical study of research are needed. Knowledge obtained through a scientific approach and made based on theories systematically and carried out with the correct steps or procedures, then the knowledge obtained is certainly true too, thus the results of this research can be accepted.

In this study there are three stages, starting from the initial stage, namely the pre-test, it is the initial data retrieval of the successful long passing of women soccer players of Jambi FC, the aim is to determine the player's initial ability. The second stage is the treatment stage where players during the 16 meetings will be given progressive concept training where the aim of this exercise is to get a long passing technique properly and correctly and provide opportunities for movement that they will pass or receive in the right way so as to create opportunities goal during the match. The third stage is the last stage in the form of taking the final post-test data. The aim is to find out whether there is a difference or an increase in the success of long passing in which before and after giving the treatment.

To find out the differences of progressive concepts on the results of long passing of women soccer players of Jambi FC can be seen from the long passing training method that makes the active players to make a move to find empty space. The players are trained, so that their long passing is on the target of the intended player and the recipient of the long passing can move in search of empty space so that they can score a goal or receive it in the right place. The practice is to do long

passing face to face so that players get accustomed to the wear of feet and balls, pass the ball to the team mate (long passing) that moves past the opponent aiming that the player is accustomed to always move to find empty space past the opponent, the corner kick leads to the middle with 3 friends in front of goal aim for the player to be able to place targets on friends in their position, corner kicks pass to friends in front of goal by passing 3 opponents aiming that players receiving long passing balls can move.

The target player can get the opportunities and can create a goal, 5 vs 3 with a long passing kick to the winger in the corner then take long passing straight to the opponent's goal using half the field, 6 vs 6 with winger passing to a friend who runs from the middle of the field then take a direct long passing to a friend in front of the opponent's goal. it was proved by t-test. Before the t-test is done, the t-test is done for normality and homogeneity. The results of normality test showed that the pre-test of L-count  $0.239 < L\text{-tabel } 0.319$ , then the data are normally distributed and the post-test of L-count  $0.156 < L\text{-tabel } 0.319$ , then the distribution is normal. In the homogeneity test the F-count result obtained  $1.36 < F\text{-table } 5.05$  then the data comes from a homogeneous population. In the hypothesis test the results of t-count =  $2.319 > t\text{-table} = 2.015$  are accepted at the 95% confidence level. Whether there is an increase in the success of long passing after the treatment can be seen from the average value of the pre-test and post-test on the t-test.

Based on the results of this study, it can be seen that the progressive concept can improve the results of long passing on the Women Soccer players of Jambi FC. This can be seen from the increasing results of long passing during the post-test with the highest value of 8 points and the smallest of 3 points with an average of 5.83 points compared to pre-test when the sample has not been given any treatment which only gets a maximum value of 6 points with the smallest value of 1 point and an average of 3.17 points. After the treatment it can be seen an average increase of 2.66 points. Based on the analysis of the pre-test and the post-test obtained by t-count of 2.319 when compared with 2.015 t-table showed that there is a significant increase.

## 5. CONCLUSION

Based on the analysis of the results of the study and the discussion above, it can be concluded that there is a significant difference between progressive concept towards the results of long passing in women soccer players of Jambi FC, the value of the change in the ability of long passing can be seen from the difference in the average value at the pre-test which is 3.17 points and post-test average is 5.83 points. The conclusion is

supported by the results of the t-test that is t-count =  $2.319 > T\text{ table} = 2.015$  this means that the research hypothesis can be accepted at the 95% confidence level.

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