



The Influence of El-Rondo Training on The Futsal Passing Skills

Nurul Musfira Amahoru^[1], Rahmat Hidayat^[2], Reza Mahyuddin^[3], Muslim^[4]

*¹Faculty of sports and health sciences, UNM Makassar
nurul.musfira.a@unm.ac.id*

Abstract.Currently, futsal is not a popular and modern sport in society, in fact almost everyone can play futsal. There are two variables, namely the independent variable and the dependent variable, namely the el-rondo passing exercise and passing skills, the total population is 20 people and the sample is taken by a total sampling of 20 people. Data analysis is used to answer the hypothesis that was proposed in the previous chapter. The analytical test used is the normality test and hypothesis test (t-test), the results of the normality test analysis for deep passing skills (pretest) obtained a statistical value of 0.933 and a probability level value of 0.175 ($p > 0.05$), for deep passing skill data (posttest) The statistical value obtained was 0.960 and the probability level value was 0.535 ($p > 0.05$). based on the results of the statistical test, the t-test value was obtained between the pretest and posttest of the el-rondo exercise on passing skills which had a t-count value of 10,862 because there was an increase in the posttest result of 0.000, because $P < 0.05$, there was a significant increase. seen from the average value, the pretest average value = 24.65 and the posttest average value = 29.46, because the posttest average value is greater than the pretest average value, shooting skills occur with a difference value = 4,813. Based on the results of the analysis above, it can be concluded that there is an influence of el-rondo training on the futsal passing skills of PKO Fik UNM students

Keywords: *el-rondo training, futsal passing skills*

1. Introduction

In one of the articles in Law No. 11 of 2022, namely article 1 paragraph 12, it is stated that achievement sports are those that foster and develop athletes in a planned, systematic, integrated, tiered and sustainable manner through competition to achieve achievements with the support of sports science and technology. Currently, the sport of futsal is experiencing rapid development, especially at high school level. This can be seen from the increasing number of services offering futsal facilities to hold futsal championships between high schools. [1]

Every player must be in top physical condition, especially in sports such as futsal which require intense energy. According to Sajoto, a person's physical condition can be broken down into ten different categories, including: (1) strength; (2) endurance

(endurance); (3) muscle strength (muscular power); (4) speed (speed); (5) flexibility; (6) dexterity; (7) coordination; (8) balance; (9) precision (accuracy); and (10) reaction (reaction). Agility is one of the biomotor skills required for futsal.[2]

Futsal is very interesting because this game challenges physical, technical and mental skills. Futsal is a means to develop basic skills in a game such as passing the ball, controlling the ball, dribbling the ball and shooting the ball. For children or teenagers, futsal can develop ball skills and tactical instincts. The sport of futsal has mushroomed in all regions in Indonesia because this game is very interesting and entertaining. The establishment of futsal clubs in both formal and informal environments indicates that the sport of futsal is very popular with all levels of society. In futsal there are various basic futsal tactical techniques. Basic techniques are fundamentals that must be mastered by all athletes or students in order to be able to perform futsal tactics skillfully based on multilateral movement skills. [3]

El rondo is a form of training with a circle scheme filled with several players and placing one or two players in the middle of the circle. The form of training is that the players standing around the circle must try to continue to control the ball by passing the ball to each other. On the other hand, the player in the middle of the circle must try to catch the ball.[4]

Passing is a technique of passing the ball from player to player in a team. The role of passing in the game of futsal is to pass the ball, set strategy, buy time during a match, create a goal, and trick the opponent. Passing is very important for a futsal player. Futsal players must have good passes in order to pass the ball well to their teammates. A futsal match will not be effective if the players do not have good passing skills. [5]

2. Research Methods

There are two variables involved in this research, namely the independent variable and the dependent variable. These two variables will be identified in this research, namely the independent variable, namely el-rondo passing practice, the dependent variable, namely passing skills, this is a type of experiment that is considered an unreal experiment or pseudo-experiment. This research clearly used a Pretest-Posttest group research design. [6]. The population is all individuals who are objects in a study. The population in this study are players at clubs. The population in this study were FIK UNM futsal athletes, while the accessible population was 20 people and the sample was taken as a total sampling of 20 people. Data collection techniques are an absolute requirement for carrying out scientific work. The data collection technique in this research regarding the technique for implementing futsal passing is in accordance with the test and measurement guidelines for futsal sports.

The research data was obtained with the results recorded being the number of passes defending the ball for 10 minutes achieved by players in carrying out the El-Rondo passing practice test from two games. After the research data has been collected, namely the initial test data and the final test of the El-Rondo passing practice, to test

the truth of the proposed hypothesis, the data needs to be analyzed statistically using t-test analysis.

3. Results and Discussion

Table 1
Table 4.1 Descriptive data results of the effect of el-rondo training on passing skills in futsal ball games among FIK UNM students

	N	Range	Min	Max	Sum	Mean	Std. Deviation
Pretest passing skills	20	6	21	27	493	24.65	1.759
Posttest ket-erampilan passing	20	7	25	33	589	29.46	2.065

The table above is a general description of data on the influence of el-rondo training on passing skills in futsal ball games among FIK UNM students. The explanation is as follows: the results of the Passing Skills data (Pretest) from 20 samples obtained a range value of 6, minimum value 21, maximum 27, sum (total) 493, mean (average) 24.65, standard deviation 1,759. Passing Skills data results (Posttest) From 20 total samples, the range value was 7, minimum value 25, maximum 33, sum (total) 589, mean (average) 29.46, standard deviation 2.065.

The results of the data on passing skills (pretest) obtained a statistical value of 0.933 and a probability level value of 0.175 ($P > 0.05$), so it can be said that the data follows a normal distribution or normal distribution. For data on Inner Passing Skills (Posttest), the statistical value was 0.960 and the probability level value was 0.535 ($P > 0.05$), so it can be said that the data follows a normal distribution or normal distribution. The results of the homogeneity test based on the output above show that the significance value (Sig) based on mean is $0.444 > 0.05$ so it can be concluded that the data variance is the same or homogeneous. As for the statistical test results, the t-test value between the pretest and posttest of the el-rondo exercise on passing skills was obtained, which had a calculated t value of 10,862 because there was an increase in the value from the posttest results of 0.000, because $P < 0.05$, there was a significant increase. Judging from the average value, the average pretest value = 24.65 and the average posttest value = 29.46, because the average posttest value is greater than the average pretest value, there is a Shooting Skill with a difference value. =4,813.

CONCLUSION (10 PT)

Based on the results of statistical tests to improve passing skills in futsal ball games, it was obtained (t-test) between the pretest and posttest of El_rondo training on passing skills in futsal ball games. It is proven that to improve passing skills you can use the El_rondo training method.

Based on the results of data analysis and conclusions, the following suggestions can be put forward:

1. It is recommended that coaches or trainers provide El_rondo training to improve good passing skills.
2. It is recommended that FIK UNM students be serious about doing El_Rondo exercises so that their passing abilities continue to improve.
3. Those who are interested in research related to El-Rondo training are advised to research other variables that support improving Passing Skills, including physical components and other training models.

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