

Effect of 4-1 Soccer Training on Passing Control in Junior Athletics

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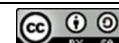
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Abstract

This study aims to determine the effect of 4-1 soccer training on passing control in Brengkok soccer academy athletes who are shining, the problem in this study is the lack of training methods and variations in passing control training. This research method is quantitative with experimental type by using pretest and post-test model. The subjects of this study were Brengkok soccer academy athletes who were shining with a total of 20 athletes. To determine the sample using random sampling and using ordinal pairing A-B-B-A. The procedure for this research activity includes: (1) Pre-test (2) Group division (3) Treatment (4) Post-test. Data processing using SPSS software version 24, with t test analysis. The results of this study indicate that there is a significant effect of 4-1 training on passing control in Shining Football Academy Brengkok athletes. It is proven that with 4-1 training greatly affects passing control so that athletes are more confident and more compact.

Keywords: Soccer, 4-1 Passing Control Practice, Brengkok Soccer Academy's Brightest Athletes

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INTRODUCTION

Football is one of the most popular sports worldwide (Armawan et al., 2022). In Indonesia, this sport is also ingrained, both as entertainment, regional and international achievements from children to the elderly (Mubarok, 2019). Football is a game played in teams, where each team consists of goalkeepers, defenders, midfielders, and attackers (Sucipto, 2023). This sport is played on an open field, outdoors by two groups called teams (Ramdhan Hidayat et al., 2022). Football is a physical activity that has quite a lot of movement structures (Komarudin, 2016). Football games are not only carried out for recreational purposes and filling spare time, there are also those who are required to achieve an optimal achievement (Indrayana, 2017). High achievement can only be achieved by training that is planned systematically and carried out continuously and gradually from an easy stage to a difficult stage, thus the role of a coach is very important to supervise and provide appropriate training (Mahfud et al., 2020). Achievements can be achieved if coaches and athletes work well together so that they can create cohesiveness, a confident champion spirit and coaching (Ardiyanto & Fajaruddin, 2019).

Early childhood soccer coaching requires the coach to pay attention and be careful in providing guidance to his athletes. Therefore, the coach must understand the characteristics of his athletes so that he can understand their shortcomings and strengths (Yulifri, 2018). To achieve optimal performance, it is also necessary to support the physical improvement and talent of athletes such as having good individual techniques, good mentality, and physical support. According to (Hadisasmita & Syariffuddin, 2014) “the basic techniques that soccer players need to have are kicking, stopping, dribbling, heading, and tackling”. In order to be successful in the first team, an athlete must hone their passing, control, dribbling and kicking skills. Passing is the art of transferring the momentum of the ball from one player to another (Irfan et al., 2020). Passing itself is one of the basic techniques of soccer which is very important, this technique is used to speed up the flow of the ball from one player to another and reduce the excessive energy expenditure of each player, and most importantly, it creates a wideopen space and the opportunity to take a kick towards the opponent's goal (Ikhwan, 2021).

The development of football is also inseparable from the role of villages and hamlets around the Brengkok area, starting from children aged 12-15 years who are well packaged through the Bersinar Football Academy and supported by village heads, coaches, assistant coaches, medical teams and all residents who are very helpful in following the Bersinar Football Academy. So that it can filter superior seeds from several villages and hamlets and later can be useful for achieving optimal achievements.

After the researchers made observations and observations at the Bersinar Brengkok Football Academy. There are several obstacles that can affect the Shining Football Academy athletes during football tournaments, especially when passing control makes a lot of wrong passes and the control is still not optimal so that the ball is difficult for the team to control and the lack of maximum training is due to the lack of emphasis on basic techniques in soccer games by coaches, especially in passing control techniques. Judging from the achievements from 2017 to 2019, which always participated in the village gala held in Lamongan Regency and won 2nd place and 1st place and in 2021 to 2023 experienced a very significant decline in achievement.

METHOD

The research used in this study is a type of quantitative research which is used because both the data and the results will be in the form of numerical data. According to (Sugiyono, 2018), “Quantitative research can be defined as research based on the philosophy of positivism, used to research on certain populations or samples, data collection is quantitative / statistical,

with the aim of testing the hypothesis that has been applied". "Experimental research is basically to test the relationship between cause (causa) and effect (effect)" (Kanca, 2010). In static group comparison design: randomized control group design only. The results can be determined more precisely because the pre-status can be compared.

Experimentation is a way to look for causal relationships (causal relationships) between two factors that are deliberately caused by researchers by eliminating or reducing or setting aside other disturbing factors (Susanti, 2019). "Experimental research is basically to test the relationship between cause (causa) and effect (effect)" (Solimun, armanu, 2020). The division of the experimental group is based on the initial test, namely the passing control test from the test results from the highest score to the lowest score, then divided and put into group A and group B then paired with the A-B-B-A formula (Mardia Rahmi in Oboi, 2013).

Data collection techniques are carried out by tests and measurements, to obtain objective data about the results of athlete training. Tests and measurements according to (Nurhasan, 2003) explain that "a test is a measuring tool that can be used for the process of collecting data or information from a particular object and in measuring measuring instruments are needed". To get data about the ability of basic passing control techniques the ball is carried out by doing a kick and hold test (feeding and stopping),

The characteristics of the measurement results are expressed in quantitative scores that can be processed statistically. Through measurement, objective information will be obtained so that the achievement of someone who has been given training can be known. Tests and measurements in this study were carried out to obtain data on the results of passing control which was carried out twice, namely pre-test and post-test. The research design was carried out for 4 weeks (Yoda, 2016). This study begins with an initial test (pre-test), the next day is given training or treatment for 12 exercises then ends with a final test (post-test).

RESULT

The research used in this study is a type of quantitative research. This study uses experimental research methods, in this study there is a treatment (treatment) (Rahman & Della Ananda, 2019). Thus, experimental research methods can be interpreted as research methods used to find the effect of certain treatments on others under controlled conditions (Endra, 2017). This research was conducted in three stages. The first stage is the data collection stage (pretest), the aim is to determine the initial ability of the sample as well as being used to group the sample into two groups (Aulia, 2022). Dividing the first group as an experimental group and the second

group as a control group. Where the first group is given 4-1 training treatment and the second group is not given 4-1 training treatment. The second stage is the last stage of this research process, namely by conducting the posttest stage with the aim of measuring the final ability of the sample after being given treatment and following the training program. The results of the pretest and posttest as well as a description of the data from the pretest and posttest results can be presented in the following table:

Tabel 1. Experiment Group Pretest and Posttest Results

No.	Atlet (Sampel)	Experimental Groups		Difference
		<i>Pretet</i> (<i>Passing</i> <i>Control</i>)	<i>Post-tst</i> (<i>Passing</i> <i>Control</i>)	
1	Zulfa (15)	15	19	4
2	Rosidi (12)	15	18	3
3	Wahyu (15)	14	20	6
4	Nadzif (15)	14	17	3
5	Faizal (12)	13	17	4
6	Abim (15)	13	20	7
7	Fadhil (12)	12	19	7
8	Zulfikar (15)	12	16	4
9	Satya (12)	11	17	6
10	Putra (12)	11	15	4

Table 2. Pretest and Posttest Results of Control Group

No.	Atlelt (Sampell)	Control Group		Difference
		<i>Pretet</i> (<i>Passing</i> <i>Control</i>)	<i>Post-tst</i> (<i>Passing</i> <i>Control</i>)	
1	Firdauz (15)	15	15	0
2	Rofiqi (12)	15	12	-3
3	Athfal (15)	14	13	-1
4	Okta (15)	14	12	-2
5	Mario (15)	13	11	-2
6	Faidhur (12)	13	10	-3

7	Amirul (12)	12	10	-2
8	Surya (12)	12	10	-2
9	Bahrudin (15)	11	9	-2
10	Nailul (12)	11	9	-2

Based on the results of data analysis of passing control techniques in the experimental group and control group with a total of 20 athletes, the experimental group experienced a significant increase compared to the control group which experienced a decrease.

Based on these results, the researcher conducted observations and interviews with the coach of Shining Football Academy Brengkok. It was found that there was a problem with the lack of variety in passing control training which made athletes feel bored and not excited during training, so the researchers applied Exercise 4-1 in this 4-1 exercise there are 5 athletes, 1 athlete will chase the ball and 4 other athletes will defend the ball, the ball is guarded until it is captured by 1 athlete chasing the ball, using a 4x4 meter field. If the ball passes through the predetermined field, the athlete who kicks out of the 4x4 field becomes the ball.

From this type of quantitative research that uses the causal experimental method, three stages are carried out. The first stage is (pretest), the purpose is to determine the initial ability of the sample as well as used for grouping the sample into two groups. For the first group as an experimental group and the second group as a control group. The second stage, where the experimental group received 4-1 passing control training treatment and the control group did not receive 4-1 training treatment. The third stage is (post-test), the goal is to get the results while doing 4-1 training and those who do not do 4-1 training there is a difference.

Based on the results of the pretest and post-test analysis of the experimental group and control group using SPSS 24, when doing the pretest, the experimental group and control group were the same and when doing the post-test, the experimental group experienced a significant increase compared to the control group which experienced a decrease.

Table 3. Frequency Distribution of Pre-test and Post-test Data of Experimental Group

No	Sum	Category	<i>Pretest</i>		<i>Posttest</i>	
			J	%	J	%
1	> 18	Excellent	0	0%	4	40%
2	16 – 18	Good	0	0%	6	60%
3	13 – 15	Keep	6	60%	0	0%
4	10 – 12	Less	4	40%	0	0%
5	< 10	Less than once	0	0%	0	0%
Sum			10	100%	10	100%

Table 4. Frequency Distribution of Pre-test and Post-test Data of Control Group

No	Sum	Category	Pretest		Posttest	
			J	%	J	%
1	> 18	Excellent	0	0%	0	0
2	16 – 18	Good	0	0%	0	0%
3	13 – 15	Keep	6	60%	2	20%
4	10 – 12	Less	4	40%	6	60%
5	< 10	Less than once	0	0%	2	20%
Sum			10	100%	10	100%

Based on the results of the frequency distribution analysis of the pretest and post-test data of the experimental group using SPSS 24, which consisted of 10 outstanding athletes from the Brengkok football academy. At the time of the pretest, 6 athletes were categorised as moderate, while 4 athletes were categorised as less, after doing 4-1 training, 4 athletes were categorised as very good and 6 athletes were categorised as good. The results of the frequency distribution of pretest and posttest data in the control group consisted of 10 athletes who shone at the Brengkok football academy. At the time of the pretest, 6 athletes were categorised as moderate, while 4 athletes were categorised as less, when they had not been given the 4-1 training treatment, 2 athletes were categorised as moderate, 6 athletes were categorised as less and 2 athletes were categorised as very less.

Tabel 5. Descriptive Statistics

	N	Minimum	Maximum	Std. Deviation	
Pre-Test Eksperimen	10	11	15	13,00	1,491
Post-Test Eksperimen	10	15	20	17,80	1,687
Pre-Test Control	10	11	15	13,00	1,491
Post-Test Control	10	9	15	11,30	1,889
Valid N (listwise)	10				

Based on the results of descriptive statistical analysis of the experimental group and control group using SPSS 24, in the Std deviation section, the experimental pretest results were 1.491, and the experimental post-test was 1.687. And for the control pretest results 1.491, the control post-test results 1.889.

Tabel 6. Tests of Normality

		Kolmogorov-Smirnov ^a		
		Statistic	df	Sig.
Hasil	Pre-Test Eksperimen	0,149	10	0,200*
	Post-Test Eksperimen	0,182	10	0,200*
	Pre-Test Control	0,149	10	0,200*
	Post-Test Control	0,155	10	0,200*

Based on the results of the pretest and post-test normality test analysis of the experimental group and control group using SPSS 24, the experimental group pretest results were statistically 0.149, the df was the same, namely 10 and sig was the same for all, namely 0.200 *, post-test statistics 0.182. The control group pretest results are statistically 0.149, which is 0.200*, post-test statistics are 0.155. In the experimental post-test and control post-test statistics, there is a difference where the experimental post-test has increased by 0.027.

Based on the results of the pretest and post-test normality test analysis of the experimental group and control group using SPSS 24, the experimental group pretest results were statistically 0.149, the df was the same, namely 10 and sig was the same for all, namely 0.200 *, post-test statistics 0.182. The control group pretest results are statistically 0.149, which is 0.200*, post-test statistics are 0.155. In the experimental post-test and control post-test statistics, there is a difference where the experimental post-test has increased by 0.027

Tabel 7. Test of Homogeneity of Variance

Test of Homogeneity of Variance					
		Levene Statistic	df1	df2	Sig.
Hasil	Based on Mean	0,058	1	18	0,813
	Based on Median	0,053	1	18	0,820
	Based on Median and with adjusted df	0,053	1	17,414	0,820
	Based on trimmed mean	0,057	1	18	0,813

Based on the results of homogeneity analysis, the Test of Homogeneity of Variance uses SPSS 24, the result is Based on mean the sig value of 0.813 where it is stated to have variation or in other words homogeneous because the Based on mean value is greater than the value of 0.05.

Tabel 8 *Paired Samples Test*

Paired Samples Test									
		Paired Differences					t	df	Sig. (2-tailed)
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
					Lower	Upper			
Pair 1	Pre-Test Eksperimen - Post-Test Eksperimen	-4,800	1,549	,490	-5,908	-3,692	-9,798	9	,001
Pair 2	Pre-Test Kontrol - Post-Test Kontrol	1,900	,876	,277	1,274	2,526	6,862	9	,059

Based on the results of the analysis of paired samples of the pretest and post-test of the experimental group and the control group using SPSS 24, there was a significant difference between the results of the 4-1 passing control exercise in the analysis of pretest and post-test data. Meanwhile, the results of the pretest and post-test of the control group were not different but there was a significant decrease.

So that the research entitled The Effect of 4-1 Football Training on Passing Control in Athletes at Shining Football Academy Brengkok in 2023/2024 can be used as a reference and guide for coaches, especially football coaches in improving basic techniques that include passing control skills, it has been proven from the results of research conducted at Shining Football Academy Jerk.

DISCUSSION

Based on the results of the calculation above, it is known that the experimental group t is -9.798 with N of 10. It is known that the value of sig. (2-tailed) in the experimental group was 0.001, in the control group it was 0.059, so the value of sig. (2-tailed) in the experimental

group < 0.05 , it can be stated that the 4-1 football practice has an effect on the passing ability of the control in the 2023/2024 Shining Football Academy Brengkok athletes, **Accepted**.

Football 4-1 is one of the training exercises that improve passing and control skills. To improves passing skills and ball control, this 4-1 single-ball training can be practiced by preparing a 4x4 meter for sell-off from each of 5 players where later 4 players guard the ball and 1 seize the ball, 4 players are played on the box line and 1 player is on the sidelines, 4 players are playing passing control The player who was holding the ball was 1 player who was playing the ball until he could, when he got the ball in one of the 4 players who were guarding the ball and the one who was playing the ball was playing for 5 years and 3-4 times for the game to be played for 40 years. "The basic principles of training are things that must be obeyed, practiced so that the sincerity of training can be achieved as expected" Yuldiana (2015).

Theoretical as a result of this training can be shown in a variety of ways with the training of the intelligence that is rolled is 65-80%, that is, the splints of the denyut pulse are optimal, then the unsur of the physical strength of the muscles of the muscles, the stiffness, the elasticity of the muscles and the dynamic balance will experience an increase in the fluence of the physiological cells so that the physiological muscles will be improved in the face of an increase in the agility, physical condition and agility.

The results of the training were full of evidence that the 4-1 was a 4-1 defeat in the training of the ball that was flexible, sloppy, and sloppy in the passing control of the ball in the sport of slinging. For athletics in football, especially the athletic shape Starter training 4-1 is one of the best training athletes, because they can improve their passing and control skills more than elective, not too many energies, the aforementioned thing is very good to support when the basic technique of passing and ball control in the sport of football.

Based on the results of the calculation above, where the control group did not defeat the 4-1 exercise, where the face-to-face training was eliminated, the control group t was 6.862 and N was 10. It is known that the value of sig. (2-tailed) In the control group, namely as much as 0.059, in the control group, namely as much as 0.059, so the SIG value. (2-tailed) In the control group < 0.05 , it can be stated that the face-to-face training is not influential to passing control at the Shining Football Acadelmy Brengkok Year 2023/2024 atlelt, **Rejected**.

This is a testament to the fact that the 4-1 single-ball training is one of the best exercises that improve passing skills and ball control. To improves passing and control skills, this 4-1 single-ball practice can be practiced by preparing a 4x4 meter to ach player is alone from 5

players, 4 players guard the ball and 1 player seize the ball. To achieves maximum results, followed by training principles that will lead to the training of aforementioned. Aim for improves speed, jump, agility and improves passing and ball control, while improving the speed.

According to Felstiawan et al (2020) "The training reclamation of to increases the skill 3-5 times per week". In this training, training is carried out 3 times in 1 week to improve passing skills and ball control, this is in addition to the theoretical foundation that exists so that hypotheses can be investigated.

Based on the 2 techniques of passing and controlling the inner leg and the luar, we see that the training program that is constantly improving and the training program will result in the improvement of the physical condition. Exercising a thorough and systematic exercise will increase the strength of the muscles that can be used to maximize the number of muscles as a support in carrying out physical activities.

The ball game is a physical condition that is good, in addition to the basic technique in the ball game, the ball can be played with maximum passing skills and ball control, and the ball is played by the ball that is swollen with the muscles and physical conditions that are fungus. Efforts to improves passing skills and ball control can be practiced in a way or a practice ball, namely with a 4-1 ball control practice.

4-1 football training is carried out for 4 weeks or 12 meetings with a frequency of 3 times a week. With the friction and length of the training that has been programmed, this training has been able to answer existing hypotheses in line with the existing theoretical foundation so that the hypothesis can be accepted. But there is a problem: Athletes do not understand 4-1 football training. Therefore, before conducting research as a whole, the research sub-committee must be given an example of the 4-1 football training movement mechanism

CONCLUSIONS

The conclusion of this study shows that there is a significant effect of 4-1 training on passing control in athletes of Shining Footbal Academy Brengkok. The ability and accuracy of passing control have improved. So that from both the experimental group and the control group, the results showed that the experimental group had a significant increase while the control group did not increase.

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