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# Effect of method small, sided games and the rondo games against accuracy passing player Joko Ribowo football academy age 15 years

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### Abstract
This research was conducted with the aim to determine the effect of exercise small, sided games and The Rondo Games to increased accuracy passing player. This research design uses two-group pertest-post-test design. The sample used in this study amounted to 20 players. sampling using technique purposive sampling. From the results of the treatment small, sided games earned value mean pertest 5.70 and std. deviation 1.418; of results post-test value is obtained mean 7.70 and std. deviation 0.823. From the results of treatment in the group The Rondo Games obtained the average value retest 5,10 and std. deviation 1.912; average valproates is 7.80 and std. deviation is 0.789. And from the results of data analysis using independent sample t test value is obtained Say. (2-tailed) of $0.785 > 0.05$, so it can be concluded that there is a significant effect of giving the treatment small-sided games and The Rondo games to increased accuracy passing soccer player Joko Ribowo Academy Football.

**Keywords:** football, *small, sided games*, *the rondo games*, passing accuracy

## Introduction

Football is experiencing rapid development along with the support of increasingly modern science and technology, both in terms of physical condition, game tactical techniques and also the mentality of the players themselves (Herman & Hasbillah, 2022) [4]. The basics of the game of football are essential components that all players must acquire in order to play the game skilfully based on their capacity for multilateral movement (Indra & Marheni, 2020) [5]. Basic soccer skills including dribbling, passing, stopping the ball, heading and shooting are required to play. In order to play soccer well, every player should ideally have this basic talent (Widodo, 2018) [12].

Joko Ribowo Football Academy was founded by Indonesian professional soccer player, Joko Ribowo. This soccer school was founded with the aim of providing a place for aspiring athletes who enjoy playing soccer to fulfil their goal of becoming a professional soccer player. Located in the village of Korangi, District of Gabus, Pati Regency, Central Java. Joko Ribowo Football Academy has students divided into several age levels starting from U-10, U-12 and U-15 and training schedules are held 3 times a week on Tuesdays, Thursdays and Fridays.

Based on the results of observations made at Joko Ribowo Football Academy, there are obstacles related to the basic techniques that students have in playing soccer. Constraints experienced include low accuracy passing student. Based on the results of interviews with coaches that "accuracy passing still needs to be improved because these problems are often experienced by players during the training process and during matches, players are still often wrong passing, passing not directed properly makes other friends have difficulty accepting passing, the trainer also added that from a mistake passing this way the opponent can win the ball and carry out dangerous counterattacks and even become an opportunity for the opposing team to score goals.

Based on previous research related to the problem of accuracy passing football players this is explained as follows (Maekhendra *et al*., 2022) [6]. in his research concluded that exercise Small Sided Games using the inside of the foot was found to have a significant effect on

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accuracy passing soccer player. (Wae *et al*., 2021) [11] Exercise Small Sided Games affect the level of accuracy passing flat inner leg. (Short *et al*., 2020). The Rondo Games has a significant effect on skills passing short football player. (Yhusril *et al*., 2022) [14] The Rondo Games is a training model that has the effect of increasing accuracy passing soccer player.

From some of these studies, this is the background for researchers to conduct research on accuracy passing owned by Joko Ribowo's students Football Academy. Furthermore, researchers also want to know how big the effect of exercise small, sided games and the rondo games when given at a training session by Joko Ribowo's students Football Academy. The main objective of this study was to determine the effect of the Small Sided Games and El Rondo Games Training Models on the Passing Accuracy of 15-year-old Joko Ribowo Football Academy students.

## Materials and Methods

This research is experimental research. Experimental research is a way to find a causal relationship between two factors that are deliberately caused by researchers to find out a treatment (Sugiyono, 2015) [10].

The design used in this study is design Two Group Pertest Posts Design. Where in this study tested twice, namely protest before given treatment and post-test once given treatment (Sugiyono, 2015) [10]. In this study used two independent variables and one dependent variable. A research variable is something that is determined by the researcher to be studied so that he can obtain information about the problem and then draw conclusions (Mustafa *et al*., 2020).

This research was conducted in the field of Coriolanian Village, Gabs District, Pati Regency. This research started from July 2022 to August 2022. The sampling technique in this study used purposive sampling. Purposive sampling is a sampling technique with certain considerations (Sugiyono, 2015) [10]. The sample in this study were 20 Joko Ribowo students Football Academy who routinely attend training every week.

This research was conducted for 18 meetings including protest and post-test and 16 times treatment. This study uses tests to obtain data. The tests used in this study are tests passing low ball. Data analysis techniques to analyse experimental data with design models pertest-post-test is by using t-test with a significance level of 5%.

## Result

During 16 treatments, 20 research subjects were given an exercise model small, sided games and the rondo games. Data results retest apostates' accuracy passing Joko Ribowo's student Football Academy can be seen in the table below.

**Data results retest and post-test small, sided games group on accuracy passing.**

Table 1: Group statistical descriptive test results Small Sided Games

| Statistics | Small Sided Games | |
|---|---|---|
|  | Pertest | Post-test |
| N | 10 | 10 |
| Minimum | 4 | 7 |
| Maximum | 9 | 9 |
| Mean | 5.70 | 7.70 |
| Range | 5 | 2 |
| Std. deviation | 1.418 | .823 |

Based on the table above, information is obtained that the results protest for accuracy passing on groups small, sided games have score minimum 4, score maximum 9, value Mean 5.70 and value std. deviation 1,418. While from the results of the post-test, passing accuracy has a score Minimum 7, score maximum 9, value Mean 7.70 and value std. deviation 0.823. with these results, obtained an increase between the results pertest and post-test obtained by 2. The distribution of scores in percentage is based on the assessment norms as follows.

Table 2: Distribution of group percentage scores small, sided games.

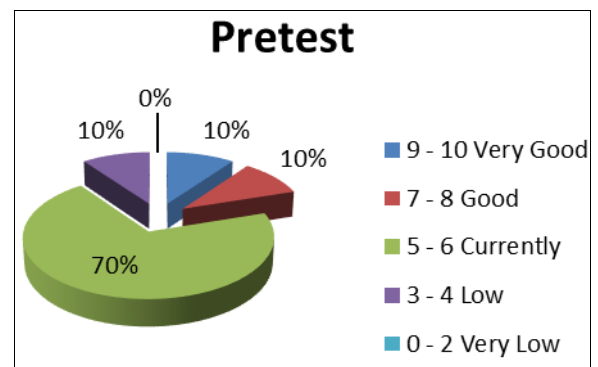| Score | Classification | pertest | | Post-test | |
|---|---|---|---|---|---|
|  |  | far | % | Fra | % |
| 9 - 10 | Very good | 1 | 10% | 2 | 20% |
| 7 – 8 | Well | 1 | 10% | 8 | 80% |
| 5 – 6 | Currently | 7 | 70% | 0 | 0% |
| 3 – 4 | Low | 1 | 10% | 0 | 0% |
| 0 – 2 | Very low | 0 | 0% | 0 | 0% |
| Amount | | 10 | 100% | 10 | 100% |



Fig 1: Group pertest diagram small, sided games

Based on the diagram above, information is obtained that the average score retest of 10 players who have a level of classification accuracy passing very good is 1 player (10%), good classification is 1 player (10%), medium classification is 7 players (70%) and low classification is 1 player (10%).
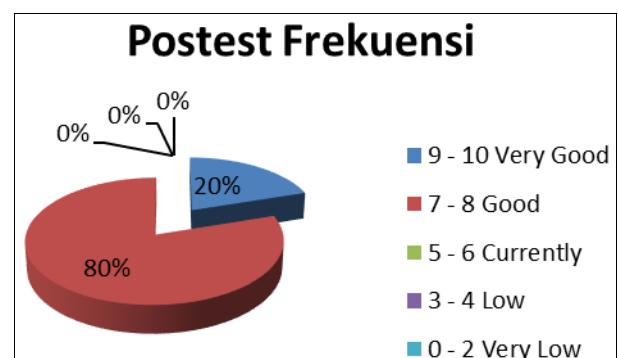


Fig 2: Diagram post-test group small, sided games

Based on the diagram above, information is obtained from 10 players who have a high level of passing accuracy, a very good classification, namely 2 players (20%) and a good classification, namely 8 players (80%).

**Results data pertest and post-test accuracy passing group the rondo games**

**Table 3:** Group descriptive statistics test results the rondo games.

| score | El Rondo Games | |
|---|---|---|
| | Per test | Post-test |
| N | 10 | 10 |
| Minimum | 2 | 7 |
| Maximum | 9 | 9 |
| Mean | 5.10 | 7.80 |
| Range | 5 | 2 |
| Std. deviation | 1.912 | .789 |

Based on the table above, information is obtained that the results pertest group the rondo games earn a score Minimum 2, score Maximum 9, value Mean 5,10 and std. deviation1.912. then results post-test earns a score Minimum 7, score Maximum 9, value Mean 7.80 and value std. deviation 0.789. Thus, from the results pertest and post-test obtained an increase of 2.7. The distribution of the yield scores into percentages is as follows.
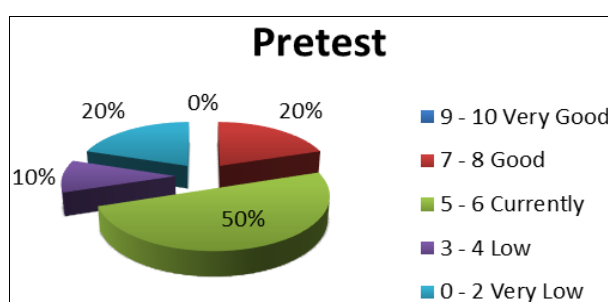


**Fig 3:** Accuracy pertest diagram passing group the rondo games.

Based on the diagram above, information is obtained that the score retest 10 players, 2 players (20%) in good classification, 5 players (50%) in medium classification, 1 player (10%) in low classification, 2 players (20%) in very low classification and no player in bad classification very good.
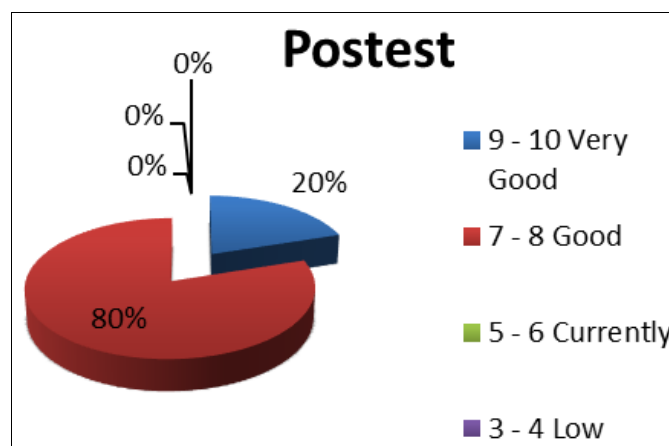


**Fig 4:** Post-test chart accuracy passing group the rondo games.

Based on the diagram above, information is obtained that the score post-test for accuracy passing group the rondo games scored 2 players (20%) in very good classification and 8 players (80%) in good classification. there are no players in low or very low classifications.

**Normality test**

**Table 3:** Normality test

| group | Variable | P | Sig. | Information |
|---|---|---|---|---|
| Small Sided Games | Pertest | 0,018 | 0,05 | Normal |
| | Pertest | 0,010 | | Normal |
| El Rondo Games | Pertest | 0.200 | | Normal |
| | Pertest | 0,091 | | Normal |

Based on the normality test table it is known that the results of the accuracy test passing obtained a P value (Sig) > 0.05, so it can be concluded that the research data is normally distributed.

**Homogeneity Test**
**The results of the group pertest – post-test homogeneity test small, sided games and the rondo games.**

**Table 4:** Data homogeneity test results retest – protest

| Group | Variable | Df 1 | Df 2 | Sig | Information |
|---|---|---|---|---|---|
| Small, sided Games & El Rondo Games | Pertest - protest | 2 | 17 | 0,408 | Homogeneous |

From the results of data analysis obtained values (say) > 0.05, it can be concluded that the data pertest - post-test the two groups are homogeneous.

**Hypothesis testing**
**The influence of the method small, sided games to accuracy passing**

**Table 5:** Test results Paired Sample T Test group small, sided games.

| Paired Sample T Test | | | |
|---|---|---|---|
| Pertest – post-test | T | def. | Sig.(2-tailed) |
| Small, sided games | 6,000 | 9 | .000 |

Based on test results paired sample t test above, the value of sig. (2-tailed) is 0.000 <0.05, so the results show that there is a significant difference between the results pertest and post-test on groups small, sided games.

**The influence of the method the round games to accuracy passing**

**Table 6:** test results Paired Sample t-test on groups the rondo games.

| Paired Sample T Test | | | |
|---|---|---|---|
| Per test-post-test | T | Def. | Sig.(2-tailed) |
| El Rondo Games | 6,021 | 9 | .000 |

Based on test results paired sample t test, the data acquires a value themselves (2-tailed) of 0.000 <0.05, then this result indicates that there is a significant difference between the results pertest and post-test on groups The Rondo Games.

**Independent Sample T Test**

**Table 7:** Test results independent sample t test

| Independent Sample T Test | | | |
|---|---|---|---|
| Post-test | T | def. | Sig.(2-tailed) |
| Small, sided games & El Rondo Games | 0,277 | 18 | .785 |

Based on the data from the analysis above, a value is obtained sig (2-tailed) equal to 0.785 > 0.05, it can be concluded that there is no significant difference between the scores post-test for groups small, sided games and the rondo games

**The result of increasing the percentage pertest-protest group small, sided games and the rondo games**
The following presents data on the percentage increase in accuracy test results passing determined before being given the treatment and after being given the treatment.

**Table 8:** Improved presentation pertest – post-test group small, sided games and the rondo games

| Group | Mean pertest | Mean protest | Mean pertest protest | Increase % |
|---|---|---|---|---|
| Small, sided games | 5.70 | 7.70 | 2 | 13,5% |
| El Rondo Games | 5.10 | 7.80 | 2,7 | 15,3% |

Based on the table above, the information is obtained, the percentage value of the group treatment small, sided games is 13.5% and group treatment the rondo games is 15.3%

**Discussion**
This study aims to determine the effect of the training method Small Sided Games and The Rondo Games Towards Increased Accuracy Passing Joko Ribowo's student Football Academy Age 15 Years. During the 16 treatments given to two groups of research subjects where the first small, side den the training method small, sided games and the second group was given the training method the rondo games. From the results of data analysis carried out by researchers in both groups of students experienced an increase in accuracy passing as long as they are treated within a period of 6 weeks. Small Sided Games often used in training sessions to develop both the physical and technical performance of soccer players (Santos *et al*., 2022) [8]. small sided games always contains physical, technical, tactical and mental so that in training sessions time is used more efficiently (Doewes *et al*., 2020) [1]. Small sided games namely a form of training that is made into the form of a football game where the size of the field is reduced so that there are more touches of the ball (Wiratama, 2016) [13]. As for other training provided The Rondo Games. The Rondo Games is the designation of one of the models of soccer training that comes from a foreign language, or in Indonesia it is better known as cat and mouse (Hasyim & Syafii, 2022) [3]. Rondo differs from other ball possession drills in that the players occupy a predetermined space, but variations of Rondo also involve movement outside of the designated Rondo space (Fitrian *et al*., 2022) [2].
Application of the method small, sided games and the rondo games in this study shows success in increasing the accuracy of the fitting this is shown from the results of data analysis that has been done. So that the two training methods small, sided games and the rondo games is the right form of training to improve accuracy passing in football players.

**Conclusion**
The conclusion in this study is that both the exercise method *Small Sided Games* and *The Rondo Games* given to the player provides increased accuracy *passing* which is significant where from the results of the data analysis treatment with the training method *Small Sided Games* giving an increase of 13.5%. Meanwhile, giving treatment to players who use the method *El Rondo Games practice* gave a significant increase of 15.5%.

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