



Futsal Passing: Using El Rondo Exercise

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ABSTRACT

The motivation for this research is a lack of competency with basic passing techniques. This inquiry focuses on the El Rondo Exercise Against Passing. The approach used in this investigation was exploratory. The population of this study consisted of 15 students who participated in the futsal extracurricular program at MA Siti Khadijah Sindangwangi Majalengka. The sample size was determined using total sampling, which included all 15 participants. A passing skill test is the tool used to gather data. The paired sample test was then used to process and evaluate the data. $T_{count} = 13.484 > T_{table} = 2.145$ was the result of the data from the pretest and posttest. The significance shows that the sig (2-tailed) value is 0.000. H_0 is true since the significance level is less than or equal to 0.05. H_0 is rejected and approved because the significance value is less than ($\alpha = 0.05$). It is clear from the data analysis results that the el rondo training approach significantly affects the outcomes of futsal passing. Also recommended by the researchers is the usage of the el rondo training method for futsal training.

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INTRODUCTION

Futsal is quite well-liked by people of all ages, from kids to seniors; both sexes enjoy it a lot (Irawan, 2021). Futsal is a dynamic sport that requires players to be constantly on the move, possess good technical skills, and have a high level of resolve (Irawan et al., 2021). Futsal matches typically include faster movements because of the smaller field area and fewer participants (Indrayogi, 2020). A winning strategy has now been developed through the game of futsal. Because of this, effective passing is required between players rather than only to go past opponents (Berdejo-del-Fresno, 2018). Based on the aforementioned explanation, it can be said that futsal is a fast-paced ball game, the main key is passing (Steel, Jonathan; Jennings, 2015).

According to Engler et al. (2016), the purpose of passing in futsal games is to provide the ball to teammates in order to open up space so that players can score goals against opponents and keep the defensive area for defenders. The greatest strategy to manage



the game, launch attacks, defeat one or more opponents, and keep the ball in the team's possession is by passing, or what might be called passing (Irawan et al., 2021). However, since a futsal player is typically not silent, the object of passing in this game is always movement. The hull pass, which is rarely utilized on tiny fields, is rarely used throughout a match, hence it is crucial for every player to grasp this passing method (Ribeiro et al., 2020). A good passing technique necessitates movement control so that the ball travels to the intended recipient. To properly implement the futsal pattern on a level surface and a narrow field, hard and accurate passing is essential (Naser et al., 2017).

Because futsal is so popular with both the general public and school pupils, the author examines the activity and notices that many of the students make simple errors in passing and other fundamental futsal methods. They frequently make errors when passing, such as: failing to reach a friend; passing too quickly, making it difficult for the friend to control the ball; passing carelessly, making it unclear where the ball will be given; and passing improperly towards a friend, resulting in the wrong pass being given. Players' ability to grasp fundamental passing methods may also suffer from a lack of variation in drills.

It need a variety of cutting-edge training techniques to increase passing accuracy (Szwarc & Oszmaniec, 2020). Exercises that are not repetitive and isolated require players to move as in real games, which makes them happy, preventing boredom (Pratama, 2014). The author tries to employ the el rondo, or cat and mouse, training approach, which seeks to be more interesting and less monotonous and to improve passing technique abilities in futsal. The el rondo training method is a style of futsal training that utilizes a constrained playing area and includes a number of technical skills. In order to make it simpler to pass the ball, it must be distributed fast, accurately, and intelligently (Malone & Collins, 2017). Rondo is typically practiced in a small area, typically a square or rectangle. Because there isn't much time to do many touches, the initial and second touches must be polished (Pizarro et al., 2021).

The researcher's assumption is that in the game of futsal, the ability to pass is very important because, with precise and accurate passing, when feeding the ball to a friend, it will be easy to receive and master, so that the ball is not easily lost or captured by the opponent. Good passing skills with few mistakes can make a game even more interesting to watch (Didi Yudha Pranata, 2020). Based on the explanation above regarding the importance of passing exercises for futsal players, the coach needs to choose which training method to use to improve the passing technique. The goal to be achieved by the authors in this study was to determine the effect of the El Rondo training method on passing results in the futsal extracurricular MA. Siti Khadijah Sindangwangi Majalengka.

MATERIALS AND METHODS

The method used in this research is experimental research (Peers, 1996). The research design in this study used the one-group pretest-posttest design (DeCuir-Gunby, 2011). The independent variable is the el rondo training method, while the dependent variable is the result of passing futsal. In this study, the population was the MA Siti Khadijah Sindangwangi Majalengka futsal extracurricular students with a total of 15 people, and the samples used as research were all populations. The instrument used is the passing test for 30 seconds (Engler et al., 2016). Count 1, obtained from kicking the ball once, The data collection technique that will be used is to carry out a passing skills test, which is the subject of the study (Wagner, 2015). The data that will be collected in this study is pre-test data obtained from the number of students' abilities to carry out the passing skill test before the sample is given treatment (treatment), while post-test data will be obtained from the number of

students' abilities to carry out the passing skill test after the sample is given treatment (treatment) using the el rondo training method.

RESULTS AND DISCUSSION

Data collection was carried out twice, namely the initial test data collection and the final test data collection. For the initial test, namely the passing test, which was carried out before the research sample was given treatment. The sample treatment is in the form of the El Rondo training method, while the final data is the passing test after being given treatment. The results of the data collection carried out by the research sample can be seen in the table below:

Table 1. Pretest, posttest, and improvement data

Name	Pretest	Posttest	Enhancement
Y	13	15	2
R	13	15	2
A	14	16	2
S	12	13	1
S	15	17	2
J	12	15	3
F	12	14	2
A	13	14	1
A	14	16	2
A	12	15	4
D	12	14	2
R	14	16	2
M	12	14	2
R	13	15	2
R	11	14	3

Results of the Statistical Significance Test

Test the mean value, standard deviation, minimum, and maximum

The data used to analyze the results of this study were obtained from the pre-test and post-test to study the effect of the El Rondo training method on passing results. The data were then analyzed through statistical tests to find out the level of difference between the pre-test and post-test. Passing test data obtained from the initial test and final test can be seen in the following table:

Table 2. Calculation results of the average value and standard deviation

N	Minimum	Maksimum	Mean	Std. Deviasi
15	11	15	12,80	1,082
15	13	17	14,87	1,060

The data above shows the results of the pretest results of the ball passing skill test, which have a minimum score of 11.00, a maximum value of 15.00, an average of 12.80, and a standard deviation of 1.082. While the posttest results of the ball passing skill test have a minimum score of 13.00, a maximum score of 17.00, an average of 14.87, and a standard deviation of 1.060, This shows that the pretest results have increased in the posttest after being given treatment.

The normality test is carried out to find out whether the distribution of the studied variable data is normally or not normally distributed, which can then determine whether the test used is a parametric statistical test. If the data is normally distributed, then a parametric test is used, while the distribution of t data can be seen in Table 3.

Table 3. Normality Test Results

Results	Df	Sig	Explanation
<i>Pretest</i>	15	0,370	Normal
<i>Posttest</i>	15	0,630	Normal

The basis for testing this normality is the provision that if the value is significant > 0.05 , then the value is normally distributed, and if the significant value is < 0.05 , then the value is not normally distributed. It is known that in the normality test table, the pretest and posttest data above have a significant value > 0.05 , so it can be concluded that the pretest and posttest data above are normally distributed.

Next is to test the homogeneity of each variable as a step to determine the results of the data homogeneity test, which are as follows:

Table 4. Homogeneity Test Results

	<i>Levene Statistic</i>	df1	df2	Sig.	Results
<i>Pretest</i> <i>Posttest</i>	,058	1	28	,811	Homogen

By looking at the table above, it can be concluded that the sig value is $0.811 > 0.05$, so the results are homogeneous. Based on table 4.4, the results of the homogeneity test show that there is a significant effect of the El Rondo training method on passing results.

The hypothesis test examines if the El Rondo training approach has an impact on passing rates. One Simple T-test is used in this experiment. The student's learning outcomes from the Pretest and Posttest are used to derive data from this test.

Table 5. Results of the Hypothesis Test

Paired Samples Test							
	N	Mean	Std. Deviation	T _{count}	T _{table}	Sig.	Explanation
Pair 1 Posttest- Pretest	15	2,067	0,594	13,484	2,145	,000	Significant

Based on the output of the one sample T-test, a conclusion can be obtained. When examined from the perspective of the significance value, the Sig (2-tailed) value is 0.000.

Ho is passed over in favor of Ha due to its importance. Therefore, it can be said that the El Rondo Training Method has an impact on extracurricular futsal students' passing grades MA Siti Khadijah Sindangwangi Majalengka.

Discussion

El rondo training method or treatment results were evaluated using a standard deviation of 1.082, an average of 12.80, a minimum average value of 11.00, a maximum value of 15.00, and a value of 12.80. Before the method was applied or given, the researcher received this value. El Rondo instruction the researcher uses the findings of this assessment to show how the passing results still need to be improved. Additionally, the El Rondo training approach was employed by the researcher when providing care. 14.87 on average, with a 1.06 standard deviation. This demonstrates that the pretest results improved following treatment.

In the next step, the researcher tested the hypothesis by using the paired sample t-test using the pretest result data (the initial test) before being given treatment and the posttest result data (the final test) after being given the following treatment. With the test criteria, if the value is 0, Ho is rejected and Ha is accepted. If the value is significant, then Ho is rejected and Ha is accepted. Based on the output of the one sample T-test test obtained, When viewed from the perspective of the significance value, the Sig (2-tailed) value is 0.000. Because of its significance, Ho is rejected and Ha is accepted. So it can be concluded that there is an influence of the El Rondo Training Method on the result of the Futsal Extracurricular Passing MA. Siti Khadijah Sindangwangi Majalengka.

Problems regarding the level of accuracy of futsal passing were identified when researchers conducted an analysis of futsal extracurricular training activities at MA Siti Khadijah Sindangwangi Majalengka. The level of passing accuracy in question is the inability of students to pass correctly to friends. Passing that is too slow or too fast makes it difficult for friends to receive the ball, and passing that is still sloppy The impact sometimes makes the training program run less than optimally, and during matches, it makes it easy for opponents to grab the ball. In this case, it is necessary to have an appropriate training method to support students' futsal passing accuracy skills. There are several training methods that aim to improve passing accuracy, including the Small-Side Games training method and the El Rondo training method (Halouani, 2014).

Small-sided games are a form of training that is played on a small field with the aim of playing the ball well and improving the basic techniques of playing football (in this study, futsal), both passing, control, and dribbling (Yanci et al., 2017). Small-sided games are a training method by presenting game situations like real games that allow players to gain mastery of technical, tactical, and physical aspects (Baroni et al., 2011).

El rondo, or rondo, is a form of training with a square or rectangular scheme filled with several players and placing one or two players in the middle of the circle (Steel, Jonathan; Jennings, 2015). The form of the exercise is that the players standing around the circle must try to continue to control the ball by feeding it to each other (Yanci et al., 2017). Conversely, the player in the center of the circle must attempt to intercept the ball. Rondos are usually drills that take place in a confined space, usually a square or rectangle. Thus, the first and second touches must be refined because there is not much time to do many touches (Irawan et al., 2021).

From the two training methods above, it can be concluded that the two methods aim to improve the basic techniques of playing soccer or futsal. In this case, the researcher chose the el rondo training method, which makes it easier for students to focus on themselves to improve basic passing technical skills in accordance with the problems faced

by researchers regarding the lack of accuracy in futsal passing. In fact, rondo is an extraordinary training method (Irawan, 2021). We can use both feet, look the other way, pass inside, catch the opponent, and then, when the opponent approaches us, we can immediately move the ball to the other side, and this will continue continuously. All aspects of playing football (in this study, futsal) except shooting can be done in rondo (Ahmad, 2011).

CONCLUSION

Based on the study's findings, it can be said that the el rondo training method significantly affects the futsal passing results of extracurricular students at MA Siti Khadijah Sindangwangi. El rondo, thus, has elements of passing; as a result, it is used in this study as a framework to generate fresh data concerning whether el rondo affects the outcomes of futsal passing.

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CONFLICT OF INTEREST

No affiliations with or involvement in any organization or entity with any financial interest.

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