



Influence Small Sided Games and Wall Passes Against Ability Passing Athlete Age 15-17 Years SSB Putra Sampantao

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Abstract

Football is a sport that is growing rapidly and is popular throughout the world, both in society, schools and workplaces as evidenced by the growing number of football clubs. The basic skills of playing soccer are very important to apply in improving the ability to play soccer. One of the basic skills in football is passing ability which can be improved with Small Sided Games and Wall Pass exercises. This study aims to determine the significant effect of Small Sided Games and Wall Pass exercises on Passing ability in football games aged 15-17 years SSB Putra Sampatao Sei Mangkei Simalungun Regency in 1011. This research is an experimental study with a pretest and posttest design one group design. The sample in the study was 11 SSB Putra Sampatao Sei Mangkei athletes aged 15-17 years. After the pretest was carried out, the sample was then given small sided games and wall pass exercises for 18 meetings (6 weeks). The data analysis technique in this study used the t test. Based on the results of statistical tests using the t-test with a significant level ($\alpha = 0.05$) between the pre-test and post-test of passing ability, the value of tcount 10.141 > ttable 1.811 means that Ho is rejected and Ha is accepted. The conclusion of this study is that there is a significant effect of small sided games and wall pass exercises on passing ability in soccer games aged 15-17 years SSB Putra Sampatao Sei Mangkei Simalungun Regency in 1011.



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INTRODUCTION

Men in a way generally want success in a variety of ways. As for the results gathered from various efforts that have been made, it becomes success in one branch sports. That thing caused achievement by individuals in sports. Good from combination as well as harmonization of diverse effort Where capable support until achieved success in sports related (Muhajir, 2007). Sport is a series of regular and planned movements carried out by humans to reach an objective certain. Sport Already became activities and routines in daily human , sport Lots enjoyed Good as perpetrators and fans just . Sport can help good body development, physique, mind and attitude as well as be able to overcome tension experienced and even give very valuable values to each other (Sulistio et al., 2019).

The game of kicking the ball or football began in China, precisely during the Han Dynasty, in the second and third centuries BC. (Olivia, 2016). M society carrying a leather ball with his feet then kicking it into a small net. Meanwhile, in Japan there are also games of a type called here. Then, since the 16th century, Italians have loved dribbling and kicking the ball. England pioneered modern football where a number of basic rules were established so that it was very popular with the public. Furthermore, the game of soccer actually sparked quite a bit of violence during matches in a number of competitions (Gabriel et al., 2017). This caused in 1365 issued a ban on playing the game . This action was also supported by King James I of Scotland. Then, massive changes occurred which had an impact on the existence of football increasing in schools and universities in 1815. In 1863, official football rules were formulated by 11 clubs and schools at the Freemasons Tavern, thus becoming the starting point for modern football. Therefore, there is an increasingly clear difference between football or football/soccer and rugby or rugby. While football existed, the ball was no longer

allowed to be carried in the hand since 1869. Over time, in the 1800s, British soldiers, traders and sailors spread football to all corners of the world. Then, FIFA as an international football federation was founded in 1904. A number of competitions have been held in several countries since the early 1900s. (Achmad, 2016).

Football is a game played by teams or teams, where each team has one goalkeeper included in the 11 players main as well as a number of players reserve. Main target football the ball is scored goal to goal fight as much as possible to reach victory (Sjafri, 2017). This relies on leg strength, however sometimes using the chest and head, especially goalkeepers who can use their arms and hands and maximize all parts of the body to guard the goal in the penalty area which is a rectangle measuring 16 meters. (Fathinita et al., 2015). Football has basic techniques that every player must master before competing. Basic technique This includes steps to control the ball and control body movements during the match. And to reach good results, it required exercise. Training function that is For make players more get used to it and more control technique baseball processing. As for technique base in football, namely : kicking the ball (passing), grabbing the ball (tackling), heading the ball (heading), shooting the ball at goal (shooting), and dribbling (sajoto, 1995) Following results test ability base Sampantao Sei Mangkei Men's SSB football Regency Simalungun in 2023. Based on observations and tests carried out in Sampantao Sei Mangkei Men's SSB training Regency Simalungun For made object research on 15,10,19 March 1011, can seen from results of tests on Enough Lots students who haven't controlled passing with right. That thing seen when game going on, a lot student wrong moment passing, like passing is not reach colleague so that the kick No directed, sometimes passing arrives to Friend caused footrest at the moment do less passing correct, the ball that was passed was not sliding on the ground but the ball is always in the air, passing is too much tight cause

colleague team hard receive the ball. Not only that, students feel a saturation moment because of monotonous instructions from the trainer. Frequent mistakes made moment games like less passing appropriate so the ball often captured the opponent. The lack of variation practice at the moment of exercise makes children often feel fed up with basic mistakes in training as well as matches (Sunarno, 2012).

This time often discussed related methods of small-sided games in practice. That method is done by more A little players rather than Normally it's 11 versus 11 as well location in the field is small. As for methods wall pass is method returning the ball to bro only through One touch (Syahrul Faizal, 2015). Placement right position must become attention in technique this pass. Wall passes are a very simple movement. The practice is by two or more mutual players pass To use pass density defense against the opponent. Related with existing method small sided games as well exercise wall pass then researcher want to know benefit second method the to ability football passing. Study held at SSB Putra Sampantao Sei Mangkei Regency Simalungun Because writers Already often join practice and play together. And researchers often notice SSB children aged 15-17 years, so writers see a problem where there is still a lack of ability passing part in specifically aged 15-17 years. SSB Putra Sampantao employed Mr. Sofwan Hadi as trainer. SSB Putra Sampantao has two groups the age of construction done No simultaneously that is range 15-17 years and ages 20 to top (senior). SSB Putra Sampantao has conditions as well as criteria very Good accompanied completeness infrastructure To use support practice. At this school, two goals are provided small, two wickets permanent, 20 cones small and still Lots cones. In addition, there are 10 wickets obstacle size small, medium, or tall made of paralon as well as long from paralon numbering five (Syarifuddin, 1997). SSB Putra Sampantao provides a field so exercise is more conducive. However, there

are still not enough things that require improvement, like momentary rain and causing standing water in a number of areas of the field. Desiring students to become part of SSB Putra Sampantao Enough Lots because this school has diverse performance as well as potency tall develop capability students (Raven, 1982). Therefore, in the future SSB Putra Sampantao must have quality high on the trainer or the infrastructure. That thing To use now exists to influence positive method exercises, small sided games and wall passes against ability passing at SSB Putra Sampantao Sei Mangkei Regency Simalungun.

This time often discussed related methods of small-sided games in practice. That method is done by more A little players rather than Normally it's 11 versus 11 as well location in the field is smaller. As for methods wall pass is method returning the ball to bro only through One touch (Saputra et al., 2019). Placement right position must become attention in technique this pass. Wall passes is a very simple method in a Movement (Budiwanto, 2012). The practice is by two or more mutual players pass To use pass density defense against the opponent. Related with existing method small sided games as well as exercise wall pass then researchers want to know the benefit of the second method the ability to pass football passing Irianto, S. (1995). That thing to use now exists to influence positive method exercises, small sided games and wall passes against passing ability at SSB Putra Sampantao Sei Mangkei Regency Simalungun. Based on the explanation above is an implemented study entitled "The Effect of Small Sided Games Training and Wall Pass Training on Ability Passing in the Game Football Age 15-17 Years SSB Boys Sampantao Sei Mangkei Regency Simalungun Year 2022.

METHOD

Exists treatment as well test final (posttest This research uses method experiment with design Pretest Posttest

Control Group Design. Where is it done moreover formerly something study test beginning (pretest) before) after giving treatment. Hence, accuracy results the acquisition more tall as impact from comparison before as well as after existing treatment. This research was conducted for 18 meetings (6 weeks) with a training volume of 3 times a week. Instruments used in this research test pass the ball low . Tools used in this research are meters .(Nurhasan, 2001) Deep data collection techniques this research with tests and measurements . Samples used in In this study, there were 13 athletes football 15-17 year olds obtained with technique purposive sampling. This analysis includes testing analysis requirements and testing research hypotheses. Testing analysis requirements using the normality test (Liliefors test), Homogeneity test (Bartlet test), Hypothesis testing (paired sample t-test and independent test) with statistical methods using the t test level significant ($\alpha = 0.05$).

RESULT

Table 1. Distribution frequency of pre test data Passing ability

		Frequency (n)	Percent tage (%)
Passing Ability	Currently	4	30.8
	Not enough	9	69.2
	Total	13	100.0

Based on a pre-test of players' passing abilities aged 14-17 years it is known that as many as 9 people (69.2%) in category less and as many as 4 people (30.8%) were in the category medium.

Table 2. Frequency distribution of post test data on passing ability

		Frequenc y (n)	Percentag e (%)
Passing Ability	Very good	5	38.5
	Good	5	38.5
	Currently	3	23.1

Total	13	100.0
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Based on player post-test aged 14-17 years, there are as many as 5 people (38.5%) in very good category, 5 people (38.5%) category good and as many as 3 people (23.1%) category medium.

Table 3. Description of Pre Test and Post Test Data on Passing Ability

Description	Pre Test	Post Test
N	13	13
Average value	4.23	7.85
Variance	1,192	2,808
Standard Deviation	1.09	1.87

Based on a table on can describe results of pre-test ability passing athlete football aged 14-17 years, totaling (n) = 13 people were obtained average value = 4.23 variance = 1.192 and deviation standard = 1.09. Post-test results to athlete football aged 14-17 years, totaling (n) = 13 people were obtained mean value = 7.85, variance = 2.808 and deviation standard = 1.87.

Table 4. Normality Test of Pre Test and Post Test Data Ability Passing

Form of Exercis e	Average & Save Raw	Lol	L table	α	N	Note
Practice small sided games and wall passes	Pre-test $\bar{X} = 4,23$ $S = 1,09$	0,164	0,234	0,05	13	Norma 1
	Post test $\bar{X} = 7,85$ $S = 1,87$	0,155	0,234	0,05	13	Norma 1

Test the normality of pre-test and post-test data with the Lilliefors test . Based on results calculation obtained Lo value = 0.164 < L table = 0.234 with n = 13 and α value = 0.05, meaning that the pre-test data is normally distributed and the Lo value = 0.155 < L table = 0.234 with n = 13 and α = 0.05, meaning that the post-test data is normally distributed.

Table 5. Homogeneity Test

Homogeneous Test	F count	F table	A	N	Note
Variance pre test and post test exercise small sided games and wall passes.	2,355	4.1	0	13	Homogeneous

Based on homogeneity test results of pre-test and post-test data exercise, small sided games and wall passes obtained $F_{count} = 2.355 < F_{table} = 4.10$ with $n = 13$ and $\alpha = 0.05$, then concluded that the data originates from homogeneous variance.

Table 6. Hypothesis Testing With T-Test

Data description	Ability Football Passing	
	Small side games and Wall passes	
	pre-test	post test
t count	10,342	
t table	1,812	

Based on test results hypothesis ability using the t test obtained mark $t_{count} = 10.345 > t_{table} = 1.812$ with $\alpha = 0.05$ meaning that H_0 is rejected and H_a is accepted. So you can conclude that there is significant influence between playing small sided games and wall passes against ability passing football 14-17 years old SSB Putra Sampantao Sei Mangkei Regency Simalungun in 2022.

DISCUSSION

Based on from results study so researcher will discuss from results study as following:

The Effect of Small Sided Games Practice To Ability Football Passing in Athletes Age 14-17 Years

Based on Hypothesis test results pre-test and post-test data ability football passing with using the t test is obtained significantly influence exercise small sided games against football passing ability in

athletes 14-17 years old SSB Putra Sampantao Sei Mangkei Regency Simalungun 2022. This research is supported by research Saputra et al (2019) say that there is influence significantly between exercise small sided game against ability passing to students participant extracurricular MTs Alimaksun Bantul football with calculated T value = 2.196. Small sided games practice is exercise with presentation situation games that apply in a way direct exercise physical, technical and tactical in A game small or more games prioritize deep passing game with pressure as if in game actually (Muzaffar & Saputra, 2019).

Small sided game's practice ever researched by(Ichsan, 2013) with title and results "The Effect of Small Sided Game's Practice on Accuracy Horizontal Passing Students Who Follow Extracurricular Football at SMP N 1 Nglipar Mountain Kidul" concluded that there is influence exercise small sided games against enhancement accuracy passing to students extracurricular at SMP N 1 Nglipar Mountain South with acquisition mark calculate $t_{count} > t_{table}$ ($2.477 > 1.76$) then can concluded that happen significant improvement Skills accuracy horizontal passing at the moment pre-test and post-test. According to (Wardana, Setiabudi, & Candra, 2018) that small sided games in game football can increase Power aerobic endurance because exercise in small sided games include aspect technique, tactics and physics. Small-sided games are also well applied in game football Because exercise focuses the focus player with applicable rules, that is every implementation of the training program must be systematic, repetitive and always add burden exercise (overload) for increased quality physical, tactical and mental.

From existing research held method exercise small sided game is still there is a number of lack from method exercise small sided game's ie For athletes who still are new know method this exercise is a must need adjustment For Can perfect method exercise small sided games because Still

there is athlete or students who haven't understand with rule rule method exercise small sided games, then coach must give maximum understanding about method exercise small sided games so Can walk with maximum and get maximum results.

Effects of Wall Pass Training to Ability Football Passing in Athletes Age 14-17 Years

Based on Hypothesis test results pre-test and post-test data ability football passing with using the t test is obtained to significantly influence exercise wall pass against football passing ability in athletes 14-17 years old SSB Putra Sampantao Sei Mangkei Regency Simalungun Year 2022. This research is also supported by (Wulandari et al., 2022) that there is an influence wall pass on accuracy passing to players school football (SSB) Putra Sukma Palembang with T count = 14.71. The wall pass drill is a movement kick the ball back and forth carried out by 2 players, where Player A does passing to player B and vice versa Player B passes the ball back to player A in the new position, then Player A returns and passes the ball towards player B accordingly with provision form practice. Based on study previously This research aims to know The Effect of the Wall Pass Training Method on Short Pass Passing Ability in Sports Football at SSB PSP SIDOARJO at the age of 11-14 years. the average number of group pretests wall pass practice (group experiment) was 50, and the posttest average was 75.38, and value tcount on the test group short pass passing ability experiment amounting to 24,711 and value t table 1.708, value data probability 0.000, so the data is stated significant. It means There is an influence on application method wall pass practice against short pass passing ability in the group experiment.

Based on research conducted previously there is research that has comparison with method another exercise entitled "The Effect of Wall Pass and Push And Run Training Methods on Accuracy Passing in the Game Football for Mumbul Boys' SSB Students Age 10-13 Years"

results study show that there is difference significant influence between method exercise wall pass and push and run to accuracy deep passing game Mumbul Men's SSB football aged 10-13 years with mark significant 0.002, for more influential to enhancement accuracy passing is training push and run seen from mean difference LSD test, namely of 0.8000.

Deep wall pass drill game football is a very valuable and important basis for athletes to increase accuracy passing. Athletes following a training program for 6-10 weeks will have strength, power, more endurance and stamina Good compared to with exercise for 1-2 weeks just. Wall pass practice applies technique, coordination as well as feeling expected capable increase passing ability in athletes football (Wulandari et al., 2022). Based on study previously This research aims to know The Effect of the Wall Pass Training Method on Short Pass Passing Ability in Sports Football at SSB PSP SIDOARJO at the age of 11-14 years. the average number of group pretests wall pass practice (group experiment) of 50, and the post-test average of 75.38, and value tcount on the test group short pass passing ability experiment amounting to 24,711 and value ttable 1.708, value data probability 0.000, so the data is stated significant. It means There is an influence application method wall pass practice against short pass passing ability in the group experiment. According to (Suantama. et al., 2018) method exercise wall pass is movement return the ball to bro with One touch where one necessary thing is noticed in pass, that is placement position. The wall pass movement is very simple carried out by two people or more with each other pass to penetrate the defense opponent.

Difference The Effect of Small Sided Games and Wall Pass Practice to Ability Football Passing in Athletes Age 14-17 Years

Based on Hypothesis test results pre-test and post-test data ability football passing with using the t test is obtained No There is difference visible influence

between exercise small sided games and wall passes against football passing ability in athletes 14-17 years old SSB Putra Sampantao Sei Mangkei Regency Simalungun In 2022 with calculated T value = 10.342. According to results Research conducted method exercise small sided games and practice Wall pass can be done to help increase ability base deep passing game football. Based on hypothesis test findings third No there is difference significant influence between exercise small sided games and practice inner wall pass increase ability deep passing game football. Because we both can help increase the ability of deep passing game football 14-17 years old SSB Putra Sampantao Sei Mangkei Regency Simalungun in 2022. From the average score on disclose that exercise small sided games and practice wall pass has the same value, which leads to the conclusion that both are the same effective and possessive quite an impact big.

Small sided game's practice is designed For increased ability deep passing game football. Hence the practice small sided games are highly recommended used in exercise Because proven own positive impact in increasing ability deep passing game football. Because of the method exercise, small -sided game's cover aspect technique, tactics and physics. Small-sided games are also well applied in game football Because exercise focuses the player with applicable rules, that is every implementation of the training program must be systematic, repetitive and always add burden exercise (overload) for increased quality physical, tactical and mental (Saputra et al., 2019). Viewed with method exercise others, practice wall pass has a positive impact and helps increase ability passing in the game of football. Deep wall pass drill game football is a very valuable and important basis for athletes to increase accuracy passing. Athletes following a training program for 6-10 weeks will have strength, power, more endurance and stamina Good compared to with exercise for 1-2 weeks just. Wall pass

practice applies technique, coordination as well as feeling expected capable increase passing ability in athletes football (Wulandari et al., 2022).

CONCLUSION

Based on results study can concluded that :

1. There is a significant influence exercise Small Sided Games to ability Passing in game football 15-17 years old SSB Putra Sampantao Sei Mangkei Regency Simalungun in 2022.
2. There is a significant influence exercise Wall Pass to Deep passing ability football 15-17 years old SSB Putra Sampantao Sei Mangkei Regency Simalungun.
3. There difference significant influence between exercise Small Sided Games and exercises Wall Pass automatically together with deep passing ability football 15-17 years old SSB Putra Sampantao Sei Mangkei Regency Simalungun.

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