

## The Effect of the El Rondo Training Method on Passing Accuracy in U-16 Players of SSB Tunas Gloria Kupang

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### Abstract

**Objectives:** Football has become an integral part of modern life and continues to develop as a competitive sport that requires effective and innovative training methods. One of the fundamental techniques that determines the quality of team play is passing accuracy. This study aimed to examine the effect of the rondo game method on improving passing accuracy in football players at SSB Tunas Muda, Kupang City.

**Materials and Methods:** This study employed an experimental method using a one-group pretest–posttest design. The sample consisted of 18 players selected through purposive sampling. The research was conducted over 18 sessions, including 1 pretest session, 16 treatment sessions, and 1 posttest session. The treatment involved training using the rondo game method. Data were analyzed using descriptive statistics and inferential statistics. Before hypothesis testing, normality and homogeneity tests were conducted to ensure that the data met the assumptions for parametric analysis. The hypothesis was then tested using a t-test at a significance level of 5%.

**Results:** The findings showed a clear improvement in passing accuracy after the implementation of the rondo game method. In the pretest, the scores ranged from 2 to 4, with a mean of 3.44, a standard deviation of 0.705, and a variance of 0.497. In the posttest, the scores ranged from 6 to 9, with a mean of 7.56, a standard deviation of 1.097, and a variance of 1.203. The normality test indicated that the data were normally distributed, while the homogeneity test confirmed that the data were homogeneous. The t-test results demonstrated a significant effect of the rondo game method on players' passing accuracy.

**Conclusions:** The rondo game method had a significant positive effect on improving passing accuracy in football players. This method encouraged players to remain active, improve ball circulation, and develop better passing performance during training. However, several limitations were identified, including inadequate infrastructure, limited player awareness for independent practice, and the need for adaptation to the speed of play in rondo-based passing drills. These findings suggest that the rondo game method can be considered an effective training approach for developing passing skills in football.

**Keywords:** El Rondo; Passing Accuracy; Soccer Training; Youth Players; Football Academy.

## Introduction

Football has developed rapidly, often supported by increasingly modern science and technology, both in terms of physical condition, technique, and game tactics, as well as the mentality of the players themselves. It's important to note that football is one of the most popular sports in the world and is characterized by high physical, technical, and tactical demands (Krill & Peterson, 2023; Mahendra et al., 2025). Basic skills in sports are very important to train. For example, the martial art of kempo has various basic skills, such as kicking, punching, blocking, dodging, throwing, and locking techniques that need to be trained correctly and precisely to achieve significant improvement (Wali & Widiyanto, 2021). Football is one of the sports that is very popular with all levels of people in this world. Football is a popular team sport played by two teams, each consisting of 11 players, who aim to score goals by getting the ball into the opponent's goal using the feet or other body parts other than the hands. This game takes place on a rectangular grass field for 2 X 45 minutes. With the popularity of this sport, various training methods are always presented and used by coaches to improve the basic technical abilities of athletes, one of the methods used in this study is the rondo game.

Rondo is a form of training with a circle scheme filled with several players and placing one or two players in the center of the circle (Tamami et al., 2023). The rondo training method is universally a form of soccer training in which one group of players (attackers) forms a circle and tries to maintain possession of the ball, while one or more defenders in the middle try to win it. This training method focuses on passing speed, ball control techniques, and quick decision-making. The Permian rondo-based training method is one of the most effective training methods for athletes in improving their ability to perform basic techniques in soccer, especially passing, controlling and escaping from opponent pressure. Based on the results of the initial study, researchers found that there were quite serious problems experienced by players from SSB (soccer school) Tunas Gloria Kota Kupang, who still had problems with passing techniques, control and finding space to create opportunities. Another fact on the field that researchers found was that athletes rarely moved and often lost the ball due to inaccurate passing and good control.

The researcher's basis for conducting this research is that there is a gap in the abilities of soccer players at the Tunamu Muda soccer school in Kupang City who have a lack or low quality of mastery of basic soccer techniques. Especially accuracy in passing and ball control. There are several previous studies that conducted similar research (Efendi et al., 2025; Hasyim Naufal & Syafii, 2022; Pipit Fitria Yulianto et al., 2025; Yulianto et al., 2025). Of these four studies, there are similarities and differences in this study, including: all four researchers use the rondo training model to improve passing in soccer games, the following similarities are: the training point focuses on soccer schools. While the difference in research lies in the four previous researchers using a combination training

model while in this study the researchers did not use a combination training model, 2). Number of samples and gender, 3). Research methods and analysis. Although there are various rondo-based training models, the goal is the same, namely to improve the quality of the players, especially at SSB Tunas Gloria Kupang.

The history of the creation of SSB cannot be separated from former NTT football athlete Anton Kia, who was the first to qualify for PON representing NTT at this event. SSB Tunas Muda Kupang City was founded in 2002 with the aim of providing a place for young players who aspire and love football to realize their dreams of becoming professional football players. SSB Tunas Muda is located in Merdeka Village, Kota Lama District, Kupang City, East Nusa Tenggara. SSB is growing rapidly by creating great players who are born from this organization.

Improving basic soccer techniques is a crucial element, as they are a series of fundamental skill movements performed by players, both with and without the ball, to control the game, capture the ball, pass, and score goals. Therefore, efforts to improve basic self-defense techniques require methods to achieve the objectives of various basic soccer techniques (Wali et al., 2025) . It should be noted that all basic techniques in any sport involve motor coordination and cognitive aspects to support team performance . Supportive aspects are crucial for players to perform various basic techniques in a sport . For example, speed and agility are biomotor components that form the basis for players to practice using the rondo training method (Ansharudin et al., 2022) . In this effort, researchers employed a simple training approach that had a positive impact on improving soccer players' skills .

Passing accuracy and ball control are two techniques that are often problematic for players during training and matches. Players often make inaccurate passes accompanied by imperfect ball control. Players are still not very proficient in basic soccer passing techniques, so athletes really need the rondo game training method to have good passing skills. The rondo game is a training model that has the effect of improving the accuracy of soccer players' passes (Raharja, 2020) . The Rondo game uses a soccer ball, with one, two, or even three children assigned as opponents to practice and realize the techniques that are the focus of the training as a player's shortcomings . The urgency of this research is to address the gap in soccer players at SSB Tunamuda Kupang regarding low skills in passing techniques. This research has important value for future researchers , sports practitioners, coaches, and players as experience in using this training method with the main goal of improving various soccer player skills. The *novelty* in this research is using the rondo training model to improve passing accuracy in soccer games.

## **Materials and Methods**

### **Study Participants.**

The type of research used in this study is experimental research (Asrin, 2022) . Experimental research methods are used to determine the effect of a particular treatment. With the given treatment, a relationship can be observed. In this study, testing was conducted twice: a pretest and a posttest after the treatment was administered (Nursalam, 2016) . In this study, one independent variable and one dependent variable were used. A research variable is something determined by the researcher to be studied so that information about the problem can be obtained and conclusions can then be drawn (Riny & Safrul, 2022) .

### Study organization.

This research was conducted in Merdeka Village, Kota Lama District, Kupang City. The study lasted from October 2022 to November 2022. The sampling technique used in this study was purposive sampling; purposive sampling is a sampling technique based on certain considerations (Sugiyono, 2015). The sample in this study consisted of 18 players from SSB Tunas Muda who regularly participated in training. This study was conducted over 18 sessions, including pretests and posttests, as well as 16 treatment sessions. This study used tests to obtain data.

### Statistical analysis.

The test used in this study was the lowball passing technique. The data analysis technique for analyzing experimental data with a pretest–posttest design model was to conduct a t-test with a significance level of 5%.

### Results

Initial data from the Tunas Muda SSB players' passing accuracy quality test. The testing procedure aimed to determine the participants' ability and skill in executing accurate passes. The initial test was conducted one day before the samples underwent the Rondo game treatment for six weeks.

**Table 1.** Pretest Passing Accuracy Results  
Tunas Muda SSB Players, Kupang City

NO	NAME	SCORE			THE FINAL RESULT
		CHANCE			
		1	2	3	
1	Fauzi	1	1	1	3
2	Jeri	1	3	0	4
3	Come on	0	0	3	3
4	Hence	0	1	3	4
5	Amy	1	1	3	3
6	Ote	3	0	0	3
7	Daspan	1	3	0	4
8	Adit	1	3	1	2
9	Arvin	3	1	0	4
10	Andika	3	1	0	4
11	Geri	0	3	1	4
12	Aim	0	3	0	3

13	Dito	0	1	1	2
14	Seva	1	3	0	4
15	Joshua	1	1	1	3
16	Will	1	0	3	4
17	Rinto	0	3	1	4
18	Yuzar	3	0	1	4

Based on the pretest results in table 1 above, it shows that the basic passing skills of the Tunas Muda Kupang City SSB players are very low. This result was observed when the researchers conducted three consecutive treatments without using the rondo game as one of the media used in this study. Based on this table, the researchers concluded that the passing skills of the Tunas Muda Kupang City SSB players are still very low.

**Table 2.** Posttest Results of Player Passing Accuracy  
Tunas Muda High School, Kupang City

NO	NAME	SCORE			THE FINAL RESULT
		CHANCE			
		1	2	3	
1	A	3	3	3	9
2	AB	1	3	3	7
3	CL	3	3	1	7
4	DL	3	3	3	9
5	AI	1	3	3	7
6	LO	3	3	0	6
7	KK	3	3	1	7
8	LI	3	3	3	9
9	Ar	3	3	0	6
10	A	1	3	3	7
11	G	1	3	3	7
12	A	1	3	3	7
13	D	1	3	3	7
14	S	3	3	3	9
15	J	1	3	3	7
16	W	1	3	3	7
17	R	3	3	3	9
18	Y	3	3	3	9

The pretest results served as a benchmark for researchers to conduct experiments on Tunas Muda SSB players in Kupang City by administering a posttest. The posttest results are shown in Table 2 above. Table 2 shows a very significant difference compared to the pretest results, as it clearly illustrates that the first and second treatments in the posttest have a range of differences from the pretest results. This is because the pretest did not use any media to improve passing skills, while the posttest used a rondo game as a medium. Thus, the posttest results indicate that there have been changes in Tunas Muda SSB players in Kupang City.

**Table 3.** Results of Descriptive Statistical Analysis of Pretest and Posttest

	Descriptive Statistics							
	N Statistics	Minimum Statistics	Maximum Statistics	Sum Statistics	Mean		Standard Deviation Statistics	Variance Statistics
					Statistics	Std. Error		
Pretest	18	2	4	62	3.44	.166	.705	.497
Posttest	18	6	9	136	7.56	.258	1,097	1,203
Valid N (listwise)	18							

Based on the data from the pretest and posttest obtained, the researcher then conducted a comprehensive summary of the 18 samples used, showing the differences between the pretest and posttest results. The pretest results showed a minimum value of 2, a maximum of 4, an average of 3.44, a standard deviation of 0.705, and a variance of 0.497, while the posttest results showed a minimum value of 6, a maximum of 9, an average of 7.56, a standard deviation of 1.097, and a variance of 1.203. Thus, this study proves that there is a significant influence on the passing ability of SSB Tunas Muda players in Kupang City. To test whether the data in this study is valid or not, the research data must go through three tests: first, the Normality test; second, the Homogeneity test; and finally, the t-test.

**Table 4.** Results of Normality Test Analysis

Zscore: Pretest	Tests of Normality					
	Kolmogorov-Smirnov <sup>a</sup>			Shapiro-Wilk		
	Statistics	Df	Sig.	Statistics	Df	Sig.
Pretest	-2.04946	.	2	.		
	-.63060	.	6	.	.	6
	.78825	.	10	.	.	10
Posttest	-2.04946	.260	2	.		
	-.63060	.401	6	.003	.770	6
	.78825	.327	10	.003	.770	10

Based on the results of the normality test presented in Table 2, the data in this study are considered normal, meaning they are free from errors. Therefore, the data from the normality test in this study can be continued to the next test, namely the homogeneity test.

**Table 5.** Results of Homogeneity Analysis

Pretest		Sum of	Df	Mean Square	F	Sig.
		Squares				
	Between Groups	.044	2	.022	.040	.961
	Within Groups	8,400	15	.560		

	Total	8,444	17		
Posttest	Between Groups	20,444	2	10,222	.
	Within Groups	.000	15	.000	
	Total	20,444	17		

Based on the results of the homogeneity test presented in Table 5, the data in this study are considered normal, meaning they are free from errors. Therefore, the data from the homogeneity test in this study can be continued to the next test, the t-test.

**Table 6.** Results of T-Test Analysis

One-Sample Test						
Test Value = 0						
	t	Df	Sig. (2-tailed)	Mean Difference	95% Confidence Interval of the Difference	
					Lower	Upper
Pretest	20,735	17	.000	3,444	3.09	3.79
Posttest	29,231	17	.000	7,556	7.01	8.10

## Discussion

After going through two tests, namely the normality test and the homogeneity test in this study, the author conducted a t-test with the aim of determining whether the researcher's hypothesis in this study can be answered with the main hypothesis: "There is an influence of training using the rondo game method on passing techniques in football at SSB Tunas Muda, Kupang City." Based on this hypothesis and the results of the study, it was found that there is indeed an influence of training using the rondo game method on improving passing techniques in football .

Football is a sport that is very popular with people all over the world, including in Indonesia (Sunarto et al., 2023) . Football is a team game in which each player has their own role, such as defender, midfielder, attacker, and goalkeeper. (Purnomo et al., 2020). These tasks are listed and supported by excellent technical mastery. Every soccer athlete has a thorough understanding of the basic techniques of soccer. (Karakaya et al., 2016). Movement techniques in football consist of various basic skills such as running, dribbling, passing and shooting, which are also called technical skills. (Clemente & Sarmiento, 2020) . Basic techniques are the most important thing in soccer. It should be noted that to play soccer, one needs to have basic skills in playing soccer. (Dimic et al., 2018). Football is a game played by 11 players against 11 players, supervised directly by a referee who has assistant 1 and assistant 2, as well as one referee as a reserve or substitute. (Lapere et al., 2020). This game takes place on a football field measuring 100 to 110 meters long and 64 to 75 meters wide, where direct contact occurs between players from one team and players from the opposing team (Emral, 2018).

Every soccer player must be able to control and play the ball in a match, which requires each player to have adequate basic soccer skills (Robineau et al., 2012). Basic soccer playing techniques

are divided into two types: basic defensive techniques and basic attacking techniques. (Moen et al., 2021). Basic defensive techniques consist of proactive defense with physical contact, intercepting the ball, tackling, and clearing the area. Basic offensive techniques consist of feints, ball control, passing, dribbling, shooting, and heading the ball. (Paramitha et al., 2020). Several basic techniques must be mastered by a player to support their performance on the field according to their respective positions. Important skills to learn in soccer include dribbling, passing, shooting, tackling, heading, using the non-dominant foot, and spontaneous movements (Bima et al., 2021). Receiving, dribbling, passing, shooting, and heading are basic techniques that must be developed and practiced continuously by all players. (Riyadi et al., 2020). The best players always have strong techniques. Mastering basic techniques will shape players into skilled players. (Rosyadi et al., 2022).

In soccer, Rondo is a method used to improve passing skills that is applied to all levels of soccer players. (Permadi et al., 2023; Pratama, 2019). This method requires several people (at least three people) to pass the ball to each other. (Mudrika, 2022; Sumitra et al., 2023). Tiki-taka is developed through the El Rondo drill, where one or more players are positioned in the center of the field and try to intercept passes from other players inside the circle. (Qohhar, 2018). This is repeated often so that Barcelona players are very skilled at short passes (Hadinata et al., 2023; M. Siddiq Julianto et al., 2022). Rondo is also a factor in improving passing skills in soccer because players lack mastery of passing techniques. Rondo can serve as training to improve passing skills so that players can control passes well and have good game vision when playing soccer. (Ramadhan et al., 2023).

This research aligns with the research findings of (Muhammad Tamami, 2023; Nugroho, 2022; Udin et al., 2025), which state that rondo-based training provides practice for precise passing, as passing is an important fundamental technical aspect of soccer, especially for young players. This differs from the findings of this study, as it focused on adolescent players, not young players. Another difference is that this study did not use two or more training models, with the aim of not making comparisons. This study focused on the rondo training model, with the primary goal of improving the passing accuracy of soccer players at SSB Tunas Muda, Kupang City, East Nusa Tenggara.

In general, passing is a technique in soccer often used by giving the ball to a teammate. The goal of passing is to create a play that leads to the opponent's goal to score, and when the opponent attacks, it can help the defense in the defensive area. Having good passing skills will reduce errors on the field and make the game of soccer more enjoyable for spectators (Al Anshar, 2018). The passing technique is always performed with a flat pass that is faster than other passes. The execution of this technique begins by standing, shoulders facing the target, bringing the supporting foot closer to the ball, swinging the leg to the side with the toe pointing upwards, then kicking with the side of the foot, and finally directing the kick to the front line of sight while maintaining the position of the foot (Rustanto, 2017).

## Conclusions

Based on the analysis of posttest data or the final research results, it was proven that the rondo game used in this study had a significant effect on improving passing accuracy in soccer. Therefore, the researchers can conclude that the results of this study have a substantial impact on improving technical skills in soccer, and this research also has implications for the academic world, particularly in the field of coaching. The development of the research findings and the prospects for further research applications will be discussed next (based on the results and discussion).

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## Conflict of interest

This research has no conflict of interest towards anyone, this research is purely to find out the scientific principles of the rondo-based training method.

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