

The Effectiveness of 5-on-5 Training after an Open Passing Combination on Passing Accuracy at Putra Mutiara FC in 2024

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Abstract
Objectives:This study aimed to examine the effectiveness of 5-on-5 training after an open passing combination in improving passing accuracy among players of Putra Mutiara FC in 2024. The study was based on the problem that several players still showed weaknesses in passing accuracy, while the training model used by the club was relatively conventional and monotonous, causing players to become less engaged during practice sessions. Materials and Methods: This study used an experimental method with a one-group pretest–posttest design. The participants were 22 male players of Putra Mutiara FC in 2024, selected using purposive sampling. The research procedure consisted of an initial passing accuracy test, the implementation of 5-on-5 training after an open passing combination, and a final passing accuracy test. The data were analyzed using SPSS version 16 by comparing the mean scores before and after the treatment. Results: The results showed an increase in the players’ passing accuracy after the training program. The mean score before the implementation of 5-on-5 training after an open passing combination was 7.3182, while the mean score after the treatment increased to 9.1364. These findings indicate that the training program produced a positive improvement in passing accuracy among the players. Conclusions:Based on the results, it can be concluded that 5-on-5 training after an open passing combination is effective in improving passing accuracy among players of Putra Mutiara FC in 2024. This training model can be used as an alternative exercise method to make passing practice more varied, game-like, and engaging for football players.
Keywords: 5-on-5 Training; Open Passing Combination; Passing Accuracy; Football Training; Putra Mutiara FC.

Introduction

Football is a team sport in which two teams compete against each other by involving physical, technical, tactical, and mental components (Kuswoyo, 2018). The game is played by kicking and controlling the ball with the main objective of scoring as many goals as possible into the opponent’s goal while preventing the opposing team from scoring(Kuswoyo, 2017). In football, players are required to perform various basic techniques effectively and in accordance with the rules of the game(Kuswoyo et al., 2020; Wiewiorski et al., 2017). Therefore, mastery of fundamental techniques is an important requirement for players to

support team performance during training and competition (Abarghoueinejad et al., 2021; Hutajulu, 2013).

One of the most important basic techniques in football is passing (Efendi et al., n.d.; Giulianotti et al., 1996; Teoldo et al., 2021). Passing refers to the technique of delivering or transferring the ball from one player to another during the game. This technique plays a crucial role in building attacks, maintaining ball possession, changing the direction of play, and supporting defensive organization. Good passing does not only depend on theoretical understanding, but also requires direct and repeated practice so that players can develop accuracy, timing, coordination, and decision-making in real game situations (Davis, 2013; Renshaw et al., 2010; S. H. Wang et al., 2022).

Based on observations conducted at Putra Mutiara FC in 2024, several players still frequently made mistakes in passing accuracy, particularly during friendly matches. These mistakes included inaccurate ball direction, poor timing, weak control of passing distance, and failure to deliver the ball effectively to teammates. This condition shows that passing accuracy remains a technical problem that needs to be improved through a more appropriate training model. In football, poor passing accuracy can cause loss of possession, disrupt team strategy, and reduce opportunities to create goal-scoring chances.

Passing accuracy is an essential element because it connects individual players into an effective team unit. Accurate passing and proper ball reception enable players to maintain the flow of the game, create attacking combinations, and support tactical cooperation (Soemantri et al., n.d.). The accuracy, speed, and timing of ball release are important factors in successful passing combinations (David J. Smith, 2003; Y. Wang, 2022). Players must also be able to receive the ball properly after it is delivered by a teammate. If passing and receiving skills are not performed well, the team may lose the ball easily and miss opportunities to build attacks or score goals.

In response to this problem, 5-on-5 training after an open passing combination can be used as an alternative training model to improve passing accuracy. This training form is designed to resemble real football game situations by involving small-sided play, team cooperation, opponent pressure, target zones, and competitive elements. Through this training, players are encouraged to make quick decisions, move into open spaces, communicate with teammates, and perform accurate passing under game-like conditions. Compared with conventional and monotonous passing drills, this model provides a more varied and realistic training environment, making players more actively involved in the learning process.

Therefore, the problem of passing accuracy among Putra Mutiara FC players becomes an important basis for conducting this study. This research aims to examine the effectiveness of 5-on-5 training after an open passing combination on passing accuracy at Putra Mutiara FC in 2024. The results of this study are expected to provide practical benefits for coaches in developing more effective, enjoyable, and game-based passing training programs for football players.

Materials and Methods

Study Participants

The participants in this study were male football players from Putra Mutiara FC in 2024. A total of 22 players were involved as the research sample (Sugiyono, 2017). The sample was selected using purposive sampling, meaning that the participants were chosen based on specific considerations relevant to the research objectives. The main consideration was that the players were active members of Putra Mutiara FC and regularly participated in football training sessions.

The inclusion criteria in this study were players who were registered as active members of Putra Mutiara FC in 2024, participated in the training program during the research period, and were physically able to take part in the passing accuracy test and training treatment. Players who were injured, absent during the treatment program, or unable to complete the pretest and posttest were not included in the final data analysis. All participants received the same treatment in the form of 5-on-5 training after an open passing combination.

Study Organization

This study used an experimental research method with a one-group pretest–posttest design. Experimental research is a systematic and objective method used to examine the causal relationship between variables by providing a specific treatment under controlled conditions. In this study, the treatment given was 5-on-5 training after an open passing combination, while the variable measured was passing accuracy.

The research design used in this study did not involve a control group, and the participants were not randomly assigned. However, this design allowed the researcher to compare the players' passing accuracy before and after the treatment. Therefore, the improvement in passing accuracy could be identified by comparing the pretest and posttest results.

The research design is presented as follows:

Pretest	Treatment	Posttest
T1a	Xa	T2a

Description:

T1a: Initial test of passing accuracy
Xa: Treatment using 5-on-5 training after an open passing combination
T2a: Final test of passing accuracy

The research procedure was carried out in several stages. First, the players were given a pretest to measure their initial passing accuracy. Second, the players received the treatment in the form of 5-on-5 training after an open passing combination. This training was designed to improve passing accuracy through a game-like training situation involving cooperation, movement, decision-making, and passing under pressure. Third, after the treatment was completed, the players were given a posttest using the same passing accuracy test as in the pretest. The results of the pretest and posttest were then compared to determine whether the training model was effective in improving passing accuracy.

Statistical Analysis

The data obtained from the pretest and posttest were analyzed quantitatively. Descriptive statistics were used to determine the mean score of passing accuracy before and after the treatment. The mean score was used to describe the general level of players’ passing accuracy in both testing phases.

The data analysis was conducted using SPSS version 16. The pretest and posttest scores were compared to determine whether there was an improvement after the players received 5-on-5 training after an open passing combination. The difference between the mean scores before and after the treatment was used as the basis for identifying the effectiveness of the training program.

The statistical analysis focused on determining whether the treatment produced a significant improvement in passing accuracy. The results of the analysis were then interpreted to evaluate the effectiveness of the training model for football players at Putra Mutiara FC in 2024.

Results

The results of this study showed an improvement in the players’ passing accuracy after receiving the 5-on-5 training after an open passing combination. The descriptive statistics indicated that the mean pretest score was **7.3182**, while the mean posttest score increased to **9.1364**. This means that there was a mean improvement of **1.8182** points after the treatment.

Table 1. Descriptive Statistics of Passing Accuracy Scores

Test	N	Mean	Mean Difference	Interpretation
Pretest	22	7.3182	—	Before treatment
Posttest	22	9.1364	1.8182	Improved after treatment

Before conducting the hypothesis test, normality and homogeneity tests were performed. The normality test using the One-Sample Kolmogorov–Smirnov test showed a significance value of **0.969**, which was higher than 0.05. This indicates that the data were normally distributed. The homogeneity test showed a significance value of **0.363**, which was also higher than 0.05, indicating that the data were homogeneous.

Table 2. Normality and Homogeneity Test Results

Test	Statistical Test	Sig. Value	Criterion	Interpretation
Normality	One-Sample Kolmogorov–Smirnov	0.969	> 0.05	Normally distributed
Homogeneity	Levene’s Test	0.363	> 0.05	Homogeneous

The paired sample t-test was then used to determine whether there was a significant difference between the pretest and posttest scores. The results showed a mean difference of **-1.81818**, with **t = -10.727**, **df = 21**, and **Sig. (2-tailed) = 0.000**. Since the significance value was lower than 0.05, the difference between the pretest and posttest scores was statistically significant.

Table 3. Paired Sample t-Test Results

Variable	Mean Difference	Std. Deviation	t	df	Sig. (2-tailed)	Interpretation
Pretest–Posttest Passing Accuracy	-1.81818	0.79501	-10.727	21	0.000	Significant

Based on these results, it can be concluded that 5-on-5 training after an open passing combination was effective in improving passing accuracy among Putra Mutiara FC players in 2024. The increase in the posttest score indicates that this training model helped players improve their passing accuracy through a more realistic, game-based, and interactive football training situation.

Discussion

The results of this study showed that 5-on-5 training after an open passing combination had a positive effect on the passing accuracy of Putra Mutiara FC players in 2024. This can be seen from the increase in the mean score from 7.3182 in the pretest to 9.1364 in the posttest. The paired sample t-test also showed a significant difference between the pretest and posttest scores, with $t = -10.727$ and $p = 0.000$. These findings indicate that the training program was effective in improving players' passing accuracy.

The improvement in passing accuracy may have occurred because the 5-on-5 training after an open passing combination provided players with a more realistic game situation. In this training model, players were not only asked to pass the ball repeatedly, but also to make decisions, move into open spaces, communicate with teammates, and respond to pressure from opponents. This condition is important because passing in football does not occur in a static situation. Players must be able to pass accurately while moving, reading the game, and adjusting to the position of teammates and opponents.

Compared with conventional passing drills, this training model is more varied and game-like. Conventional passing exercises are often performed in a repetitive and predictable pattern, which may cause players to become bored and less actively involved in training. In contrast, 5-on-5 training creates a competitive atmosphere that encourages players to stay focused and motivated. The presence of teammates and opponents makes the exercise closer to real match conditions, so players can practice passing accuracy in a more meaningful context.

The open passing combination also helped players understand the importance of movement without the ball. Players were required to create space, support teammates, and choose the right passing direction. This process trained not only technical accuracy, but also tactical awareness. As a result, players became more capable of delivering the ball to teammates effectively and maintaining team possession during play.

Passing accuracy is a key element in football performance because it supports ball possession, attacking patterns, and team coordination. Inaccurate passing can cause the team to lose the ball and reduce opportunities to create attacks. Therefore, improving passing accuracy through game-based training is important for football players, especially at the club level. The findings of this study suggest that coaches can use 5-on-5 training after an open passing combination as an alternative method to improve passing accuracy in a more enjoyable and practical way.

Overall, the significant improvement found in this study supports the use of small-sided and combination-based training in football practice. This training model allows players to develop technical skills, tactical understanding, communication, and decision-making at the same time. Therefore, 5-on-5 training after an open passing combination can be considered an effective training strategy to improve passing accuracy among Putra Mutiara FC players.

Conclusions

This study concluded that 5-on-5 training after an open passing combination was effective in improving passing accuracy among Putra Mutiara FC players in 2024. The effectiveness of the training was shown by the increase in the mean score from 7.3182 in the pretest to 9.1364 in the posttest. The paired sample t-test also showed a significant difference between the pretest and posttest results, with $t = -10.727$, $df = 21$, and $p = 0.000 < 0.05$.

These findings indicate that the training model helped players improve their passing accuracy through a more realistic, varied, and game-based practice situation. The 5-on-5 format encouraged players to pass more accurately, move into open spaces, communicate with teammates, and make decisions under game-like pressure. Therefore, this training model can be used by coaches as an alternative method to improve passing accuracy in football training, especially for club-level players.

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Conflict of interest

If the authors have any conflicts of interest to declare.

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