

Effect of Square-Based Passing and Support Training on Football Passing Skills: A One-Group Pretest–Posttest Study among KAE FC NTT Mataram Players

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Abstract

Objectives: This study aimed to determine the effect of passing and support in square training on football passing skills among KAE FC NTT Mataram players in 2023.

Materials and Methods: This study used an experimental method with a one-group pretest-posttest design. The participants were 20 KAE FC NTT Mataram football players selected using total sampling. Passing skill was measured using a football passing ability test. Data were analyzed using normality, homogeneity, and paired sample t-tests with SPSS.

Results: The normality test showed that the data were normally distributed, with an Asymp. Sig. value of 0.195. The homogeneity test showed that the data were homogeneous, with a significance value of 0.237. The paired sample t-test showed a significant difference between pretest and posttest scores, with $t = -3.803$, $df = 19$, and $p = 0.001$. These results indicate that passing and support in square training significantly improved football passing skills.

Conclusions: Passing and support in square training had a significant effect on improving passing skills among KAE FC NTT Mataram players. This training model can be used as an effective technical exercise to improve accuracy, support movement, and teamwork in football passing practice.

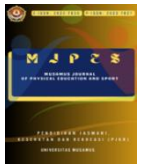
Keywords: passing skill; football; passing and support; technical training; square training

Introduction

Football is one of the most popular sports in the world and is widely practiced by different age groups. Football performance requires mastery of physical, technical, tactical, and psychological components. Among these components, basic technical skills are essential because they support individual and team performance during the game.

Passing is one of the most important basic techniques in football. It is used to transfer the ball from one player to another, build attacks, maintain possession, and create scoring opportunities. Good passing allows a team to control the rhythm of play and develop effective teamwork. Previous studies have emphasized that mastery of basic football techniques, including passing, is essential for improving football performance (Utomo & Indarto, 2021; Tarju & Wahidi, 2017).

In football training, passing skills must be trained through structured, repeated, and game-like



exercises. Passing and support in square is one training model that combines passing accuracy, support movement, body positioning, and teamwork in a square-shaped playing area. This model encourages players to move after passing, create space, and support teammates who receive the ball. Therefore, it is relevant for developing passing quality and team coordination.

Initial observation at KAE FC NTT Mataram showed that several players still had weaknesses in passing. Some passes were inaccurate, too hard, too weak, or difficult to control. These problems indicate the need for a structured training model to improve passing performance. Based on this background, this study aimed to determine the effect of passing and support in square training on football passing skills among KAE FC NTT Mataram players.

Materials and Methods

Study Design

This study used an experimental method with a one-group pretest-posttest design. The design was used to compare players' passing skills before and after receiving passing and support in square training.

Study Participants

The participants were 20 football players from KAE FC NTT Mataram in 2023. Because all players were involved in the study, this research used total sampling.

Study Organization

The treatment consisted of passing and support in square training. In this training model, players formed a square pattern and performed passing, receiving, supporting movement, and directional changes. The exercise was modified using distance, cones, passing direction, and support movement to increase training difficulty.

Passing skill was measured before and after the training program using a football passing ability test. The pretest was conducted before treatment, while the posttest was conducted after the training program.

Statistical Analysis

Data were analyzed using SPSS. The analysis included a normality test, homogeneity test, and paired sample t-test. The significance level was set at $p < 0.05$.

Results

Normality Test

The normality test using the Kolmogorov-Smirnov test showed that the Asymp. Sig. value was 0.195. Because this value was greater than 0.05, the data were normally distributed.

Table 1. Normality Test Result

Variable	N	Test Statistic	Sig.	Interpretation
Unstandardized residual	20	0.160	0.195	Normal

Homogeneity Test

The homogeneity test showed that the significance value based on the mean was 0.237. Because the value was greater than 0.05, the data were homogeneous.

Table 2. Homogeneity Test Result

Variable	Levene Statistic	df1	df2	Sig.	Interpretation
Pretest	1.569	5	13	0.237	Homogeneous

Hypothesis Test

The paired sample t-test showed a significant difference between pretest and posttest passing scores. The significance value was 0.001, which was lower than 0.05. Therefore, passing and support in square training had a significant effect on football passing skills.

Table 3. Paired Sample t-Test Result

Test	Mean Difference	SD	t	df	Sig.
Pretest–Posttest	-1.100	1.294	-3.803	19	0.001

These findings indicate that the players' passing skills improved after receiving passing and support in square training. The result supports the hypothesis that this training model can improve football passing performance.

Discussion

The results of this study showed that passing and support in square training significantly improved passing skills among KAE FC NTT Mataram players. The paired sample t-test showed a significance value of 0.001, indicating a meaningful difference between pretest and posttest scores. This means that structured passing exercises involving movement, support, and repeated ball contact can improve technical passing ability.

Passing and support in square training is effective because it does not only train passing accuracy but also trains players to move after passing, create space, and support teammates. This is important in football because passing is closely related to team coordination and tactical movement. Wicaksana et al. (2021) stated that passing drills contribute to football passing performance, especially when the exercise involves cooperation and movement patterns.



The improvement found in this study is also consistent with Tarju and Wahidi (2017), who reported that training methods can improve passing performance in football. Similarly, Sularno et al. (2022) explained that basic football technique training has an influence on students' passing skills. These findings strengthen the view that passing ability can be improved through specific and repeated technical training.

The square training model also provides a game-like situation because players must pass, receive, move, and adjust body position continuously. This is relevant to football match situations where players need to make quick decisions while maintaining passing accuracy. Pujiyanto et al. (2020) emphasized that passing training models based on targets and teammates can improve the quality of football passing practice.

In addition, passing and support in square training may improve players' awareness of space and support movement. Football passing is not only about kicking the ball accurately but also about timing, communication, body orientation, and movement after passing. Therefore, this training model is useful for developing both technical and tactical aspects of football performance.

Overall, the findings indicate that passing and support in square training can be recommended as an effective training method for football players, especially at club level. Coaches may use this model to improve passing accuracy, teamwork, and movement support during training sessions.

Conclusions

This study concluded that passing and support in square training had a significant effect on football passing skills among KAE FC NTT Mataram players in 2023. The posttest results showed improvement compared with the pretest, and the paired sample t-test confirmed a significant difference with $p = 0.001$.

Passing and support in square training can be used as an effective training model to improve passing accuracy, support movement, and teamwork. Coaches are encouraged to apply this exercise regularly with progressive difficulty, including variations in distance, direction, speed, and number of players.

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