

## **Differences In The Effects of Small Sided Games And Rondo Training On Futsal Passing Accuracy of PS Unmer Malang City Players**

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### **ABSTRACT**

Training is aimed at improving an athlete's abilities in a methodical and consistent manner to demonstrate their peak performance. This specifically refers to training focused on passing. Small Sided Games serve as a training technique used in futsal that closely mimics a real match scenario, with modifications in aspects such as rules, playing area, and number of participants. These games revolve around skill development and conditioning, serving as game-oriented drills. They offer an efficient way to train that addresses technique, strategy, and physical endurance all at once. The method used in this study was a quasi-experimental study with two groups, namely, experimental group 1 which was given small-sided games training and experimental group 2 which was given rondo training which was selected randomly. The population was studied 25 players with 22 players selected as research samples through purposive sampling techniques. This study shows that there are changes resulting from both exercises on the passing accuracy of the players. The conclusion is that small sided games and rondo training both have an influence on passing in each group.

**Keywords:** passing , rondo , small sided games

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### **Introduction**

One of the most popular sports games throughout the world is futsal, and Indonesia is one of those countries (Faozi, 2022). Compared to football, futsal has a different number of players, strategies, and rules because it can be played at any time and is not affected by the weather (Fitran, 2018). Futsal is a game that requires high technical skills because this game is fast (Pratama, 2019). Futsal players must continue to move and must provide passes , because in futsal 90% of the game is done with passing (Praniata et al., 2019). This is also in line with (Lhaksana, 2011), futsal players collaborate by passing the ball accurately and controlling the ball completely.

To achieve good and correct movements, passing is a technique that needs to be done

in every training session. This includes not only movement but also the correct direction of the pass (Fikri, 2021). Since the goal of futsal is to pass the ball quickly between players to create scoring opportunities, passing is one of the most commonly used strategies. In addition, every futsal coach and player needs to have a perfect game plan or attack variant.

Based on the background above, this study aims to determine how rondo and small-sided games training affects the passing accuracy of PS Unmer Malang City players, so as to be able to explain whether there are differences due to the provision of these trainings. And can compare the two exercises, which one has a greater influence on the passing accuracy of PS Unmer Malang City players.

## Methodology

This study uses a quasi-experimental approach. As stated by Sugiyono in 2014, Quasi Experimental Design includes a control group, but does not fully manage external factors that influence the implementation of the experiment. In this study, the researcher applied a pretest-posttest design involving two groups. These groups consisted of experimental group 1, which underwent small-sided games training, and experimental group 2, which participated in Rondo training, both of which were selected randomly. The population studied was 25 players with 22 players selected as research samples using purposive sampling technique.

In this study, the data collection technique was carried out using a passing

test with observation stages, preparation stages, initial and final test stages and treatment stages. At the data analysis stage to answer the existing problem formulation, normality tests, homogeneity tests and hypothesis tests are used.

## Result

### Data Description

Based on the age characteristics of PS Unmer players, it is known that from 22 research samples, the sample ages were between 20 and 24 years with an average age of 21.45 with a standard deviation of 1.036 in experimental group 1. and 21.36 with a standard deviation of 1.206 in experimental group 2. Age characteristics can be seen in the following table.

**Table 1.** Descriptive analysis of research subjects

Group	Mean±sd
Age	
Experiment 1	21.45±1.036
Experiment 2	21.36±1.206

**Table 2.** Results of the low ball passing test of PS Unmer players (Small sided games)

Mark	Norm	N (pretest)	Presentation (pretest)	N (posttest)	Percentage (posttest)
9-10	Very well	-	-	1	10%
7-8	Good	-	-	9	80%
5-6	Currently	3	30%	1	10%
3-4	Not enough	7	60%	-	-
1-2	Not enough	1	10%	-	-

**Table 3.** Results of the low ball passing test of PS Unmer players (Rondo)

Mark	Norm	N (pretest)	Presentation (pretest)	N (posttest)	Percentage (posttest)
9-10	Very well	-	-	-	-
7-8	Good	-	-	4	30%
5-6	Currently	2	2 0%	7	70%
3-4	Not enough	8	7 0%	-	-
1-2	Not enough	1	10%	-	-

In table 1 and figure 1, the statistics of the pretest data of the low ball passing test of PS Unmer players show that the average number of experimental group 1 (SSG) is 3.91, standard deviation 0.94, minimum value 2, maximum value 5. For the posttest data, the average is 7.36, standard deviation 0.80, minimum value 6, maximum value 9.

While the statistics of the pretest data of PS Unmer players in experimental group 2 ( Rondo ) show that the average is 3.82, standard deviation 0.87, minimum value 2, maximum value 5. For the posttest data, the average is 6.27, standard deviation 0.90, minimum value 5, maximum value 8.

**Table 4.** Results of the low ball passing test of PS Unmer players

Data	Experimental group 1 ( Small sided games)		Experimental group 2 ( Rondo )		
	Mark	Pretest	Posttest	Pretest	Posttest
mean		3.91	7.36	3, 82	6, 27
Standard deviation		0.94	0.80	0.87	0, 90
Minimum Value		2	6	2	5
Maximum Value		5	9	5	8

Table 4. Hypothesis test results

Group	n	Paired sample t-test	sample t-test
		Sig	Sig
Experimental group 1	11	0,000	
			0.007
Experimental group 2	11	0,000	

According to the findings presented in table 4, the paired sample t-test for PS Unmer players showed a significance level of 0.000 for small-sided games training in experimental group 1 and Rondo training in experimental group 2. Therefore, the conclusion that the significance level of 0.000  $< 0.05$ , the null hypothesis  $H_0$  is rejected in favor of the alternative hypothesis  $H_a$ . This test explains that there is an increase in the passing skills of PS Unmer players, as evidenced by the significance level of 0.000 in both experimental groups, indicating that the t-test produces a value lower than 0.05. To summarize, there is a significant difference between the pretest and posttest results for experimental group 1 and experimental group 2. Therefore, it can be concluded that small-sided games training and Rondo training significantly affect the passing accuracy in futsal among PS Unmer players. The results of the independent sample t-test showed a significance value of 0.007  $< 0.05$ , so it can be concluded that there is a significant difference in the low ball passing test results of PS Unmer players. The average change in pretest to posttest scores for experimental group 1 was 3.45, while for experimental group 2 it was 2.45.

## Dicussion

Several studies that support these results are studies conducted by (Didi Ameidi, Victor

G Simanjuntak, 2018) which concluded that there was a significant effect of providing small-sided games training on passing accuracy in futsal extracurricular students at SMAN 4 Pontianak. The results of this study also agree with the research conducted by (Wahyu Aprianto, Nuki Julian, 2021) in which the study found that small-sided games training had a significant effect on passing accuracy. It is stated that small-sided games training has an effect on passing accuracy because in this training players are required to pass and move to ask for the ball so that each player gets a lot of touches of the ball. According to (Harsono in Waskito & Yusradinafi, 2021) training that is carried out continuously and systematically with increasing loads will improve training results.

Several studies that support the results of this study are studies conducted by (Akmal Istighfar, 2020) which concluded that there was a significant effect on providing cat-mouse training ( Rondo ). on passing accuracy in the MAN 1 Jombang team. It is stated that Rondo training has an effect on passing accuracy because in this training players are required to pass and maintain possession of the ball so that the defending team cannot take the ball. According to (Harsono in Waskito & Yusradinafi, 2021) training that is carried out continuously and systematically with increasing loads will improve training results.

Judging from the data, small-sided games training and Rondo training have the same results in improving passing accuracy because both exercises aim to improve passing accuracy. These results also agree with previous research conducted by (Fitrian, 2022) where the conclusion of this study showed that there was no significant difference between the small-sided games and Rondo training methods in terms of passing accuracy. However, small sided

games training has higher results compared to Rondo training. This is also supported by research conducted by (M. Siddiq Julianto, Dicky Hendrawan, Agung Nugroho, 2022) which states that the small sided games training model has a greater effect than the Rondo training model on improvement of passing. Thus, the treatment given in the form of small sided games and Rondo training is a training that can be used to improve passing techniques in futsal games. However, in this study to answer the third hypothesis, which training has a better effect on passing and the hypothesis of the study, small sided games training has a better effect because small sided games training focuses more on the number of touches of the ball (passing) and movement, while Rondo focuses on possession so that the defender cannot take the ball. So the hypothesis given by the researcher is proven or valid.

This means that the group with small-sided games treatment has a more significant influence on passing accuracy in PS Unmer players.

## Conclusions

Small-sided games training had a marked effect on how accurately PS Unmer players passed the ball. Rondo training has a real effect on the passing accuracy of PS Unmer players. There was a difference in the effects of small-sided games training compared to Rondo training. Although both types of training showed similar effects, the small-sided games group performed better on average in the posttest results than the Rondo group.

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