

## **THE EFFECT OF TRIANGLE TRAINING MODEL ON BASIC FUTSAL PASSING TECHNIQUE SKILLS OF MEGAREZKY UNIVERSITY STUDENTS**

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### **ABSTRACT**

*The problem in this study is that there is no appropriate training model to improve basic futsal passing skills. This study aims to determine whether there is an effect of the triangle training model on futsal passing skills in Megarezky University students. The type of research used is an experiment with one group pre-test and post-test design, with a population of 30 futsal athletes. Data collection techniques using the initial test (pre-test) and the final test (post-test). The sampling technique was carried out by saturated sampling (total sampling). Data analysis techniques used are normality test, homogeneity test and t-test at a significant level of 5%. The results showed that there was an effect of triangle training on basic passing technique skills, namely obtained t-count of 10.428 > t-table 1.69913 while the significant value of 0.000 <  $\alpha$  0.05. Because the significant level is smaller than a 0.05, there is a significant effect of pretest and posttest data on the futsal passing technique skills of Megarezky University students. This is evidenced by the average value of the posttest is greater than the pretest value or (5.57: 7.10) with a difference of 1.53 and it is stated that there is an increase of 27.4%. Thus it is concluded that there is a significant effect of triangle training on the basic technical skills of futsal passing of Megarezky university students.*

**Keywords:** *Passing; Futsal; Models; Triangle Training.*

## INTRODUCTION

Sport comes from the word olah which means movement and the word raga which means body. Many benefits can be obtained through exercise, such as maintaining a healthy body, preventing various diseases, and improving physical health. Sport is an activity that uses physical elements to gain excitement and restore physical and mental health. In addition, sports activities for humans can keep the body in prime condition and fit. And sports activities also form a sportive spirit, personality, and good character, which ultimately forms a quality human being (Pranata, 2022). Development in the field of sports is part of efforts to improve the quality of Indonesian human resources directed at improving physical, mental and spiritual health, as well as aimed at the formation of character and personality, discipline and high sportsmanship and increasing achievements that can elevate the good name of the nation and the State of Indonesia.

Futsal is one of the fastest growing sports in various countries, including Indonesia. Futsal is the official name for a version of indoor football played with 5 players (i.e. 1 goalkeeper and 4 field players) authorized by international football's governing body, Federation Internationale de Football Association (FIFA) (Naser et al., 2019). futsal offers speed of play, high technical skills, and greater intensity compared to big field soccer. In the physical education environment, especially in universities, futsal has become one of the sports taught because it is able to develop various physical, mental, and social aspects of students. As a futsal player, you must master basic techniques such as passing, control, heading, dribbling and shooting in order to become a professional futsal player (Djaba et al., 2022; Hutomo et al., 2019; Prasetyo Aji mustofa et al., 2023). In the sport of futsal, there are 15 players and reserves. The match consists of two halves and each half has 20 minutes. In between the first and second half there is a break which is a maximum of 15 minutes. Mastery of the basic passing skills of playing futsal is very meaningful for a player so that in playing the player can develop good tactics and strategies provided by the coach. (Suhardianto & Janwar, 2023).

Passing is part of the technique that must always be trained in every training session to obtain good and correct movements, not only about the movement but also the accuracy of the passing direction. The number of mistakes made when passing is very detrimental to the

team and will always be an obstacle to building every attack against the opponent (Fikri & Fahrizqi, 2021). Passing is a basic technique in futsal that greatly affects the pace of a game. Passing skills can be learned and mastered by pursuing and understanding how to do good passing in a futsal game. Passing is giving the ball to a teammate who aims to keep control of the ball (ball Possession). Passing is very useful in building attacks on the opponent's area. (Sugiarto et al., 2022).

Futsal game is one of the coaching carried out at Megarezky University through the Sports Student Activity Unit. Based on the results of interviews with coaches and futsal coaches at Megarezky University, data on basic passing skills are still very low, it can be seen that in every match attended by the Megarezky University futsal team there are still many who make inaccurate passes so that it is difficult to be received properly by colleagues. To get basic passing technique skills in playing futsal, it is necessary to have planned coaching through an exercise program to improve passing accuracy skills. Based on these problems, it is necessary to have a suitable training model to improve basic futsal passing technique skills for Megarezky University students. Without regular training and according to the program, players cannot get used to the real situation and players cannot get used to the pressure during real matches, so researchers want to approach the triangular passing model training.

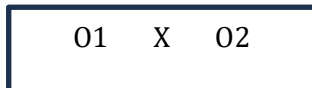
The Triangel Passing training model is a passing exercise that has a triangular shape and the distance between different angles. In this training model, the direction of the passing trajectory has various forms, namely: diagonal passing, short passing has a different angle with a distance of 3 meters, 5 meters and 10 meters. The triangle passing training model can also improve the ability of short passing skills as well as to improve the ball control skills of the players who do it. This exercise can also support the player's ability in terms of ball filling when passing the ball to his partner. (Adhitya & Bulqini, 2024).

Previous research in futsal sports such as in research conducted by (Ceriani, 2023) there is an effect of Triangel training on passing skills in futsal games. In line with research conducted (Nerwi Aditya & Faruk, 2019; Purnama, 2019) proved that triangel training can improve passing accuracy skills in futsal games.

Based on this background, researchers want to conduct research on the triangul training model to get passing accuracy that has a positive impact on Megarezky University students. With the title: “The Effect of the triangul Training Model on the Basic Futsal Passing Technique Skills of Megarezky University Students”. On the grounds that passing skills are one of the important things in creating goals and are very basic that every futsal player must master.

## **METHOD**

In this study using a pseudo-experimental research method using one sample that was tested and treated without a control group. The purpose of researchers using pseudo-experimental methods is to estimate real experimental conditions in settings that do not use control and manipulation of all relevant variables. The type of design used is Preexperimental designs (nondesigns) with one group pretest and posttest design. One group pretest and posttest design is a technique to determine the effect before and after treatment. This research was conducted by giving an initial test (pretest) first, then given treatment with a triangul training model (treatment), after which a final test (posttest) was given.



(Abraham & Supriyati, 2022)

The population used in this study were all futsal players of Megarezky University students totaling 30 people. The sampling technique used is saturated sample is a sampling technique when all members of the population are used as samples. This is often done when the population is relatively small, less than 30 people, or research that wants to make generalizations with very small errors. Another term for saturated sample is census, where all members of the population are sampled. Data collection is done by tests and measurements. The test used for data collection is a modified low ball passing test. Data collection was carried out 2 times, namely pretest and posttest. Pretest is done to determine the initial skills before treatment is given. While the posttest is done to see the effect of the treatment that has been carried out. After the data is collected, the next step is to analyze the

data using the t test. previously, the normality test was carried out first using the Shapiro-Wilk test, and the homogeneity test with the t test using SPSS.

## RESULTS

The research data obtained are the initial test data (pretest) and the final test data (posttest) of basic passing technique skills in futsal games from the triangle training model training sample. Based on the results of statistical calculations, the acquisition of the average score, standard deviation, range, minimum data, and maximum data can be seen as in the following table.

**Table 1. Data Descriptive Analysis of Futsal Passing Technique Skills**

Statistik	Pretest	Posttest
N	30	30
Range	4	5
Min	4	5
Max	8	10
Mean	5,57	7,10
Stand. Deviasi	1,006	1,155
Sum	167	213

Data Normality Test From the shapiro-wilk test analysis of pretest and posttest data, the results were obtained as attached. Normality testing data Pretest (initial test) and Posttest (final test) basic passing technique skills in futsal games for Megarezky University students.

**Table 2. Normality Test of Basic Futsal Passing Technique Skills Data**

Variabel	N	Shapiro-Wilk	Sig.	A	Ket
Pretest	30	0,916	0,051	0,05	Normal
Posttest	30	0,939	0,053	0,05	Normal

From the output of futsal passing on Megarezky University students, we can see that Sig (2 tailed) pretest = 0.051 It means that the probability > 0.05 which also means that the data in this study are normally distributed and Sig (2 tailed) posttest 0.053 > 0.05 which also means that the data in this study are normally distributed.

The homogeneity test is carried out to determine the similarity of variance, or to test that the data obtained comes from a homogeneous population. In this study using the same population or sample, namely Megarezky University students. Therefore, the sample in this study is definitely homogeneous. The decision-making criteria are accepted if the significant value is greater than 0.05 (significant > 0.05).

**Table 3. Data Homogeneity Test of Basic Futsal Passing Technique Skills**

Kelompok	Levene Statistic	Df1	Df2	Sig.	Ket
Pretest dan Posttest	0.039	1	58	0.844	Homogen

From the output of passing futsal at Megarezky University students, we can see that the Sig value = 0.844, the value is > 0.05 so it can be concluded that the data in this study are homogeneous. Hypothesis testing was conducted to determine the effect of triangle model training on the basic technical skills of passing futsal for Megarezky University students. Hypothesis testing using the t-test with the help of the SPSS program. The results of the analysis can be seen in the following table:

**Table 4. Hypothesis Test of Basic Futsal Passing Technique Skills**

Variabel	T- Hitung	T- Tabel	Sig (2 Tailed)	A
Keterampilan Teknik Dasar Passing	10,428	1,69913	0,000	0,05

The basis for decision making, if the probability > 0.05, Ho is accepted, but if the probability < 0.05, Ho is rejected. From the output of passing on Megarezky University

students, we can see that Sig (2 tailed) = 0.000. It means that the probability  $<0.05$  which also means that  $H_a$  is accepted, meaning that there is an effect of the triangle training model on the basic technical skills of futsal passing in Megarezky University students and the t-count is obtained  $10.428 > t\text{-table } 1.69913$ .

Report the main outcome(s)/findings including (where relevant) levels of statistical significance and confidence intervals. If you have any table to present, please see the sample of table below.

## **DISCUSSIONS**

Passing triangle training model is a passing exercise that has a triangle shape and the distance between different angles. In this training model, the direction of the passing trajectory has various forms, namely: diagonal passing, short passing has a different angle with a distance of 3 meters, 5 meters and 10 meters. The triangle passing training model can also improve the ability of short passing skills as well as to improve the ball control skills of the players who do it. In this training model, the direction of the passing trajectory has various forms, namely: diagonal passing, short passing has a different angle with a distance of 3 meters, 5 meters and 10 meters.

In the discussion that will be discussed about the effect of the triangle training model on the basic passing technique skills of futsal students of Megarezky University. To achieve an achievement, basic passing techniques are of particular concern to coaches. Passing is very important in carrying out training programs and in matches, in the results of the study in the form of taking pre-test and post-test data, then the research subjects conducted treatment which was carried out for 14 meetings with a training frequency of 3 times a week. The purpose of the study was to improve the basic passing technique skills of Megarezky University futsal students. In the first stage, a pre-test was carried out to find out how far the futsal passing skills of Megarezky University students were, after getting the pre-test data, students were given the treatment of the triangle training model for 14 meetings, then the post-test data was collected which was used to determine whether there was an increase in the basic technical skills of Megarezky University students' futsal passing after being given treatment for 14 meetings, the subjects in this study were 30 students. Based on the results

of the acquisition of pretest and posttest data, all students experienced an increase in basic futsal passing technique skills.

Based on the research data that has been carried out, it shows that the triangel training model has an effect on the basic futsal passing technique skills of Megarezky University students. This discussion will answer the formulation of the problem, namely how much the percentage increase in the influence of the triangel training model on the basic passing technique skills of Megarezky University students. To answer the formulation of the problem can be proven through data processing, it can be seen that the increase from the pre-test average and post-test average, which is 5.57, has increased to 7.10, there is a difference of 2, this can be stated as an increase of 27.4%. As in the discussion, the triangel training model has an effect on the basic passing technique skills of Megarezky University students. Triangel training can improve basic passing technique skills, in line with the results of the research (Putra et al., 2020) states that triangel passing affects the passing accuracy of soccer players in soccer for FriendU-14 and improves the accuracy of passing skills in playing soccer..

Training is an activity given or carried out by individuals with the aim of improving their abilities, the provision of training is an important part because it will have an effect on improving a skill, especially passing, the more often practicing with the appropriate training unit will have a good impact on the player (Setiawan et al., 2021). Passing accuracy is a skill component that cannot be separated in passing, if passing does not have good passing accuracy, it is certain that the quality of the passing will have an impact on the game scheme in the match. Accuracy in the context of sports can be interpreted as the ability to direct a motion to an intended target. The target can be a distance or maybe a direct object that is subjected to the target (Putra et al., 2020). Passing accuracy in futsal is closely related to connecting from one player to another so that good ball passing accuracy is needed by the players. Accuracy of kicking the ball or passing is not only used to pass the ball but can be used to score goals, therefore the triangel training model is a training model used to train the basic futsal passing technique skills of Megarezky University students. triangel training model is a training model used in improving passing accuracy in futsal games.

## **CONCLUSION**

Based on the results of the research from the results of the data analysis that has been carried out, it turns out that the hypothesis proposed can be accepted. Thus a conclusion can be drawn as follows, the results of statistical analysis between the pre-test and post-test of the triangle training model on the skills of basic futsal passing techniques of Megarezky University students have a significant effect with an increase of 27.4%.

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