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Effect of Exercise Method and Eye-Foot Coordination on Passing Accuracy Ps. UIR

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Abstract

This study aimed to analyze the training method of passing target fixed target eye-foot coordination high-low and target passing moving eye-foot coordination high-low and the interaction between passing training methods and eye-foot coordination on soccer passing accuracy. This study used a quasi-experimental pre-test and post-test design method. The population in this study amounted to 36 players. The sampling technique used total sampling with 36 players and data analysis using the ANOVA test. The results of study 1) There is a difference in the effect between fixed target and moving-to-target passing exercises on soccer passing accuracy. 2) There is a different effect between high and low eye-foot coordination on passing accuracy. 3) There is a difference in the effect of the Fixed Target Passing Practice Method with High and Low Eye-foot Coordination on the Accuracy of Football Passing. 4). There is a difference in the effect of moving target passing exercises with high and low eye-foot coordination on soccer passing accuracy. 5) There is no interaction between training methods and eye-foot coordination on soccer passing accuracy. The study's conclusion shows that moving target passing exercises are better at increasing passing accuracy than fixed target passing exercises, and players with high eye-foot coordination have better accuracy than players with low eye-foot coordination.

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INTRODUCTION

Football is the sport of kicking a ball with your feet. Football matches are played on a rectangular flat field with a width and length of about 100 to 110 meters (Awang, 2016).

PS. UIR is a football club at the Islamic University of Riau, PS. UIR carried out the training program thrice on Monday, Wednesday, and Saturday in the afternoon at the football field at Jl. Kaharuddin Nasution,

Riau Islamic University Campus. PS. UIR, as a forum for soccer activities at the Riau Islamic University, is trained by an expert in football with a National C license. PS The guidance and development of achievement sports are carried out by empowering sports associations, developing national and regional sports development centres, and holding tiered and sustainable competitions. At this time, the sport has a positive and real influence on improving public health. In addition, sport also increases the nation's ability to implement a sustainable development system (Soniawan, 2018).

UIR is well known by the people around Riau Islamic University, PS. UIR also received support from community leaders and the Chancellor of the University, as well as an injection of funds for training and match needs; of course, the players made achievements. This can be seen from the several achievements that won second place in the Kemenpora League in 2019. Sport is a form of physical activity contained in games, competitions and intensive activities to obtain the relevance of victory and optimal achievement (Maliki et al., 2017). Football is a trendy sport in the world and is very easy to understand. The reason for soccer's appeal lies in the naturalness of the game. Football is physically and mentally challenging; we must make skilled movements under limited playing conditions (Azidman, 2017).

Based on the observation of PS Soccer's passing ability. UIR Riau Islamic University has an average of 40 on target, including the

less capable category, which still needs improvement and can be very good. In addition to taking observational data, interviews were also conducted with PS trainers. Information obtained from UIR to carry out achievement coaching could be more satisfied with the achievements that have been obtained so far, and there is still much to be developed, one of which is regarding ball passing skills.

PS. UIR especially for players in terms of ball passing skills, still needs improvement or optimal, seen in a series of official matches, trials, and training the players still often have the ball deviate from the target when they pass the ball at speed. The introduction and mastery of basic techniques is the main thing besides fostering physical conditions in achieving a sporting achievement. If it does not work out well, the team's play becomes chaotic and is quickly taken over or controlled (Rachman et al., 2021). To play soccer well, a player must master the techniques in soccer games (Muhammad et al., 2022).

Football has long been one of the most popular sports in the world. In football, passing is significant. A good pass begins when the team in control of the ball creates space between opponents by moving and opening up space around the players. The basic skills of controlling the ball must be trained repeatedly and significantly so that players pass well (Physical & Psychological, 2021). The most dominant basic technique in soccer games is the basic passing technique. Passing is the movement of kicking the ball

which is directed towards a teammate (Susanti et al., 2017). The function of kicks in soccer consists of three types: kicks can be used to pass the ball (passing), block the ball, and even score goals. One of which is the form of the Fixed Target Passing exercise and the Moving Target Target passing (Tarju & Wahidi, 2017; Ramadan, 2017).

The skill of passing the ball is an essential thing that players must master. Mielke (2007) states that passing requires many technical skills, which are very important to keep control of the ball. According to Luxbacher, translated by (Tarju & Wahidi, 2017), explains that in general, three types of passing must be mastered by football players, namely passing with the outside of the foot, passing with the inside of the foot and passing with the instep/tortoise. Satria, 2019). With good passing skills, you will be able to run into open space and control the game while building an attack strategy to suppress and dismantle the opponent's defence (Riski, 2019).

Coordination is a process of muscle cooperation that will produce structured-oriented movements to form the movements needed to apply technical skills (Irawadi, 2011). Coordination is one element of the physical condition. The condition referred to here is coordination related to movement (Sors et al., 2018). Almost all participating sports and competitions require coordination (Faruq, 2008). The degree of coordination of a person's movements is reflected in their ability to carry out movements smoothly, precisely,

quickly and effectively (Azi, 2019). Based on the background description above, the objectives of this study are 1) The effect of fixed target passing training and moving target passing on passing accuracy. 2) The effect of high and low eye-foot coordination on football passing accuracy. 3) The Effect of Fixed Target Passing Training Methods with High and Low Eye-Foot Coordination on Football Passing Accuracy. 4) the effect of moving target passing exercises with high and low eye-foot coordination on the accuracy of soccer passing.

METHODS

This research is a quasi-experimental pre-test and post-test design (Ramadan & Juniarti, 2020). the sample in this study were PS players. Riau Islamic University, totalling 36 players. This research took place at Riau Islamic University, implementing the training program three times a week, namely Monday, Wednesday, and Saturday, and then practice starts at 15.00-17.00 WIB.

The variables in this study are manipulative independent variables: 1) Target passing exercises with high eye-foot coordination. 2) Target target passing exercises with low eye-foot coordination. 3) Target passing exercises with high eye-foot coordination. 4) Target passing exercises with low eye-foot coordination.

1) Measurement of eye-foot coordination test. The number of players is then measured for eye-foot coordination. Eye-

foot coordination data can be measured using the soccer wall volleyball test instrument. Ismaryati (2008: 56), to find out which players have high and low eye-foot coordination using data eye-foot coordination tests can be ranked first. 2) Initial test of passing accuracy. Then given, the initial test treatment (pre-test) to measure the accuracy of football passing accuracy and passing accuracy data can be obtained. 3) Fixed and moving to target passing exercises. Next, give the treatment of target passing exercises, fixed targets and moving targets. Fixed target passing exercises are ball passing where the target is only in one direction, where the player stands 9 meters away, the player passes with the target entering the target, namely a tiny goal, and is done repeatedly. Moreover, target moving target passing exercises are ball passing with several targets; players pass with targets entering targets, namely small goals 1, 2, 3, and 4. Players pass targets with small goals, with the distance between the goal and the kick boundary area being 9 meters, which is done repeatedly. 4) Final test of passing

accuracy. It ends with a final test (post-test) to measure the accuracy of football passing to see the effect of the training program and eye-foot coordination on the accuracy of PS football passing. Riau Islamic University.

FINDINGS AND DISCUSSION

Description of football passing accuracy fixed target practice and moving target practice.

Findings

Based on the table above shows that With high eye-foot coordination, the PS. Riau Islamic University was given moving target passing training and had an average ball passing accuracy of 84.44. Next PS. Riau Islamic University, with low eye-foot coordination and was given moving target passing training, had an average football passing accuracy of 73.89.

The explanation above shows that moving target passing exercises have better football passing accuracy than PS players. Riau Islamic University, with high and low eye-foot coordination, gave fixed target passing exercises.

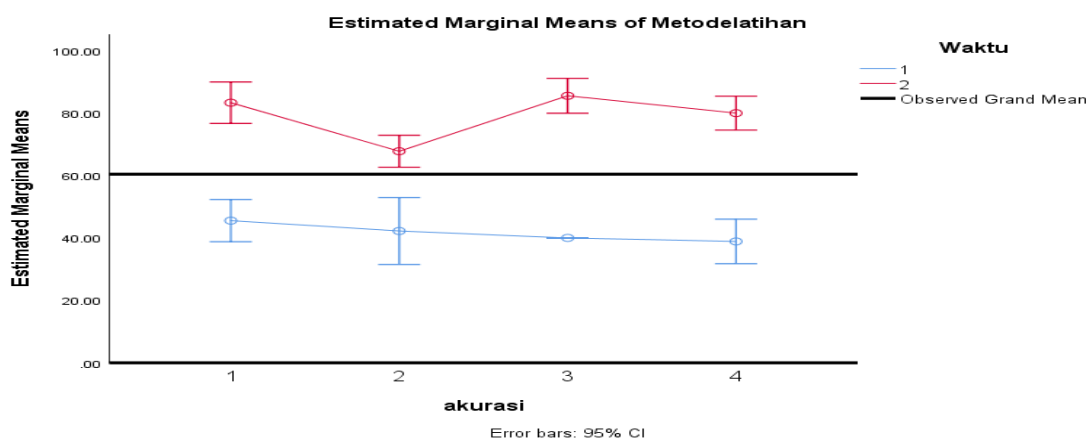
Table 1. Description of passing accuracy

Variable	X1		X2		X3		X4	
	Pre Test	Post Test	Pre Test	Post Test	Pre Test	Post Test	Pre Test	Post Test
accuracy	40	80	40	60	40	80	50	80
	50	80	60	70	40	100	20	80
	30	90	50	70	40	80	40	70
	50	90	30	60	40	80	40	80
	60	100	60	70	40	80	50	90
	40	80	20	70	40	90	30	90
	50	80	40	60	40	80	40	80
	50	70	30	70	40	90	40	80
	40	80	50	80	40	90	40	70
Total	410	750	380	610	360	770	350	720
Mean	45.55	83.33	42.22	67.77	40	85.55	38.88	80

Std	8.81	8.66	13.94	6.66	0	7.26	9.27	7.07
N	36							

Information: Time 1 = pre-test, 2 = post-test, Accuracy, 1. High eye-foot coordination fixed target passing practice, 2: Fixed target passing practice low eye-foot coordination, 3:

Eye-foot coordination moving target passing practice -high leg, 4: Target passing practice moving low eye-foot coordination.



1) There is a difference in the effect of fixed target passing and moving target passing on football passing accuracy, as evidenced by the results of the Anova test with a significance value of $p\text{-value} = 0.000 > 0.05$ and count: 18.050. The fixed target passing training method is smaller than the moving target passing in increasing football passing accuracy. The fixed target passing training method has an average increase in football passing accuracy of 75.56, while the moving target passing training method has an average of 82.78. The average increase in football passing accuracy in EFENDI (2016) states that overall the test session training method has a better effect than the practice session training method.

2) There is a difference in the accuracy of passing football which has high and low eye-foot coordination. In Marzuki., & Pamuji's research (2018), there is a significant difference in effect between high ankle coordination and low ankle coordination in soccer playing skills, as evidenced by the results of the ANOVA test with a significance level of $p\text{-value} = 0.007 < 0.05$ and Fcount: 8,450. PS Player. Riau Islamic University, who have high eye-foot coordination, have an average increase in football passing accuracy than players with low eye-foot coordination, but the difference in improvement is significant.

3) There is a difference in the effect of the fixed target passing training method with

high and low eye-foot coordination on the accuracy of football passing; this is proven to be by the difference showing the fixed target passing exercise with high eye-foot coordination is obtained by an average of 83, 33 while in the fixed target passing exercise with low eye-foot coordination an average of 67.78 was obtained. Rachman's research (2014) shows a significant difference in the effect of high and low coordination skills on dribbling abilities.

- 4) There is a difference in the effect of the moving target passing training method with high and low eye-foot coordination on the accuracy of football passing; this is proven to be by the difference in the moving target passing exercise with high eye-foot coordination. The average is 85, 56, while in the fixed target passing exercise with low eye-foot coordination, an average of 80.00 is obtained.
- 5) There is no interaction between fixed target passing exercises and moving target passing and eye-foot coordination on football passing accuracy, as evidenced by the results of the Anova test with fcount: 4.050 with a significance value of 0.053. with a significance level of $0.053 < 0.05$, players SSB Riau Islamic University U-16 from the statement above, it can be stated that there is no significant interaction between training (fixed target passing and moving target passing) and eye-foot coordination on the accuracy of soccer passing.

Discussion

The first finding in this study proves that moving target passing exercises are better for increasing football passing accuracy than fixed target passing exercises. Players with high eye-foot coordination have better passing accuracy than players with low eye-foot coordination. Moreover, after being given training, there is a significant increase; the results of the pre-test and post-test can prove this. In Marzuki., & Pamuji's research (2018), there was a significant difference in effect between high ankle coordination and low ankle coordination in football playing skills, and Rachman's research (2014) also explained that there was a significant difference in effect between acceleration and training methods. Sprint dribbling intervals on dribbling abilities; (2) there is a significant difference in the effect of high and low coordination skills on dribbling abilities.

The passing technique is no longer just as bait but as an attack into the opponent's area that can produce goals. Passing correctly and on target for students takes work (Sartono & Hadiana, 2017). For novice students, often in passing, it is not right at the desired target; it does not even rule out the possibility of the ball going low. Such conditions will be detrimental to his team because the opponent easily controls the ball.

Amir Supriadi (2015), there is an effect of eye-foot coordination on dribbling skills. Syarif (2017) has the effect of increasing the ability to dribble the ball through the side jump sprint training method with dodging run for students with high eye-foot coordination in soccer games.

In Saifulloh's research (2018), the small-sided game training method significantly increases the results of passing on PS. Riau Islamic University.

Given the limited time available for fitness training in football, the effectiveness of small-sided games as a conditioning stimulus needs to be optimized to enable players to compete at the highest level. Several decades ago, the small-sided games training method was widely used to develop fundamental technical aspects and playing skills (Hadiana et al., 2019).

CONCLUSION

Differences in the effect of fixed target passing exercises and moving to target passing exercises on the accuracy of soccer passing on ps players. Riau islamic university. Furthermore, there are differences in the effect of high eye-foot coordination and low eye-foot coordination on the accuracy of football passing in ps players. Riau islamic university.

There are differences in the effect of moving to target passing training methods with high and low eye-foot coordination on football passing accuracy in ps players. Riau islamic university.

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