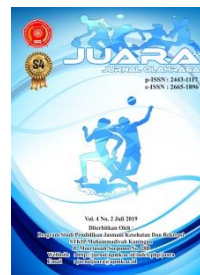




JUARA: Jurnal Olahraga

E-ISSN 2655-1896 ISSN 2443-1117

<https://doi.org/10.33222/juara.v5i1.1000>



COMPARISON OF TRIANGLE TRAINING FORM AND EL RONDO FORM OF TRAINING ON PASSING ACCURACY IN SITI AISYAH KADUNGORA SMP FUTSAL EXTRACURRICULAR PARTICIPANTS

Fahri Tri Ardiansyah¹, Alam Hadi Kosasih², Irwan Hermawan³

¹Universitas Garut, Indonesia

²Universitas Garut, Indonesia

³Universitas Garut, Indonesia

*Surel: fahrypublic@gmail.com, alamhadikosasih@gmail.com, irwan.hermawan@uniga.ac.id

Info Artikel

Sejarah Artikel,

Diterima (february) (2025)

Disetujui (march) (2025)

Diterbitkan (march) (2025)

Kata kunci:

Futsal, Triangle, El Rondo. Practice, Passing.

Abstrak

The problem in this research is a lack of understanding and mastery of basic passing techniques due to the lack of practice variations which make contact with the ball on the foot impact accuracy when passing. This research aims to determine the effect of triangle and el rondo training on passing accuracy. This type of research is experimental with a two group pretest-posttest design. The subjects studied were 15 futsal extracurricular participants at Siti Aisyah Kadungora Middle School. The test used is shortpass, which has a validity of 0.68 and a reliability of 1.20. Data analysis used a t-test with a significance of 0.05%. The results of this study show that before treatment $t_{hit} = 2.74 > t_{table} = 3.01$. After being given treatment, this results were $10.28 > t_{table} 2.82$. The Gain result is 0.86. It was concluded that training with a triangle shape increased by 68%. With the elrondo form of training, there was an increase of 15%, there was a difference in results between the triangle form of training and the elrondo form of training on futsal passing accuracy for Siti Aisyah Middle School futsal extracurricular participants.

© Fahri Tri Ardiansyah
Di bawah lisensi CC BY-SA 4.0

□ Alamat korespondensi: Jl. Raya Samarang Jl. Hampor No.52A, Rancabango, Kec. Tarogong Kaler, Kabupaten Garut, Jawa Barat 44151

Email:

INTRODUCTION

The origins of futsal come from Spanish, with the words "futbol" meaning football, and "sala" meaning room. According to Bulquini, Dermawan, Syafii, and colleagues in 2016, futsal is a soccer ball game activity that involves the use of the whole body, but most of the activity is carried out using the feet as a playing tool. Therefore, futsal can be interpreted as football played indoors (Aulia Fuad Adam. 2018).

Futsal is a variation of sport that is currently very popular with many individuals in various parts of the world. At school, there are various types of sports that students are interested in, and one of them is futsal. According to (Siallagan, K., & Ulumul, 2018) states that futsal is a sport which is included in the form of a large ball game played indoors, and is a team sport with a dynamic nature. Sports have experienced rapid development recently, meeting the need for physical, psychological, mental and social health through various activities (Sugiyanto, S., Ilahi, B. R., & Defliyanto, D. 2019). It refers to a collection of health and recreational sports (Permadi, A. A., & Fernando, R. 2021).

Sports extracurricular activities are a means of coaching at school which aims to develop students' interests and talents, especially in the field of sports. Meanwhile, according to (Anggia, O. 2019), extracurricular sports activities are an important part of physical education, sports and health, with the aim of developing various aspects of students. These aspects include physical fitness, movement skills, critical thinking skills, social skills, reasoning, emotional stability, moral actions, healthy lifestyles, and awareness of a clean environment. All of this can be achieved through futsal game activities that are planned in a structured manner to achieve high achievements. Apart from being a place for coaching, extracurricular sports activities are also expected to improve students'

achievements and physical fitness so that they are always fit and enthusiastic. This aims to ensure that students have basic knowledge that supports them, and when they are in prime physical condition, the learning process can run well and in accordance with the expected learning objectives.

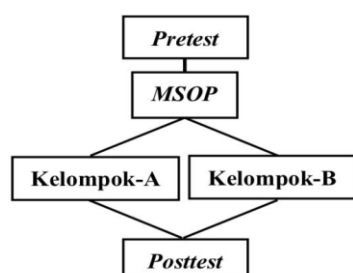
To achieve the goal of playing futsal, players are required to have good mastery of basic techniques and accuracy in futsal. Among futsal techniques, passing is a very important aspect and must be mastered well. Proper passing skills will be very useful in playing futsal, because this allows players to easily control and pass the ball, as well as establishing cooperation between players in a futsal game. According to research (Andikha Alapgani, T. R. 2021), the most important futsal technique that participants must master is Passing. In the game of futsal, passing technique is a skill that is often used by every player (Andri, Irawan, Dr. Efraim, Ferdinan, Fandi Prima, Eko Prabowo, Adil Husein, A. R. 2021).

Passing and receiving skills have a very crucial role in the game of football. After mastering the basic techniques of passing and controlling the ball, players can smoothly carry out the strategies determined by their coach. According to (Novrizal Priawan. 2018.), accuracy, stride length and ball release time are the key combinations for making a good pass after receiving the ball from a teammate, and failure in this case can waste the opportunity to score a goal. This skill plays an important role in building attacks against the opponent's defense and creating opportunities to score goals. All beginners, including students, need to undergo good and correct training in order to master the basic techniques of playing futsal well. In training playing skills in various sports, it is important to select and establish appropriate training methods to improve players' training results and improve their playing skills (Anshar, D. Al. 2018).

Elrondo's form of training, also known as cat-and-mouse, is a training method used to improve passing skills in the futsal game known as cat-and-mouse, which is a form of training that involves a circle scheme with several players outside the circle, as well as one or two players. which is in the middle of the circle. According to Johan Cruyff, in his book "Our Competition is the World," Rondo covers almost all aspects of the game of football except shooting. Rondo's training includes various things, such as moving to find space, controlling the ball and dealing with opponent pressure, playing with one touch, dealing with pressing, and how to win back the ball after losing it. Rondo training is carried out in a way that the players standing around the circle must continue to control the ball with a copy (Husen, M. 2016).

METODE

In this research, researchers used experimental methods. The experimental method is an approach used to study a phenomenon with the aim of determining the results of an action or treatment given (Ninla Elmawati Falabiba. 2019). Experimental research is a method used to identify cause-and-effect correlations between two factors by deliberately adjusting these factors by the researcher. The aim of the experimental method is to eliminate or reduce the influence of other factors that can influence the results of the variables studied. This method is useful for understanding the impact of a given treatment (Syafii, R. R. N. H. & I. 2022).



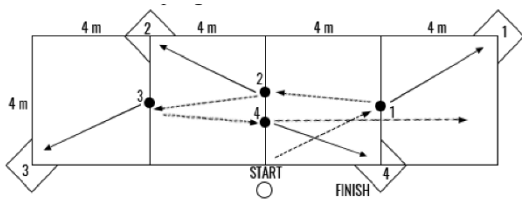
Two Group Pretestt Posttest Desain
(Syafii, R. R. N. H. & I. 2022)

Information:

1. Pretest: Initial test to measure accuracy in passing.
2. MSOP: Use of subject pairs in the appropriate order.
3. Group A: The group that received training treatment in the form of triangle training. B: The group that received the el rondo form of training.
4. Posttest: Final test to measure accuracy in passing after receiving training treatment.

In this research, there are two independent variables (independent variables) and one dependent variable (dependent variable).

The Triangle form of training and the El Rondo form of training (Independent variables) are influencing variables. Meanwhile, Passing accuracy (dependent variable) is a variable that is influenced or a result of the independent variable (Syafii, R. R. N. H. & I. 2022). The sample in this study is the entire population, namely 15 students with sample criteria, namely: (1) are active participants in junior high school futsal extracurriculars Siti Aisyah Kadungora (2) has participated in training 3 times (3) has experience competing in inter-school trials or school level leagues. A research instrument is a tool used to measure observed natural or social phenomena (Syafriзал, R., Suherman, A., & Saptani, E. 2018). This test is carried out to measure passing accuracy quickly and precisely. The passing accuracy test used in this research is the shortpass test. The test instruments carried out are:



Gambar 2. Grid dan lapangan tes
Sumber : Arsil (2015)

Keterangan :

- : Peserta tes
- : Bola
- : Target/Sasaran tendangan 1 m
- : Arah bola (tendangan)
- - - - - : Arah lari

This research has a validity of 0.68 and a reliability of 1.20. The following is an explanation of the procedure for carrying out the shortpass test:

1. Participants stand behind the starting line.
2. After receiving the "yes" signal, the participant will run towards ball number 1 and kick at target number 1.
3. Next, participants will run towards ball number 2 and kick at target number 2.
4. Participants will then run towards ball number 3 and kick at target number 3.
5. After that, participants will run towards ball number 4 and kick at target number 4.
6. Finally, participants will run fast towards the finish line.

Transformasi Waktu Tes *Short Pass* Ke Dalam *T-Score*

Nilai T score	Waktu test <i>Passing</i> /10 detik	Nilai T score	Waktu test <i>Passing</i> /10 detik
90	<3.00	46	11.14-11.30
84	3.01-4.00	45	11.31-11.50
68	4.01-7.09	44	11.51-11.70
67	7.10-7.32	43	11.71-11.81
65	7.33-7.69	42	11.82-12.00
64	7.70-7.89	41	12.01-12.20

63	7.90-8.11	40	12.21-12.42
62	8.12-8.30	39	12.43-12.47
61	8.31-8.46	38	12.48-12.70
60	8.47-8.68	37	12.71-13.03
59	8.69-8.81	36	13.04-13.20
58	8.82-9.06	35	13.21-13.40
57	9.07-9.21	34	13.41-13.59
56	9.22-9.44	33	13.60
55	9.45-9.62	32	13.61-13.80
54	9.63-10.80	31	13.81-14.09
53	9.81-10.00	30	14.10-14.20
52	10.01-10.15	29	14.21-14.40
51	10.16-10.38	28	14.61-14.60
50	10.39-10.57	25	15.21-15.20
49	10.58-10.74	22	15.70-15.70
48	10.75-10.92	20	15.71-16.10
47	10.93-10.13	19	16.19-19.78

Transformasi Jumlah Bola Masuk Tes *Short Pass* Ke Dalam *T Score*

T score	Bola masuk
66	4
55	3
45	2
34	1

Norma penilaian(*T-Score* waktu + *T-Score* bola masuk)

No	Klasifikasi	T Score
1	Baik Sekali	>124
2	Baik	104-123
3	Sedang	85-103
4	Kurang	65-84
5	Kurang Sekali	<64

The data obtained from the description above, the researcher concluded that the data collection technique that will be taken is the test results using the ANOVA statistical test (F test) and (t test).

FINDINGS AND DISCUSSION

The researcher held 14 meetings, 12 training sessions and 2 meetings holding the pretest and posttest (Suryadi, 2021). After 12 training sessions are completed, both groups will be given a posttest to find out the results of the training after being given different treatments. The author presents the research results in the form of initial tests and final tests from two experimental groups that were given different treatments. The data processing process includes calculating the average and standard deviation, normality test, homogeneity test, hypothesis test, and gain test.

Kelas	Siswa	Rata-rata	Simpangan Baku
Triangle	8	56	22
Rondo	7	71	27

Based on the table above, the participants' initial abilities are relatively the same. This can be observed from the average value of the participants' pretest results which are not too different. After the pretest was carried out, participants were divided into 2 groups with balanced abilities.

After knowing the initial data from the pretest results, the data was then tested using the Microsoft Excel operating system to find out whether the data followed a normal distribution or not.

Kelas	Chi Kuadrat Hitung (X^2_{hitung})	Chi Kuadrat Tabel (X^2_{tabel})	Kesimpulan
Triangle	5,17	11,34	Berdistribusi Normal
Rondo	5,71	11,34	Berdistribusi Normal

Based on the table above, the X^2 value at

the 1% significance level is 11.34. Based on the normality test calculation, $X^2 \text{ count} < X^2 \text{ table}$ = Normal, in both groups the data shows that the Triangle group got $X^2 \text{ count}$ (5.17) with $X^2 \text{ table}$ (11.34), the data is normally distributed, so that the data can be continued by testing homogeneity.

Once it is known that the data distribution for the Triangle group and the Rondo group is normally distributed, then F is carried out to test the homogeneity of the two variants.

Kelas	Simpangan Baku	Varian	Fhitung	Ftabel
Triangle	22	484	0,81	6,84
Rondo	27	729		

Based on the table above, it shows that the results of the homogeneity test for the two variants are homogeneity. The decision was taken after seeing that the F_{count} value (0.81) was lower than the F_{table} value (6.84). Assuming that both data have homogeneous variance. Posttest data analysis in the Triangle group and El Rondo group was carried out to evaluate students' abilities after receiving treatment. After all the necessary data has been collected, the next step is to process the data using Microsoft Excel. The following are the average values obtained from processing this data:

Kelas	Jumlah Siswa	Rata-rata	Simpangan Baku
Triangle	8	94	12
Rondo	7	82	12

Based on the table above, it can be seen that the average score for the Triangle group is higher than the Rondo group. This shows that after receiving treatment, the average value of the Triangle Form of Training is better than the Rondo Form of Training. From pretest results to posttest results, the Triangle group experienced an increase of 68%, while the Rondo group experienced an increase of 15%.

Kelas	Chi Kuadrat Hitung (X ² hitung)	Chi Kuadrat Tabel (X ² tabel)	Kesimpulan
<i>Triangle</i>	3,48	11.34	Berdistribusi Normal
<i>Rondo</i>	7,66	11.34	

Based on the table above, the X² value at the 1% significance level is 11.34. Based on the normality test calculation, X² count < 66) with X² table (11.34), the data is normally distributed, so that the data can be continued by testing homogeneity.

Kelas	Simpangan Baku	Varian	Fhitung	Ftabel
<i>Triangle</i>	12	144	1,0	6,84
<i>Rondo</i>	12	144		

Based on the table presented above, it can be concluded that the homogeneity test results of the two posttest data variants show homogeneity. This decision is based on the calculation of the Fcount and Ftable values, where the Fcount value is 1.0, and the Ftable value is 6.84 (calculation data can be seen in the attachment). With Fcount which is smaller than Ftable, namely $1.0 < 6.84$, there is no significant difference between the two posttest data variants, so it can be concluded that these variants are homogeneous.

Kelas	N	N(n 1+n 2)	Thitung	Ttabel	Kesimpulan
<i>Triangle</i>	8	22	10,28	2,82	Terdapat perbedaan setelah diberi perlakuan
<i>Rondo</i>	7				

From the calculation results, it is obtained that tcount is 10.28 and ttable is 2.82 with db = 2.86 $\alpha = 0.01$ which is 2.86. So tcount = 10.28 < ttable = 2.82, meaning that the significance of the difference lies in the area of acceptance of the

alternative hypothesis (H_a). So it can be concluded that there is a difference in the initial abilities of the Triangle group and the Rondo group. Meanwhile, there was a significant difference in final abilities between participants in the Triangle group and the Rondo group. Thus, this indicates that students' final knowledge after receiving treatment or intervention has changed is different.

	<i>Triangle</i>	<i>Rondo</i>	
<i>Pretest</i>	56	71	Intepretasi Tinggi
<i>Posttest</i>	94	82	
Gain <i>Triangle</i>	0,86		

The results of the gain test calculation show that there is a gain value of 0.86, which indicates an increase of 68% compared to the Rondo group which only reached 15%, which indicates that the Triangle form of training is better than El Rondo training.

Temuan

The implementation of the Triangle form of training and the El Rondo form of training went well and increased so that the average score was better than before the treatment.

BENTUK LATIHAN TRIANGLE

No	Nama Peserta	Bola Masuk	Score	Bola Masuk	Score
1	Adit	3	104	4	129
2	Fakhriz	2	102	3	114
3	Helvi	4	117	4	129
4	Ilyas	1	84	4	122
5	Lutfi	2	95	4	120
6	Marvel	2	104	4	129
7	Tio	2	98	3	113
8	Radit	2	98	4	119

BENTUK LATIHAN EL-RONDO

No	Nama Peserta	Bola Masuk	Score	Bola Masuk	Score
1	Abdia	2	99	3	115
2	Ali	4	115	4	129
3	Dias	4	119	3	117
4	Mijan	3	116	3	118
5	Rangga	3	110	3	113
6	Umar	3	115	3	116
7	Wisnu	2	98	4	127

Rubik Penilaian

No	Klasifikasi	T Score
1	Baik Sekali	>124
2	Baik	104-123
3	Sedang	85-103
4	Kurang	65-84
5	Kurang Sekali	<64

DISCUSS

The result of training using the triangle training form is an increase in accuracy and accuracy in passing the ball. Through this exercise, the players will learn to be more precise input the ball into the specified triangular area. This can help them develop better ball passing techniques and skills, thereby strengthening the team's attacks and making it easier to transfer the ball between players. This exercise can also help improve skills in reading teammates' movements and communicating effectively on the field (Khairuddin, 2017).

The results of training using the el rondo form of training are an increase in the player's concentration, endurance and ability to control the ball. This exercise helps players to deal with pressure from opponents who try to steal the ball. By practicing in situations that require high focus and quick reaction abilities, players will become more skilled at dealing with pressure when playing on the field. Apart from that, El Rondo training also contributes to improving individual players' techniques in controlling the ball. In busy and intense training situations, players must develop dribbling,

passing and ball receiving skills quickly and efficiently. Apart from that, this form of training uses a circle scheme where the players standing around the circle try to continue to control the ball by passing the ball to each other (Istana et al., 2022)

From the results of these two forms of training, the form of training that researchers consider to be able to improve passing accuracy is triangle training. Apart from increasing accuracy, the triangle form of training is also able to change the tempo of the game to a high level, thus helping to increase the speed of thinking in decision making when passing. In the results of data processing in the gain test, the increase in triangle training was 68% compared to 15% in Elrondo. However, there was an influence on both groups after being given treatment, namely rotational movements during playing situations, passing accuracy being more precise on target, quick decision making and the rhythm of the game. Through the application of this form of training, futsal extracurricular participants at Siti Aisyah Kadungora Middle School gain more innovation and knowledge in this futsal training.

CONCLUSION

After the research was carried out and based on the analysis of the results, the futsal extracurricular participants had an average score for the Triangle training group and the El Rondo training group, which was higher than the average value for the El Rondo group. The increase in training results in the Triangle form of training group was 68% and in the El Rondo form of training group there was an increase of 15%. In the process of ongoing training activities, the teacher uses a training model that has been conceptualized, because with the right training method it can make it easier for the trainer to deliver the material and participants can also easily understand the training material provided by the trainer.

REFERENSI

- Alafgani, A., & Rustiadi, T. (2021). "Pengaruh Metode Passing Triangle dan Metode Small Side Game terhadap Ketepatan Passing Siswa Akademi Sepak Bola Satria Kencana Serasi KU 14 Kabupaten Semarang Tahun 2020. Indonesian Journal for Physical Education and Sport."
- Aulia, F. A. (2019). "Pengaruh Latihan Passing Diamond Dan Passing Triangle Terhadap Akurasi Passing Siswa Ekstrakurikuler Futsal SMAN 2 Demak Tahun 2018 (Doctoral dissertation, Universitas Wahid Hasyim Semarang)."
- Danu, I., Sahputra, R., & Wakidi, W. (2014). "Upaya Meningkatkan Teknik Dasar Passing Pada Futsal Dengan Metode Permainan Tradisional Kucing Bola Untuk Siswa Kelas Xi Ips Sma Muhammadiyah Nanga Pinoh. Jurnal Pendidikan Jasmani Kesehatan dan Rekreasi (Penjaskesrek)."
- Dasar-dasar Permainan Futsal (2006). Indonesia: Kawan Pustaka.
- Festiawan, R. (2020). "Pendekatan Teknik dan Taktik Pengaruhnya Terhadap Keterampilan Bermain Futsal Gelanggang Olahraga :Jurnal Pendidikan Jasmani Dan Olahraga."
- Fikri, Z., & Fahrizqi, E. B. (2021). Penerapan Model Latihan Variasi Passing Futsal. Journal Of Physical Education.
- Hidayattulloh, D. (2020). "Upaya Meningkatkan Kepercayaan Diri Melalui Variasi Latihan Permainan Kucing-Kucingan Pada PemainFutsal SMAN 1 Rengel Tuban. Jurnal Kesehatan Olahraga."
- Julianto, M. S., Hendrawan, D., Nugroho, A., & Sari, D. M. (2022). "Perbandingan Pengaruh Model Latihan El Rondo Dengan Model Latihan Small Sided Games Terhadap Ketepatan Passing Sepakbola Pemain Usia 16-18 Tahun. Jumper: Jurnal Mahasiswa Pendidikan Olahraga, 3(1)."
- Kosasih, A. H. (2017). "Pengaruh Pembinaan Dan Disiplin Guru Olahraga Terhadap Pengembangan Ekstrakurikuler Bola Voli. Didaktik:Jurnal Ilmiah Pgsd Stkip Subang, 3(1)."
- Kusuma, I. (2016). "Analisis Teknik Dasar Passing Dan Control Pada PertandinganvPorprov V Cabor Futsal Tim Kota Surabaya. Universitas Negeri Surabaya Fakultas Ilmu Keolahragaan Jurusan Pendidikan Kesehatan Dan Rekreasi Prodi S1 Ilmu Keolahragaan."
- Maksum, D. A. (2012). "Metodologi penelitian dalam olahraga. Universiti press."
- Sutisna, I. (2020). "Statistika penelitian.

Universitas Negeri Gorontalo.

Zainudin, S., Triansyah, A., & Hidasari, F. P.
“Pengaruh Bentuk Latihan Drill
Terhadap Kemampuan Shooting
Peserta Ekstrakurikuler Futsal Smk

Panca Karsa Sungai Piyuh. Jurnal
Pendidikan dan Pembelajaran
Khatulistiwa (JPPK).”