

Level of Ability to Pass Using the Inside of the Foot in Football

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Authors' contribution:

A. Conception and design of the study; **B.** Acquisition of data;
C. Analysis and interpretation of data; **D.** Manuscript preparation; **E.** Obtaining funding

Received: 2024-06-20

Accepted: 2024-06-25

Published: 2024-06-28

ABSTRACT

The purpose of this study was to determine the level of passing ability using the inside of the foot in football games. In this study, a quantitative approach was used with a descriptive research type that uses one variable without making comparisons with other variables. Descriptive research is research that is not intended to test a particular hypothesis but to describe or explain systematically, factually and accurately the facts and characteristics of a particular population. The population taken in this study were 306 students of Kumala State Elementary School, Makassar. The population that can represent students is 30 people, namely grades 5 and 6 obtained through random sampling techniques. The random sampling technique is a random sample selection that is intended as a representation of the total population. The data obtained are then analyzed and expressed in qualitative form with a percentage. Based on the results, the conclusion shows that the level of passing ability using the inside of the foot in football games of UPT SPF students of Kumala State Elementary School, Makassar is categorized as moderate.

Keywords : Passing; Inside Foot; Football.

INTRODUCTION

Along with the development of the times, football has also changed, this can be seen in the rules of the match, field equipment, game equipment, refereeing and others (Alfi et al., 2019), all of which aim for the audience so that football can be enjoyed and loved more and become a very interesting treat or spectacle (S. & Yulifri, 2019). As for the players themselves, on the field, the players are safer and more protected in appreciating their ability to control the ball (R. R. Pratama, 2019), although there are still frequent incidents that result in injured players so that players have to leave the match, some even undergo surgery and have to rest and undergo intensive care (Sudirman et al., 2022).

Football is a game that is played by kicking, which has to put the ball into the opponent's goal by defending the goal so that the ball does not enter (Aziz & Adityatama, 2020). A football match is played by two teams, each consisting of 11 people. Each team defends the goal and tries to break into the opponent's goal (Soleh & Hakim, 2019). Football is a game to seek victory according to FIFA rules, namely by scoring more goals than

conceding (Jumaking, 2020). Football is a physically and mentally challenging game, we must make skilled movements under conditions and games with limited time, physically and mentally while facing opponents (Yulianto & Haprabu, 2021), we have to run several miles and one match, almost matching the speed of a sprinter and responding to changes in game situations quickly and we must understand individual, group and team playing techniques (Meidiansya et al., 2021), our ability to meet all these challenges determines our performance on the field (Akhmad & Suriatno, 2018). Based on the definition above, it can be concluded that football is a game of two teams consisting of 11 players per team, playing the ball with all parts of the body except the arms, aiming to score goals into the opponent's goal according to the official rules in force (Azharullah, 2021).

Techniques in playing football are all movements with or without the ball that are useful in the game (Komarudin, 2021). In addition to the one and a half hours, players are required to constantly move or do various types of movements such as: running while dribbling the ball, running then stopping suddenly, running while turning direction, kicking the ball, jumping, sliding, and sometimes colliding with players at high speed (Putra, 2021). For this reason, for someone to be able to play football well, in addition to being supported by adequate physical abilities, it is also necessary to know and master the basic techniques of the football game itself (Hendra & Putra, 2019). Techniques in playing football are all movements with or without the ball that are useful in the game (Samosir & Aditya, 2022). Techniques without the ball aim to improve physical abilities or physical conditions optimally and fundamentally to master other basic techniques more quickly (Ishak et al., 2023).

Players with high skills can dominate in certain conditions, football players must depend on each team member to create beautiful games and make the right decisions, to succeed in a team environment (Fatikhatus, 2020). Players must hone their passing skills. Passing is the momentum of the ball from one player to another, passing is best done using the feet, but other parts of the body can also be used to pass (Erfayliana & Wati, 2020). Passing is the art of transferring the momentum of the ball from one player to another. Passing begins when the team in control of the ball creates space between opponents by moving and opening up space around the player (DN Pratama & Nurrochmah, 2022). In addition, control skills so that players who have passed have the confidence to make firm and targeted passes to friends who are not guarded by opponents (Roesdianto & Widodo, 2020). Passing the ball is an individual technical ability that every player must master (Akhbar & Mahendra, 2021). Passing the ball must be accompanied by the ability to free oneself from the opponent's blockade, and protect the ball while making running and forward movements, and feints, but the ball remains in one's control.

Passing and receiving skills form a vital link that connects the eleven players in a team into a unit that functions better than its parts (D. N. Pratama & Nurrochmah, 2022). Accuracy, pace and timing of the release of the ball are part of a successful ball-passing combination. Therefore, a football player must be able to pass and control the ball well after his friend gives it to him so that the ball does not come loose and disappear means wasting the opportunity to score a goal (Ramadhan & Syafii, 2022). Based on this opinion, it can be concluded that passing is a selective passing technique with the ideal body organs to contact the ball to teammates in a place that is empty from the opponent's guard and if the player who has passed must position himself and look for a space to receive the pass back (Susokabasla et al., 2023).

Passing in football is passing or transferring the momentum of the ball from one player to another in a football match (Novianda et al., 2014). Passing techniques are very important for football players to master so that the desired player can succeed in attacking or

defending (Sudirman et al., 2022). This study uses inside passing. Good passing is very much needed in football because mastering this technique will make it easier for teammates to receive the ball and score goals against the opponent's goal (Sudirman, 2022). The accuracy of the kick is very much needed so that players can pass the ball to other teammates and make attacks that fall towards the opponent (Misi, 2016). Passing in football is an important element that makes the game more interesting with one or two passes it will determine the tempo of the ball game. With the right passing, it shows very good cooperation between team players.

The greatest ball-passing skill is the push pass because the inside of the foot is the ball pusher. This pass is used to move the ball 5 to 15 yards (Harianto et al., 2016). The method of implementation is quite simple, the stiff that maintains the balance of the body, which is not used for kicking is placed next to the ball and directed to the target (Suryadi, 2016). Place the kicking foot in a sideways position and the toes up away from the body line, the ball that is kicked in the middle part and kicked with the inside of the foot (Setyaningum & Anwar, 2016). Passing means moving the ball from your foot to another player, by kicking it. The precision or accuracy of the kick is very necessary so that players can pass the ball to other players and make accurate shots towards the opposing team's goal (Quddus et al., 2018). Most passes are done using the inside of the foot because that part of the foot has a wider surface for players to kick the ball, providing better ball control. In addition, the inside of the foot is a more appropriate surface for passing. Kicking the ball with the outside of the foot is not much different from the inside of the foot, the kicking position is also the same (Yudistira et al., 2018).

Kicking with the outside of the foot can be described as follows: The body position is standing facing the ball, make sure the left foot is in a fixed position beside the ball by turning it inward, and both hands are relaxed to help balance the body, use the right foot to kick by turning inward while the eyes are directed at the ball, swing the leg and touch the outside of the foot to the ball, lean the body weight forward when kicking. Factors that affect the inside of the foot in football because, in that part of the foot, there is a wider surface for the player to kick the ball, thus providing better ball control (Pieter Pelamonia & Putra Hutapea, 2020). In addition, the inside of the foot is a more appropriate surface for passing. Passing the inside of the foot can be more effective in creating goals. Possible errors in kicking the ball with the inner leg in a stiff body posture (not relaxed), the supporting leg is not next to the ball, the body is not leaning forward enough, and there is no follow-up swing (Akabar et al., 2020).

In providing physical education, sports and health lessons must be carried out properly and correctly (Burhanuddin et al., 2022). Physical education is an education program through movement or games and sports which contains that certain movements, games or sports chosen are only tools for education (Sahabuddin, Hakim, et al., 2022). In this case, educating physical skills, motor skills, thinking skills and problem-solving skills as well as emotional and social skills (Sahabuddin, Sudirman, et al., 2022). Physical education, sports and health is one of the subjects that have an important role in efforts to achieve overall educational goals, because healthy physical education students can learn all the material taught in schools, especially in football learning in mastering good basic techniques can improve player skills during training or competing (Rafi Afdholul Fauzi & Hariyadi, 2021). Technical skills cannot be mastered perfectly in a very short time but take a long time to be perfect. Basic technical movements, especially inside foot passing, are very important to be mastered by every football player (Muhammad Khoirul Huda et al., 2021). By having

effective and efficient inside-foot passing skills, a player can develop a good game pattern (Setiawan, 2019).

Factors that influence passing include internal and external factors. Internal factors are factors from within the individual himself, such as motivation and enthusiasm for passing practice (Syamsudar & Firmansyah, 2019). External factors are the role of teachers, especially physical education teachers, the school environment, parents, and friends. Therefore, passing is very dependent on the ongoing training and education process so that the passing is smooth to achieve a beautiful game when playing football. In addition, it is not enough to just practice mastering tactical and physical passing, but to get good results, other factors that are no less important are also needed, namely our brain for the ability to think and instinct to build creative attacks in football games so that they are beautiful to watch (Hulfian, 2021).

In modern football, the game of passing from behind is implemented, namely, the goalkeeper with the defender then passed forward to create a modern football game. The reality that can be seen at the UPT SPF of Kumala State Elementary School, Makassar is that there are still many students who when passing or passing the ball, still cannot do it optimally and even not as expected. Where the high level of aspiration and involvement are other factors that cause less than optimal passing. This gap occurs when players should pass to fast teammates so that opponents cannot steal the ball, but in reality, there are still many who cannot because they hold the ball for too long and finally the opponent manages to steal the ball from the team's feet. The solution that can be taken, especially players must be disciplined on the field so as not to make unnecessary mistakes, namely often making mistakes when passing or passing the ball to friends. The role of the coach is also very much needed to be able to minimize the mistakes of the players during play in the game because small mistakes can be detrimental to the team in the match.

Based on the results of observations and interviews conducted with physical education teachers and several students at the UPT SPF of Kumala State Elementary School, Makassar, most of the students said that most students are less skilled at passing using the inside of the foot because some students are interested in football but lack practice. Students also feel burdened when passing using the inside of the foot because they are not good at playing football so a feeling arises that they no longer want to play football because they are afraid that they will be blamed for not being good at passing. However, the level of passing skills of UPT SPF students at Of Kumala State Elementary School, Makassar is not yet known. No previous researchers have studied passing using the inside of the foot at this school. As students of UPT SPF of Kumala State Elementary School, Makassar who aspire to be professional football players, they can achieve the highest achievements in the field of sports, especially football. However, in reality, there are several students of UPT SPF SD Negeri Kumala Makassar who feel lazy to play football and feel tired when taking football lessons given by physical education teachers. Lack of enthusiasm and frequent laziness in everyday life make students less skilled at passing. So far, when practising basic passing techniques using the inside of the foot. Students of UPT SPF of Kumala State Elementary School, Makassar still experience difficulties. Lack of mastery of how to do basic passing techniques is still a lot of students and not right in contact with the ball when kicking, students are also less enthusiastic and do not show it when the teacher explains. This is because students only want to play ball directly without showing an explanation of the theory presented by the teacher concerned. This illustrates the low level of student ability in basic passing techniques using the inside of the foot. There is a difference between the reality in the field and the objectives expected by the curriculum, as well as the expectations

desired by teachers and researchers in general, namely that students can follow each learning with enthusiasm or enthusiasm so that they can achieve learning objectives.

METHODS

In this study, the author uses a quantitative approach with a descriptive research type that uses one variable without making comparisons with other variables. Descriptive research is research that is not intended to test a particular hypothesis but to describe or explain systematically, factually and accurately the facts and characteristics of a particular population. In other words, in descriptive research, the researcher intends to describe a symptom (phenomenon), or a particular characteristic not to seek or explain the relationship between variables (Sanjaya, 2013). The population taken in this study were 306 students of Kumala Makassar Elementary School. The population that can represent students is 30 people, namely grades 5 and 6 obtained through random sampling techniques. Random sampling technique is the selection of samples randomly which is intended as a representation of the total population.

The data collection technique was carried out using a research instrument for a passing ability test. First, the students prayed according to their respective beliefs, then did a warm-up led by the researcher, then the researcher gave a briefing on how to conduct the test, then carried out the passing test. The test results are presented in the form of an assessment sheet following applicable norms to reveal the football passing ability of UPT SPF students at SD Negeri Kumala Makassar. Then descriptive analysis so that the data obtained can be presented concisely, simply and more easily understood to get an overview of the existing data. Data analysis techniques are a method or way to process data into information so that the characteristics of the data are easy to understand and also useful for finding solutions to problems, which are mainly problems in a study, in that data obtained from the school will be processed and analyzed using presentation techniques. The data obtained is then analyzed and expressed in qualitative form with a percentage. The value is then applied to the category value norm table according to Anas Sudijono, (2009:175).

Table 1.
Norma tes Passing.

Total Values	Criteria
9-10	Very Good (VG)
7-8	Good (G)
5-6	Average (A)
3-4	Poor (P)

$$p = \frac{F}{n} \times 100\%$$

RESULTS AND DISCUSSION

Result

The description of the data from the research results aims to provide a general overview of the distribution of passing ability data in the football game of UPT SPF students at SD Negeri Kumala Makassar. The prices are presented after being processed from raw data using descriptive statistics, namely the average price, standard deviation, median and frequency distribution.

The summary of the results of the descriptive statistical calculations is presented as follows:

Table 2.
 Research result

Statistics	Passing Ability
Sample	30
Mean	6.97
Median	7.00
Standard Deviation	1.65
Variance	2.723
Range	6
Minimum	4
Maximum	10

From Table 2 above, it can be stated that the research data on the ability to pass using the inside of the foot in the football game of UPT SPF students at Kumala Elementary School, Makassar obtained a minimum score of 4 scores and a maximum score of 10 scores with a range of 6 scores. The average score of 6.97 scores has a median of 7.00 scores with a standard deviation of 1.65 scores, and a variance of 2.72 scores.

The data on the ability to pass using the inside of the foot in the football game of UPT SPF students at Kumala Elementary School, Makassar, can be explained that 30 research samples were known, where 4 people (13.00%) obtained the ability to pass using the inside of the foot in the football game of UPT SPF students at Kumala Elementary School, Makassar below the average class, 10 people (34.00%) in the average class, and 16 people (53.00%) above the average class.

Category of Results of Passing Ability using the inside of the foot in the football game of UPT SPF students at Kumala State Elementary School, Makassar

After the description of the data on passing ability using the inside of the foot in the football game of UPT SPF students of Kumala Elementary School, Makassar, the presentation of the results of the analysis of passing ability using the inside of the foot in the football game of UPT SPF students of Kumala Elementary School, Makassar is carried out based on the qualification of the results of passing ability using the inside of the foot in the football game of UPT SPF students of Kumala Elementary School, Makassar which refers to the assessment of the passing ability category. It can be stated that the results of passing ability using the inside of the foot in the football game of UPT SPF students of Kumala Elementary School, Makassar which are converted based on the assessment category, are as follows:

Table 3.

List of percentage scale assessment conversions for passing ability criteria using the inside of the foot in football

Value Scale	Interpretation	Absolute frequency	Relative frequency (%)
9 - 10	Very Good (VG)	6	20.00
7 - 8	Good (G)	10	33.00
5 - 6	Average (A)	12	40.00
3 - 4	Poor (P)	2	7.00
Total		30	100

Based on table 3 above, it is known that there are 30 research samples, where 6 people (20.00%) are in the very good category, 10 people (33.00%) are in the good category, 12 people (40.00%) are in the moderate category, and 2 people (7.00%) are



in the poor category. The following is data on the category of passing ability using the inside of the foot in the football game of UPT SPF students at SD Negeri Kumala, from the description of the data and categories that have been presented, the percentage of passing ability using the inside of the foot in the football game of UPT SPF students at SD Negeri Kumala Makassar is highest in the moderate category distribution, then followed by the good category distribution, the very good category, then the poor category. Thus, it can be concluded that overall the total percentage of passing ability using the inside of the foot in the football game of UPT SPF students at SD Negeri Kumala Makassar is in the moderate category.

Discussion

Passing football ability refers to a player's ability to pass the ball accurately and effectively using the inside of the foot. Passing is an important aspect of football, as it allows players to send the ball to teammates to defend or build an attack. Here are some elements that are part of the inside passing ability in football:

1. **Basic technique:** The ability to master basic techniques such as ball control, body positioning, and choosing the right area to pass the ball. Players need to have good control over the ball and their feet to ensure accurate passes.
2. **Accuracy:** Players must be able to deliver the ball accurately to the desired destination. This involves the ability to gauge the right force and angle when making a pass.
3. **Speed:** Good passing also requires the right speed. Players need to consider the distance, the position of teammates, and opposing players who may try to block the ball. A slow pass can allow an opponent to win the ball, while a pass that is too fast can be difficult for teammates to control.
4. **Pass variation:** The ability to make different types of passes such as short passes, long passes, crosses, curved passes, or passes with the inside or outside of the foot. Players who can make these variations of passes can better adjust their strategy and game situation.
5. **Vision:** The ability to see and understand the situation on the field quickly, including the position of teammates and the space available. Players who have good game vision can deliver intelligent and effective passes.
6. **Tactical understanding:** The ability to understand the tactics of the game and the role of each player in the team. This involves the ability to make the right decisions about when and to whom to pass.
7. **Consistency:** The ability to pass with high consistency throughout the game. This involves the player's ability to maintain concentration, control and precision in every pass made.

A Football player needs to develop their foot-passing skills through practice, playing regularly, and getting feedback from coaches or teammates. With consistent practice, foot passing skills can be improved and make a better contribution to team play.

Students' abilities can be seen from the level of students' abilities in performing the basic technique of inside foot passing in football games. In this study, the ability of the inside foot passing technique is a description of the accuracy of UPT SPF students at Kumala Makassar Elementary School in performing inside foot passing.

Based on the description of the results of data analysis and conversion of the assessment of passing ability using the inside of the foot in the football game of UPT SPF students at Kumala Elementary School, Makassar, which has been carried out, the

results of the analysis of passing ability using the inside of the foot in the football game of UPT SPF students at Kumala Elementary School, Makassar can be explained.

Of the 30 research samples, each of whom obtained a score through descriptive analysis results which were converted into a criteria percentage scale assessment table using an interpretation consisting of:

1. The very good category was obtained by 6 (20.00%) people who had a scale value of 9 - 10. Based on the assessment of the implementation of passing ability using the inside of the foot, the sample had a passing movement above the average of 6.97 passing scores. Meanwhile, from the aspect of observing the movement patterns carried out by each sample, it did not show any difficulty in directing the ball into a small goal that was 9 meters away with a width of 1.5 meters. The sample in the very good category had a good foot position, a relaxed hand position, beside the body, a gaze directed at the ball, and a swinging movement of the foot back and forth to straight, so that the contact of the foot with the ball made it easier for the ball to go into the goal.
2. The good category was obtained by 10 (33.00%) people who had a scale value of 7 - 8. Based on the assessment of the implementation of passing ability using the inside of the foot, the sample had a passing movement above the average of 6.97 passing scores. Meanwhile, from the aspect of observing the movement patterns carried out by each sample, it did not show any difficulty in directing the ball into a small goal that was 9 meters away with a width of 1.5 meters. This good category sample has a good foot position, relaxed hand position, beside the body, a gaze directed at the ball, and a backwards-forward swinging movement of the foot to the front until straight, but the direction of the ball is not optimal according to the very good category, so it is clear that there is a series of movements in passing that are not effective, causing the score to not be maximized from the maximum score.
3. The moderate category was obtained by 12 (40.00%) people who had a scale of 5 - 6. Based on the assessment of the implementation of passing ability using the inside of the foot, the sample has a dominant passing movement in the average class of 6.97 passing scores. Meanwhile, from the aspect of observing the movement patterns carried out by each sample, it did not show any difficulty in directing the ball into a small goal that was 9 meters away with a width of 1.5 meters. This moderate category sample has a good foot position, relaxed hand position, beside the body, and a gaze directed at the ball, but does not show enough backward-forward swinging movement to the front until straight, so the direction of the ball is not optimal according to the very good and good categories. Lack of ball pressure when the foot and ball contact is one of the causes of the less than optimal passing ability using the inside of the foot so that the direction of the ball is not straight towards the goal.
4. The less category was obtained by 2 (7.00%) people who had a scale value of 3 - 4. Based on the assessment of the implementation of passing ability using the inside of the foot, the sample had a passing movement below the average of 6.97 passing scores. Meanwhile, from the aspect of observing the movement patterns carried out by each sample, there was no difficulty in directing the ball into a small goal that was 9 meters away with a width of 1.5 meters. This less categorized sample had a good foot position, and a relaxed hand position, beside the body, but a view that was not directed at the ball, and did not show

the movement of swinging the foot back and forth to straight, so that the direction of the ball was not optimal according to the category of very good and good or moderate.

Overall, the ability to pass using the inside of the foot in the football game of UPT SPF students at SD Negeri 49 Kumala Makassar is in the moderate category, which is interpreted from the conversion of the average value or the more dominant sample that has a moderate category. Another thing that causes the dominance of the moderate category in passing is that the placement of the foot support in directing the ball into a small goal is considered good so that the ability to pass using the inside of the foot is obtained effectively.

CONCLUSION

Passing ability using the inside of the foot in the football game of UPT SPF students at Kumala State Elementary School, Makassar is categorized as moderate.

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