

The Effect of Wall Pass And Push and Run Training Methods on Passing Accuracy in Football for The PS Banteng Olaya Team

Ahmad Rizaldi^{1*}, Didik Purwanto¹, Muhammad Agusman¹, Andi Saparia¹

¹Universitas Tadulako Palu Sulawesi Tengah Indonesia

Corresponding Author  arizaldi398@gmail.com^{1*}

ABSTRACT

This study aims to determine the effect of wall pass and push and run training methods on passing accuracy in football for the PS Banteng Olaya Team and to identify the difference in the effect of both training methods on improving players' passing accuracy. This study uses an experimental method with a pretest-posttest research design. The subjects in this study were players of the PS Banteng Olaya Team who participated in the research process. Data collection techniques were carried out through passing accuracy tests before and after being given treatment in the form of wall pass and push and run training. Data analysis was conducted using the t-test to determine the effect of each training method on passing accuracy as well as the percentage increase to compare the effectiveness of the two training methods. The results showed that the wall pass training method had a significant effect on passing accuracy. This is indicated by an increase in the average score from 7.2 in the pretest to 9.6 in the posttest, with an increase percentage of 33.33%. The t-test results obtained a t-count value of 21.81 which is greater than the t-table of 2.262. The push and run training method also affects passing accuracy, which is indicated by an increase in the average score from 7.8 in the pretest to 9.8 in the posttest, with an increase percentage of 25.64%. The t-test results obtained a t-count value of 10 which is greater than the t table of 2.262. Based on these results, it can be concluded that both training methods, namely wall pass and push and run, have an effect on improving the passing accuracy of the PS Banteng Olaya Team players. However, the wall pass training method provides a greater percentage increase compared to the push and run method, making the wall pass method more effective in improving passing accuracy in this study.

Keywords: Wall Pass, Push And Run, Passing Accuracy, Football.

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INTRODUCTION

Sport is an important pillar in life. Sport is not just an activity oriented towards physical factors alone, but sport can also train a person's attitude and mentality. Character building of a nation can be done through sports; sports can develop national character, sportsmanship, and simultaneously strengthen national unity. There are many universal values of sports that can be transferred to life, namely the character values of self-confidence and hard work. Scientific coaching of high-achievement sports should be the foundation in the athlete nursery and training process of a program to achieve high performance, both nationally and regionally, as well as organizing tiered and sustainable competitions.

Sport has long been recognized as a vital aspect of human health and well-being. Applying a healthy lifestyle through sports has a significantly positive impact on physical

and mental health. Sport is a systematic process in the form of physical activities or efforts that can encourage, develop, and foster physical potential. Sport is a series of regular and planned physical movements to maintain movement (which means sustaining life) and improve movement capability (which means improving the quality of life) (Syahda, et al., 2016; Khairudin, 2017).

Football is a very popular sport in the world and is growing rapidly in various countries. The development of world football is under the auspices of the Federation Internationale De Football Association (FIFA) as the highest international football organization. Football is one of the sports most favored and interested in by all Indonesian people and even the world (Adriatama et al., 2025). This is evident in every grass field, both in rural areas and in cities, where children, teenagers, and even adults are seen playing football (Prawira & Tribinuka, 2016).

Football seems to have become a language of unity for various nations in the world with diverse historical and cultural backgrounds. Football is also considered a unifier of the world capable of transcending political, ethnic, and religious boundaries, making it considered the most multicultural sport among others. In Indonesia, the coaching and development of football is managed by the Football Association of Indonesia (PSSI), which is responsible for improving the quality of players from early childhood to professionals. This institution is responsible for fostering and maintaining the achievements of Indonesian football.

Central Sulawesi is a region where many official and unofficial matches are held involving district-level teams. Thus, local teams try to build and create a reliable and tough football team by providing training to all their players so they can play football well, one of which is the PS Banteng Olaya team. The PS Banteng Olaya team is quite well known in the community. Their participation in various competitions should be appreciated. This can be seen from the recapitulation of achievements won by the PS Banteng Olaya team in the last two years as follows.

Table 1. Recapitulation of achievements won by the PS Banteng Olaya Team

No.	Tournament	Year	Achievement	Remarks
1.	Ahmad Ali Cup Zone 1	2024	1st Place	Parigi Moutong Regency
2.	Ahmad Ali Cup Regency Series	2024	2nd Place	Parigi Moutong Regency
3.	Regent Cup	2025	Round of 16	Parigi Moutong Regency
4.	League 4 Regency Series	2025	2nd Place	Parigi Moutong Regency
5.	Governor Cup	2026	Quarter-finals	Parigi Moutong Regency

(Source: Manager of PS Banteng Olaya Team)

Sports activities have several supporting factors to achieve performance, such as: physical, technical, tactical, and mental aspects. In football, these elements are highly necessary, but the main foundation is the technique for every athlete, because lacking technique means achievements will not be created. In football, mastering basic techniques is very important, because technique serves as a supporter and the main foundation for a

person in playing football (Gutawa & Kafrawi, 2022). One of the basic techniques that must be mastered by every player is dribbling. Not everyone can dribble well; fundamentally, the ball must remain close to the feet. Dribbling is one of the most needed and mastered football skills. There are three dribbling techniques: (a) dribbling with the inside of the foot, (b) dribbling with the outside of the foot, (c) dribbling with the instep.

However, in practice, many players still have a low level of passing accuracy. Mistakes in passing often cause a loss of ball possession and the failure of game strategies. Therefore, a proper and effective training method is needed to improve players' passing accuracy. One of the training methods that can be used is the wall pass training method. Wall pass training emphasizes cooperation between two players with a fast and directed one-two pass pattern.

This method aims to train accuracy, timing, and coordination among players in dynamic game situations. In addition, the push and run training method is also an effective form of training in improving passing skills. This training emphasizes pushing the ball followed by running to receive a return pass or open up space. The push and run method trains pass accuracy as well as the player's ability to move without the ball.

Both training methods have different characteristics in their implementation, but both are oriented towards improving passing quality. Therefore, it is important to find out the extent of the effect of wall pass and push and run training methods on passing accuracy in football. This study is expected to contribute to the development of more effective training methods, especially in improving players' basic passing techniques. Based on the background above, the researcher is interested in conducting research with the title:

METHOD

The type of research used in this study is experimental research. Experimental research is used to determine whether or not there is an effect of the wall pass and push and run training methods on improving passing accuracy in a football game.

The research design used is the Pretest-Posttest Control Group Design. In this design, the research subjects are divided into two groups: the group given wall pass training and the group given push and run training. Before being given treatment, both groups are given an initial test (pretest) to determine their initial passing accuracy capabilities. After that, training treatment is given for several meetings, followed by a final test (posttest) to determine the improvement in passing accuracy.

Population is the entire object or subject that has certain characteristics set by the researcher to be analyzed and used as a basis for sampling in the study (Susanto et al., 2024; Suriani et al., 2023). The population in this study was the PS Banteng Olaya team, totaling 20 players. According to Sugiyono (2022), a sample is part of the total characteristics possessed by the population which is carried out statistically and based on research estimates to determine how large a sample will later be taken for a research study. If the subjects are less than 100 people, it is better to take the entire population so that the research becomes a population study. The sampling technique used is total sampling / purposive sampling (according to the research conditions). The number of samples in this study was 20 people.

Measurement of passing accuracy is carried out by providing a number of passing attempts to a target at a certain distance, then the results of each attempt are recorded based on the success of the ball hitting the target (Krisnada et al., 2021; Syachputera et al., 2022). The assessment of passing accuracy is based on the success rate of the player in directing the ball to the target. Every success in hitting the target is given a score, while failure does not get a score. The more successes, the higher the level of passing accuracy. This is supported by recent research such as Apriansyah et al. (2023) and Syachputera et al. (2022) which used target-based passing accuracy tests and showed that skill improvement is measured by the number of successful hits on the target

RESULTS AND DISCUSSION

This research was conducted at the football field of Olaya Village, Parigi District, Parigi Moutong Regency. The subjects of the research were players of the PS Banteng Olaya Team who met the criteria as research samples, totaling 20 people. This research was conducted 36 times with a frequency of 3 times a week on Tuesdays, Wednesdays, and Fridays. This study used two groups, where one group was treated with the wall pass training method (Group A) and the other group was treated with the push and run training method (Group B). The division of the groups used ordinal pairing.

Table 2. List of names, group divisions, and pretest results data before being given wall pass and push and run training on passing accuracy in the PS Banteng Olaya team football game.

No	Nama	Kesempatan			Nilai Tertinggi	Kelompok
		1	2	3		
1	Adzam	6	5	7	7	A
2	Algifari	7	6	9	9	B
3	Ferdi	6	8	7	8	B
4	Fahrul	6	5	7	7	A
5	Noval	5	5	7	7	A
6	Faidil	6	5	6	6	B
7	Muhaimin	7	7	9	9	B
8	Azim	6	6	9	9	A
9	Abi	8	9	9	9	A
10	Aldi	6	6	6	6	B
11	Aan Fariansyah	8	8	10	10	B
12	Aldi Fahri	5	5	7	7	A
13	Sigit	5	6	5	6	A
14	Ahmad Farel	7	7	9	9	B
15	Rehan	6	5	7	7	B
16	Aditiya Pratama	5	7	8	8	A

17	Moh Yuda Pratama	5	5	5	5	A
18	Yoyo	6	5	6	6	B
19	Moh. Nawan	6	6	8	8	B
20	Muhammad Aril	6	6	7	7	A

Based on Table 2 (pretest) above, regarding passing capabilities before the passing sample distribution of 20 students, this sample will be divided into 2 groups. 10 people are given wall pass training and 10 people are given push and run training, which will be divided using the ABBA technique to produce experimental group A (wall pass) and group B (push and run).

Table 3. ABBA technique producing experimental group 1 (wall pass) and experimental group 2 (push and run).

No	Exp. Group 1 (Wall Pass)	Score	No	Exp. Group 2 (Push and Run)	Score
1	Adzam	7	1	Algifari	9
2	Fahrul	7	2	Ferdi	8
3	Noval	7	3	Faidil	6
4	Azim	9	4	Muhaimin	9
5	Abi	9	5	Aldi	6
6	Aldi Fahri	7	6	Aan Fariansyah	10
7	Sigit	6	7	Ahmad Farel	9
8	Aditiya Pratama	8	8	Rehan	7
9	Moh Yuda Pratama	5	9	Yoyo	6
10	Muhammad Aril	7	10	Moh. Nawan	8

Based on Table 2 Pretest above, the passing capability of the PS Banteng Olaya Team players, before being given the wall pass training, from 10 players obtained the highest score of 9 and the lowest of 5, and before the push and run training, from 10 players obtained the highest score of 10 and the lowest of 6

Descriptive Analysis of Posttest Data

Table 4. Final test results data of football games for PS Banteng Olaya Team players, in football passing ability after wall pass training

No	Nama	Kesempatan			Nilai Tertinggi
		1	2	3	
1	Adzam	6	7	9	9
2	Fahrul	7	6	8	8
3	Noval	6	8	10	10
4	Azim	8	9	11	11
5	Abi	9	10	13	13
6	Aldi Fahri	6	6	8	8

7	Sigit	6	7	9	9
8	Aditiya Pratama	7	8	10	10
9	Moh Yuda Pratama	6	8	9	9
10	Muhammad Aril	7	7	9	9
Σ					96

Based on Table 4 (Post Test) above, the ability to pass in a football game after wall pass training. During 12 weeks from 10 players, the highest score obtained was 13 and the lowest was 8

Table 5. Final test results data of football games for PS Banteng Olaya Team players, in football passing ability after push and run training

No	Name	Opportunities			Highest Score
		1	2	3	
1	Algifari	9	9	11	11
2	Ferdi	9	8	10	10
3	Faidil	8	7	10	10
4	Muhaimin	7	8	9	9
5	Aldi	8	7	8	8
6	Aan Fariansyah	9	10	14	14
7	Ahmad Farel	8	9	9	9
8	Rehan	7	7	9	9
9	Yoyo	8	7	9	9
10	Moh. Nawan	8	8	9	9
Total (Σ)					98

Based on Table 5 (Post Test) above, the ability to pass after push and run training. During 12 weeks from 10 players, the highest score obtained was 14 and the lowest was 8

Furthermore, data on the passing ability results in football games for PS Banteng Olaya Team players, before and after wall pass passing training and push and run training. They are grouped in one table and the difference will be calculated. Before analyzing the difference, the normality of the data is first tested, which is more clearly stated in Table 6 and Table 7

Data Analysis Test

The data analysis test requirement is a procedure that must be implemented and fulfilled, so that the conclusions drawn from the results of the analysis carried out can be justified if the analysis requirements have been met. The data analysis test requirement used is the normality test

The data normality test is used to determine whether the data obtained is normally distributed or not. This test uses the Kolmogorov-Smirnov test formula with the criterion that data is normally distributed if the significant value or probability value $K-S > 0.05$, and conversely, if the significant value or probability value $K-S < 0.05$, it means the data

distribution is not normal. The calculation results of the normality test of the pretest and posttest data of passing ability are as follows

Table 6. Results of data normality test for wall pass passing training

Data Group	Kolmogorov-Smirnov	Sig	α	Criteria
Pretest	0.837	0.486	0.05	Normal
Posttest	0.806	0.534	0.05	Normal

Table 7. Results of data normality test for push and run passing training

Data Group	Kolmogorov-Smirnov	Sig	α	Criteria
Pretest	0.607	0.855	0.05	Normal
Posttest	0.893	0.403	0.05	Normal

Based on the tables above, it appears that the value for the pretest of passing ability for wall pass training in the football game is 0.837 with a probability of 0.486, and for the pretest of football passing ability for push and run training is 0.607 with a probability of 0.855. In the posttest of passing ability in the football game for wall pass training, the value is 0.806 with a probability of 0.534, and for the posttest of passing ability for push and run training, the value is 0.893 with a probability of 0.403. Both probability values for each data group are greater than α 0.05, so it is concluded that the data obtained are normally distributed. Thus, the subsequent analysis can proceed using the t-test

Table 8. The difference in football passing ability before and after being given wall pass training in the football game by PS Banteng Olaya Team players

No	Student Name	X1	X2	D (X2-X1)	d (D-MD)	d ²
1	Adzam	7	9	2	-0.4	0.16
2	Fahrul	7	8	1	-1.4	1.96
3	Noval	7	10	3	0.6	0.36
4	Azim	9	11	2	-0.4	0.16
5	Abi	9	13	4	1.6	2.56
6	Aldi Fahri	7	8	1	-1.4	1.96
7	Sigit	6	9	3	0.6	0.36
8	Aditiya Pratama	8	10	2	-0.4	0.16
9	Moh Yuda Pratama	5	9	4	1.6	2.56
10	Muhammad Aril	7	9	2	-0.4	0.16
Total		72	96	24	-	10.4
Average		7.2	9.6			
MD		2.4				
Improvement (%)		33.33%				

To find the Mean Deviation (MD) value is as follows:

$$MD = \sum D / N = 24 / 10 = 2.4$$

Based on Table 8 above, the overall pretest result obtained is ($\sum$ pretest = 72), while the total posttest is ($\sum$ posttest = 96). The difference in value from the pretest and posttest is $\sum d = 8.8$ and the variance value from the pretest and posttest is $\sum d^2 = 10.4$. Furthermore, it is continued in the calculation of the t-test with the following formula:

$$T \text{ count Wall Pass training } t = MD / \sqrt{(\sum d^2 / N(N-1))}$$

$$t = 2.4 / \sqrt{(10.4 / (10(10-1)))} = 2.4 / \sqrt{(10.4 / 90)} = 2.4 / 0.11 = 21.81$$

From the statistical calculation of t for Wall Pass Training on football passing ability = 21.81 using a significant rate of 5% of $df = (N - 1) = 10 - 1 = 9$, the t-table value obtained is 2.262. This means that the calculated t-value is greater than the t-table, or $21.81 > 2.262$, or the improvement between the pretest and posttest is 24 with a deviation of 2.4, representing a percentage increase of 33.33%.

Table 9. The difference in football passing ability before and after being given push and run passing training in the football game on PS Banteng Olaya Team players

No	Student Name	X1	X2	D (X2-X1)	d (D-MD)	d ²
1	Algifari	9	11	2	0	0
2	Ferdi	8	10	2	0	0
3	Faidil	6	10	4	2	4
4	Muhaimin	9	9	0	-2	4
5	Aldi	6	8	2	0	0
6	Aan Fariansyah	10	14	4	2	4
7	Ahmad Farel	9	9	0	-2	4
8	Rehan	7	9	2	0	0
9	Yoyo	6	9	3	1	1
10	Moh. Nawan	8	9	1	-1	1
Total		78	98	20	0	18
Average		7.8	9.8			
MD		2				
Improvement (%)		25.64%				

To find the Mean Deviation (MD) value is as follows:

$$MD = \sum D / N = 20 / 10 = 2$$

Based on Table 9 above, the overall pretest result obtained is ($\sum$ pretest = 78), while the overall posttest total is ($\sum$ posttest = 98). The difference in value from the pretest and posttest is $\sum d = 0$ and the variance value from the pretest and posttest is $\sum d^2 = 18$. Then continued on the calculation of the t-test with the following formula:

$$T \text{ count Push and Run training } t = MD / \sqrt{(\sum d^2 / N(N-1))}$$

$$t = 2 / \sqrt{(18 / (10(10-1)))} = 2 / \sqrt{(18 / 90)} = 2 / 0.2 = 10$$

From the statistical calculation of t for Push and Run Training on football passing ability = 10 using a significant rate of 5% of $df = (N - 1) = 10 - 1 = 9$, the t-table value obtained is 2.262. This means that the calculated t-value is greater than the t-table, or $10 > 2.262$, or the improvement between the pretest and posttest is 20 with a mean deviation of 2, representing a percentage increase of 25.64%.

Based on these results, the hypothesis stating there is an effect of wall pass training and push and run training on the passing ability in the football game for the PS Banteng Olaya Team players is accepted. Thus, there is a significant influence of wall pass training and push and run training on the passing ability of PS Banteng Olaya Team football players. Out of a total of 20 players sampled, the 10 players sampled for wall pass training obtained a total passing posttest average of 9.6. The 10 players sampled for push and run training obtained a total football passing posttest average of 9.8

Discussion

This research aims to determine the effect of wall pass and push and run training on passing ability in football games for PS Banteng Olaya Team players. The research was conducted at the football field of Olaya Village, Parigi District, Parigi Moutong Regency, with a total sample of 20 players. The sample was divided into two groups, namely 10 players who were given wall pass training and 10 players who were given push and run training. Group division was carried out using the ordinal pairing technique so that each group had relatively balanced initial capability characteristics. The research was conducted in 36 meetings with a training frequency of three times a week

Based on the pretest results, the players' passing abilities in both groups still showed differences in abilities. In the wall pass training group, from 10 players the highest score obtained was 9 and the lowest score was 5. Meanwhile, in the push and run training group the highest score was 10 and the lowest score was 6. These results indicate that before being given treatment, the players' passing abilities still needed to be improved through training carried out in a programmed and repeated manner

After being given a training program for 12 weeks, there was an increase in passing ability in both groups. In the wall pass group, the highest score on the posttest reached 13 and the lowest score was 8. Meanwhile, in the push and run group, the highest score reached 14 and the lowest score was 8

These results indicate that both training methods have a positive change on the passing ability of the PS Banteng Olaya Team players. The increase in passing ability in the wall pass group can be seen from the total pretest score of 72 which increased to 96 on the posttest. The average score also increased from 7.2 to 9.6. Based on calculations found in the study, a mean deviation (MD) of 2.4 and an increase percentage of 33.33% were obtained. The t-test results showed a t-count value of 21.81, while the t-table at a significance level of 5% with degrees of freedom 9 was 2.262. Because the t-count value is greater than the t-table, the wall pass training shows an increase in passing ability after being given treatment

This increase can be understood because the wall pass training provides an opportunity for players to perform passing movements repeatedly with a directed pattern. Players are required to control the ball, direct the ball to the target, and then receive the ball back to make the next pass. Repetition of these movements can help players improve coordination between eyes, feet, body balance, direction accuracy, and ball control ability. With regular training, players become more accustomed to making passes with correct and directed techniques

Meanwhile, in the push and run group, the pretest score of 78 increased to 98 in the posttest. The average score increased from 7.8 to 9.8. Based on calculation results, a mean deviation of 2 and an increase percentage of 25.64% were obtained. The calculation results of the t-test in the study obtained a t-count value of 10, while the t-table was 2.262 at a significance level of 5% and 9 degrees of freedom. These results indicate that push and run training also provides an increase in players' passing abilities

Push and run training does not only emphasize passing ability, but also combines passing movements with player movements after making passes. This pattern accustoms

players to passing and then moving to find space to receive the ball again. Thus, this training can help players develop passing accuracy, movement coordination, speed of changing places, as well as an understanding of space in football games

Before further analysis is carried out, the research data is first tested for its normality. The Kolmogorov-Smirnov test results showed that all data had a significance value greater than 0.05. In the wall pass group, the significance value of the pretest was 0.486 and the posttest was 0.534. In the push and run group, the significance value of the pretest was 0.855 and the posttest was 0.403. Thus, the data of both groups is declared normally distributed so it can proceed with parametric statistical analysis.

If compared based on the average results of the posttest, the push and run group obtained an average of 9.8, while the wall pass group obtained an average of 9.6. This indicates that descriptively the push and run group had a slightly higher posttest average score. However, the wall pass group showed a larger increase percentage, namely 33.33%, compared to the push and run group of 25.64%. Thus, both training methods both provide positive effects, but the pattern of increase is different

This difference shows that both wall pass and push and run can be used as forms of training to improve the passing abilities of football players. Wall pass training focuses more on repeating passing movements and receiving the ball in a directed manner, while push and run combines passing skills with movement after making passes. Both provide training stimuli that can improve the skills of the basic passing technique if done regularly and continuously.

Based on the research results, there is a difference in the effect between the wall pass and push and run training methods on passing accuracy in the football game of the PS Banteng Olaya Team. This difference can be seen from the percentage increase in passing ability after players were given treatment for 12 weeks. In the group given wall pass training, the average value of passing ability increased from 7.2 on the pretest to 9.6 on the posttest. Thus, there was an increase of 2.4 or 33.33%. Meanwhile, in the group given push and run training, the average score increased from 7.8 in the pretest to 9.8 in the posttest, resulting in an increase of 2 or 25.64%.

These results show that both training methods provide an increase in player passing accuracy. However, looking at the percentage increase, the wall pass training method provided a greater increase compared to the push and run training method. Wall pass training provided an increase of 33.33%, while push and run training provided an increase of 25.64%. This indicates that the wall pass training in this study is more effective in improving passing accuracy compared to push and run training.

Overall research results indicate that the research hypothesis is accepted, namely that there is an effect of wall pass and push and run training on passing ability in football games for PS Banteng Olaya Team players. From the 20 players who became the sample, the wall pass group obtained an average posttest of 9.6, while the push and run group obtained an average posttest of 9.8.

Thus, implementing structured training, done repeatedly, and tailored to the characteristics of football games is very important in improving passing skills. The PS Banteng Olaya Team coach can use both forms of training as a variation of the training program. The use of varied training methods can help players not only improve passing accuracy, but also improve movement coordination and the ability to apply passing techniques in game situations.

CONCLUSION

Based on the results of the research, it can be concluded that there is a significant effect of the wall pass training method on passing accuracy in football for the PS Banteng Olaya Team. This is indicated by an average increase from 7.2 in the pretest to 9.6 in the

posttest with an improvement percentage of 33.33%. The t-test results showed a t-count of $21.81 > 2.262$ (t-table), meaning the wall pass training method has a significant effect on improving players' passing accuracy. Furthermore, there is also a significant effect of the push and run training method on passing accuracy in football for the PS Banteng Olaya Team. This is shown by an average increase from 7.8 in the pretest to 9.8 in the posttest with an improvement percentage of 25.64%. The t-test results showed a t-count of $10 > 2.262$ (t-table), meaning the push and run training method also has a significant effect on improving passing accuracy. Furthermore, there is a difference in the effect between the wall pass and push and run training methods on passing accuracy. Based on the percentage increase, the wall pass training method provides a greater increase of 33.33%, compared to the push and run method at 25.64%. Thus, the wall pass training method provides a greater improvement in passing accuracy compared to the push and run training method. Nevertheless, both training methods are equally effective in improving the passing ability of the PS Banteng Olaya Team players

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