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## THE EFFECT OF MUSCLE FLEXIBILITY ON THE PASSING ABILITY OF FOOTBALL SCHOOL PLAYERS OF NUSA FC U 14-17 IN PADANG

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**Abstract** This study aims to determine the relationship between flexibility and passing skills in soccer games. This research is a type of correlational research. The population in this study were all players of Nuansa FC U 14-17 Padang City, totaling 25 players. This sampling was done by using a saturated sample technique, namely the entire population of the study, so the sample in this study was 25 football players Nuansa FC U 14-17 Padang City. The instrument used in this research is flexibility measured by sit and reach flexibility test and passing ability is measured using short pass test. The data analysis technique uses the product moment correlation analysis technique (simple correlation and multiple correlation) using SPSS with a significant level of  $\alpha = 0.05$ . The results of the study are that there is a significant relationship with  $r$  count of 0.863 between flexibility and passing skills in soccer players at SMA Negeri 15 Padang. . Based on the results of statistical analysis, it can be concluded that flexibility can affect the football passing skills of Nuansa FC U 14-17 players in Padang City.

**Keywords:** flexibility; passing; football

## **INTRODUCTION**

Football is a sport that is very well known in the world as well as in Indonesia, both the lower and upper classes of society are familiar with football. Football is a game played by 2 teams of 11 people each. The goal of this game is to put as many balls into the opponent's goal as possible and try to defend his own goal so as not to concede the opponent's ball (Agustina, 2020).

According to Subagyo Irianto (2010) in Doewes, Purnama, Syaifullah, Nuryadin (2020) Football is a game by kicking a ball that is contested by players from two different teams with the intention of putting the ball into the opponent's goal and defending the goal itself not to enter the ball (Doewes, Purnama, Syaifullah, & Nuryadin, 2020). Football is a sport that requires good cooperation and it requires players to master good basic individual techniques (Sin & Aprinanda, 2020).

Football is a dynamic sport and requires excellent physical readiness with good technical, tactical and mental support (Hidayat et al., (2019). Physical conditions needed in football include strength, endurance, agility, power, and flexibility (Ofroki, Marheni, & Afrizal, 2020). Jovanovic, Sporis, Omrcen, dan

Fiorentini, (2011) in research Prasetyo, Soegiyanto & Irawan (2020) Soccer is a highly demanding game in which the participants are subjected to numerous actions that require overall strength and power production, speed, agility, balance, stability, flexibility, and the adequate level of endurance (Prasetyo, Soegiyanto, & Irawan, 2020).

Every sport requires flexibility of the limbs in carrying out various movements. Thus, good flexibility will make it easier for the individual to master a basic technique in the sport he wants to master. Flexibility is the ability to move the body or its parts as widely as possible without joint tension and muscle injury (Ismaryati, Sarwono, & Muhyi, 2018). Players who have flexibility will be able to give and receive the ball well and quickly with the aim of building attacks which will then make it easier to score goals against the opponent's goal.

Besides having good physical condition, good technique is also very necessary, because without good technique a player will not be able to play well. Basic technique is the most basic thing that must be mastered by all athletes (Maulana, Widiastuti, & Rihatno, 2020). The basic techniques in

football that must be mastered by players are: passing, control, dribbling, shooting, dan heading. In a soccer game it takes soccer playing techniques like dribbling, Passing, stopping, throw in, heading, tricks and turns, shooting (Adil et al., 2018). To be able to play the game of football well, every football player must be able to master basic techniques such as: *passing, shooting, dribbling, control, heading. Technical skills including such as long passing, shooting, dribbling, ball control* (Bozkurt & Kucuk, 2018).

The passing technique is a technique that must be mastered by every player to build attacks into the opponent's area. The passing technique is a technique that really must be mastered by every football player where in the football game the passing technique is the technique most often used by every player. The passing technique really determines the victory in a football game, the better the quality of each player's passing, the easier it is for the team to win in a match. *Good passing is absolutely essential to playing good Soccer. Approximately 80% of the game involves the giving and receiving of passes* (Bryson et al., 2012). Next, Irawan, Arwandi, Atradinal (2019) said *“When the ability of Passing and Control*

*is good then the chance to win the game will be greater”* (Irawan, Arwandi, & Atradinal, 2020). Football experts agree that a very important and very influential factor in the game of football is the basic technique of playing football that must be mastered by the players (Faqihudin, Nasution, & Wahadi, 2015). To win matches in soccer, you need good and correct basic soccer techniques (Asnoto, Dlis, & Nuraini, 2020). Therefore, the quality of accurate and good passing will make it easier for players to build attacks and provide feedback to score goals. The better the passing technique possessed by each player, the better a game and achievement will be.

Nuansa FC U 14-17 Football School is one of the football schools in Padang City and is located in Limau Manis Selatan Village, Pauh District, Padang City. The Nuansa FC U 14-17 Football School has been established since 2008 and has been registered with the PSSI Padang City District Head. Nuansa FC U 14-17 Football School since 2008 has consistently carried out coaching and training to be able to excel. However, despite continuous coaching and training, the performance of the Nuansa FC U 14-17 Football School is still low and has not met expectations.

Based on the available data and facts, it is necessary to study why this happened. The results of observations and interviews with the coach of the Nuansa FC U 14-17 Football School, namely Mr. Anton Surya, during training and competing players of the Nuansa FC U 14-17 Football School often make mistakes when performing techniques in football, especially in the passing technique.

These data and interviews illustrate that the basic technique of passing is a problem that must be solved. The lack of optimal basic passing techniques for the Nuansa FC U 14-17 Football School causes the low achievements of the Nuansa FC U 14-17 Football School athletes. Based on this problem, the authors are interested in conducting research and discussing more deeply about the direct or indirect effect of muscle flexibility on the Passing Ability of FC U 14-17 Nuansa Football School Players in Padang City.

## **METHOD**

This research is a correlational study, namely research that will look at the relationship between flexibility as an independent variable and passing ability as the dependent variable. In this study, the population was all players of the

Nuansa FC U 14-17 Football School, Padang City. In this study, the sampling technique used was saturated sampling. So the number of samples as many as 25 people.

The instrument used in this study is by measuring the variables contained in this study: 1) the independent variable is flexibility measured by sit and reach flexibility tests (Widiastuti, 2017), 2) dependent variable: passing ability was measured using a short pass test by (Arsil, 2015). The data analysis technique used in this research is to use product moment correlation, which aims to see the form of the relationship between the independent variable (X1) and the dependent variable (Y). The independent variable in this study is flexibility with the dependent variable being the ability to pass.

## **RESULT AND DISCUSSION**

### **Result**

#### **Data Description**

##### 1. Flexibility

Statistical results for the flexibility variable obtained the lowest value of 3, the highest value of 23, the average value of 13.4 and the standard deviation of 5.8. The following is an interval table from the results of the flexibility of the Nuansa

FC U 14-17 football athletes in Padang City.

**Table 1.**  
Flexibility Frequency Distribution

Score	frequency	percentage
3-6	5	20%
7-10	1	4%
11-14	7	28%
15-18	7	28%
19-22	4	16%
23-26	1	4%

## 2. Passing Skills

The statistical results for the variable passing skills obtained the lowest value of 74, the highest value of 129, the average value of 103.8 and the standard deviation of 15.5. The following is an interval table from the results of the passing skills of the Nuansa FC U 14-17 football athletes in Padang City.

**Table 2.**  
Frequency Distribution of Passing Skills

Skor	Frekuensi	persentase
74-84	5	20%
85-95	0	0%
96-106	12	48%
107-117	0	0%
118-128	7	28%
129-139	1	4%

### Hypothesis testing

There is a significant relationship between flexibility and the passing skills of the football players at Nuansa Fc U 14-17 Padang City. To prove the hypothesis, a hypothesis test was conducted using simple correlation analysis. For more details can be seen in the following table:

**Table 3.**  
Hypothesis testing

	Correlations	
	X	Y
Pearson Correlation	1	.863**
Sig. (2-tailed)		.000
N	25	25
Pearson Correlation	.863**	1
Sig. (2-tailed)	.000	
N	25	25

\*\* . Correlation is significant at the 0.01 level (2-tailed).

Based on the table above, the t-count value is 0.863. looking at the reference to the value of the r table, the criteria for the strength of the relationship between flexibility and passing skills are very strong. This shows that the flexibility variable has a significant relationship with passing skills. Therefore, the first hypothesis in this study is accepted empirically.

### Discussion

The results of the study prove that flexibility (X) has a significant relationship with passing skills (Y). From the results of flexibility research that has been carried out on 25 samples of Nuansa FC U 14-17 Football School players in Padang City, the findings are found in the interval class 3-6 as many as 5 people (20%), the interval class 7-10 as many as 1 person (4%), the interval class 11-14 was 7 people (28%), the interval class 15-18 was 7 people (16%), the interval class 19-22 was 4 people (16%), the interval class 23-26 was 1 (4%).

Based on the results of the research conducted, that there is a direct influence of flexibility on the passing ability of players at the Nuansa FC U 14-17 Football School Padang City with an  $R_{xy}$  result of 0.863. It turns out that flexibility has a direct and significant effect on passing ability. Based on these findings, the hypothesis proposed in this study was accepted empirically. It can be interpreted that good flexibility has a relationship and influence in passing.

The results of this study are also strengthened by research from (Agustiardi, Atradinal, & Ridho, 2019) has researched the Contribution of Muscle Extension Strength of the Legs and Hip Flexibility to Long Passing Ability. This study aims to determine the contribution of leg muscle extension strength and hip flexibility of Central Island football players to their long passing ability. The result of this study is that there is a contribution between leg muscle extension strength and long passing ability. That is, the higher the leg muscle extension strength possessed by the player, the better the results of his long passing will be. That is, the higher the flexibility of the hips owned by the player, the better the results of the long passing he does. The findings of this

study are the strength of leg muscle extension and hip flexibility together to the long passing ability have a contribution.

Nurhikmah, (2017) has researched the relationship between leg strength and flexibility with the ability to kick the ball in a soccer game for students of sports education at the University of Muhammadiyah Luwuk. This study aims to reveal the relationship between leg strength and flexibility with the ability to kick a ball in a soccer game for students of sports education at the University of Muhammadiyah Luwuk. The results showed that: 1. There was a significant relationship between leg strength and the ability to kick a soccer ball in sports education students at the University of Muhammadiyah Luwuk. 2. There is a significant relationship between flexibility and the ability to kick a soccer ball in sports education students at the University of Muhammadiyah Luwuk. 3. There is a jointly significant relationship between leg strength and flexibility with the ability to kick a ball in a soccer game in sports education students at Muhammadiyah Luwuk University.

Passing is a football basic technique which is often done by every

football player in the game because with passing the ball will be easily mastered by the teammates (Doewes et al., 2020). Hatamzadeh, Tabe, Mousayi, & Shaker (2018) in Doewes, Purnama, Syaifullah, Nuryadin (2020) passing is a significant part of football. The passing purpose is to maintain ball possession by manoeuvring the ball on the ground between different players and to raise the ball on the field (Doewes et al., 2020). Menurut Agustina, (2020) *Passing is defined as moving the ball from one player to another. Good passing builds team confidence and momentum. Bad Passing destroys a team. Good Passing is largely a matter of teamwork. Good communication and mobility help simplify passing* (Bryson et al., 2012).

Flexibility is the ability of the wrist or joint to be able to make movements in all directions with a large and broad movement amplitude according to the function of the joint being moved. Players who have good flexibility will usually suffer fewer injuries because they have good joint function and vice versa. Players who have flexibility are players who have elastic muscles. Because one of the factors that affect flexibility is muscle elasticity. If a person, especially a soccer

player, has stiff muscle elasticity, the joint space will be limited. Of course it will affect his ability to play football, especially in passing.

Flexibility is an important thing in influencing the ability of passing. Players can pass well if they have good flexibility. Players with good flexibility will have good and accurate passing so that it affects the quality of the player's passing. On the other hand, players with non-ideal flexibility can result in sub-optimal passing quality.

The transition from defense to attack is very fast. Each team must be able to take advantage of this momentum well. The direction of the ball that comes and will be passed does not always fit at the player's feet. So that the flexibility of the player's limbs is the key in making these unexpected passes. The higher the level of flexibility possessed by football players, the greater the opportunity for players to be able to pass in all conditions and positions with more flexible movements.

Based on the description above, it can be concluded that there is a direct influence of flexibility on the passing ability of the players at the Nuansa FC U 14-17 Football School in Padang City. In other words, the players of the Nuansa

FC U 14-17 Football School in Padang City, who have ideal flexibility, have an effect on good passing skills. On the other hand, players from the Nuansa FC U 14-17 Football School in Padang City, who have not ideal flexibility, have an effect on low passing ability.

## CONCLUSION

Based on the results of the study, the following conclusions can be drawn, namely, There is a significant relationship between flexibility and passing skills in Nuansa FC U 14-17 football players, Padang City.

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