

The Effect of Flexibility On Athlete's Passing Ability At Football School Nuansa Fc U 14-17 At Padang City

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Abstract

This type of research is quantitative research with a simple correlation approach. The purpose of study is to determine the effect of flexibility on athlete's passing ability at football school nuansa fc u 14-17 at Padang city. The population is athletes at Nuansa FC U 14-17 Football School, Padang city, totaling 25 people. The sampling technique used is saturated sampling. So that, in this study the samples are all athletes at Nuansa FC U 14-17 Football School in Padang City. The instrument for measuring athlete flexibility uses the sit and reach flexibility test. Then, the passing test uses the short pass test. The data collection technique that will be used is by administering instruments in the form of tests to the Nuansa FC U 14-17 Football School players who are the samples in the study. Data were analyzed with product moment correlation using SPSS application 26. Based on the results of data analysis, the results show that sig. (2-tailed) $0.000 < \alpha 0.05$, then correlate. The effect of flexibility on the passing ability of Nuansa FC U 14 - 17 Football School in Padang City is 0.863. based on the guidelines for the degree of relationship, the Pearson correlation value is $0.863 =$ perfect correlation. Thus, it can be concluded that there is a significant relationship between flexibility and the passing ability of Nuansa FC U 14-17 Football School players in Padang City.

Keywords: flexibility, passing, football.

Introduction

Modern football has four phases, namely the phase of attack, transition, defense and transition back. In the game of football these phases must be paid close attention to by the coach. Professional coaches should be able to easily observe this moment shift. This phase is the phase from attacking the transition to defending then from defending the transition to attacking. To successfully carry out these phases must have good technique in football *such as long* passing, shooting, dribbling, ball control (Bozkurt & Kucuk, 2018). Especially on the passing technique. 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, Purnama, Syaifullah, & Nuryadin, 2020). Bad Passing destroys a team. Good Passing is largely a matter of teamwork. Good communication and mobility help simplify passing (Bryson et al., 2012).

The passing technique determines victory in the game of football, 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). Therefore, accurate and good passing quality will make it easier for players to build attacks and provide bait to score goals. The better the passing technique possessed by each player, the better the game and achievement will be.

Good physical condition will also support performance in carrying out phases in football, good physical condition of players will greatly assist the coach in carrying out these phases. Football match time is 2 halves with 45 minutes each and the longest break in a soccer game is 15 minutes (Agustina, 2020). Each team or freedom tries to put the ball as much as possible into the opponent's goal and maintain his own goal so as not to concede (Ofroki, Marheni, & Afrizal, 2020). Hidayat et al., (2019) Football is a dynamic sport and demands excellent physical readiness with good technical, tactical and mental support.

In football, the basic components of physical condition that every player must have in order to perform at his best on the field are speed, agility, balance, stability, flexibility and endurance. This is also reinforced by Jovanovic, Sporis, Omrcen, dan Fiorentini, (2011); 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).

In every sport requires the flexibility of the limbs in carrying out various movements. Flexibility improvements associated with muscle elongation have an additional effect on muscle performance (Alipasali et al., 2019). Appropriate levels of flexibility have been shown to be necessary to ensure optimal performance in soccer including reducing the likelihood of muscle injuries (Milanović et al., 2014).

Thus, good flexibility will make it easier for a person 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 causing joint strain 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.

Based on the analysis above, the basic techniques of passing and flexibility are important factors in football. Based on this problem, the authors are interested in conducting research and discussing more deeply about whether there is an influence between Flexibility and the Passing Ability of Nuansa FC U 14-17 Football School Players in Padang City.

Methods

This type of research is quantitative research with a simple correlation approach. The purpose of this study was to determine the effect of flexibility on passing ability in athletes from the Nuansa FC U 14-17 Soccer School at Padang City. The place of this research was carried out on the football field Taman Lubuk Kilangan Kota Padang. The population is athletes at Nuansa FC U 14-17 Football School, Padang city, totaling 25 people. The sampling technique used is saturated sampling. So that, in this study the samples are all athletes at Nuansa FC U 14-17 Football School in Padang City. The instrument for measuring athlete flexibility uses the sit and reach flexibility test (Widiastuti, 2017). Then, the passing test uses the short pass test (Arsil, 2015). The data collection technique that will be used is by administering instruments in the form of tests to the Nuansa FC U 14-17 Football School players who are the samples in the study. Data were analyzed with product moment correlation using SPSS application 26.

Results

The research data consisted of the results of the passing ability test (Y) as the dependent variable and flexibility (X2), as the independent variable. The data collected from each variable

in this study is tabulated according to the purposes of data analysis, in order to provide an overview of the distribution of data. Data values include sum, mean (average), standard deviation, median, mode, highest value, lowest value, frequency distribution and histogram. The summary of research data is as follows:

Table 1. Descriptive Statistics

	N	Min	Max	Sum	Mean	Std. Deviation
flexibility	25	3	23	336	13.44	5.817
Passing	25	74	129	2596	103.84	15.529
Valid N (listwise)	25					

Table 2. One-Sample Kolmogorov-Smirnov Test

N	25	
Normal Parameters ^{a,b}	Mean	.0000000
	Std. Deviation	7.84798488
Most Extreme Differences	Absolute	.093
	Positive	.084
	Negative	-.093
Test Statistic	.093	
Asymp. Sig. (2-tailed)	.200 ^{c,d}	

a. Test distribution is Normal.

b. Calculated from data.

c. Lilliefors Significance Correction.

d. This is a lower bound of the true significance.

Based on the analysis of the variable normality test data, the statistical test results were 0.93 and asymp. Sig. (2-tailed) 0.200 > α 0.05. Thus, it can be concluded that all data groups in this study were taken from normally distributed populations.

Table 3. Test of Homogeneity of Variances

		Levene Statistic	df1	df2	Sig.
Hasil	Based on Mean	4.046	1	48	.050
	Based on Median	2.288	1	48	.137
	Based on Median and with adjusted df	2.288	1	45.385	.137
	Based on trimmed mean	3.907	1	48	.054

Based on the analysis of the homogeneity test data with SPSS.26, the results on the Levene Statistics based on the Based on Median and with adjusted df of 2.288 and Sig. 0.137

$> \alpha 0.05$. Thus, it can be concluded that all data groups in this study were taken from a homogeneous population so that they could be used and continued for testing the research hypothesis.

Tabel 4. Correlations

		Kelentukan	Passing
Kelentukan	Pearson Correlation	1	.863**
	Sig. (2-tailed)		.000
	N	25	25
Passing	Pearson Correlation	.863**	1
	Sig. (2-tailed)	.000	
	N	25	25

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

Based on the analysis of product moment correlation data with SPSS.26, it was found that sig. (2-tailed) $0.000 < \alpha 0.05$, then it is correlated. Thus, it can be concluded that there is a significant relationship between flexibility and the passing ability of Nuansa FC U 14-17 Football School players in Padang City.

Discussion

Based on data analysis conducted on 25 samples of Nuansa FC U 14-17 Soccer School players in Padang City, it was found that there was a significant relationship between flexibility and passing ability in athletes at Nuansa FC U 14-17 Soccer School, Padang City.

Based on the data analysis, the hypothesis proposed in this study was accepted empirically. It can be interpreted that good flexibility has a relationship and influence in passing. The effect of flexibility on the passing ability of Nuansa FC U 14-17 Football School in Padang City is 0.863. based on the guidelines for the degree of relationship, the Pearson correlation value is 0.863 = perfect correlation. While the remaining 0.137 is influenced by other factors. Other factors that affect this passing ability can be influenced by speed, ankle coordination, explosive power, and concentration. The results of this study were also strengthened by research from (Agustiardi, Atradinal, & Ridho, 2019) has researched on the Contribution of Leg Muscle Extension Strength and Hip Flexibility to Long Passing Ability. The results of this study are that there is a contribution between hip flexibility and long passing ability. That is, the higher the hip flexibility possessed 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 has a contribution.

Flexibility is an important component in influencing passing ability. 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. Conversely, players with less than ideal flexibility can result in sub-optimal quality of passing.

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 incoming ball and the one that will be passed does not always fit the player's feet. So the flexibility of the player's limbs is key in carrying out this unexpected pass. The higher the level of flexibility possessed by soccer players, the greater the chance for players to be able to pass in all conditions and positions with more flexible movements.

Based on the description, it can be concluded that there is an effect of flexibility on the passing abilities of Nuansa FC U 14-17 Football School players in Padang City. In other words, Nuansa FC U 14-17 Soccer School players from Padang City who have ideal flexibility will affect good passing abilities. In contrast, players from the Nuansa FC U 14-17 Soccer School, Padang City, who have less than ideal flexibility, have a low passing ability.

Conclusions

Based on the results of research data analysis, it can be concluded that flexibility has a significant relationship with the passing ability of Nuansa FC U 14-17 Soccer School players, Padang City.

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