

Improving Shooting Accuracy In Football Through Paired Wall-Pass Training Method

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ABSTRACT

This study aims to determine the effect of paired wall-pass training on improving shooting accuracy in football among students at SDN Cinta Asih. The research employed an experimental method with a One-Group Pretest-Posttest Design. The subjects were 16 male students participating in extracurricular football activities. Data were collected using a shooting accuracy test consisting of 10 attempts at the goal. The training program was conducted over 14 sessions with a frequency of three times per week. The analysis results indicated a significant improvement between the pretest scores (mean = 18.4) and posttest scores (mean = 32.8), with a t-value of 12.240 > t-table 2.160 and $p < 0.05$. Regression analysis showed that paired wall-pass training contributed 7% to the improvement in shooting accuracy. The study concludes that the paired wall-pass training method is effective in enhancing the shooting skills of elementary school students.

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AUTHORS' CONTRIBUTION

A. Conception and design of the study;
B. Acquisition of data;
C. Analysis and interpretation of data;
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INTRODUCTION

Football is the most popular sport in the world, enjoyed by people of all ages, from children to adults. This sport not only serves as a means of physical development but also fosters character traits such as sportsmanship, responsibility, and courage. In Indonesia, the government supports the development of competitive sports through Law No. 3 of 2005 on the National Sports System, which emphasizes the importance of structured, gradual, and continuous coaching to produce high-achieving athletes. To play football well, players must master basic skills such as passing, dribbling, heading, controlling, tackling, throw-ins, and especially shooting. Mastery of these basic techniques influences overall playing ability. Shooting is one of the most critical techniques in the game, as most goals are scored from attempts directed at the goal. Therefore, shooting accuracy is a skill that must be systematically trained so players can

score goals effectively. One training method that can improve basic skills, particularly passing and shooting, is wall-pass training. A wall pass is a simple passing technique typically performed by two players to break through the opponent's defence. Paired wall-pass training is effective in enhancing ball control, coordination, and shot accuracy. Additionally, paired training offers the added benefit of improving teamwork and providing a more focused mastery of technical skills. Previous studies, such as those conducted by Sari & Nugraha (2022) and Getsempena (2023), have shown that paired wall-pass training positively impacts improving players' passing accuracy. However, its effect on shooting accuracy, especially in young players, has been rarely studied. In fact, a combination of good passing, ball control, and shooting mastery is crucial for creating opportunities and scoring goals. This forms the basis for the importance of studying the effect of paired wall-pass training on shooting accuracy in football. Review the key concept you use in the research and provide previous relevant studies/investigations that are relevant to your paper. Review the key concept you use in the research and provide previous relevant studies/investigations that are relevant to your paper. Review the key concept you use in the research and provide previous relevant studies/investigations that are relevant to your paper. Review the key concept you use in the research and provide previous relevant studies/investigations that are relevant to your paper. Review the key concept you use in the research and provide previous relevant studies/investigations that are relevant to your paper.

METHODS

This study employed an experimental method using a One-Group Pretest-Posttest Design. The research subjects consisted of 16 male students participating in extracurricular football activities at SDN Cinta Asih. The research instrument was a shooting accuracy test (10 shot attempts at the goal from a distance of 16.5 meters). The paired wall-pass training program was conducted over 14 sessions (three times per week), incorporating a combination of passing and shooting exercises using both the right and left foot. Data analysis was performed using a normality test, paired sample t-test, and regression analysis with the assistance of SPSS software.

RESULTS AND DISCUSSION

This study aimed to analyze the improvement in shooting accuracy in football games through paired wall pass training among students at Cinta Asih Elementary School. Data were collected through a pretest and posttest to measure shooting accuracy. The study was conducted according to established procedures and an experimental design, involving 16 male students as subjects.

The data analysis showed a significant improvement in shooting accuracy after students participated in a varied training program. One contributing factor to the success of this program was the students' high enthusiasm during the training. The implementation of

a competition system with points awarded during the pretest and posttest was proven to increase student motivation and active participation throughout the program.

The research was conducted from May 29 to July 28, 2025, at My Home Futsal, Fikom Complex, Cileunyi. The learning process and data collection took place three times a week. A total of 16 Cinta Asih Elementary School students were actively involved in all stages of the study. The following presents the results of pretest and posttest measurements related to increasing shooting accuracy in **football** games through the paired wall pass training method for elementary school students.

Pretest and Posttest Results

The pretest and posttest results after the shooting training are presented in detail in the following table:

Table 1.
Pretest-Posttest Results

Pretest	Posttest	Selisih
23	36	13
14	34	20
14	31	17
18	34	16
13	35	22
14	30	16
25	38	13
21	36	15
22	36	14
23	32	9
19	24	5
16	30	14
17	29	12
24	31	7
15	32	17
17	38	21

The detailed results of the descriptive statistical analysis of the pretest and posttest can be seen in the following table:

Table 2.
Descriptive Statistical Analysis Results

Statistik	Pretest	Posttest
N	16	16
Mean	18,4375	32,875
Std.Deviasi	4,049177	3,721559
Minimum	13	24
Maximum	25	38

Data Analysis Normality Test

The normality test is intended to determine whether the variables in the study have a normal distribution. The calculation of this normality test was carried out using the Kolmogorov-Smirnov formula and processed with SPSS. The results are presented in the following table:

Table 3.
Normality Test

Shooting	p	Sig.	Information
Pretest	0,156	0,05	Normal
Posttest	0,699	0,05	Normal

From the table, it can be seen that all data have p-values (sig.) greater than 0.05. Therefore, the variables are normally distributed.

Hypothesis Test

The hypothesis in this study was tested using a paired t-test with the assistance of SPSS. The first hypothesis states that 'there is a significant improvement in shooting accuracy in football through the paired wall-pass training method.' The conclusion of this study is considered significant if the calculated t-value is greater than the t-table value and the significance level is less than 0.05 (sig < 0.05). Based on the analysis results, the data are presented in the following table:

Table 4.
Hypothesis Test

Group	Mean	t-test for equality of means				
		T ht	T tb	Sig.	Selisih	%
Pretest	18	12,240	2,131	0,000	15	78,3
Posttest	33					

From the results in the Table, it can be seen that the calculated t-value is 12.240, while the t-table value is 2.131, with a significance value of p = 0.000. Since the calculated t-value (12.240) is greater than the t-table value (2.131) and the significance value (0.000) is less than 0.05, these results indicate a substantial difference. Therefore, the alternative hypothesis (Ha) stating that 'there is a significant effect on improving shooting accuracy in football through the paired wall-pass method' is accepted. Uji Regresi

The table below presents the results of manual statistical calculations using regression testing to determine the extent of improvement in shooting practice through the paired wall-pass method. To determine the magnitude of improvement in shooting practice using the paired wall-pass method, a coefficient of determination (R-squared) test was conducted.

Table 5.
Regression Test Table

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.265 ^a	.070	.004	4.042

The results in the Table show that the R value, which represents the correlation coefficient, is 0.265. From Table 4.6, the coefficient of determination (R Square) is obtained, indicating that the effect of the independent variable on the dependent variable is $0.070 \times 100 = 7\%$. Therefore, the improvement in shooting practice through the paired wall-pass method is 7%

Based on the results of the study, paired wall-pass training has been proven to have a significant effect on improving shooting accuracy among students at SDN Cinta Asih.

This result is indicated by the increase in the average pretest score from 18 to 33 in the posttest, with a score difference of 15 points or an improvement of 78.3%. In addition, the t-test results showed a significance value of $0.000 < 0.05$, which means that the alternative hypothesis is accepted.

Paired wall-pass training is a form of technical training that emphasizes player cooperation in one- to two-pass (wall-passes) ending with a shot on goal. This method not only sharpens passing and shooting skills but also trains quick decision-making, body orientation to the ball, visual-motor coordination, and movement accuracy. The training is designed to resemble real match situations, allowing players to become accustomed to time and space pressure when executing shots.

According to Qirom et al. (2024), wall-pass training is effective in improving shooting accuracy because players are encouraged to perform repeated combinations of passing and shooting, which helps build more stable muscle coordination and enhances accuracy. This aligns with Mielke's (2007) view that structured repetition of movements (pass-response-shooting) in training strengthens neuromuscular pathways and improves reflexes as well as technical precision.

Bompa (2009) emphasizes that the effectiveness of training will be maximized when it replicates real match conditions. Therefore, paired wall-pass training becomes a specific form of exercise integrated with game patterns, making it highly suitable for elementary school students. Sugiyanto (2011) states that elementary school-aged children are more engaged and enthusiastic about collaborative and game-based training, which has a more optimal impact on the development of their technical skills.

The training program used in this study was structured progressively over 14 sessions. The initial phase (sessions 1–7) aimed to build the foundation of passing and shooting skills through drills 1 and 2. These drills involved two players (A and B) focusing on passing-wall-pass combinations, ending with a shot. Drill 1 was performed using the dominant foot (right), while drill 2 used the non-dominant foot (left).

The advanced phase (sessions 8–11) focused on increasing the intensity and complexity of the training through drills 3 and 4. At this stage, the number of players was increased to three (A, B, and C), with a longer sequence of passing, wall-passes, and sprints. Player A executed combinations and shots from a distance of approximately 16.5 meters. Drill 3 used the right foot, while drill 4 used the left foot. This progression was designed to provide greater stimulus to improve technical ability, movement coordination, and endurance in shooting techniques (Hidayat et al., 2022; Lengkana et al., 2020; Lengkana & Sofa, 2017; Razali et al., 2023; Subarna et al., 2021). The final phase (sessions 12–14) involved applying the skills in a game format and conducting the posttest. The game was designed to represent real match conditions, where wall-passes and shooting were used in competitive situations. This aimed to evaluate how well the trained techniques could be applied directly in the field.

Considering the data and the implementation of the training program as a whole, it can be concluded that paired wall-pass training has a tangible effect on improving shooting accuracy, both statistically and in terms of technical performance. This

influence is reinforced by theories and expert findings suggesting that specific, repetitive, and structured training methods have a positive impact on the development of football skills.

CONCLUSION

Referring to the data analysis and discussion presented and tested in the previous section regarding the improvement of shooting accuracy in football through the paired wall-pass training method, the researcher concludes that:

1. The paired wall-pass training method is effective in improving shooting accuracy in football. Thus, the shooting ability level of SD Cinta Asih students increases.
2. There are significant results from the paired wall-pass training method on improving shooting accuracy in football, as indicated by a calculated t-value of 12.240 greater than the t-table value of 2.131 and a significance value of $0.00 < 0.05$.

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