

The Effect of Modifications To Traditional Games On Football Passing Results Among Extracurricular Students At SMAN 1 Blega

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ABSTRACT

This study aims to analyze the effect of modifying traditional games on the passing results in football among extracurricular students at SMAN 1 Blega. The method used is a quasi-experimental design with a one-group pre-test post-test approach, involving 20 students as the sample. The treatment provided consists of training using the El Rondo model, which is a modification of the traditional game of tag. Data were collected through short passing tests before and after the treatment. The analysis results show that the significance value (sig.) from the paired sample T-test is 0.000, which is less than 0.05, indicating a significant difference between the pretest and posttest results. Therefore, it can be concluded that the modification of traditional games has a positive effect on improving the passing accuracy of football students. This research is expected to contribute to the development of more effective training methods to enhance basic football skills, particularly passing, among students.

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A. Conception and design of the study;
B. Acquisition of data;
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D. Manuscript preparation;
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INTRODUCTION

Football is one of the oldest sports and has a special place in the hearts of people all over the world. This sport first emerged in England, then spread to mainland Europe and developed into one of the most popular sports globally. Football can unite various differences such as religion, culture, ethnicity, race, and social background, without regard to those differences. This is what makes football so popular among people of all walks of life around the world.

Football is a team sport played with a large ball, with each team consisting of eleven players on a grass field using a ball as the medium. In general, player positions in football are divided into four categories: goalkeeper, defender, midfielder, and forward (striker).

The game is divided into two halves, each lasting 45 minutes. One of the key factors influencing a football player's performance is their ability to master the basic techniques of the game, regardless of their position on the field. Therefore, every player is required to understand and master the fundamental techniques of football. A player with good mastery of basic techniques tends to perform more effectively in the game. Passing or passing the ball is one of the basic skills that every football player must master. Although this technique is generally performed with the feet, other parts of the body can also be used to pass the ball (Ahmad & Dicky, 2019). With good passing skills, a football player can control the flow of the game more effectively and efficiently, as accurate passing is usually done when the team has the ball; in this situation, teamwork, mutual understanding among players, and proper game formations enable the creation of movement space in various directions and open opportunities to score goals, where passes must be directed accurately to teammates and delivered with appropriate strength to be maximally controlled by the ball receiver.

In the context of education, football is a physical activity conducted through a structured learning approach, aimed at supporting educators in developing students' potential comprehensively. However, in practice, physical education and health education often face several obstacles. According to (Sahid & Rachlan, 2019), these obstacles stem from three main aspects: the quality of educators, the limited number of class hours, and the lack of teaching materials. Additionally, the limited learning time is also a constraint, as much time is wasted on non-learning activities such as changing clothes. As a result, the effectiveness of the learning process is not maximised. To overcome this, several schools organize extracurricular activities as a means for students who want to hone their passing skills, especially in football.

Traditional games are activities commonly played by children in Indonesia, using simple equipment without the aid of technology or machines, and relying solely on physical and mental health (Ummah & Sya'fiatul, 2019). Therefore, it can be concluded that adapting some traditional games into physical activities in extracurricular football learning can help improve students' passing skills. This is due to the element of fun in these games, where traditional games are an effective way to create a pleasant training atmosphere. Traditional games in the context of sports are a form of physical activity that has been known for a long time and is generally passed down from one generation to the next. These games usually reflect the traditions and cultural values of the local community (Ramadhan et al., 2025).

Based on observations of the football extracurricular activity at SMAN 1 BLEGA, it was found that some students still lack proficiency in the basic passing techniques of football. The technical skills possessed by the students are still very limited, which occurs due to several challenges encountered both during training and matches. The most fundamental challenge faced by students is mastering the basic technique of passing the ball. Inaccurate passing is evident during training sessions and observations of several matches. Many students still make passing errors, such as incorrect passes and inaccurate passing that do not reach their teammates. The weight of the pass is

often inappropriate, causing the ball to be too slow to reach teammates or too fast, making it difficult for teammates to control the ball. Additionally, poor timing in releasing the pass, as well as carelessly executing passes without knowing where the ball is directed or the consequences of releasing the pass, are significant issues in passing. Passing accuracy is a key concern in these issues. Inaccurate and frequent mistakes in passing hinder the effectiveness of training programs.

In a match situation, inaccurate passing can make it easy for the opponent to steal the ball. As a result, the team loses possession of the ball, and the momentum that should have been used to attack is replaced by defence. There is a need for evaluation and improvement in a training program through training development from an early age, particularly in improving passing accuracy. To address the above issues, the author attempts to provide suggestions and input to the coaching staff to implement a training model aimed at improving players' passing accuracy. The training model to be implemented is the El Rondo training model.

Training conducted continuously can lead to movements becoming automatic and performed without needing instructions. However, according to (Aspek et al., 2022), if training is conducted continuously without variation, this can lead to boredom. To improve passing accuracy, varied and creative training methods are needed. Dynamic training that resembles real game situations encourages players to move more actively, creates a fun atmosphere, and reduces the likelihood of boredom during training.

A varied training model, such as a modification of the traditional game of tag known in football as El Rondo, can be used as an alternative to improve passing accuracy. El rondo is a training method derived from a foreign term, but in Indonesia, it is more commonly known as the game of tag. This exercise is conducted in a circular formation, with some players outside the circle and others inside. According to Hasyim Naufal & Syafii (2022), el rondo involves at least three players taking turns passing the ball to each other. According to Agusta & Agus (2020), the basic concept of the el rondo exercise is that the players around the circle try to maintain possession of the ball by passing it to each other, while the players inside the circle are tasked with trying to take the ball away from them. The game of cat and mouse or Rondo has benefits for football skills, including: 1) Training basic techniques, such as passing, control, and first touch, 2) Training decision-making, 3) Building teamwork through communication and passing, 4) Improving ball possession, 5) Training physical abilities, 6) Training the ability to win the ball or press. This is supported by the statement from Johan Cruyff, a legendary player for FC Barcelona and the Netherlands and former coach of FC Barcelona, who said that everything that happens in a football game, except for shooting, can be practiced in rondo, such as creating space, what to do when in possession and out of possession of the ball, playing one-touch football, dealing with pressing, and how to regain possession of the ball (M. Siddiq Julianto et al., 2022). This indirectly encourages players to practice accurate passing with obstacles or challenges from others. El-Rondo enables players to make quick and precise decisions. Previous research has shown that the El-Rondo game, combined with various other games, can improve players' passing skills (Fransazeli Makorohim et al., 2021).

Based on this reality, the author intends to conduct research titled: The Effect of Traditional Game Modifications on Football Passing Results Among Extracurricular Students at SMAN 1 Blega. This research aims to improve the accuracy of football passing results among students participating in extracurricular activities at SMAN 1 Blega. This study is expected to provide useful results for students and physical education teachers in selecting more effective and efficient training methods to improve passing accuracy, particularly in football passing.

METHODS

Types of research

Experiments are always conducted with the intention of observing a treatment. This chapter explains the method used, namely the quasi-experimental method, which is an approach used to evaluate the impact of a treatment or intervention, even though it does not involve the random allocation of subjects. In this method, researchers use pre-existing groups because random allocation is not possible. This approach is often used in contexts where randomization is considered inappropriate or unethical, such as in educational or health research aimed at assessing the effectiveness of a particular teaching method or intervention (Cook, 1979).

One of the distinctive features of the quasi-experimental method is the use of a one-group pre-test post-test design. In this design, researchers measure the variables being studied before and after the treatment is given to one group. This approach allows researchers to observe changes that occur by comparing the results of the initial test and the final test. The pre-test is an initial test before receiving treatment or feedback, while the post-test is an evaluation test after receiving treatment. The population used in this study was 20 extracurricular football students from SMAN 1 BLEGA. The instruments used in this study were treatment and short passing tests. The research design used was a pre-experimental design with a one-group pretest-posttest design (Sugiyono, 2013a).

To determine the accuracy of passing, data collection instruments are required. In this study, there were two treatment sessions and two sessions for the pretest and posttest. The pretest aims to obtain data used to standardize the skill level of the players or test subjects. This allows the differences in the results achieved by the players or test subjects during the four treatment sessions to be identified.

Research Site

The research location is at SMAN 1 Blega High School, with the research to be conducted in May–June 2025, starting at 3:00 p.m. A letter of permission will be requested, which must be approved in advance and will be given directly to the school.

Population and Sample

A population is the entire set of research objects that have certain characteristics and are the focus of a study. A population can consist of individuals, groups, or objects that are to be studied (Mulyadi, 2013). In research, it is important to clearly define the

population so that the sample taken can represent the characteristics of that population. The population used in this study is the extracurricular football students of SMAN 1 BLEGA, which consists of 20 individuals.

A sample is a portion of the population that is selected as the research object. The purpose of sampling is to obtain data that can represent the entire population, so that the research results can be generalised (Sugiyono, 2013b). The sampling technique used in this study is purposive sampling. Purposive sampling is a technique for determining samples based on specific considerations (Fauzan & Ati, 2018). The sample in this study consists of 20 students from the extracurricular football club at SMAN 1 BLEGA.

Research Instruments

Research instruments are tools or means used by researchers to collect data in order to facilitate the research process and obtain more accurate, complete, and structured results so that the data obtained can be analyzed more efficiently (Suharsimi, 2010). In this study, the instruments used were treatment and the short passing technique, which is one of the basic football skills. This technique was used as an indicator to measure the basic football skills of the respondents.

In any research, there is always a data collection process. The data collection method used in this study was a short passing test (M. Siddiq Julianto et al., 2022). The research training process required tools such as balls, stopwatches, cones, fields, and others.

Data Collection Techniques

To determine the accuracy of passing, data collection instruments are required. In this study, there were two treatment sessions and two sessions for the pretest and posttest. The pretest aimed to obtain data used to standardize the skill levels of the players or test subjects. This allowed for the determination of differences in the results achieved by the players or test subjects during the four treatment sessions.

In the application of the El-Rondo training treatment, the researcher will place four cones in a square formation with a distance of 7 meters between each cone, filled with five people inside the square. The five players are divided into one player who tries to intercept the ball and four players who control the ball and pass it. If the player attempting to intercept the ball touches the ball controlled by the four players, the last player to pass the ball will switch positions with the player who successfully intercepted the ball. This El-Rondo exercise is conducted for 10 minutes. If the ball cannot be intercepted within 10 minutes, a penalty is imposed, and the player will be replaced by one of the other four players according to a predetermined draw. This procedure is repeated four times during the training session and incorporated into the training program.



Figure 1.

El-Rondo Andre Ram Game 1

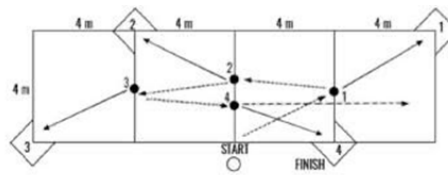


Figure 2.
Grid and test field

RESULTS AND DISCUSSION

Result

Based on the analyzed data, the following can be explained:

Normality Test

A normality test is a statistical test conducted to determine whether the data distribution from the pretest and posttest is normal or not.

- a) If the sig. Value is > 0.05 , then the instrument is considered normal.
- b) If the sig. Value is < 0.05 , then the instrument is said to be non-normal.

Paired sample T-test

This test is used to determine whether there is a difference in results before and after treatment, as seen in the pretest and posttest results. Based on its significance, the following applies:

- 1) If sig. < 0.05 , then H_0 is accepted.
- 2) If sig. > 0.05 , then H_0 is rejected.

Uji Paired Sample Test

It can be concluded from the table above that the Sig. A value of $0.000 < 0.05$ indicates that there is a significant difference between the learning outcomes obtained through the pretest and posttest.

Uji T one-sample

The one-sample t-test is a testing procedure for a single sample with a working mechanism that compares the mean of a single variable with a certain constant value. In other words, the one-sample t-test is used to determine whether there is a difference in the mean of the population or previous research with the mean of the data in the research sample.

"From the t-test results above, which were analysed using SPSS, a significance value of $0.00 < 0.05$ was obtained, indicating that there is a significant difference between the predetermined values."

Discussion

When you have carried out hypothesis testing, what you need to do is discuss the findings obtained based on the theories available from experts. The analysis test that the researcher has carried out aims to answer the existing problem formulation. So the researchers have three research hypotheses, namely:

1. There is an influence of modifications to traditional games on the results of football passing in extracurricular activities at SMA 1 BLEGA. Based on the

results of the analysis carried out by researchers. It was found that the results of the paired sample T-test were 0.000, which was smaller than 0.05. So it can be concluded that there is a real difference between the football passing results from the pretest and posttest data.

2. There is an influence of modifications to traditional games on the results of football passing for extracurricular students at SMA 1 BLEGA. Based on the results of the hypothesis test analysis in the IBM SPSS V21.0 group statistics test application.
3. The T one-sample test result is 0.000, which is smaller than 0.05. So it can be concluded that there is a real difference between the football passing results from the pretest and posttest data.

CONCLUSION

Based on data analysis of research results, a significant increase in the conscientious group was obtained. The research entitled The Influence of Modifications to Traditional Games on Football Passing Results on extracurricular students at SMAN 1 Blega was proven by the results, namely $0.000 < 0.05$, which shows that there is a significant difference between students. So it can be concluded that in this research, it is stated that there is an influence of the Modification of the Traditional Football Passing Game on extracurricular students at SMAN 1 Blega.

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