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## **The Effect of Double Triangle and Double Square Trainings on Passing Results in Disporasu Football Players Aged 10-11**

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**Abstract**

This research aims to determine the effect of double triangle and double square training on passing results in football players aged 10-11 years at Disporasu Football School (FS) in 2022. The research method used is an experimental method, namely to see a change from before treatment and after treatment and then in compare. This research uses a research design, namely one group pretest-posttest design. This research has a population of 18 people from the entire 10-11 year age category in Disporasu FS in 2022, to make it easier in the research the researcher has certain criteria, then the sample is taken using a purposive sample technique, namely a conditional sampling technique, so it can be obtained The sample was 14 people. The time of this research was carried out 18 meetings. The data collection techniques used in this research are tests and measurements. The test instrument used in this research was the football short pass test. The data analysis technique used is the normality test, the results of the pretest data normality test are Lcount 0.1493 and posttest data 0.1472 with Ltable 0.227 with the conclusion that the data is normally distributed, homogeneity test, the data homogeneity test results state that Fcount is 1.21 with Ftable 2 .58, then the conclusion that can be drawn is that the data comes from homogeneous variance and the t test with the help of SPSS 21. The results of the t-test state that there is a value of Tcount=16.60442, then the value of Tcount is compared with the value of Ttable with dk=n-1 (dk=14-1=13) at a significance level of  $\alpha=0.05$ , so we get Ttable=2 .16037, so that based on the hypothesis testing criteria it is stated that at Tcount=16.60442 > Ttable=2.16037, so Ho was accepted.

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## INTRODUCTION

Football is the most popular sport in the world, among all groups and ages. Playing football not only requires good physique but also good technique. Therefore, technique is a very important supporting factor, a person's ability to play football is greatly influenced by the technique he has. If someone only has good physique but poor technique then this will be in vain. In playing football there are several basic techniques that football players need to have, namely passing, stopping, dribbling, shooting, heading, tackling, throw in. Passing the ball is very important as it is known that good and accurate passing will easily transfer the ball to teammates and will easily create opportunities to score goals against the opponent. (Cliffe & Giffort, 2007).

Passing is a way of moving the ball from one player's feet to another to push the ball forward to enable a goal to be scored (Nusri, 2019). Players must be able to make various kinds of passes, namely, passes with the inside of the foot, passes with the outside of the foot, passes with the instep, or the inside of the top, head, heel. Good passing begins when the team in control of the ball creates space between opponents by moving and opening up space around the player (E & A, 2019). The basic skills of controlling the ball and passing need to be trained repeatedly and systematically so that when passing, the results obtained will be better (Jhosep, 2011).

Based on the results of observations, researchers found a problem, namely passing techniques, especially at the age of 10-11 years. This was seen during passing practice sessions and game sessions where many players made wrong passes starting from inaccurate passing goals, erroneous passing techniques and more players. dribbling the ball rather than passing. For this reason, researchers conducted a pretest on Disporasu Football School (FS) players aged 10-11 years. The test given was a football passing test, from this test it was known that the percentage of players' passing ability was in the very poor category (11.11%), the poor category (66.78%), the sufficient category (5.56%), and the good category (16.67%). Based on these results, the researcher concluded that Disporasu FS's passing technique is still low and needs to be improved so that passing technique skills become even better. Researchers provide a solution by offering a form of exercise, namely double triangle and double square exercises.

Training is a process of practicing activities carried out repeatedly with increasing training volume over time. According to the opinion of (Bompa & Buzzichelli, 2015) states that training is a process of repetition that is carried out continuously in order to improve physical condition so that one can have maximum abilities. Training is an exercise activity that is carried out systematically over a long period of time with increasing progress adjusted to the athlete's needs to achieve the expected targets (Nurkadri, 2017).

The double triangle passing training model is carried out to improve control, passing accuracy and passing accuracy. The advantage of this double triangle exercise is that it is easy to do and easy to understand. This passing exercise can also increase passing support between players in attacking the opponent's goal. (Muhammad, 2020). The double square training model is carried out to improve passing precision and passing accuracy. What differentiates this form of exercise from the double triangle exercise is the shape or passing path which forms a square (Raga, 2018).

## **METHODS**

This research uses quantitative research methods, with data collection techniques using tests and measurements. This research was conducted from February to March 2022, on the Mini Pancing Stadium football field. The population in this study were football athletes aged 10-11 years from Disporasu FS, totaling 18 people. According to (Hardani, 2020) the population is the entire sample of the research object as a data source in a study. The sampling in this study was carried out using a purposive sampling technique which resulted in a sample of 14 people. In this study, the instrument used to collect initial and final data was the football short passing test. Next, the data is processed using statistical procedures (data analysis), namely the normality test, namely by comparing  $L_{count}$  with  $L_{table}$ , so if  $L_{count} < L_{table}$  then  $H_0$  is accepted and  $H_a$  is rejected so it can be concluded that the data is normally distributed. If  $L_{count} > L_{table}$  then  $H_0$  is rejected and  $H_a$  is accepted so it can be concluded that the data is not normally distributed, the homogeneity test is by comparing  $F_{count}$  with  $F_{table}$ , so if  $F_{count} < F_{table}$  then  $H_0$  is accepted and  $H_a$  is rejected so it can be concluded that the data is homogeneous. If  $F_{count} > F_{table}$  then  $H_0$  is rejected and  $H_a$  is accepted so it can be concluded that the data is not homogeneous, test the hypothesis (t-test).

## RESULTS & DISCUSSION

The research test results data obtained from the football short passing test instrument used in the pretest and posttest were then processed using statistical procedures.

**Table 1.** Data Normality Test

Data	L <sub>count</sub>	L <sub>table</sub>	Information
<i>Pre -Test</i>	0,1493	0,227	Normal
<i>Post-Test</i>	0,1472	0,227	Normal

**Table 2.** Data Homogeneity Test

Data	Variance	F <sub>count</sub>	F <sub>table</sub>	$\alpha$	Information
Pre-Test	1,0995	1,21	2,58	0,05	Homogen
Post-Test	1,3281				

From the results of the research that has been carried out, hypothesis testing is obtained, it is known that  $T_{count}=16.60442$ , then look for  $T_{table}$  by means of  $dk=n-1$  ( $14-1=13$ ) with a significance level of 0.05 so it is known that  $T_{table}=2.16037$ . In the test criteria, it is known that  $T_{count}=16.60442 > T_{table}=2.16037$ , so  $H_0$  is rejected and  $H_a$  is accepted, so it can be concluded that there is a significant influence of double triangle training and double square training on passing results in football players aged 10-11 years. Disporasu FS 2022.

In discussing the results of research data analysis, results were obtained which showed that there was a significant influence of double triangle training and double square training on passing results in football players aged 10-11 years Disporasu FS 2022. The double triangle passing exercise is carried out to improve control, passing accuracy and passing accuracy. The advantage of this double triangle exercise is that it is easy to do and easy to understand. How to carry out this passing exercise can also increase passing support between players when attacking the opponent's goal. The double square training model is carried out to improve passing precision and passing accuracy. What differentiates this form of exercise from the double triangle exercise is the shape or passing path which forms a square. In carrying out experiments in the field, a sample of athletes were given a double triangle and double square passing training program, where this research was carried out in 18 meetings.

With existing training programs which include everything from training intensity, training time, training frequency, training principles, this can help sample athletes to improve their abilities. The training program is structured in a structured manner and is carried out regularly so that maximum results can be obtained. Based on the calculation results in hypothesis testing, with the following results, it is known that  $T_{count}=16.60442 > T_{table}=2.16037$ , so  $H_0$  is rejected and  $H_a$  is accepted, so it can be concluded that there is a significant influence from the double triangle exercise and double square exercise on the results. passing for football players aged 10-11 years Disporasu FS in 2022. Before this research was carried out (experiment) it was known from the pretest results which stated that their passing was still in the category (very poor) then after being given treatment (experiment) there was a significant change for each athlete in terms of increasing their passing results. So it can be said that the training program was successful.

Because the form of training provided has an influence on improving passing results in football players aged 10-11 years DISPORASU FS in 2022, researchers hope that coaches can continue to provide this training program or even develop it further to make it much better.

## **CONCLUSION**

Based on the research results obtained by conducting hypothesis analysis, the researcher can draw the conclusion that there is a significant influence of double triangle training and double square training on passing results in football players aged 10-11 years Disporasu FS 2022.

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