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Effects of Varied Passing Drills on Passing Accuracy in Youth Academy Soccer Players

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Abstrac: This study aims to analyze the effect of varied passing drills on soccer passing accuracy among 11–14-year-old players at the Utama Raya Academy. The study employed a quasi-experimental method with a one-group pretest–posttest design. The population consisted of 150 players, while the sample comprised 20 players selected through purposive sampling based on the study criteria. Data were collected using a passing accuracy test, which involved 10 kicks at a target from a distance of 9 meters. The results showed that the average score increased from 6.10 on the pretest to 7.80 on the posttest, representing a 27.85% improvement. A paired-sample t-test yielded a significance value of 0.001 ($p < 0.05$), indicating a significant difference between the pre- and post-intervention results. Thus, varied passing drills were proven effective in improving soccer passing accuracy among 11–14-year-old players at the Utama Raya Academy.

Keyword: Athletes, Passing Accuracy, Passing Drills, Soccer

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INTRODUCTION

Sports are one of the activities that play a vital role in human life and have become essential for maintaining quality of life. Through sports, people can improve their physical fitness while maintaining their mental health. As times have changed, sports have come to serve not only as a means of improving health and fitness but also as a positive contributor to character building, the development of individual potential, and the enhancement of human resources. Furthermore, sports play a strategic role in fostering a spirit of nationalism, strengthening unity, and supporting the nation's sustainable development and progress (Kipuw, 2025).

Soccer is a team sport that enjoys a high level of popularity in many countries, including Indonesia. The game is widely enjoyed by people of all ages because it is competitive, exciting, and easy to play. In a typical game, soccer is played by two teams, each consisting of eleven players, including one goalkeeper who is responsible for defending the goal from the opposing team's attempts to score (Arifin, 2020).

In soccer, mastery of basic techniques is essential for every player to play effectively. These basic techniques include several key skills, such as passing, dribbling, and shooting, which form the foundation of the game (Irfan, 2020). A solid grasp of basic techniques is the cornerstone of a player's performance on the field. Therefore, every player needs to develop their fundamental soccer skills to the fullest in order to play effectively. One of the most important skills is passing, as good passing ability helps the team build attacks, maintain possession, and improve teamwork during a match.

Passing is one of the basic techniques in soccer used to move or pass the ball from one player to another. The ability to pass with good accuracy and speed is crucial to the flow of the game, as it helps the team create scoring opportunities, execute game strategies, and increase the effectiveness of attacks on the opponent's defensive zone (Afifudin, 2022). Passing accuracy is one of the fundamental technical skills that plays a crucial role in soccer. Accurate passing helps players maintain possession, facilitates teamwork, and creates opportunities to build attacks into the opponent's defensive zone. Conversely, inaccurate passing can result in losing possession and give the opposing team the opportunity to launch a counterattack. Therefore, every player needs to master the ability to pass accurately from an early age. Additionally, a high level of passing accuracy is also an indicator of a team's success in executing game strategies and controlling the flow of the match (Aprianto, 2021). Passing drills are a form of technical training that involves various movements, distances, directions, and game situations to improve soccer players' passing skills and reduce boredom during practice (Brema, 2024). according to (Bompa & Buzzichelli, 2019) Training that is conducted in a systematic, planned, and repetitive manner will lead to the development of technical abilities and athletic skills. In line with that (Harsono, 2018) states that continuous and progressive training can improve athletes' physical and technical abilities. Therefore, structured passing drills are expected to improve soccer players' passing accuracy.

In Indonesia, soccer is one of the sports that continues to be nurtured and developed. This growth is evident in the increasing number of soccer clubs and Soccer Schools (SSB) being established in various regions, both in urban and rural areas. This trend indicates that soccer has become a sport deeply rooted in the community and can be considered a sport of the people. With the continued growth of soccer development through clubs and SSBs, it is hoped that talented young players will emerge who can become the next generation of athletes and contribute to the future advancement of Indonesian soccer (Palasa, 2020).

Several previous studies have shown that the implementation of varied passing drills has a positive effect on improving passing accuracy in soccer. The findings of these studies indicate an increase in the average passing ability score, suggesting that this training method is effective in improving the accuracy of passes and players' ball control (Ferdy, 2025). Earlier research also revealed that the implementation of varied passing drills has a significant effect on improving the passing ability of soccer players at the TASBI Medan Youth Soccer Academy (SSB). Additionally, research findings on the impact of small-sided games indicate that this training method is also effective in improving passing accuracy in soccer. Statistical test results show that small-sided games have a significant effect on students' passing accuracy (Goniiyun, 2023). These findings

prove that incorporating varied passing drills can improve players' passing skills through structured and sustained training.

Various previous studies have shown that passing drills are effective in improving soccer players' passing skills. However, few studies have specifically examined the effect of varied passing drills on passing accuracy among 11–14-year-old players at the Utama Raya Academy. Therefore, this study aims to analyze the effect of varied passing drills on passing accuracy among 11–14-year-old soccer players at the Utama Raya Academy.

METHOD

Research Design

This study employed a quasi-experimental research method with a one-group pretest-posttest design. This design was used to determine the effect of varied passing drills on soccer passing accuracy among children aged 11–14 years at the Utama Raya Academy. In this research design, all subjects first took a pretest before receiving the intervention, followed by a posttest after the intervention to measure changes in passing accuracy.

The research design can be described as follows:

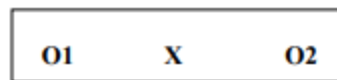


Figure 1. Research Design (Supriyadi, 2024)

Notes:

O1 : Ability Assessment Before Treatment (Pretest)

X : Treatment

O2 : Ability Assessment After Treatment (Posttest)

Participant

All 150 soccer players at the Utama Raya Academy constituted the population for this study. From this population, 20 players aged 11–14 were selected as the sample using purposive sampling. The selection of the sample was based on several criteria: the players had to be active members of the Utama Raya Academy, be between the ages of 11 and 14, be in good physical and mental health, and be willing to participate in all research procedures.

Instrument

The instrument used in this study was a soccer passing accuracy test developed by (Irianto, 1995). The test was conducted by having players make 10 passes toward a target—a small goal measuring 1.5 meters × 0.5 meters—from a distance of 9 meters. A pass was considered successful if the ball entered the target or hit the goalpost and crossed the predetermined boundary line. The score was calculated based on the number of successful passes out of 10 attempts. The equipment used included a soccer ball, a measuring tape, cones, and a small goal. This instrument has a validity of 0.812 and a reliability of 0.856.

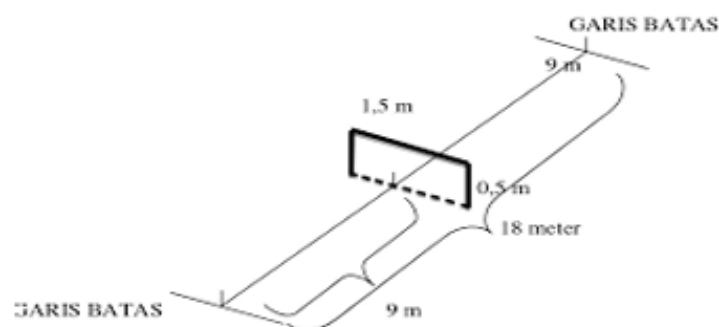


Figure 2. Passing Accuracy Test (Irianto, 1995)

Table 1. Passing Accuracy Standards

Corner Kick	Description
1-2	Very Poor
3-4	Poor
5-6	Fair
7-8	Good
9-10	Very Good

Data Collection

Data collection took place over four weeks, with a total of 12 sessions held three times a week. The study began with a pretest to assess the participants' initial passing accuracy. Next, participants were given an intervention consisting of various passing drills over the course of 12 sessions. After the entire training program was completed, a posttest was administered using the same instrument to measure improvements in passing accuracy. The pretest and posttest results were then compared to determine the effect of the intervention.

Data Analysis

The research data were analyzed in two stages: descriptive statistical analysis and inferential analysis. Descriptive analysis was used to present an overview of the data in the form of the mean, maximum, minimum, and standard deviation of the measurement results before and after the intervention (pretest and posttest). Before testing the hypotheses, normality and homogeneity tests were conducted to ensure that the data followed a normal distribution and that the variances among the data were homogeneous. Next, the effect of passing variation drills on soccer passing accuracy was analyzed using a paired-sample t-test at a significance level of 0.05 for players aged 11–14 years at the Utama Raya Academy.

RESULT

Data Description

Table 2. Data Description

	N	Minimum	Minimum	Mean	Std. Deviation
Pretest	20	4	8	6.10	1.165
Posttest	20	5	9	7.80	1.240

Based on Table 2, the results of the pretest analysis of soccer passing accuracy show that the lowest score obtained by a player was 4, while the highest score reached 8. The mean score was 6.10 with a standard deviation of 1.165. These findings indicate that the players' initial passing accuracy was still in the fair to good range before the intervention.

The posttest results showed that the lowest score obtained by the players was 5, while the highest score reached 9. The mean score after the intervention was 7.80 with a standard deviation of 1.240. These findings indicate an improvement in soccer passing accuracy after the participants completed a 12-session training program focusing on passing variations.

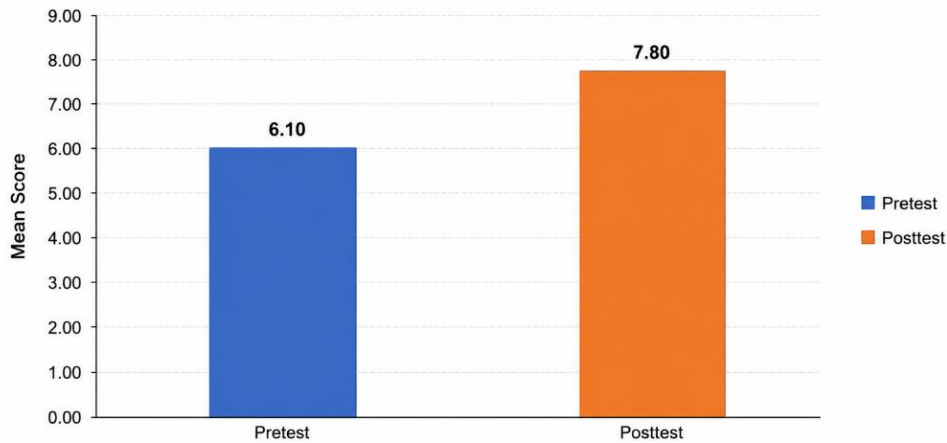


Figure 2. Comparison of Mean Score Between Pretest and Posttest

An improvement in passing accuracy can be observed in Figure 2, which shows an increase in the mean score from 6.10 on the pretest to 7.80 on the posttest. Descriptively, these results indicate that varied passing drills have a positive impact on improving soccer passing accuracy among 11–14-year-old players at the Utama Raya Academy.

Percentage Result

Table 3. Pretest-Posttest Results Category

Category	Pretest	Posttest
Very Poor	0%	0%
Poor	10%	0%
Fair	45%	15%
Good	45%	45%
Very Good	0%	40%

The data in Table 3 show that before the intervention was administered, the participants’ passing accuracy was predominantly in the “good” and “fair” categories, each accounting for 45%, while 10% of the participants were still in the “poor” category. After completing 12 sessions of varied passing drills, the posttest results showed an improvement, marked by an increase in the number of participants in the “very good” category to 50%, the “good” category to 35%, and a decrease in the “fair” category to 15%. Additionally, there were no longer any participants in the “poor” category. These results indicate an improvement in passing accuracy following the training program.

Normality Test

Table 4. Normality Test

Test of Normality from Shapiro-Wilk			
Pretest and Posttest	Statistic	df	Sig.
	.938	20	.218

The results of the normality test presented in Table 4 show that the Shapiro–Wilk significance value is 0.218. Since the significance value exceeds 0.05, the research data are deemed to satisfy the assumption of normality, or to be normally distributed.

Tests of Homogeneity Variances

Table 5. Test Homogeneity

Tests of Homogeneity Variances from Levene Statistic					
Results		Levene Statistic	Df1	Df2	Sig.
	Based on Mean	.389	1	38	.537
	Based on Median	.245	1	3	.623
	Based on Median and with adjusted df	.245	1	37.599	.623
	Based on trimmed mean	.321	1	3	.575

The results of the homogeneity test presented in Table 5 show that the significance value of Levene's test (Based on Mean) is 0.537. Since the significance value exceeds 0.05, the research data are deemed to have homogeneous variances. Therefore, one of the prerequisites for conducting a hypothesis test using a paired-sample t-test has been met.

Hypothesis Testing

Table 6. Hypothesis Testing of Paired Sample T-Test

	Mean	Std. deviation	Std. error mean	Lower	Upper	t	df	Sig. (2-tailed)
Pair 1 Pretest- Posttest	-1.700	0.733	0.164	-2.043	-1.357	-10.376	19	<.001

Based on the results of the analysis using a paired-sample t-test, a significance value of 0.000 was obtained. Since this value is below the significance level of 0.05, it can be concluded that passing variation drills have a significant effect on passing accuracy in soccer.

DISCUSSION

Based on the research findings, it can be concluded that varied passing drills have a significant effect on improving soccer passing accuracy among children aged 11–14 years at the Utama Raya Academy. This is evidenced by the increase in the average score on the passing accuracy test, from 6.10 on the pretest to 7.80 on the posttest. The results of the analysis using a paired-sample t-test also showed a p-value of 0.000, which is less than 0.05 ($0.000 < 0.05$), thus supporting the research hypothesis. These findings indicate that the varied passing drill program implemented was effective in improving the players' ability to pass accurately toward a predetermined target.

Improved passing accuracy through varied passing drills occurs because the training program gives players the opportunity to repeat movements in various forms and training situations. These repetitions help players develop their passing technique more effectively. This helps players improve their motor coordination, ball control, and ability to direct passes accurately to their targets. Additionally, varied drills help players become more accustomed to handling different game situations, thereby improving their technical skills and decision-making during passing. Through regular and consistent practice, players' passing skills develop to become more effective and accurate.

Passing accuracy is one of the fundamental technical skills that plays a crucial role in soccer, as it is the primary means of maintaining possession and building attacks. Players with good passing skills tend to find it easier to coordinate with teammates, control the pace of the game, and create scoring opportunities. According to (Mielke, 2007) Passing is a fundamental technique that serves to connect the play between players on a team. In line with that, (Luxbacher, 2011) states that accurate passing allows the ball to be moved effectively, enabling the offensive process to proceed in a more organized manner. Therefore, mastering passing accuracy is a crucial aspect of soccer player development, especially at a young age.

This improvement in passing accuracy occurs because varied passing drills give players the opportunity to repeat movements in various training scenarios. Drills such as bowling, target gates, and tunnel passing require players to repeatedly control the direction, power, and accuracy of their passes. Through structured and consistent training, players' hand-eye coordination, ball control, and concentration improve, leading to greater passing accuracy.

The findings of this study are supported by several previous studies showing that passing drills with various variations are effective in improving the passing accuracy of soccer players. A study conducted by (Syachputera et al., 2022) showed that varied passing drills significantly improved passing accuracy among soccer school students aged 10–12 years. This improvement occurred because the players had the opportunity to practice various types of passes, thereby enhancing their ability to control the direction of the pass and deliver the ball accurately to the target.

The findings of this study are also consistent with a study (Nizar et al., 2024) that reported that variations in wall pass drills have a positive effect on passing accuracy. Wall pass drills are performed repeatedly and in a structured manner, helping players improve their motor coordination, ball control, and accuracy in directing passes. Repeating these movements helps players become more accustomed to passing with proper technique and greater accuracy.

Furthermore, research on the application of small-sided games has also shown that this training method has a significant impact on improving soccer players' passing accuracy. Through games with fewer players and a more limited playing area, players are required to pass quickly, precisely, and accurately in match-like situations. These conditions help improve both technical skills and decision-making when passing. These findings are further supported by a study (Aprianto, 2021) which found that the El Rondo and Small-Sided Games training models have a significant impact on improving passing accuracy among young soccer players. The study explains that using varied training models is more effective than conventional training because it provides a more diverse playing experience, increases the frequency of ball touches, and trains passing accuracy in various game situations.

The consistency of these findings with various previous studies indicates that the implementation of passing drills in various forms can provide more optimal training stimuli for the development of players' technical skills. Drill variations allow players to gain a wider range of movement experiences, thereby not only improving their mastery of passing techniques but also maintaining their motivation, concentration, and active participation throughout the training process. For players aged 11–14 years, who are in the developmental phase of motor skills, coordination, and movement skills, the implementation of varied drills is crucial as it supports the learning of movement more effectively.

The results of this study indicate that varied passing drills are an effective method for improving soccer passing accuracy among 11–14-year-old players at the Utama Raya Academy. The various drill formats implemented provided players with opportunities to practice passing in different situations, thereby allowing their motor coordination, ball control, passing accuracy, and decision-making skills to develop simultaneously. Thus, varied passing drills are worth recommending as an alternative training method that coaches can implement in youth soccer development programs. These findings also reinforce the evidence that the implementation of varied passing drills has a significant impact on improving soccer passing accuracy among players at the Utama Raya Academy.

CONCLUSION

Based on the research findings, it can be concluded that varied passing drills have a significant effect on improving soccer passing accuracy among 11–14-year-old players at the Utama Raya Academy. Thus, this training method can be used as an alternative in the development of basic soccer skills. Future research is recommended to involve a larger sample size and participants with more diverse characteristics. The results of this study indicate that varied passing drills can serve as an effective training method for improving passing accuracy in young players. It is hoped that these findings will serve as a guide for coaches in designing training programs that are more varied and tailored to the developmental needs of players.

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