ABSTRACT

Through the effect of drill method on the ability to pass deep leg in the Manding arema club soccer athletes.2023. Rohim, Fathor

Keywords: drill, passing and inside leg

The purpose of this study is to determine the effect of the drill method on skills of athletes and to find out whether there is a significant effect in passing the inside of the leg on arema Manding club football athletes.

The method used in This study uses a quantitative method with a descriptive approach regarding the data obtained in the field. Through the effect of drill method on the ability to pass deep leg in the Manding arema club soccer athletes, the population of arema manding club athletes with a sample of 20 athletes. With data collection methods using preetest and posttest techniques with data analysis techniques using the Statistical Package for the Social Sciences (SPSS) version 21 application.

The results showed that the average pretest result of passing the inner foot was 6.3 and the posttest value of passing the inner foot was 7.1. In the calculation of the normality test and the data homogeneity test, the results are all normal so that the analysis stage can proceed to the hypothesis testing stage. The results of the hypothesis test analysis 0.035 < 0.05 with a significant level of 5% (0.05) means that the research hypothesis is accepted. From these results, it shows that there is a significant increase in ability in the inner leg passing test between before and after being given treatment in the form of a drill training method.