

ABSTRACT

THE EFFECT OF EL-RONDO'S GAME ON THE PASSING ABILITY OF FOOTBALL PLAYERS IN INDORAS FC SSB. ANDRE RAMDAN HIDAYAT.

Keywords: Soccer, El-Rondo Exercise Model

The game of football is classified as a sport activity which is actually an old age, although it is still in a very simple form, but football has been played since hundreds or even thousands of years ago. Football, officially known as association football, is a sport that uses a ball that is generally made of leather and several substitute players who are on the side of the field. Soccer players must have basic techniques including kicking, stopping, dribbling, tackling throw-in, and goal keeping, according to Sucipto, et al (2000: 17)

Research on improving the quality of passing at SSB Indoras FC uses an approach, where this approach uses a quantitative approach. The procedure used in this study is an experimental research procedure. The research design in this study was a pretest-posttest design. The training model that will be given in this study is the El-Rondo exercise, by using this training model the researchers hope that through these exercises can improve the quality of passing on football players, especially in this study at SSB Indoras FC.

The conclusions in this study are: (1). The El-Rondo training model affects the passing ability of SSB Indoras FC football athletes. (2). Based on the calculation of El-Rondo data analysis on the passing ability of SSB Indoras FC football athletes, the t-count is 11.99 and compared to the t-table of 1.703 at a significant level of 5%. While the percentage increase in passing ability obtained is 53,99%.