

The Effects of Cat and Mouse Playing on Inner Leg Passing Ability at SSB SJS Luwuk

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Abstract The game of football in Banggai regency is progressive and has the potential for outstanding athletes. The existence of the SSB SJS Luwuk football school in Banggai regency is a proof of this. SJS Luwuk Football School has several categories of age levels, from U-10 to U-17. The enthusiasm of the players in attending the football school is very good but many obstacles in the children's ability to pass the inner leg in the regular exercises are still found. In the implementation of passing, they still cannot pass properly and cannot direct the ball according to the target in the game especially at the age of 14. However, in this study, only 27 people aged 14 years were included. This study was designed to test the effectiveness of playing cat and mouse playing on the ability to pass feet in soccer games at SSB SJS Luwuk. This research was designed using a quantitative method, One Groups Pretest-Posttest Design. In processing the data obtained: Initial data are obtained by giving the inner leg passing, so that the Shapiro-Wilk value is 0.510 with $n = 27$ while the value of $\text{sig} = 0.510 > 0.05$ indicating the final test can be seen on the ability of foot passing distributed football game. The post-test data of foot passing ability in football games obtain a Shapiro-Wilk value of 0.320 with $n = 27$ while the value of significance = 0.320 is greater than 0.05. The cat-and-mouse exercise has an influence on the ability to pass the legs in the game, namely $t \text{ count} = 8,231$ ($\text{sig} = 0.000 < 0.05$). The number (mean) in the pre-test is 8.44 and the post-test result is 11.41 so there is an increase of 2.97. So the game of cat and mouse should be used in the

warm-up time and before starting training to increase foot passing skills in football games.

Keywords Cats-Running Playing, Inner-Leg Passing, Football

1. Introduction

The football game in Banggai regency is currently growing rapidly with the existence of SJS Luwuk Football School (SSB) runs harmoniously with the enthusiasm of players in playing football. Football is a team game where each team consists of 11 people consisting of goalkeepers and outside the reserves. Football game is commonly played by all members of the body except the hands, and only the goalkeeper can use his hands in his area of rule [1].

Football games require maximum physical and stamina so that it is easier to play the ball apart from being physically a player needs to also pay attention to mental techniques, tactics, and strategies in a game. Player must know in advance about the procedures for playing football, both in terms of skills, techniques, and tactics so that they can help and support performance in a game that is carried out in groups or individually. Techniques in football games that need to be considered with the movements to be carried out: kicking, dribbling, heading, passing, and ball control [2].

Football has a goal to score goals into the opponent's blood and defend the team so that the opposing team does not enter the ball [3]. However, before a player can score a goal, one of the most important tactics is teamwork to bring the ball closer to the goal. In this case, the ability to pass the ball is very important.

Passing in the game of football is an integral part of a movement that must be mastered for every player because in addition to being the most dominant and also one of the basic techniques of the game, without passing it is impossible to play in a team. With good passing, it will be easier to organize attacks and to keep the ball in control so it is easier to do a good game pattern and it will be easy to create a victory. By using more creative playing exercises, students become more motivated and eager to know, so that success in learning can be seen how far the effort and creativity that is done by a person [4]. A creative game will give a better nuance where the audience will be happier watching the game. Apart from the basic techniques of playing football, do not forget to also pay attention to the supporting elements in carrying out movements such as physical conditions. According to Lutan, a good appearance in the field requires optimal physical abilities as well as game techniques [5]. In achieving a physical condition, sufficient training must be done so that the implementation can be even more effective in improving the physical condition; the better a person's physical condition will affect all activities carried out.

The Luwuk Football School is one of several football schools in Banggai Regency but the SSB SJS Luwuk is newly formed so there are still many obstacles faced by the players who are members of it, especially in basic playing techniques. The problem of Football School Students in the implementation of inner foot passing is their movement difficulties to direct the ball properly and on target. Thus, serious training still needs to be done. Moreover, some of the SSB SJS Luwuk students are still in the underage category so they cannot be treated with strenuous training. Therefore, it is necessary to include a game, and in this case the game of cat and mouse. Based on the existing problems, the purpose of this study was to see the effect of cat-and-mouse training on inner leg passing in a soccer game at SSB SJS Luwuk.

Football is a game with 11 players in either of the two teams [6]. The game of football requires speed and agility that must be possessed by players, both individually and with a team, and able to issue all skills to face the obstacles encountered in the field and be able to show good performances [7]. The passing technique is a technique used to be able to direct the ball correctly according to the intended target [8].

Good basic techniques must go hand in hand with good practice in a football game. Players must be able to control the ball without having to lose the ball during the match and remain in control before it is given to a teammate [9]. To get a good achievement result, a process must be started by starting with training and honing the abilities of an

athlete according to the maximum standard [10].

Likewise, Djoko P.I said that exercise is part of a process that is carried out systematically, scheduled (an exercise program that is arranged regularly) so that difficult movements will be reduced if they are often done repeatedly [11]. The process of perfecting sports is regulated by planning that is structurally carried out from the beginning so that it can show an increase in the ability of an outstanding athlete [10].

An exercise will make a difference for people who seriously, intentionally, do it. Lumintuarso says process exercises are carried out to hone abilities both together and individually by measuring cognitive, affective, and psychomotor abilities [12]. According to Johan Cruyff's quote in the book *Our Competition is the World*, rondo or cat-and-mouse is a training method that includes almost all aspects of the game of football [13]. An activity or movement that can make people happy as part of playing.

The practice of playing cat and mouse consists of several people depending on the necessity. This game can be played by children and adults both in rural and urban areas. There is a part of the game where a person should catch someone who becomes "the prey" of the game. Feet movement, breathing, and other physical elements are important to get most "prey". Thus, optimal physicality through training [14] in the cat and mouse game is expected to have a better influence on passing ability in the football game.

Method

This study uses a method by giving an initial test before being given treatment and then a final test. The treatment given was cat-and-mouse training, pure experimental research on SSB SJS Luwuk students with a research design of One Groups Pretest-Posttest Design, in this case, it could provide a difference before and after treatment [15].

Data Analysis Results

Based on the paired t-test analysis, the cat-and-mouse exercise contributed to the inner leg passing skills of the game, namely $t_{count} = 8,231$ and $t_{count} = 2,387$ ($sig = 0.000 < 0.05$). The mean number of the pre-test is 8.44 while the post-test result is 11.41, so there is an increase of 2.97 so that there are differences in the implementation of inner leg passing in a football game that is carried out before being given treatment, cat and mouse training can be applied to children in improving their inner leg passing ability.

2. Materials and Method

2.1. Settings of the Research: Time and Place

This research was conducted from February until June

2021. It was carried out for 16 meetings, 3 times a week, at the Persibal Luwuk Field, SSB SJS in Luwuk Banggai Regency.

2.2. Research Type and Research Variables

This type of research is quantitative research. Quantitative research is research that is carried out strictly to determine the cause and effect between variables [16]. The research variable is an attribute or nature or value of people, objects, or activities that have certain variations that are determined by researchers to be studied and then drawn conclusions [15]. The independent variable is Cat and Mouse playing and the dependent variable is the inner leg passing ability.

2.3. Population and Sample

The population of this research was all students of SSB SJS Luwuk, aged 14 (27 students). If the population is less than 100 then all are used as samples (17). So the total sample is 27 students.

2.4. Data Collection Technique

Pre-Test and Post-Test

The initial test was carried out with a passing and stopping test by doing a kicking test and stopping the ball into the target area for 10 seconds. Then after that, they were given treatment by playing cat and mouse for 16 meetings, in one week they were given exercise 3 times. After playing cat and mouse, the passing and stopping test was given as the final test.

2.5. Research Data Analysis

2.5.1. Pre Test Data

The initial test data for the inner foot passing ability in a soccer game obtained a Shapiro-Wilk value of 0.510 with $n = 27$ while the value of $\text{sig} = 0.510 < 0.05$. Thus the initial test of the inner foot passing ability in a football game is normally distributed.

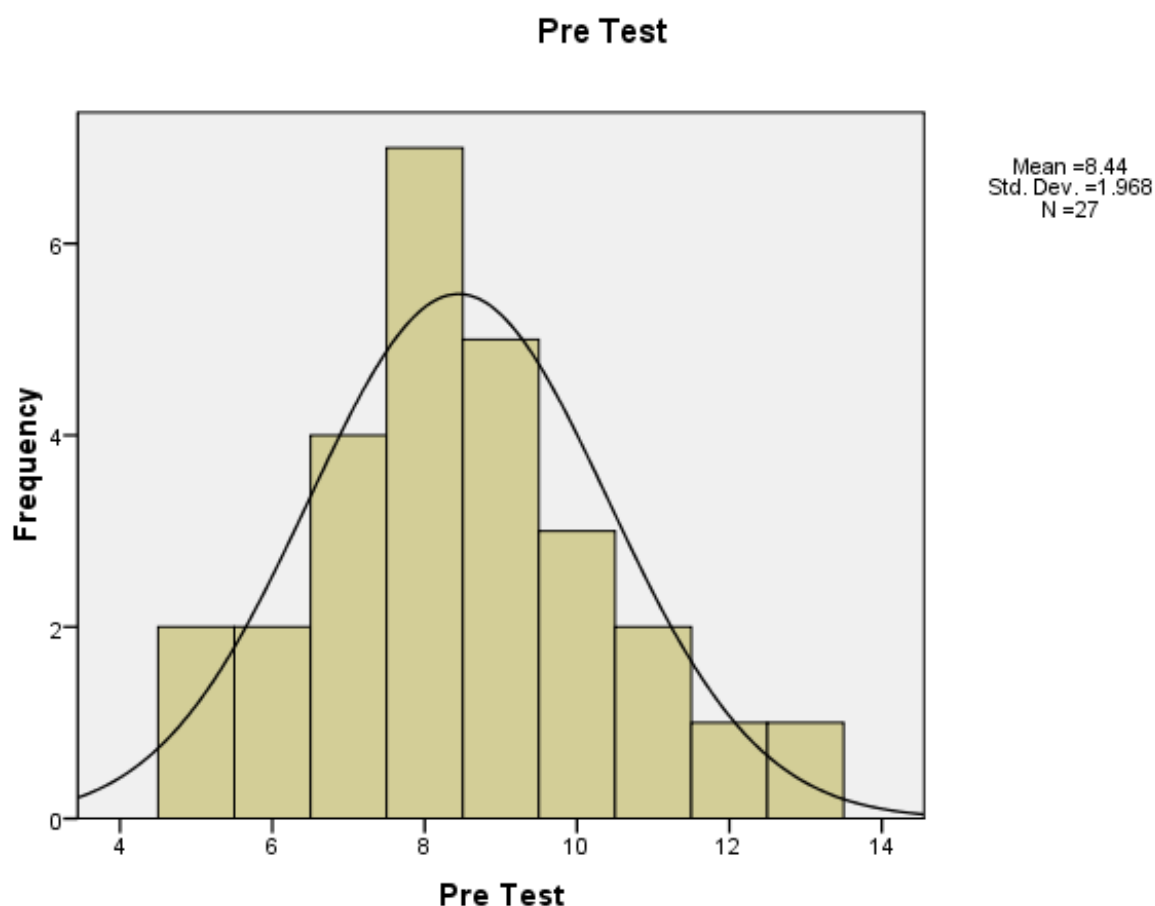


Figure 1. Pre Test Data

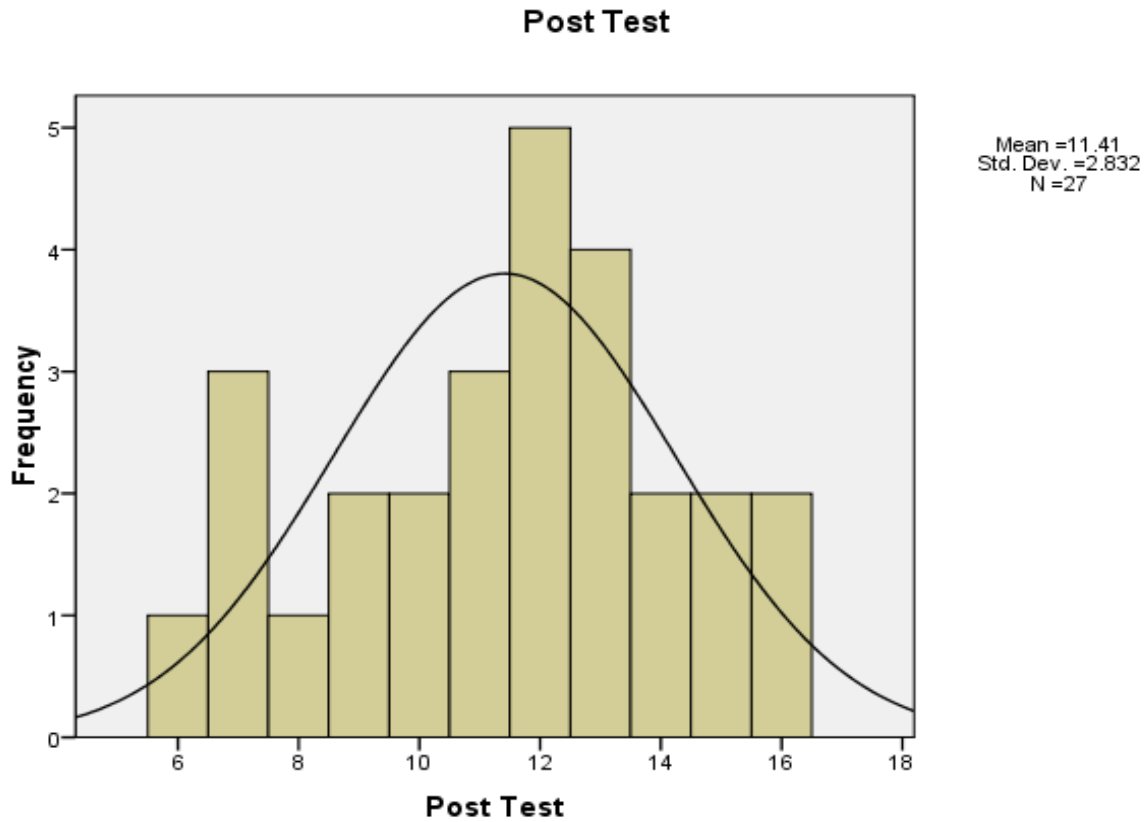


Figure 2. Post Test Data

2.5.2. Post Test Data

The final test data for the inner foot passing ability in a soccer game obtained a Shapiro-Wilk value of 0.320 with $n = 27$ while the value of $sig = 0.320 < 0.05$. Thus the results of the final test of inner foot passing in a football game are normally distributed.

2.6. Results and Discussion

2.6.1. The Data Description of Pre-test and Post-test of the Students' Inner Leg Passing Ability

Table 1. Pre-test and Post-test Data

Statistics			
		Pre Test	Post Test
N	Valid	27	27
	Missing	0	0
Mean		8.44	11.41
Median		8.00	12.00
Mode		8	12
Std. Deviation		1.968	2.832
Variance		3.872	8.020
Range		8	10
Minimum		5	6
Maximum		13	16

- (a) The pre-test data of the inner foot passing ability with a sample of 27 people had an average score of 8.44, median 8.00, Mode 8, standard deviation 1.968. The minimum value is 5 and the maximum value is 13 with a range of 8.
- (b) The post-test data with a sample of 27 people had an average score of 11.41, the median of 12.00, mode 12, the deviation standard of 2.832, the minimum score of 6, and the maximum score is 16 with a range of 10.

2.6.3. Data Normality Test

Table 2. Data Normality Test

	Shapiro-Wilk		
	Statistic	df	Sig.
Pre Test	.966	27	.510
Post Test	.957	27	.320

- (a) Pretest data of the ability to pass the inner leg in a soccer game, the Shapiro-Wilk value is 0.510 with $n = 27$, while the value of $sig = 0.510$ is greater than 0.05. This shows that the pretest data of the inner foot passing ability in soccer games is normally distributed.
- (b) Posttest data of the ability to pass the inner leg in a soccer game, the Shapiro-Wilk value is 0.320 with $n = 27$ while the $sig = 0.320$ value is greater than 0.05.

This shows that the posttest data of the inner foot passing ability in soccer games is normally distributed.

2.6.4. Data Homogeneity Test

Table 3. Test Result of Data Homogeneity

Levene Statistic	df1	df2	Sig.
3.849	1	53	.055

The results of the homogeneity test of the pretest and posttest data on the ability to pass the inner foot in a football game with the Levene Test test were 3.849 with a sig value. $0.055 < 0.05$. Because of the value of sig. 0.055 is greater than 0.05, then the data on the inner foot passing ability in the soccer game for the two groups is homogeneous or comes from the results of the inner foot passing ability in the soccer game which is relatively the same.

2.6.5. The Result of T-Test Paired Test

Hypothesis testing is carried out by knowing the value of sig. (2 tailed) the value of t count = 8.231 ($\alpha 0.05 > \text{sig} = 0.000$) t count = 8.231 $>$ t table = 2.387, then H_0 is rejected and H_a is accepted. So it can be concluded that there is an average difference between the results of the inner foot passing in the pre-test and post-test football games, which means that there is an effect of cat-and-mouse training on increasing the inner leg passing ability in the football game of SSB SJS Luwuk students.

2.7. Research Findings

Based on the research that has been done that SSB SJS Luwuk students still have many problems with passing and controlling the inside of the foot correctly, so special attention is needed for coaches to be more serious in improving children's skills in basic techniques of football games to create soccer athletes who are good at football. professional. After being given the practice of passing the

inner leg, it began to progress. Thus, in training SSB children need to get used to the passing practice both at the beginning and at the end of the exercise.

3. Conclusion

- (1) Luwuk Football School (SSB) SJS Luwuk football game, based on the results of data analysis that has been carried out, it is stated that there is an effect of cat-and-mouse training on the inner leg passing ability of the SSB SJS Luwuk students' soccer game, Banggai Regency with t count = 8.231 and t count = 2.387 (sig = $0.000 < 0.05$). Thus there was an increase of 2.97.
- (2) The cat-and-mouse exercise can be used as an exercise reference that can improve the inner leg passing ability and make the children's training less boring.
- (3) Enthusiasm in training is a form of children's success in realizing their goals in achieving achievements.

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Table 4. T-Test Paired

Paired Samples Test									
		Paired Differences					t	df	Sig. (2-tailed)
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
					Lower	Upper			
Pair 1	Pre Test - Post Test	2.963	1.870	.360	3.703	2.223	8.231	27	.000

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