

ABSTRAK

PENGARUH MODEL LATIHAN EL RONDO TERHADAP KEMAMPUAN PASSING PEMAIN SEPAK BOLA U-12 SDN NAIKOTEN 1 KOTA KUPANG

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Latar Belakang: Passing merupakan salah satu teknik dasar yang sangat penting dalam permainan sepak bola. Namun, kemampuan passing pemain sepak bola U-12 SDN Naikoten 1 Kota Kupang masih belum optimal, sehingga diperlukan metode latihan yang efektif untuk meningkatkan keterampilan tersebut. Salah satu metode latihan yang dapat diterapkan adalah latihan El Rondo.

Tujuan: Penelitian ini bertujuan untuk mengetahui pengaruh model latihan El Rondo terhadap kemampuan passing pemain sepak bola U-12 SDN Naikoten 1 Kota Kupang.

Metode: Penelitian ini menggunakan metode eksperimen dengan desain *One Group Pretest–Posttest Design*. Sampel penelitian berjumlah 20 pemain yang dipilih menggunakan teknik total sampling. Perlakuan yang diberikan berupa latihan El Rondo selama 3 minggu dengan frekuensi 3 kali latihan setiap minggu (total 9 pertemuan) menggunakan variasi 3v1, 3v2, 4v2, 5v2, dan 6v3. Instrumen penelitian berupa Short Passing Test dengan 10 kali percobaan. Data dianalisis menggunakan statistik deskriptif, uji normalitas *Shapiro–Wilk*, dan uji hipotesis *Wilcoxon Signed Rank Test*. Hasil dan Pembahasan: Hasil penelitian menunjukkan bahwa nilai rata-rata kemampuan passing meningkat dari 4,10 pada pretest menjadi 9,10 pada *posttest*. Hasil uji *Wilcoxon* menunjukkan nilai Asymp. Sig. (2-tailed) sebesar 0,000 ($p < 0,05$), yang menunjukkan adanya pengaruh signifikan latihan El Rondo terhadap kemampuan passing. Peningkatan tersebut terjadi karena latihan El Rondo melatih akurasi operan, penguasaan bola, pengambilan keputusan, dan kerja sama antarpemain dalam situasi permainan.

Simpulan: Latihan El Rondo berpengaruh signifikan terhadap peningkatan kemampuan passing pemain sepak bola U-12 SDN Naikoten 1 Kota Kupang dan dapat dijadikan sebagai metode latihan yang efektif dalam pembinaan sepak bola usia dini.

Kata Kunci: El Rondo, Sepak Bola, Kemampuan Passing.

ABSTRACT

THE EFFECT OF THE EL RONDO TRAINING MODEL ON THE PASSING ABILITY OF U-12 FOOTBALL PLAYERS AT SDN NAIKOTEN 1 ELEMENTARY SCHOOL, KUPANG CITY

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Background: *Passing is one of the most fundamental techniques in soccer. However, the passing ability of U-12 soccer players at SDN Naikoten 1 Kupang is still not optimal, making it necessary to implement an effective training method to improve this skill. One of the training methods that can be applied is El Rondo training.*

Research Objective: *This study aimed to determine the effect of El Rondo training model on the passing ability of U-12 soccer players at SDN Naikoten 1 Kupang.*

Research Methods: *This study employed an experimental method using a one-group pretest-posttest design. The sample consisted of 20 players selected via total sampling. The intervention involved "El Rondo" training sessions conducted over three weeks with a frequency of three sessions per week (totaling nine sessions), utilizing variations such as 3v1, 3v2, 4v2, 5v2, and 6v3. A short passing test comprising ten trials served as the research instrument. Data were analyzed using descriptive statistics, the Shapiro-Wilk normality test, and the Wilcoxon signed-rank test for hypothesis testing.*

Results and Discussion: *The findings revealed that the mean passing ability score increased from 4.10 in the pretest to 9.10 in the posttest. The Wilcoxon test yielded an Asymp. Sig. (2-tailed) value of 0.000 ($p < 0.05$), indicating a significant effect of El Rondo training on passing ability. This improvement occurred because El Rondo training enhances passing accuracy, ball control, decision-making, and player cooperation within game-like situations..*

Results and Discussion: *The results showed that the mean passing score increased from 4.10 in the pretest to 9.10 in the posttest. The Wilcoxon Signed Rank Test yielded an Asymp. Sig. (2-tailed) value of 0.000 ($p < 0.05$), indicating that El Rondo training had a significant effect on the players' passing ability. This improvement occurred because El Rondo training enhances passing accuracy, ball possession, decision-making, and teamwork in game-like situations.*

Conclusion: *El Rondo training has a significant effect on improving the passing ability of U-12 soccer players at SDN Naikoten 1 Kupang and can be recommended as an effective training method for youth soccer development.*

Keywords: *El Rondo, Soccer, Passing Ability.*