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# Analysis of the Ability of Inside Foot Passing in Football Among Extracurricular Students of MA Al Balad Kamande.

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**Abstrak**
This study aimed to determine and empirically analyze the level of inside-foot passing ability among students participating in the football extracurricular program at MA Al Balad Kamande. This research employed a quantitative descriptive method with a survey approach. The population consisted of all students participating in the football extracurricular activities at MA Al Balad Kamande. The sample was selected using a purposive sampling technique based on training participation criteria, resulting in a total sample of 10 students. The instrument used was a modified Standard Short Pass Test that had been tested for validity and reliability for adolescent age groups. The collected data were analyzed using descriptive statistical techniques with the assistance of IBM SPSS Statistics software. The results showed that the mean score of students' inside-foot passing ability was 69.20, with a standard deviation of 6.00, a minimum score of 60, and a maximum score of 80. Based on the percentage distribution analysis, 50% of the students were classified in the moderate category, 40% in the good category, and 10% in the very good category. These findings indicate that the inside-foot passing ability of students participating in the football extracurricular program at MA Al Balad Kamande is generally at a moderate level. The results of this descriptive evaluation can serve as a fundamental reference for coaches in designing more structured technical training programs.



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## INTRODUCTION

Volleyball is a team sport requiring a high level of physical conditioning and technical skill. Among the various fundamental techniques in volleyball, the overhead service occupies a critical role as the initial point of attack in every rally. A well-executed service can

immediately place the opponent's team under pressure, potentially scoring a direct point or creating a difficult reception situation. Conversely, a poor service may concede the initiative to the opposing team.

One of the most essential biomotor components supporting effective overhead service execution is hand-eye coordination. Hand-eye coordination refers to the ability to synchronize visual perception with precise motor responses, allowing an athlete to track the ball accurately during the toss phase and strike it with optimal force and direction. This psychomotor capacity is fundamental not only in volleyball but across a wide range of sports that demand precise ball-handling skills.

Sport development in Indonesia is anchored in national legislation—specifically Law Number 3 of 2005 on the National Sports System—which positions sports as a vehicle for improving human quality, national unity, and international prestige. At the university level, extracurricular sports organisations such as BKMF (Biro Kegiatan Mahasiswa Fakultas) serve as important developmental platforms for student-athletes, providing structured training environments that bridge recreational participation and competitive performance.

Despite the established theoretical importance of hand-eye coordination in sport performance, limited empirical research has specifically examined its correlation with overhead service skills within university-level volleyball teams in South Sulawesi. Preliminary field observations at BKMF Volleyball Sparta FIKK UNM revealed that a number of athletes struggled with service accuracy—either sending the ball out of bounds or delivering easily-receivable services—suggesting possible deficiencies in hand-eye coordination. This study was therefore designed to address this empirical gap.

This study aims to analyze the relationship between hand-eye coordination and overhead service skills among male volleyball athletes of BKMF Volleyball Sparta FIKK UNM.

To what extent does hand-eye coordination correlate with overhead service skills in male volleyball athletes of BKMF Volleyball Sparta FIKK UNM?

The findings of this study are expected to contribute empirical evidence for volleyball coaches seeking to develop targeted training programs. By quantifying the relationship between hand-eye coordination and overhead service proficiency, coaches can more effectively prioritise coordination drills within their periodisation frameworks. Furthermore, this study

contributes to the growing body of sport science literature on psychomotor determinants of volleyball performance in the Indonesian university context.

## METHODOLOGY

### Research Design

This study employed a quantitative descriptive research design using a survey method. The descriptive approach was applied to objectively identify, classify, and describe the level of inside-foot passing ability among the research participants without providing any treatment or conducting experimental manipulation of the research variables.

### Sample and Sampling Technique

The population of this study consisted of all students actively participating in the football extracurricular program at MA Al Balad Kamande. The sampling technique used was purposive sampling based on specific inclusion criteria: (1) students were actively registered in the football extracurricular program during the current semester, and (2) students attended at least 80% of the total regular training sessions during the previous three months. Based on these criteria, a representative sample of 10 male students was obtained.

### Instrument

The research instrument used to collect performance data was the Short Pass Test, which was adapted from a standardized football skill testing protocol. In this test, each participant was required to perform inside-foot passes toward a predetermined target from a distance of 5 meters within 30 seconds. The score was determined by the number of successful passes that accurately hit the target within the allotted time.

The instrument underwent face validity testing and reliability assessment using Cronbach's Alpha coefficient, yielding a value of 0.78. Therefore, the instrument was considered valid and reliable for measuring motor coordination skills among adolescent participants (Puspasari & Puspita, 2022).

### Data Collection Procedure

The data collection process was conducted during a single testing session on the school football field after all participants had completed a standardized warm-up. Prior to the test administration, the researcher provided operational instructions and practical demonstrations of the short passing test procedure to minimize procedural errors and ensure consistency among participants.

### Data Analysis

All collected raw data were tabulated and analyzed using quantitative descriptive statistical techniques with the assistance of IBM SPSS Statistics software. The statistical analyses included the calculation of mean, standard deviation, minimum value, maximum value, and percentage frequency distribution. The resulting scores were then classified according to standard performance categories consisting of four levels: Very Good, Good, Fair, and Poor.

## RESULT

**Table 1.** Descriptive Statistical Analysis of Inside-Foot Passing Ability

| Variable | N | Mean | Std. Dev. | Min–Max |
|---|---|---|---|---|
| Inside-Foot Passing Ability | 10 | 69.20 | 6.00 | 60–80 |

Based on the data presented in Table 1, the mean score of inside-foot passing ability among the football extracurricular participants was 69.20, with a standard deviation of 6.00. The lowest score (minimum) obtained by the participants was 60, while the highest score (maximum) reached 80. To provide a more detailed description of the participants' passing ability levels, the individual scores were classified into performance categories based on the established assessment norms, as presented in Table 2.

**Table 2.** Frequency Distribution of Inside-Foot Passing Ability Categories

| No. | Category | Frequency | Percentage (%) |
|---|---|---|---|
| 1 | Very Good | 1 | 10% |
| 2 | Good | 4 | 40% |
| 3 | Fair | 5 | 50% |
| 4 | Poor | 0 | 0% |
| **Total** | | **10** | **100%** |

Table 2 shows that the majority of participants were classified within the middle performance category. A total of 5 students (50% of the sample) were categorized as having a Fair level of inside-foot passing ability. Furthermore, 4 students (40%) were classified in the Good category, while only 1 student (10%) achieved the Very Good category. No students (0%) were classified in the Poor category.

Based on the overall percentage distribution, it can be concluded that the inside-foot passing ability of students participating in the football extracurricular program at MA Al Balad Kamande generally falls within the Fair category.

## DISCUSSION

The empirical findings of this study indicate that the overall level of mastery of the inside-foot passing technique among students participating in the football extracurricular program at MA Al Balad Kamande falls within the fair category, as reflected by the group mean score of 69.20. The fact that half of the participants (50%) were classified in the fair category suggests that students' motor proficiency in performing accurate passes has not yet developed evenly across the group. Furthermore, the limited proportion of students who achieved the very good category (10%) highlights the need to re-evaluate the effectiveness of the technical training methods currently being implemented.

From the perspectives of kinesiology and coaching science, the effectiveness of inside-foot passing is strongly influenced by several biomechanical components, including plant-foot placement, kicking-leg swing angle, ankle joint stabilization (ankle locking), and the accuracy of ball contact at its center of gravity. The predominance of participants within the fair category indicates that most students have likely acquired a basic understanding of the movement mechanics involved in passing. However, they may still experience difficulties related to kinesthetic consistency, passing accuracy, and the control of passing force (weight of pass). Failure to maintain stable body support and balance during execution often results in passes deviating from the intended target.

It is important to emphasize that this study employed a single-variable descriptive survey design. Therefore, methodologically, it did not examine correlational relationships or causal effects involving other external factors. Consequently, the fair level of performance observed in this study solely represents the existing technical performance status of the ten sampled students at the time of data collection. These findings are consistent with the fundamental principles of youth sports analysis, in which an initial descriptive assessment is essential before determining appropriate developmental interventions.

Nevertheless, when viewed from the perspective of youth sports coaching theories, limitations in mastering fundamental techniques are often associated with insufficient ball-contact frequency and a lack of deliberate practice-oriented training approaches (Heru Mardianto, 2021). Extracurricular football activities that are predominantly recreational in

nature, without systematic training periodization and structured technical content, may contribute to the slower development and retention of students' gross motor skills. The findings of this study are consistent with those reported by Anton et al. (2023), who highlighted the importance of implementing structured training methods to improve passing accuracy among participants within a similar educational setting.

To enhance students' passing abilities from the fair category to the good or very good category, a restructuring of the coaching program is necessary. Coaches are encouraged to shift from predominantly free-play activities toward structured task-based training models. Various training methods, such as partner-drill exercises, playing-area manipulation through Small-Sided Games (SSGs), and ball-feeling exercises designed to improve foot sensitivity and ball control, can be incorporated to strengthen students' neuromuscular coordination (Anton et al., 2023; Erianto et al., 2022). Well-developed passing skills are a fundamental prerequisite for the implementation of more complex tactical systems in modern football.

## CONCLUSION AND RECOMMENDATIONS

Based on the results of the data analysis and discussion, it can be concluded that the objective of this study was successfully achieved by identifying the level of inside-foot passing ability among students participating in the football extracurricular program at MA Al Balad Kamande. Overall, the students' passing ability was classified in the Fair category, with a group mean score of 69.20. More specifically, the distribution of performance levels showed that 50% of the students were categorized as Fair, 40% as Good, and 10% as Very Good.

As a follow-up recommendation, coaches and physical education teachers are encouraged to restructure their training programs by increasing the proportion of technical training based on deliberate repetition (drill exercises) and small-sided game simulations. Furthermore, the school is advised to support the optimization of training facilities, particularly by ensuring an adequate supply of footballs and other essential equipment. Finally, future researchers are recommended to expand the sample size and employ experimental research designs to examine the effectiveness of specific training interventions in improving students' football passing skills.

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