



**COMPARISON OF THE RESULTS OF DIAMOND PASSING TRAINING
USING THE DISTRIBUTION METHOD WITH THE DENSE METHOD TO
IMPROVE SHORT PASSING STOPPING SKILLS IN THE GAME OF
FOOTBALL**

Pasa
2009261

**Sports Coaching Education
Faculty of Sports and Health Education
Universitas Pendidikan Indonesia**

Introduction

Short passing stopping is one of the basic techniques in the game of football which is very important. To improve short passing stopping skills, methods and forms of training are needed so that the training carried out is effective. One method that can be used is the distribution method and the solid method, with the form of training being diamond passing.

Basic technique is the most important thing in football, you need to know that to play football you need to have basic skills in the game of football (Naldi & Irawan, 2020). Passing is the main component in football and must be taught from an early age (Ardianta & Hariadi, 2017).

There is an influence of diamond passing training on the passing stopping skills of SSB PUSAM MORODEMAK U-12 players (Riza, 2022). Where passing diamonds have a big influence on passing accuracy in soccer players (Manik and Tarigan, 2022).

Formulation of the Problem

Is there an effect of diamond passing training using the distribution method on improving short passing stopping skills?

Is there an effect of diamond passing training using the solid method on improving short passing stopping skills?

Is there a difference in the effect between diamond passing training using the distribution method and the solid method on improving short passing stopping skills?



Research Purposes

To examine the effect of diamond passing training using the distribution method on improving short passing stopping skills in football games.

To examine the effect of diamond passing training using the solid method on improving short passing stopping skills in football games.

To examine the difference in influence between diamond passing training using the distribution method and the dense method on improving short pass stopping skills in the game of football.

Literature review



The distribution method is an exercise that has a relatively longer rest time (Supryadi, 2017). The distributed method involves training spread out on a scheduled basis with longer rest periods between training sessions. This method allows better recovery between exercises and prevents excessive fatigue and injury (Singer, 2005:379).



The solid method is a training approach that emphasizes consistency and continuity without much rest time between sessions (Singer, 2005).

The massed practice method is training that is carried out over a long period of time, where the training takes place continuously with almost no rest time, (Drowatzky)



Diamond passing drills are one of the drills that are often used in football training to improve players' passing, stooping and movement skills. In this exercise, players form a diamond or rhombus pattern in the same passing direction (Harjanto, 2019).



Research Methods

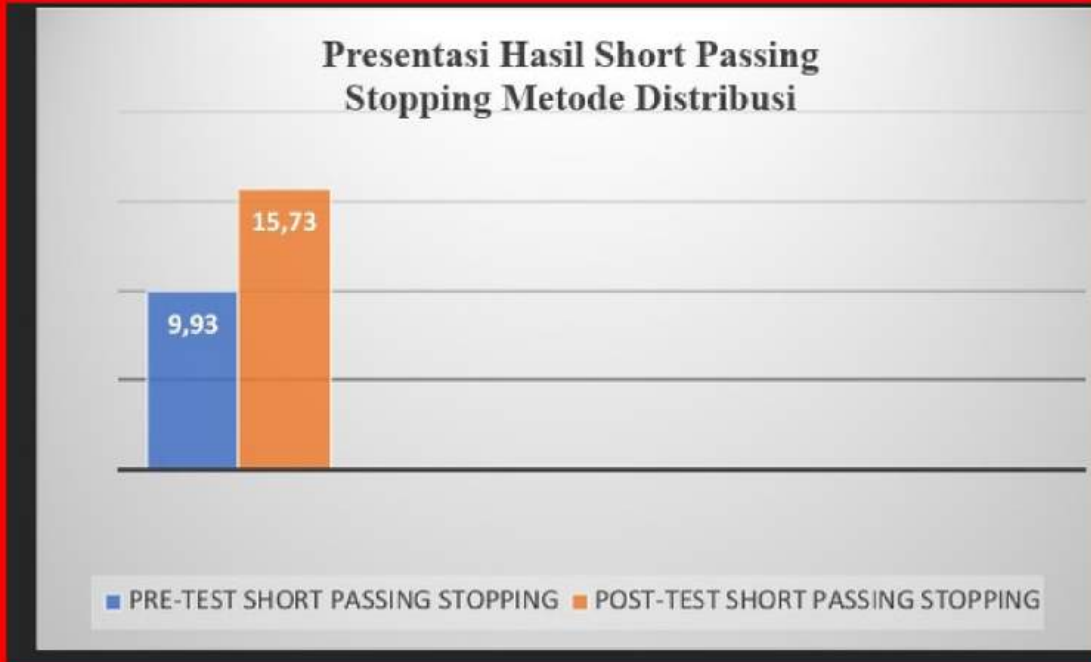
**Research Methods
Experiment**

Population & Sample
KU-12 & 13 SSB Kibar Putra
students, with 30 students
as samples. Total Sampling

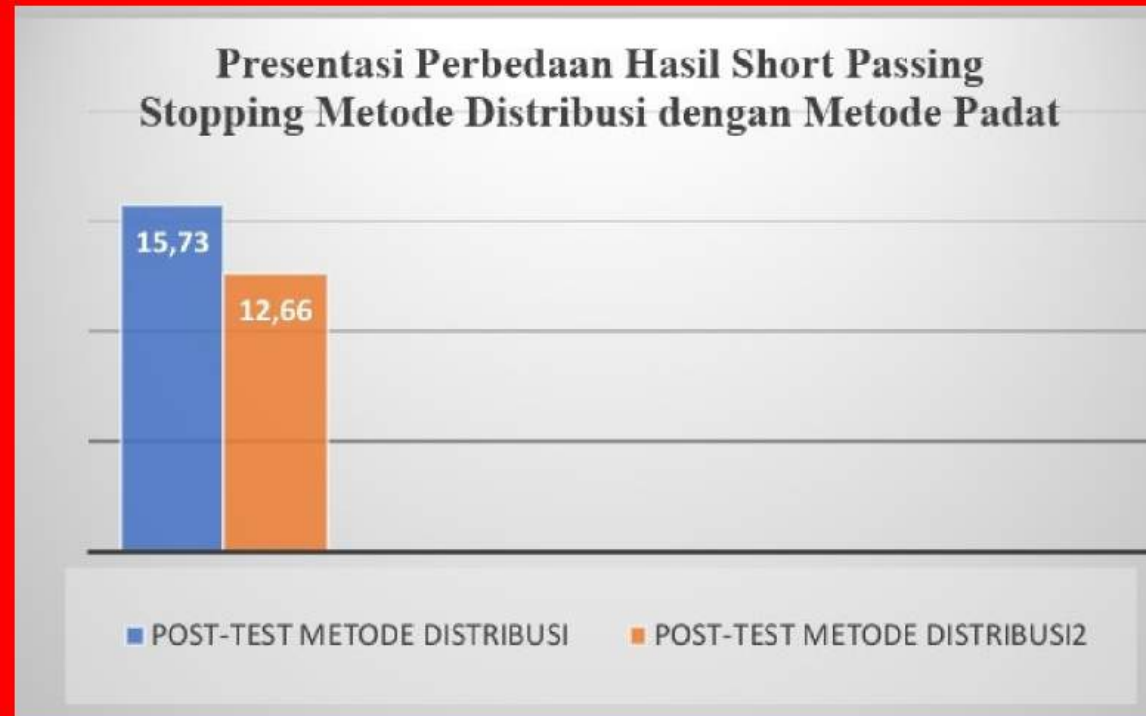
Research design
Two groups pretest posttest

Research instrument
Passing stopping test
(Nurhasan, 2001)

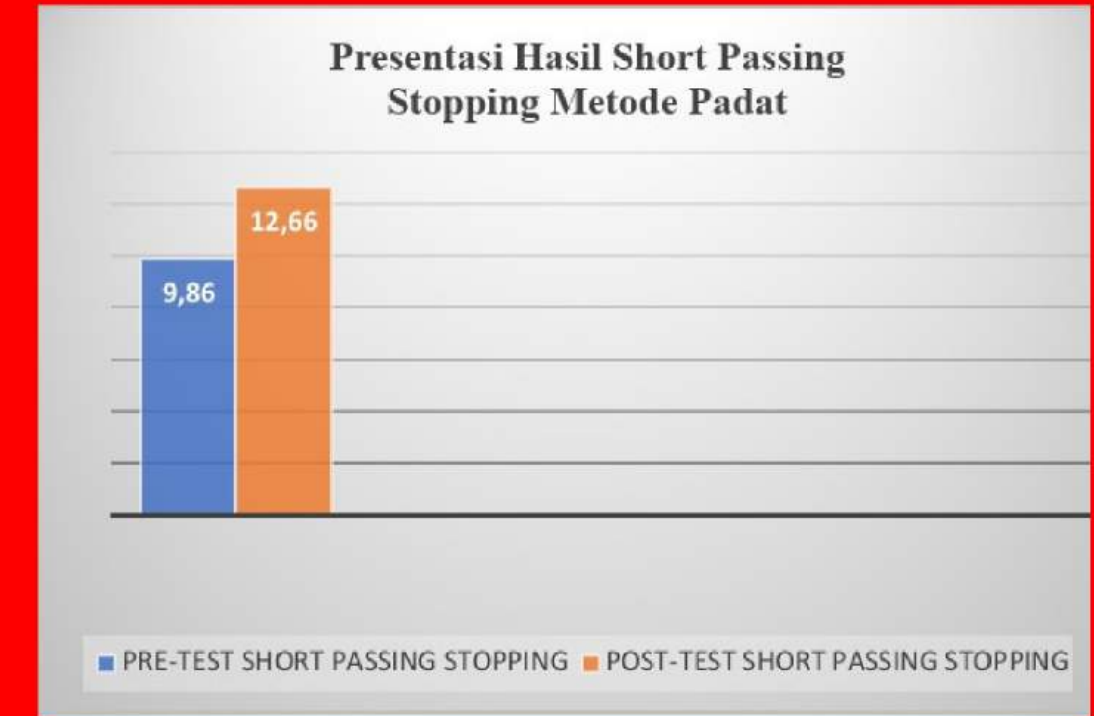
Data analysis results



The average increase in short passing stopping with the distribution method is 15.73%



The difference in the effect of passing diamonds using the distribution method and the solid method is 3.67%



The average increase in short passing stopping with the solid method is 12.66%

DISCUSSION

Method Distribution

From the results of the pretest and posttest, there was an increase because when the treatment was given the students were very enthusiastic about the training program given, with this the students did well, were interactive, and had fun because of the many variations of diamond passing exercises and lots of breaks which meant that students didn't get bored quickly.

Solid Method

The students who initially carried out the exercises enthusiastically after a while became tired and bored even though they had been given variations of the diamond passing exercise such as the distribution method group. Based on the researcher's observations, this occurs because the level of rest is relatively short and only one break causes students to get tired and get bored quickly.

Conclusion

There is an effect of diamond passing training using the distribution method on improving short passing stopping skills in the game of football.

There is an effect of diamond passing training using the solid method on improving short passing stopping skills in the game of football.

There is a difference in the effect between diamond passing training using the distribution method and the solid method on improving short pass stopping skills in the game of football. From the research results, diamond passing training using the distribution method has a better effect compared to the solid method on improving football skills.



Suggestion

Coaches can apply diamond passing drills with distributed and dense methods to improve short pass stopping skills in early childhood football games.