

## Analysis of Passing Skills Using the Inside of the Foot in Football Games of al Amin Pakis Middle School Students

Angga Saputra<sup>1</sup>, Sudarsono<sup>2</sup>, Adi Sucipto<sup>3</sup>, Dedy Irawan<sup>4</sup>  
Program Studi Pendidikan Jasmani Kesehatan dan Rekreasi, Fakultas  
Eksakta dan Keolahragaan, Universitas Insan Budi Utomo

### Article Info

#### Article history:

Received: 15 January 2026

Publish: 2 March 2026

#### Keywords:

Skills Using the Inside of the;  
Foot;  
Football.

### Abstract

*This study aims to determine the ability of passing skills using the inside of the foot in football games in Al Amin Pakis Middle School students. The subjects of this study were 40 8th grade students of Al Amin Pakis Middle School. This study is a quantitative descriptive study, the research method is a survey method with data collection techniques using tests and measurements. The data obtained are in the form of test results and measurements of passing skills using the inside of the foot in football games in Al Amin Pakis Middle School students. It can be concluded that the passing skills using the inside of the foot in football games in Al Amin Pakis Middle School students are in the sufficient category for 32 students or 80%, the less category for 4 students or 10%, and the very less category for 4 students or 10%.*

*This is an open access article under the [Lisensi Creative Commons Atribusi-BerbagiSerupa 4.0 Internasional](https://creativecommons.org/licenses/by-sa/4.0/)*



### Corresponding Author:

Angga Saputra

Universitas Insan Budi Utomo

Email: [anggamas542@gmail.com](mailto:anggamas542@gmail.com)

## 1. INTRODUCTION

Exercise is a form of structured and planned physical activity involving repeated body movements aimed at optimizing physical fitness. Exercise is a basic daily need for every human being. As a basic human need, exercise is inseparable from daily activities because exercise is a part of human life that can optimize human physical condition, both physically and spiritually, and can create a sense of pleasure and provide health for humans, as well as being a means of recreation. Exercise can be done from an early age to old age and can be done at any time. According to Pangestu, Rakha Candra et al. (2021), "If someone exercises consistently, they will be able to increase their muscle mass, because exercise can stimulate muscle cells to grow and develop to become stronger, and muscle cells that were initially resting will become active again."

In the scope of education, sports are one of the mandatory subjects for students, namely through physical education and health subjects. Physical education and health are a part of overall education that prioritizes physical activity and fostering a healthy lifestyle for harmonious, harmonious and balanced physical, mental, social and emotional growth and development based on the understanding in the physical education curriculum consisting of various activities including game and sports activities, development activities, self-test/gymnastics activities, rhythmic activities, water activities and extracurricular activities. One of the materials taught in game and sports activities is soccer game activities Depdikbud, (1994: 1).

Football is a very popular ball game played by two teams, each consisting of eleven players. Football also fosters teamwork and sportsmanship, a principle that must be upheld.

Based on the results of observations conducted by researchers at Al Amin Pakis Middle School on 8th grade students, researchers obtained information that the learning outcomes of 8th grade students in the 2025/2026 academic year were classified as low, in mastering passing skills using the inside of the foot in soccer games on soccer subject matter or below the Minimum Completion Level (KKM), namely below 70, the average value obtained was 20.40 60. The factors that influence the low value of 8th-grade students' learning outcomes below the KKM are due to the teaching method of skill techniques, *passing using the inside of the foot in football* which is less appropriate, as well as inadequate facilities and infrastructure, such as a lack of demonstration tools and practice, which is still minimal.

## 2. RESEARCH METHODS

This study aims to determine the passing skills of students using the inside of the foot in soccer games. The subjects were 40 fifth-grade students of Al Amin Pakis Middle School. This study was a quantitative descriptive study using a survey method, with data collection using tests and measurements. The data obtained were test results and measurements of underhand passing skills.

## 3. RESEARCH RESULTS AND DISCUSSION

### 3.1. Research result

This study aims to determine the level of passing skills using the inside of the foot in football games among students at Al Amin Pakis Middle School. After data collection was carried out, the data were tabulated, scored, and analyzed, so that statistics were obtained on the level of passing skills using the inside of the foot in football games among students at Al Amin Pakis Middle School. The description of the results of the study on passing skills using the inside of the foot in football games among students at Al Amin Pakis Middle School is as follows:

**Table 1 : Data Description of Passing Skills Using the Inside of the Foot in Football Games for Students at Al Amin Pakis Middle School.**

No.	Interval	Criteria	Frequency	Presentation
1	$M + 1,5 SD < X$	Very good	0	0
2	$M + 0,5 SD < X \leq M + 1,5 SD$	Good	0	0
3	$M - 0,5 SD < X \leq M + 0,5 SD$	Enough	32	80
4	$M - 1,5 SD < X \leq M - 0,5 SD$	Not enough	4	10
5	$X \leq M - 1,5 SD$	Less than once	4	10

### 3.2. Discussion

Based on Table 1 above, it can be seen that the level of passing skills using the inside of the foot in football games for students at Al Amin Pakis Middle School is in the sufficient category for 32 students or 80%, the insufficient category for 4 students or 10%, and the very insufficient category for 4 students or 10%.

## 4. CONCLUSION

It can be concluded that the passing skills using the inside of the foot in football games for Al Amin Pakis Middle School students are in the sufficient category for 32 students or 80%, the insufficient category for 4 students or 10%, and the very insufficient category for 4 students or 10%.

## 5. BIBLIOGRAPHY

- Ilham Alek Okta Idham Kholidman (2019). *Analisis keterampilan passing bawah dan passing bawah peserta ekstrakurikuler bola voli SMA Negeri 2 Kota Sungai Penuh Barat Dayu*. Volume.4. Nomor.4.Juni 2019 Basyudin Davly Dan Samri Saldi Dauly.(2018) *Pengembangan Variasi Latihan Kombinasi Passing Dan Smash Dalam Bola Voli*. Doi: <https://doi.org/10.24/14/jptk.v20,1.1104>
- Depdiknas .2006. *Permendiknas No 22 Tahun 2006 Tentang Standar Isi*. Jakarta : Depdiknas.
- Didik Rilastiyo Budi. (208). *Modifikasi Pembelajaran Pendidikan Jasmani*. Februari2021[https://www.researchgate.net/publication/348928725\\_Modifikas\\_Femelajaran Pendidikan \\_Jasmani\\_ Oleh Tahun. 2021](https://www.researchgate.net/publication/348928725_Modifikas_Femelajaran_Pendidikan_Jasmani_Oleh_Tahun_2021)
- Dosen penddikan.(2014). *Pengertian Hipotesis*. Diakses Pada Tanggal 19 Desember 2021 Dari; <http://www.DosenPendidikan.co.id/hipotesis>
- Dwi Arfianto. (2011) *Survei Keterampilan Teknk Dasar Bermain Bola Voli Siswa Putra Peserta Ekstra Kurikuler Bola Voli Di SMA/SMK/ MA Sekecamatan Sukorejo Kab.Kendal Tahun Ajaran 2010/2011*. Diakses Pada Tanggal 25 Maret 2011.[lib.vnnes.ac.id/243/](http://lib.vnnes.ac.id/243/).
- Eelva Alvina. 2017'' *Meningkatkan Kemampuan Passing Bawah dan Servis Dalam Permainan Bola Voli Dengan Modifikasi Bola Plastik Pada Siswa Kelas IV SD Negeri 3 Mulyosari,Kecamatan Pagerojo Kabupaten Tulungagung Tahun Pelajaran 2015/2016*, Dalam Artkel Skripsi,Kediri; Universitas Nusantara Pgri Kediri
- Ening Siti Rofigoh.(2021), *Pengaruh Modifkasi Meda Latihan Terhadap Hasil Passing Bawah Bola Voli Pesaerta Ekstrakulikuler Masyarakat Islam 1 Prankasalak Sukabumi*. Doi: <http://dx.doi.org/10.31602/rjppo.v412.5200>
- Jefri Kuncoro.(2021). *Analisis Kemampuan Passing Bawah Siswa Ekstrakulikuiler Bola Voli SMP N 1 Kota Baru Kabupaten Dharmasraya DJS (Dharmas Journal of Sport), 1(1), 24–31*. Retrieved from <http://ejournal.undhari.ac.id/index.php/djs/article/view/213>
- Muhammad Reza. (2021). *Pengertian Pendidikan Jasmani, Pendidkan Olahraga, dan Pendidikan Kesehatan*. Juni 18,2021 [https://www.mandandi.com/2021/06/Pengertian\\_Pendidikan\\_Jasmani.Html](https://www.mandandi.com/2021/06/Pengertian_Pendidikan_Jasmani.Html)
- Mardian, R. (2020). *Pengaruh Latihan Mengumpan Ke Dinding Dan Berpasangan Terhadap Keterampilan Passing Bawah Bola Voli : Effect of wall and pair pass practice on volleyball bottom pass skills*. *Cerdas Sifa Pendidikan*, 9(1), 1-11. <https://doi.org/10.22437/csp.v9i1.10975>
- Ridwan Karim.(2021),10 *Pengertian Keterampilan Menurut Para AHLI*.Diakses Pada Tanggal 26 Februari 2021 Dari.[http://PenerbitBukuDeepublish. Com /Pengertian-Keterampilan/](http://PenerbitBukuDeepublish.Com/Pengertian-Keterampilan/).
- Rahmad, A. (2021). ” *Pengaruh Latihan Passing bawah dengan Bantuan Tembok Langsung terhadap Kemampuan Passing Bawah Bola Voli siswa Putra kelas XI IPS SMA Negeri 1 Salo*” dalam Jurnal Bola Volume 4, Nomor 1. Riau : Universitas Pahlawan Tuanku Tambusai.
- Sugiyono. *Metode Penelitian Kuantitatif, Kualitatif dan R&D*,(Bandung: Alfabeta 2017)
- Sugiyono.(2019:65) *Metode Penelitian*
- Setyo Budiyanto.(2017:289) *Metodologi Penelitian*
- Trio Aprianto, Andika Teriansyah, Wiwik Yunitaningrum.(2010), *Pengaruh Latihan Media Gantung Terhadap Teknik Dasar Smash Bola Voli Siswa Kulikuler SMKN 03*. Volume 5. Nomor 11(2021) Dalam Artikel

- Tuti Sarwita. (2017), *Pengaruh Lathan Passing Bawah Berpasangan Terhadap Ketepatan Passing Bawah, Dalam Permainan Bola Voli Pada Klub Pervodc*. Jurnal Penjaskesrek,4(1),31-37. Retriev From <https://ejournal.bbg.ac.id/Penjaskesrek/Artikle/view/777>.
- Yuni Astuti, Ali Mardius. (2018), *Efek Metode Latihan Serkuit dan Metode Rangka Bermain Terhadap Keterampilan Teknik Dasar Bermain Bola Voli*. Volume 1, Nomor1 (2018 Dalam Artikel).