

ABSTRACT

MUHAMMAD NABIL KUSUMA. 2026. The Effect of Triangle Passing Training on Improving Short Passing Accuracy at SSB Persigawa East Jakarta. Department of Physical Education. Faculty of Teacher Training and Education. Siliwangi University.

Soccer requires a solid grasp of basic techniques, one of which is accurate short passing to maintain possession and build attacks. This study aims to determine the effect of triangle passing drills on improving short passing accuracy among 14-year-old players at SSB Persigawa Jakarta Timur. The method used was an experiment with a one-group pretest-posttest design. The study sample consisted of 20 players selected via random sampling, using a 30-second short passing accuracy test as the instrument. The intervention was administered through triangle passing drills over 17 sessions. Data analysis utilized normality tests, homogeneity tests, and t-tests. The results indicated a significant improvement in short passing accuracy following the intervention, with the posttest mean (10.5) being higher than the pretest mean (9.8), and the calculated t-value (4.10) exceeding the critical t-value (2.093) at a significance level of $\alpha = 0.05$. These findings indicate that triangle passing drills have a significant effect on improving short passing accuracy among players at SSB Persigawa Jakarta Timur.

Keywords: Short Passing, Accuracy, Experimental, Drills, Triangle Passing