



The Effect of Small Goal Target Passing Training and Paired Passing on the Passing Accuracy of Futsal Players at the Azzazel Club in Semarang City

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Abstract

In futsal, mastery of basic techniques is a key factor in determining the quality of play. One such fundamental technique is good passing, which effectively connects the play and increases the efficiency of the team's overall strategy. This study aims to determine the effects of small-goal target passing training and paired passing training on the passing accuracy of futsal players and to identify the more effective training method. The design used an experimental, quantitative approach with a two-group pretest-posttest design. A total of 20 futsal players were selected using random sampling and divided into two groups: the small-goal target-passing training group and the paired-passing training group, with 10 players in each experimental group. The study began with a pretest measuring players' initial passing accuracy. Both groups were then treated with a 16-session training program, performed twice per week. After the treatment period, a posttest was administered to assess improvement in passing accuracy. The research instrument used was the short pass test to measure passing speed and accuracy. Data analysis techniques included descriptive analysis, normality and homogeneity tests, and hypothesis testing using the paired-samples t-test with SPSS version 25. The results showed that both training methods significantly improved the passing accuracy of futsal players. This is indicated by the significance values of 0.009 for the small goal target passing training and 0.001 for the paired passing training ($p < 0.05$). Descriptively, the small-goal target passing training demonstrated more consistent improvement than the paired passing training. Therefore, both training methods are effective in improving passing accuracy; however, small-goal-target passing training is more effective and consistent in enhancing passing accuracy among futsal players.

Keywords: futsal; small goal target passing; paired passing; passing accuracy.

1. Introduction

Sport is a structured and systematic physical activity that plays an important role in improving physical fitness, health, and overall quality of life, including physiological and mental well-being (Hasan et al., 2025) (Fahrizqi et al., 2021) (Arsović et al., 2020). In Indonesia, the importance of sport is also emphasized in Law of the Republic of Indonesia Number 11 Year 2022, which states that sport is an integral part of national development aimed at improving the quality of human resources through organized and sustainable programs (Akbar & Suherman, 2025). One sport that has experienced rapid development and is increasingly popular in Indonesia is futsal. Futsal has become a popular sport among people of all ages, from children to adults, both for recreation and competition (Hidayat & Sumantri, 2025). Futsal's popularity is supported by the game's dynamic, fast-paced, and engaging characteristics, as well as its ability to be played in confined spaces. Furthermore, easy access to futsal field facilities, especially in urban areas, has encouraged increased community participation in this sport (Mendes et al., 2022).

Futsal is an indoor soccer game played by 5 players per team, with a 2 x 20-minute net, on an indoor field measuring 20 x 40 meters (Setyawan et al., 2025). This game has special characteristics, such as a smaller field size, fewer players, and a faster game tempo than field soccer. Futsal was first introduced in Montevideo, Uruguay, by Juan Carlos Ceriani, and then rapidly developed worldwide under the auspices of FIFA (Ramli et al., 2025). The rules of futsal emphasize technical skills, speed, accuracy, and teamwork (Insanistyo et al., 2023).

In futsal, mastery of basic techniques is a key factor in determining an athlete's performance. These include passing, control, dribbling, and shooting (Widiyono & Mudiono, 2021). Among these basic techniques, passing is the most frequently used during a match. Passing serves to maintain ball possession, build attacks, create opportunities, and maintain team balance (Ridhwan & Rezki, 2025). Good passing skills enable players to effectively connect the play and increase the efficiency of the team's overall strategy (Caicedo-Parada et al., 2020). A futsal team's success depends upon the passing accuracy. Being able to pass a ball with precision means it reaches teammates accurately enabling ball control and developing attacks. On the contrary, inaccurate passing can lead to losing the ball and create an opportunity for opponents to counterattack (Afrizal et al., 2025). So passing accuracy enhancement is the main things for futsal training in youth athletes and also performance development level. Effective training strategies are demanded to optimize passing precision. Good practice must be systematically designed according to training principles such as specificity, repetition, progression and variation (Samudra et al., 2025). A specific training example is target and paired passing.

Targeted passing is a training method that consists of making the ball go through a particular target (small goal, cone, or marked spot) (Lubis et al., 2023). This training aim to enhance accuracy and direction when passing, but also ball control. Before striking the ball, players must direct their attention to where they wish to kick, aim for the spot with good accuracy and strike with enough power by using the appropriate foot. On the other hand, paired passing is a training variation where 2 people pass and receive the ball repeatedly at an appropriate distance (Sutirta, 2023). The goal of this training is to improve the players' coordination, timing, ball control and teamwork. It trains players to adjust the strength and angle of their passes so that they are easy enough for a teammate to receive, as well as trains them in their own readiness receiving and controlling the ball effectively. The use of right kinds of passing drills is an essential part of developing futsal players (Suwandi & Fernando, 2025).

The passing accuracy of the players has a relatively low value based on observations of futsal players at Azzazel Club Semarang. They make mistakes in their passing so that it puts the ball in a position where an opponent can steal it. Also, the fundamentals of some players' passing techniques are still off. This suggests there still remain some gaps in the training programme and not fully efficient. In addition, although various passing training methods have been applied in futsal development, research findings on the effectiveness of specific training methods remain inconsistent. Several studies have reported that target-based passing training significantly improves passing accuracy (Lubis et al., 2023; Rivaldi et al., 2024), while others have found no significant effects (Ramadhan, 2024). These inconsistencies may be influenced by differences in participant characteristics (e.g., age and skill level), variations in training duration and intensity, as well as differences in the type and design of training interventions used.

In futsal, passing is a fundamental element that plays a crucial role in maintaining ball possession, organizing attacks, and creating scoring opportunities Ramdhani et al., (2024). Therefore, improving passing accuracy is essential for enhancing team performance. However, despite its importance, limited studies have specifically examined and compared the effectiveness of different passing training methods within the same experimental design, particularly among club-level futsal players. Most previous studies have focused on soccer players or school-based participants, whose characteristics differ from those of competitive futsal athletes.

The novelty of this research lies in the comparison of two passing training methods, namely small-goal target passing and paired passing, applied to club-level futsal players in a controlled experimental setting. This study addresses the limited number of studies that directly compare different passing training methods within the same research design, particularly among futsal club players who have higher training intensity and competitive demands. Unlike previous studies that have predominantly focused on soccer players or school-based participants, this research specifically involves futsal club players, whose technical demands and game characteristics differ significantly. Therefore, this study aims to determine the effects of both small-goal target passing and paired passing training on passing accuracy, as well as to identify the more effective training method.

2. Method

This research employed an experimental, quantitative method. The design used in this study was a two-group pretest-posttest design. A two-group pretest-posttest design is a research method that administers two tests: a pretest before treatment and a posttest after treatment (Hasibuan & Suryana, 2021). Both tests are conducted to compare before and after treatment. The study was conducted at the Mulawarman Tembalang Field, Semarang City, with 20 futsal players from the Azzazel Club in Semarang City as subjects. The sample was selected by random sampling using a lottery method (drawing names), ensuring that each participant had an equal chance of being assigned to each group, and then divided into two groups of 10 players each: a small-goal target-passing group and a pair-passing group.

To control external variables, all participants had relatively similar characteristics in terms of age, training experience, and skill level. In addition, participants were instructed not to engage in additional passing training outside the research program during the study period. In addition, all training sessions were conducted under similar environmental conditions, schedules, and coaching instructions to minimize external variability. All training sessions were conducted under similar conditions and schedules. The study began with a pretest to measure the players' initial passing accuracy, followed by a small-goal target passing and pair-passing training program over 16 sessions, twice a week. Each training session lasted approximately 60 minutes and consisted of a warm-up (10 minutes), core training (40 minutes), and cool-down (10 minutes). The training was carried out in a structured, systematic, and progressive manner in accordance with sports training principles. After all treatments were administered, a posttest was administered to measure the players' final passing accuracy.

The instrument used in this study was a short-pass test, which aims to determine participants' ability and skills to pass quickly and accurately (Saputra, 2021). This instrument has been used in previous studies and is considered to have acceptable validity and reliability for measuring passing accuracy. This instrument has been previously validated and is

considered reliable for assessing passing performance in futsal players. The field is 16 meters long and 4 meters wide. In the test procedure, participants were required to pass the ball toward a designated target within a specified time, and the number of successful passes and completion time were recorded as performance indicators.

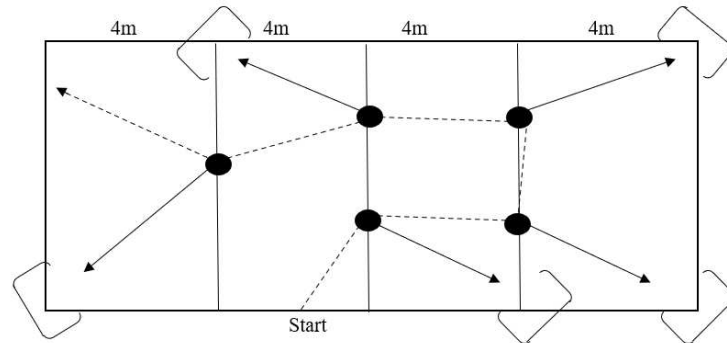


Figure 1. Passing Accuracy Test Field Scheme

Image caption :

● = ball to be kicked

□ = kick target (S)

→ = kick direction

--> = running direction

Table 1. Short pass passing test assessment norms

No	Classification	T- Skore
1.	Very Good	≥ 124
2.	Good	104 – 123
3.	Fair	85 – 103
4.	Poor	65 – 84
5.	Very Poor	≤ 64

Source: (Saputra, 2021)

The data analysis technique in this study used SPSS version 25. Data analysis began with descriptive analysis to obtain a general overview of the research results, followed by prerequisite analyses, including tests of normality and homogeneity. Next, a t-test was conducted to determine the effect of each training method on passing accuracy and to compare their effectiveness.

3. Results and Discussion

3.1 Results

The descriptive statistical results are presented in the table below.

Table 2. Mean Pretest and Posttest Scores of small-goal Target Passing Group

Variabel	Pretest (Mean $\pm$ SD)	Posttest (Mean $\pm$ SD)
Passing Accuracy	92.82 $\pm$ 5.26	98.72 $\pm$ 7.27
Time	14.21 $\pm$ 1.2	4.50 $\pm$ 0.53
Ball in	0.32 $\pm$ 0.63	10.58 $\pm$ 0.39

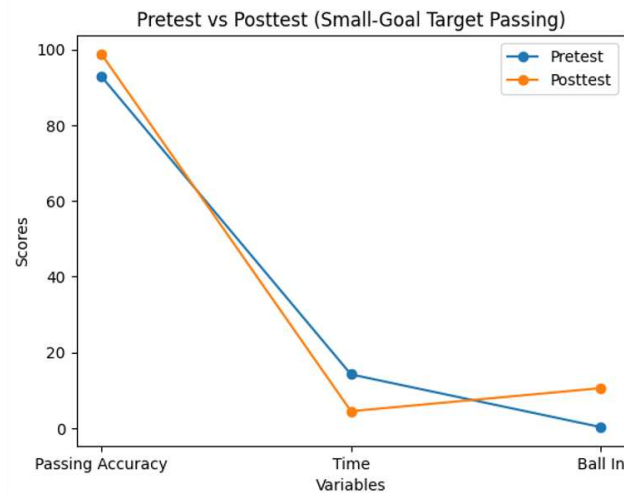


Figure 2. Small-Goal Target Passing

Based on Table 2, the small-goal target passing group showed an overall improvement in performance after the training program. The mean passing accuracy score increased from 92.82 ± 5.26 in the pretest to 98.72 ± 7.27 in the posttest, indicating a positive improvement in passing accuracy. In terms of execution time, the average time decreased from 14.21 ± 1.20 seconds in the pretest to 4.50 ± 0.53 seconds in the posttest, reflecting a substantial improvement in the speed of performance.

Furthermore, the number of successful passes (ball in) increased significantly from 0.32 ± 0.63 in the pretest to 10.58 ± 0.39 in the posttest, indicating a marked improvement in passing success.

Table 3. Mean Pretest and Posttest Scores of Paired Passing Group

Variabel	Pretest (Mean ± SD)	Posttest (Mean ± SD)
Passing Accuracy Score	95.29 ± 13.28	105.75 ± 13.17
Time	13.94 ± 0.33	11.80 ± 0.57
Ball in	1.30 ± 0.82	3.8 ± 1.23

Based on Table 3, the paired passing group showed an overall improvement in performance after the training program. The mean passing accuracy score increased from 95.29 ± 13.28 in the pretest to 105.75 ± 13.17 in the posttest, indicating a positive improvement in passing accuracy. In terms of execution time, the average time decreased from 13.94 ± 0.33 seconds in the pretest to 11.80 ± 0.57 seconds in the posttest, reflecting an improvement in the speed of performance.

Furthermore, the number of successful passes (ball in) increased from 1.30 ± 0.82 in the pretest to 3.80 ± 1.23 in the posttest, indicating an improvement in passing success.

Table 4. Normality Test

Variable	Sig.	Description
Pre Test Goal Target Passing	0.614	Normal
PostTest Goal Target Passing	0.757	Normal
Pre Test Paired Passing	0.761	Normal
Post Test Paired Passing	0.212	Normal

Based on the results of the normality test in Table 4 using the Shapiro–Wilk test, it is known that all data have a significance value (Sig.) greater than 0.05. The significance value in the pretest of the small goal target passing exercise was 0.614, and the posttest was 0.757, while in the pretest of the paired passing exercise, it was 0.761, and the posttest was 0.212. Because all significance values are greater than 0.05, it can be concluded that the pretest and posttest data in both training groups were normally distributed.

Table 5. Test of Homogeneity

Test of Homogeneity of Variance	Levene Statistic	Sig.	Description
Passing Accuracy	2.560	0.070	Homogeneous

Based on the results of the homogeneity test in Table 5 using the Levene test, a significance value (Sig.) of 0.070 was obtained. Because the significance value is greater than 0.05, it can be concluded that the variances of the passing accuracy data across groups are homogeneous. Thus, the research data meet one of the requirements for parametric statistical analysis, allowing a t-test to test the effects of small-goal target passing training and paired passing on passing accuracy.

Table 6. Paired Sample T-Test

Pretest - Posttest	Mean	t	df	Sig.	Description
Goal Target Passing	-6.3930	-3.327	9	0.009	Significant
Paired Passing	-9.8810	-5.283	9	0.001	Significant

Based on Table 6, which presents the results of the paired t-test, both training methods showed statistically significant differences between pretest and posttest scores. The small-goal target passing group obtained a significance value of 0.009 ($p < 0.05$) with a mean difference of -6.3930, indicating an improvement in passing accuracy after the training. Similarly, the paired passing group showed a significance value of 0.001 ($p < 0.05$) with a mean difference of -9.8810, also indicating an increase in passing accuracy.

These results suggest that both training methods were effective in improving passing accuracy. The negative mean differences indicate that posttest scores were higher than pretest scores, reflecting positive performance improvements following the training interventions.

3.2 Discussion

Based on the descriptive analysis, both training methods resulted in changes in passing accuracy from pretest to posttest. This was demonstrated by an increase in T-scores, travel time, and the number of balls hit after the training treatment. The fact that players achieved this improvement means a lot; it suggests they adapted their techniques through training, as we have seen with passing accuracy and control. The study concluded that training with small-goal targets improved passing accuracy more consistently. Sure enough, posttest T-scores were higher than pretest T-scores in most cases, showing a heightened ability to target an arrow, a clear improvement. Target passing drills help players use intention through target focus, practice power control of their kicks, and coordinate eye and foot movement. From a physiological performance standpoint, such training increases motor coordination and movement precision, resulting in more efficient execution and targeting.

Statistically, as demonstrated with the Paired Sample T-Test, the significance value related to the small-goal target on passing training was at $p = 0.009$, which indicates a significant effect in terms of improving one's passing accuracy ($p < 0.05$). This is due to the mean difference of -6.3930, indicating an increase in ability post-training. The results imply that small-goal target passing training is an effective method for enhancing passing by focusing on goal-direction accuracy and ball control. It also helps players develop service mechanics and techniques; training with specific targets has been proven to improve competence, as it provides training stimuli centered on goals (Drennan, 2020). The results of this study were consistent with Hairil dan Fitriani (2024) research, which found that training with targets can significantly enhance passing accuracy. Training with specific targets can improve visual-motor coordination, namely the ability to integrate vision with motor movements. In addition, training with targets also helps players improve concentration, precision, and movement control, which are important components of passing technique (Burham Tapodhadhai, Hayati, 2025).

In addition to small-goal target passing training, paired passing training also significantly improved passing accuracy. The Paired Sample T-Test obtained a significance value of 0.001 ($p < 0.05$), indicating that paired passing training was also effective in improving passing accuracy. The mean difference value of -9.8810 indicated an increase in passing ability after the training. Paired passing training provides players with the opportunity to repeat passing movements, thereby helping strengthen passing technique and movement patterns. Paired passing training plays a crucial role in improving coordination, timing, and ball control. In this training, players are trained to adjust the power and direction of their passes to suit their teammates' positions (Syahputra et al., 2024). This helps enhance players' adaptability to real-life game scenarios. Moreover, paired training also develops communication and cooperation among players, which are required components of futsal (Hia, 2025). With repeated practice, the nervous and muscular systems adapt, enabling more accurate and efficient passing. The findings in this study are also consistent with motor learning theory, which emphasizes that repeated practice of the movements enhances their memory and thus improves the performance of technical skills (Setiawan et al., 2020). The nervous system outputs a given motion and ensures the necessary muscles are engaged, helping the body deliver accurate movement with practice. Paired passing exercises provide players with the opportunity to perform movements, gradually improving their passing skills repeatedly.

Results show that compared to pair-target passing from that same location, goal-target passing showed more consistent improvements. Target-target training is beneficial in this regard, as it provides immediate feedback on successful passes and helps players assess their passing accuracy. This top-level training is essential to the motor learning process, allowing players to quantify errors (too much of a movement) and enhance the quality of the movements they succeed. Having a clear target in front of them makes players more inclined to play more precise passes. Another explanation for the difference in effectiveness between these two training methods relates to specificity: a person is more likely to achieve optimal results from training when it is specific to their desired goal (Aprilia et al., 2018). If you aim to improve passing accuracy, goal-target passing exercises will effectively train it directly. On the other hand, pair-passing exercises tend to focus more on coordination and teamwork, leading to sub-ideal accuracy improvement in specific conditions.

Overall, this study's results indicate that both training methods target goal passing and pair-goal passing significantly improve futsal players' passing accuracy. However, target-goal passing exercises demonstrated more effective, consistent improvements in passing accuracy. These findings offer practical implications for futsal coaches in developing training programs. Target-goal passing exercises can be used as the primary method to improve passing accuracy, while pair-goal passing exercises can be used as a supporting method to enhance coordination and teamwork. Thus, the combination of both training methods can be optimally utilized to improve futsal players' overall passing skills.

The findings of this study support the principles of motor learning theory, particularly the importance of repetitive and specific practice in skill acquisition. The significant improvement in passing accuracy, especially in the small-goal target passing group, confirms that training emphasizing task-specific goals can enhance motor coordination, precision, and movement efficiency. This aligns with the concept that skill development is optimized when training conditions closely resemble the intended performance outcome. Furthermore, the results reinforce the role of feedback and goal-oriented practice in strengthening neuromuscular adaptation and improving technical performance in sports.

From a practical perspective, this study provides valuable insights for futsal coaches and trainers in designing effective training programs. Small-goal target passing drills can be prioritized as a primary method to improve passing accuracy, as they directly train directional control and precision. Meanwhile, paired passing drills can be used as a complementary method to enhance coordination, timing, and teamwork among players. Therefore, integrating both training methods within a structured and progressive training program is recommended to achieve optimal development of players' technical and tactical abilities in futsal.

4 Conclusion

Based on the results of this study, both small-goal target passing training and paired passing training significantly improved the passing accuracy of futsal players. However, small-goal target passing training demonstrated more consistent improvements in accuracy, while paired passing training contributed to enhancements in coordination, timing, and teamwork. These findings imply that training methods emphasizing specific targets are more effective for developing passing precision. Therefore, it is recommended that futsal coaches prioritize small-goal target passing as the main training method, while incorporating paired passing exercises as a complementary approach to optimize overall player performance.

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