

THE EFFECT OF RONDO METHOD ON PASSING AND CONTROL ABILITY OF JUNIOR HIGH SCHOOL FUTSAL TEAM SANTA MARIA II SIDOARJO

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ABSTRACT

El rondo is a form of game similar to a cat-and-mouse game that is useful for improving the passing and control skills of futsal players in all competitions. The form of training is that players in the middle of the circle must try to control the ball by passing the ball to each other, conversely players in the middle of the circle must grab the ball. This training not only hones passing and ball control techniques but can also improve decision-making skills, reaction speed and communication between players. This technique is known as el rondo, because there is a group of players consisting of two teams that aim to maintain passing and ball control movements. This study aims to analyze the differences in the influence of pretest and posttest results with the el rondo method on the passing and ball control skills of the SMP Santa Maria II Sidoarjo futsal team. This study uses a quantitative descriptive method. This method is used in an experiment that begins with a pretest test form then provides treatment to the subjects studied and ends with a posttest test which aims to determine the effect of the treatment that has been given. The population in this study was the SMP Santa Maria II Sidoarjo futsal team consisting of 20 students. The data collection method used was observation and el rondo method test to obtain objective data from the results of futsal ball passing and control training on the SMP Santa Maria II Sidoarjo team. The results of the analysis of this study indicate that it is known that $t_{table} (1.739) < t_{count} (16.238)$ and a significance value of $0.001 < 0.05$. The percentage difference between the pretest and posttest data results is 79.67%. There is a significant influence of the el rondo method on the passing and ball control abilities of the SMP Santa Maria II Sidoarjo futsal team.

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Introduction

Futsal is a game that is similar to soccer, with five people against five (Siregar & Ibrahim Akbar, 2021). The results of the group test totaled thirty athletes from Tibor Futsal, GOR Dispora and Kaban Futsal and the results have been legally accepted by experts with the number of training variations used totaling twenty-one variations. Validation carried out by research subjects that were categorized as valid or used totaled twenty-one variations. The game of futsal is almost the same as the game of soccer, but what distinguishes it is the size of the field, the number of players, the time of the game and some of its rules, but the goal is the same, to put the ball into the goal.

Futsal can develop because it is used as an alternative game of soccer, (Faturohman et al., 2024) from the description of previous researchers I researched the novelty with the title of the problem "the effect of the el rondo method on passing and ball control skills in the futsal team of SMP Santa Maria II Sidoarjo". This study contains novelty that focuses on passing and ball control skills. This focus shows special attention to the technical aspects of futsal that may not have been explored much before in research at the school.

Passing and ball control are skills that make the game work and succeed in scoring goals. Accurate passing and control on a team can dominate the game, maintain possession of the ball, and create opportunities to score goals, so these skills require a structured and sustainable training method. To overcome this, a suitable training method is needed so that passing and control skills increase.

El rondo is an exercise in the form of a circle filled with players and then in the middle of the circle there are one or two players. The form of the exercise is that the players in the middle of the circle must try to control the ball by passing the ball to each other, conversely the players in the middle of the circle must grab the ball.

In previous studies, being a futsal player must have good performance, so it is necessary to have perfect agility in moving positions (Putra, 2022), it can show that various futsal game methods are very important for team success, and the results of previous studies also discussed about drill method training, zigzag which leads to agility, balance and speed. Where it is less effective, because by using the el rondo method in the latest or current research, it enriches and deepens the understanding of how basic/main basic techniques in passing and control abilities can be developed effectively in a more dynamic, creative, innovative training context, and connects theory and practice in improving the quality of futsal play.

Based on the background above, the researcher is interested in researching futsal passing and control because it is a basic movement in futsal to attack the opponent's goal and the researcher wants to know through the el rondo method that has not been applied by the coach to the SMP Santa Maria II Sidoarjo futsal team, so in this study the researcher took the problem with the title "THE EFFECT OF EL RONDO METHOD ON PASSING AND CONTROL ABILITY IN THE SMP SANTA MARIA II SIDOARJO FUTSAL TEAM" the researcher hopes that there will be an increase in the basic passing and ball control techniques in the SMP Santa Maria II Sidoarjo futsal team so that the passing and control abilities of the SMP Santa Maria II Sidoarjo futsal team increase and the desired results in theory and practice are achieved.

Method

• Research Design: In this study, the method used is the experimental method and data collection using the "one groups pretest and posttest design" design which is a type of quantitative descriptive method to measure the effects of a treatment on one group of subjects. One experimental group based on the ability to pass and control the ball in the initial test to the final test can be known that one group before being given treatment is a group that has equal abilities, if the results are different, then this is due to the influence after the treatment is given. This design involves one group of subjects who are given treatment. Research Design Chart:

1. Pretest: measuring the ability to pass and control the futsal ball before being given el rondo training.
2. Treatment: providing el rondo method training treatment to students for a certain period.
3. Posttest: measuring the ability to pass and control the futsal ball after being given

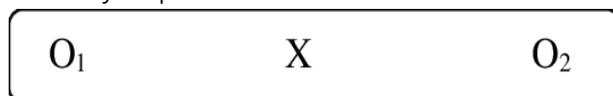


Figure 1 Research Design

Source: Ayu Nurjanah (2021)

Description:

O1: Pretest (initial measurement of passing and control ability)

X: Treatment (el rondo training treatment)

O2: Posttest (final measurement of passing and control ability after El Rondo training)

● Participants: The number of students who participated in this study was 20 students, aged between 15-17 years old, male. The sampling characteristics were students who were active in futsal extracurricular activities at SMP Santa Maria II Sidoarjo. The assessment criteria are as follows:

1. Attitude before doing the movement
2. Attitude while doing the movement
3. Attitude at the end of doing the movement

● Research Instruments: The method used is observation using an assessment tool in the form of an observation sheet to monitor the development of the el rondo method training and a test to obtain objective data from the results of the futsal ball passing and control training on the SMP Santa Maria II Sidoarjo team.

The following are the steps in data collection:

1. Purpose:

To assess the skills and accuracy of passing and ball control

2. Tools/Facilities:

- a) Futsal Ball
- b) Futsal Field
- c) Observation Sheet

3. Implementation:

- 1). The sample stands upright and prepares to do the pretest passing and control facing each other parallel to a friend with a distance of 2 meters before being given treatment for 1 week with a frequency of 2 meetings
- 2). The sample passes and controls the ball for 2 meetings
- 3). After passing and controlling, then given (treatment) with el rondo method training using a sample of 20 for 6 weeks with a frequency of 2 meetings
- 4). The sample passes and controls the ball for 12 meetings
- 5). The sample after being given treatment (posttest) using a sample of 20 then conducted a passing and ball control test using the el rondo method, with a distance of 6 meters for 1 week with 2 remaining meetings
- 6). Researchers analyzed data from the pretest and posttest results to see the effect of el rondo training on passing and ball control abilities

The research norm is this classification is used to measure the assessment criteria for futsal passing and control (Muzdalifah, 2020).

No	Classification	Score
1	Very Good	80-100

2	Good	66-79
3	Fair	56-65
4	Poor	40-55
5	Very Poor	<39

Table 1 Research Norms

- **Data Analysis:** The data technique used is descriptive analysis which is useful for finding the average value (mean), percentage, standard deviation, table, and frequency. Furthermore, the normality test and finding the t-test value to determine how far the effectiveness of the use of the el rondo method is in efforts to improve passing and control skills in the SMP Santa Maria II Sidoarjo futsal team. Average (mean). The average (mean) is the average sum of all data values divided by the amount of data. Standard deviation is a number to measure a group of data against the average value of the data (mean). The normality test (Shapiro-Wilk) is a data analysis technique used to determine the normality of the study, and this test is used for samples below 50. The criteria for this test use the IMB Statistics SPSS 30 application, if the probability (sig) > 0.05, then the data from the pretest and posttest results are greater, meaning it is said to be normal. Conversely, if the probability (sig) < 0.05, then the data from the pretest and posttest results are smaller, meaning that the frequency distribution comes from a non-normal population. Homogeneity test is a data analysis technique to test whether the variation of data between several groups is the same or called (homogeneous). Through this homogeneity test, it is certain that groups can form a sample that comes from the population. Hypothesis testing is a statistical data technique to prove the truth of the population based on sample data. The test is carried out to determine the results of the study in accordance with the hypothesis proposed or not, if the table < tcount then there is an effect, if the table > tcount then there is no effect.

Results and Discussion

Based on the research results obtained, there was a very significant increase in passing and control abilities between the pretest and posttest values using the El Rondo method on the SMP Santa Maria II Sidoarjo futsal team compared to the previous researcher's method, namely using the drill method, zigzag which leads to agility, balance and speed (Bangkit Gala Persada, 2019). In my opinion, the results of this study using the El Rondo training model can improve passing abilities better than training with the drill and zigzag training model, because by using this latest research it can be an understanding and evaluation of the results of passing and control technique abilities, and become an important basis for doing passing and control correctly, and the results of this El Rondo training can also be seen from the increase from pretest to posttest after being given the El Rondo method treatment.

Therefore, El Rondo training in a study can be used as a very important guideline to improve the accuracy of futsal passing (Utomo et al., 2023). El rondo can also enrich the variation in giving passes or passing. Players who are accustomed to making one-touch passes, two-touch passes and fast passes under pressure. In a match, this ability can be useful when the team is making an attack in the opponent's defense area or when trying to get out of tight pressure. With this method, namely El Rondo training, players become more prepared to display various real game scenarios in terms of ball control, El Rondo provides an ideal challenge to train a good first touch (first touch).

When receiving the ball, players must be able to control it quickly and precisely so that it can be received well and fit, because the opponent in the middle always tries to grab the ball quickly. A small mistake in controlling the ball can cause loss of control. Therefore, this exercise teaches players the importance of an effective first touch, namely being able to direct the ball in a safe direction and being ready to be passed back. This kind of exercise is very helpful for players in forming smooth and targeted control technique habits, in addition, El Rondo training can also help players in adapting to narrow spaces and opponent pressure.

Players must also learn how to control the ball in one touch while preparing for the next movement, whether to pass back, feint, or escape from pressure. This greatly contributes to the smooth circulation of the ball and the transition between player positions in futsal. In addition, El Rondo training also improves the player's body orientation skills where players must be able to predict the direction the ball is coming from, the position of opponents and teammates, and decide where the ball will be directed even before the ball reaches him.

El Rondo is very relevant to real game conditions, especially in high-level matches that demand high speed of thinking and technique. Because in futsal the space for movement is limited and the decision-making time is very short, all players are required to have good ball control and the ability to think quickly. Players also learn to maintain body balance when receiving the ball, pay attention to the position of opponents and teammates, and rotate positions if necessary.

Not only in terms of technique, el rondo also has an impact on the mental aspect and communication time. Players become more active in communicating in training sessions, because success in keeping the ball does not only depend on individuals, but also on the team computer. Players who actively provide instructions or directions when playing rondo will speed up the team's decision-making as a whole. El Rondo not only trains technical skills, but also forms the character of cooperative, disciplined, and tactical players.

From various studies and observations of practice in the field, many coaches admit that the el rondo method is very useful for forming players who are smart in playing, adapt quickly, and have strong basic techniques. Big futsal clubs such as FC Barcelona and countries such as Spain, Portugal, Argentina which are known to have the philosophy of the Possession or tiki-taka game, make el rondo a mandatory daily exercise. Moreover, their game philosophy is built on mastering basic techniques honed through this training from an early age.

In terms of learning and training for young people, the el rondo method is also considered very effective for training basic skills in a fun way. Its game-like nature makes children and adolescents more motivated and moved to practice, because the training is fun and not rigid or monotonous. This is in line with the theory of child learning which states that children learn more effectively through fun and meaningful activities (meaningful play). In addition, el rondo allows coaches to control the intensity of training according to the age and abilities of the participants, starting from variations in the number of players, area size, to game rules.

The el rondo method is also a very useful warming up tool to increase body temperature and prepare muscles, the el rondo session is also useful for warming up the player's brain to think quickly and react under pressure. This provides added value physiologically and psychologically in preparation for the main training or match. The el rondo method also has an important role in shaping the character and competitive attitude of the players. In this training, players learn about the importance of teamwork, sportsmanship, and an attitude of never giving up.

This situation creates a healthy competitive environment, where each player tries to show their best performance. The application of this el rondo method can also be an advantage for futsal players who have never applied the el rondo method in futsal games so that this basis can be applied and the results can be evaluated to improve futsal passing and control skills to be better and This training is able

to create a competitive, fun, and challenging playing atmosphere, as well as forming players who excel technically and tactically.

One example of the application of the Rondo method in Indonesian futsal team training can be found in the Indonesian National Futsal Team training program, especially when preparing for regional tournaments such as the AFF Futsal Championship and the AFC Futsal Asian Cup. Under the guidance of coaches Mohammad Hashemzadeh and Vic Hermans, el rondo training is a core part of the warm-up and technique development sessions. Indonesian national players, such as Evan Soumilena, Rico Zulkarnain, Samuel Eko, Ardiansyah Runtuboy, Rio Pangestu routinely undergo Rondo training in various variations. In the training session, the players pass with two to three touches in a small circle, while keeping the ball flow fast and uninterrupted. The player in the middle is tasked with pressing and cutting off the pass, thus creating a training atmosphere that resembles the pressure of a real match. This has proven effective in forming intelligent young players who do not only rely on individual abilities. Many players who graduated from this academy later joined big clubs and were even called up to the national team.

The el rondo method can be recommended for futsal coaches in teaching and implementing futsal games to improve futsal passing and ball control skills, so that futsal players can be trained by modifying it (el rondo method). There was a significant increase in passing and ball control skills in the futsal team of SMP Santa Maria II Sidoarjo which was influenced by the implementation of the el rondo method for 6 weeks of meetings. This el rondo method is very much needed by futsal players and is needed to obtain increased passing and ball control skills with stages that continue to increase from player readiness, player mentality and player ability level.

Table 2 Table of Mean and Standard Deviation Values of Pretest and Posttest

Test	Average value	Standard Deviation
Pretest	45,5	68,473
Posttest	81,75	606,684

The data results show that the standard deviation of the pretest is 68.473 while the standard deviation of the posttest is 606.684.

Table 3 Recapitulation of Pretest and Posttest Results Data

	Mean	Median	Mode	Std. Deviation	Minimum	Maximum	Sum
Group	Pretest	45.5000	50.0000	9.71976	25.00	70.00	910.00
	Posttest	81.7500	80.0000	8.47209	55.00	95.00	1635.00

The overall mean posttest data results > pretest value or it is said that the posttest value is better than the pretest value. Then the results of the t-test and t-table are used to determine whether the t-test will be better or not than the t-table at a standard significance level of 5%.

Table 4 Normality Test

Group	Kolmogorov-Smirnov ^a			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
Pretest	.228	20	.008	.858	20	.074
Posttest	.132	20	.200	.918	20	.089

Table 5 Conclusion of Normality Data Results

Group	Sig	Conclusion
Pretest	0,74 > 0,05	Normal
Posttest	0,89 > 0,05	Normal

The results of this data show that the post-test value comes from a normally distributed population, because $> \alpha = 0.05$.

Table 6 Homogeneous Result Data

Group	Based On	Statistic	df1	df2	Sig.
	Mean				
Pretest and Posttest		.645	4	13	.640

Table 7 Conclusion of Homogeneous Data Results

Group	Sig	Conclusion
Pretest and Posttest	0,640 > 0,05	Homogeneous

In the homogeneity table, the pretest and posttest data values are 0.640 $> \alpha = 0.05$. This shows that the pretest and posttest data values come from a population that is distributed equally or homogeneously.

Table 8 T-Test

Unstandardized

Group	Coefficients		Standardized Coefficients		t	Sig.
	B	Std. Error	Beta			
Pretest	-.911	.058	-.729		-15.817	<,001
Posttest	1.073	.066	.748		16.238	<,001

So the t-count value is 16.238, while to calculate the t-table value, first calculate the value with the formula. $(DF = N - K - 1) = (20 - 2 - 1 = 17)$, then (DF) degree of freedom or degree of freedom is 17, then converted to the t-value table, with a significance level of 5% or 0.05 then the t-table value is 1.739, then comparing the t-count value with the t-table value from the results of this study it is known that t-count (16.238) > t-table (1.739). So the null hypothesis (H_0) is rejected and the alternative hypothesis (H_a) is accepted, so the result is that there is a significant influence on the el rondo method on the passing and ball control abilities of the SMP Santa Maria II Sidoarjo futsal team. While for the t-test it is used to find out how big or the effect of the pretest and posttest tests is using the paired sample t-test formula.

Table 9 Paired Sample T-Test

Group	Paired Differences			t	df	Significance	
	Mean	Std. Deviation	Std. Error Mean			One-Sided p	Two-Sided p
Pretest and Posttest	-36.25000	12.12598	2.71145	13.369	19	<,001	<,001

Conslusions

The research was conducted from the analysis of data results, descriptions, testing of research results and discussions, so it can be concluded that there is a significant influence of el rondo training on the passing and ball control abilities of the SMP Santa Maria II Sidoarjo futsal team. El rondo training can increase the speed of futsal rhythm, good passing and control techniques, reflexes, cooperation, creativity in attack and protection patterns. El rondo method training is the main part of passing and control movements for success in improving achievement in a team.

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