



## The Effect of Moderate-Intensity Continuous Training with Game Two Touches on the Passing and Receiving Ability of U-15 Soccer Players

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### ABSTRACTS

**Purpose:** This study aimed to determine the influence of Moderate-Intensity Continuous Training (MICT) combined with a two-touch game on the passing and receiving abilities of Persebra U15 soccer players. MICT was conducted at an intensity of 40-60% of maximum heart rate for 45 minutes per session, three times a week, for six weeks. Players performed continuous passing and receiving drills within a small-sided game that allowed a maximum of two touches per player.

**Materials and Methods:** This study used a one-group pretest-posttest experimental design with 10 Persebra U15 players. Passing and receiving skills were assessed using standard tests before and after the 6-week intervention.

**Result:** Paired t-test analysis showed a significant improvement in mean passing and receiving scores from pre- to post-test (mean difference 1.0,  $p=0.015$ ).

**Conclusion:** The findings suggest that MICT combined with a two-touch, small-sided game can effectively enhance the essential technical skills of young soccer players. Improving passing and receiving abilities through structured training leads to the positive development of individual playing skills and team performance.

**Keywords:** Football, Passing, Receiving, MICT, Two touch game.

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### INTRODUCTION

The passing technique is the most fundamental in football, and it must be mastered from an early age and continuously trained. "Passing is the most dominant basic technique done in the game of football, passing is the art of moving the ball from one player to another" (Mielke, 2007). Even though the effectiveness of passing techniques is essential for developing young players, it highlights the importance of mastering basic passing skills early (Putra & Bahtra, 2021). Accurate passing quality plays a crucial role in facilitating scoring opportunities and overall game strategy (Ratiyono, 2022). In addition to passing, the basic technique that supports the passing technique is the receiving the ball technique, which is a technique for receiving the ball so the player can make the next decision. "Before receiving the ball, paying attention to information about the opposing player with a visual search strategy during receiving the ball shows that the position and situation of teammates and opponents is the most important source of information for accurate and consistent passing decisions" (Natsuhara, 2022).

Passing is the most dominant basic technique used in football (Pujianto et al., 2020). Passing is the art of moving the ball from one player to another (Muhammad Sidik et al., 2021). Passing is the most dominant basic technique in football; passing is the art of moving the ball from one player to another (Soniawan et al., 2021). In addition to passing, the basic technique that supports the passing technique is the receiving the ball technique, which is the technique of receiving the ball so the player can make the next decision (Marsuna, 2024). The performance of passing and receiving short passes is essential because it reflects the player's touch skills, passing accuracy, and passing stability (Hui et al., 2022)

Small-sided games are training to control a series of variables that affect the intensity of training, such as the area of the field, the number of players, coach feedback, training planning (continuous manipulation or intervals and rest times), modification of rules, and the use of goals and goalkeepers (Clemente et al., 2021). The SSG method can improve the ability of passing accuracy (Asrul et al., 2021). Small-side games can improve basic technical skills playing football; this is in line with Putra et al. (2024) "stated that the SSG model is an effective strategy to improve basic engineering skills". SSG's training methods significantly influence the basic skills of football (Rambe, 2024). In the last decade, SSG has emerged as one of the most effective training methods for early age, focusing on improving basic technical skills such as passing, dribbling, and shooting (Beiderbeck et al., 2023).

Good ball-receiving skills can improve performance in football matches. Special exercises can improve pass-receiving skills (Hui, 2024). As a football player, you must be required to think quickly, the thing that needs to be considered is that scanning is done before receiving a pass – players who can have a high probability of passing (Jordet et al., 2020). Players with good eye-foot coordination can improve passing quality (Akmal et al., 2022). Good passing ability can be supported by players who make movements without the ball and are coordinated by players when possessing the ball (Matsubara et al., 2022).

Based on observations made by researchers at Persebra at the age of 15, it was seen that there were still many players who had not mastered both passing and receiving ball techniques, this was shown when players during training made mistakes during passing and receiving. In the interview process with the coach, he said that the players lacked the ability to pass and receive. However, many players still make mistakes when receiving the ball; besides that, many players are bored and do not take it seriously during the passing drills practice material, so many players make perfunctory passes. Researchers are looking for solutions to improve passing and receiving skills. Providing varied training can improve the essential technical skills of football players (Rizhardi, 2020).

To improve passing and receiving skills, the Moderate Intensity Continuous Training (MICT) with game two-touch training method describes exercises carried out continuously with moderate intensity. MICT has a lower intensity volume than HIIT (Williams et al., 2019). The continuous training method habituates the performance of the player's organs to work at moderate intensity for a long time (Sukadiyanto, 2011). This exercise combines the above problems with MICT with game two touch; the players pass and receive continuously with medium time and intensity, so it is carried out for a long time by the characteristics of the football game. MICT effectively increases football players' muscular endurance (Fang et al., 2021).

MICT exercises have lower intensity and longer (Cao et al., 2019). MICT lasts for 55 minutes per session. Warming up for 5 minutes increases heart rate reserve by about 20-40%. Next,

exercise for 45 minutes with an HR of  $40 < 60\%$  and the volume is 250 kcal. The 5-minute cool-down session begins shortly after completing the workout (Ruslan et al., 2022). HR from technical training is about 62.1 H<sub>max</sub> (Condessa et al., 2015). The novelty in this study is the use of holistic training methods to improve football players' passing and receiving abilities. Football also demands that mistakes be minimized for each individual player, such as mistakes that are still often made, namely basic technical errors, both passing and receiving. With holistic practice, you can improve your passing ability (Gunawan & Doewes, 2023). So, it is interesting to research whether there is an influence of MICT with game two touches on the passing and receiving ability of Persebra U15 players.

So far, there has been no research on the effect of MICT with game two touch on the passing and receiving ability of the ball. The research is relevant to previous research such as journals researched by (Malik et al., 2022) entitled "pengaruh variasi latihan small side games terhadap kemampuan passing sepakbola pemain usia 11-13 tahun SSB TASBI", Journals researched by (A. Anwar et al., 2019) "Football Passing and Control Skills Exercise Model Based on Small Side Games For Ages 12-14 Years".

## METHODS

*Study Participants:* This study used a population of 10 Persebra U15 soccer players. The sample used a total sampling technique from the entire population of 10 players. The study employed a one-group pre-experimental design with pretest and post-test measurements. The instruments used were test passing and stopping (Widiastuti, 2015).

*Study Organization:* The soccer training method implemented in this study consisted of 2 sessions over six weeks. In weeks 1 and 2, the training focused on improving basic skills such as passing and receiving through 5v5. Players played two touch games for 30 minutes, set 1 for 15 minutes, rest for 5 minutes, and set 2 for 15 minutes with a training area of 20-40 meters. Then, in weeks 3 and 4, there was an increase in training time, namely session 1 for 20 minutes, rest for 5 minutes, and session 2 for 20 minutes. Finally, in weeks 5 and 6, set 1 for 20 minutes, rest for 4, and set 2 for 20 minutes. Players actively run during training to achieve the target HR of 60%-80% HR max. The coach continuously monitors the exercise intensity with a heart rate monitor (oximeter) to stay in the MICT zone. To control the intensity of MICT training sessions, heart rate monitors (oxymeters) were used to measure each player's heart rate throughout the sessions. Intensity was 40-60% of the maximum heart rate based on the age-predicted formula (Lu et al., 2019). Training load was monitored and gradually progressed using the rating of perceived exertion scale

*Statistical Analysis:* Data were analyzed using IBM SPSS Statistics version 22. Normality was assessed using the Shapiro-Wilk test. Differences in pre-post scores were analyzed with paired sample t-tests at  $p < 0.05$  significance.

## RESULT

Table 1. Result in Pretest and Posttest

No.	Name	Pretest	Posttest
1.	MRF	10	12
2.	RFN	6	7
3.	RNG	3	5
4.	HSM	6	6

5.	AFQ	7	6
6.	HLM	7	6
7.	FDS	5	8
8.	ADM	7	8
9.	AMN	8	9
10.	DNS	7	9

Table 2. Analysis Statistics

	N	Minimum	Maximum	Mean	Std. Deviation
Pretest	10	3	10	6,50	1,841
Posttest	10	5	12	7,50	2,014

Table 3. Normality Test

Variable	Shapiro-Wilk			
	Statistic	Df	Sig	Status
Pretest	,949	10	,657	Normal
Posttest	,896	19	,196	Normal

\*Note: the data results have a sig value > 0.05, then the data results in this study are typically distributed

Table 4. Paired Sample Test

Paired Differences							
Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference		t	df	Sig. (2-tailed)
			Lower	Upper			
-1,000	1,054	,333	-1,754	-,246	-3,000	9	,015

## DISCUSSION

The results showed that the average passing and receiving scores increased significantly after being treated with MICT training with two touch games for six weeks. The average difference between the pretest and post-test was 1 point with a sig value of 0.015 (<0.05), indicating a real increase in technical ability. This is in line with the research objective of determining the effect of training on the basic abilities of players. This increase indicates that the training helps develop players' technical skills, such as passing and receiving. With the improvement of these skills, it is expected to have a positive impact on the overall quality of team play. This finding aligns with previous research stating that skill-based training can significantly improve player competence.

Improving the ability of passing and receiving techniques with a two-touch game can improve the quality of basic passing and receiving techniques. This study's findings align with research conducted by Imamy et al. (2023), which concluded that Small-Sided Games-based training significantly improves players' passing ability. In addition to improving technical skills, this study trains physical abilities. Research by Asrul et al. (2021) also showed that the SSG method significantly improved the passing accuracy and aerobic ability of players compared to the drill training method. This shows the benefits of game-based training in honing basic skills. This conclusion is in line with the results of research by Malik et al. (2022), which states that providing variations of SSG training significantly improves players' passing ability. Variations in the form of

game rules and the number of players can increase the intensity of training. The MICT with game two touch research conducted for six weeks significantly influenced the improvement of the passing and receiving abilities of Persebra U15 players. So this research is in line with the research carried out by Anwar et al. (2024). SSG practice of the 5v5 variation with two touches can significantly improve passing quality. This is also supported by Cofano et al. (2017), who state that 5v5 is more effective for improving the technical abilities of soccer players.

In modern football, passing and receiving techniques are very important in building team attacks and maintaining possession of the ball. These two techniques are the foundation that players must master to play effectively. Therefore, coaches often train these skills from an early age. MICT training with two-touch games is appropriate because it can train these skills continuously in actual playing situations. This technique will continue to be improved according to the development of football. This is supported by research by Hui (2024), which discusses a unique training program to improve passing and receiving skills in accordance with modern football trends. The small-side game method is a training trend in modern football. This is supported by research by Clemente et al. (2021). The SSG program has significantly increased the technical ability of young players.

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## CONCLUSION

Based on the study's results, it can be concluded that MICT with the game Two Touch significantly influences the passing and receiving of Persebra U15 players. Thus, MICT with the game Two Touch is one suitable alternative to improving passing and receiving skills.

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## CONFLICT OF INTEREST

The authors announce that there are no clashes of intrigue concerning the distribution of this consider

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