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Differences In The Effects Of Shooting Training After Dribble And After Back Pass On The Shooting Ability Of Athletes Aged 12-14 In Ssb Disporasu In 2024

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ABSTRACT

Shooting is an important aspect in football, especially for children aged 14-15 years who are in the development phase of technique and tactical understanding. At the age of 14-15, the ability to shoot the ball into the goal not only plays a role in scoring goals but also builds self-confidence, decision-making skills, and contributions to the team. Mastery of good shooting techniques helps players understand their role in the game, especially in the position of attacker or attacking midfielder. Therefore, it is important for coaches to introduce various variations of shooting exercises that are appropriate to the age and abilities of the players. The purpose of this study was to determine the difference in the effect of shooting after dribble and after back pass training on the shooting ability of athletes aged 12-14 at SSB DISPORASU in 2024. The research method used is experimental research (treatment) with data collection techniques involving two independent variables and one dependent variable. Using statistical tests of normality, homogeneity and paired t-tests and unpaired t-tests for hypotheses. The population in this study were 39 SSB DISPORASU athletes. And sampling used a purposive sampling technique with several criteria so that a sample of 22 athletes was obtained. The results of this study are (1) There is an effect of shooting after dribble training on shooting ability in athletes aged 12-14 years at SSB DISPORASU, (2) There is an effect of shooting after back pass training on shooting ability in athletes aged 12-14 years at SSB DISPORASU, (3) Shooting after dribble training has a greater effect than shooting after back pass training on shooting ability in athletes aged 12-14 years at SSB DISPORASU.

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INTRODUCTION

Football is a sport that is very popular among Indonesians, from the lower to the upper classes. In Indonesia, football is increasingly lively with regular domestic competitions. These ongoing competitions are expected to produce talented players who can improve our football achievements both nationally and internationally. One key to success in developing talented players is through appropriate coaching from an early age at a football school (soccer school). The development of young football players is carried out through a forum called a Football School (SSB). A football school is an institution that studies the game of football and functions as a specialized sports organization for football, aiming to develop the potential of athletes and serve as a place for early childhood football training. The main goal of a football school

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is to accommodate and provide opportunities for its students to develop their potential and talents to become quality players capable of competing with other football schools. In addition, a football school provides a strong foundation in the correct way to play football, including developing good attitudes, personality, and behavior. Achieving success is the long-term goal of a football school.

Shooting in soccer is a fundamental skill that is crucial for players, especially attackers, as it aims to score goals, which is the primary objective of the game. Furthermore, good shooting skills can boost a player's confidence, motivate the team, and put pressure on the opposing defense and goalkeeper. Players with good shooting skills can create threats from various positions, draw the attention of opposing defenders, and create space for their teammates. Therefore, good shooting skills are crucial in modern football and play a major role in determining a team's success. Shooting after the dribble drill involves shooting after a player has first dribbled the ball and then shot at the goal. This drill not only improves a player's technical skills but also requires the ability to make the right decisions when shooting on goal.

Based on preliminary observations conducted by researchers on April 9, 2024, and information from coaches, SSB DISPORASU athletes aged 12-14 have not yet mastered shooting skills. In soccer, shooting ability is a fundamental skill crucial for improving team performance. Effective shooting depends not only on physical strength and technique, but also on the game situation at hand. Players are often faced with a variety of conditions when shooting, including after a dribble or after receiving a back pass. Therefore, mastering shooting technique in various game contexts is crucial.

The causes of poor shooting results include athletes not receiving enough specific training to hone their shooting technique, training that does not focus on details such as foot position, body balance, and contact with the ball, which then reduces shooting effectiveness. Inappropriate or insufficiently varied training methods can hinder the development of players' shooting abilities. Shooting is a crucial skill in soccer because it plays a direct role in scoring goals, which is the key to victory. In addition to effectively ending attacks, accurate shots can also open up the opponent's defense and create opportunities for the team. Frequent shots put pressure on opponents, especially goalkeepers, who are more likely to make mistakes. With proper training, shooting becomes a key weapon for victory. Players who lack a solid understanding of game tactics are less likely to position themselves well for shooting. Therefore, based on the background and existing problems, the researcher suggests providing shooting training, specifically shooting after dribbling and after back passes, and adopting a comprehensive approach, including improving the quality of training, developing players' mentality, and improving tactical understanding. This will enhance players' shooting abilities, which will ultimately improve overall team performance.

Literature review

Football

According to (Agustina, 2020), football is a team game, each team consists of eleven players, and one of them is a goalkeeper. Menurut (Alwi, 2023) football is a team game with eleven players including the goalkeeper, the game is played on an open grassy field with a ball as the medium with a game time of 90 minutes divided into two halves led by a referee and

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assisted by two linesmen. Based on several opinions about football, it can be concluded that football is a popular team sport, played by two teams, each consisting of eleven players, including the goalkeeper.

Shooting

According to (Rosa, Anggitaning, 2021) shooting is a way to score goals against the opponent's goal. Accurate aiming at the target is crucial for a team's victory. Shooting involves accuracy, strength, coordination, and precise ball control, which can be developed through consistent practice. eanwhile, according to(Sajoto, 2019) shooting is not only about power but also involves precision, ball control, and quick decisions in match situations. The essence of training in sports involves several key aspects.

Training

Training is carried out systematically and in a planned manner to achieve specific goals, with consistent routines and repetition of activities to improve technique and skills. (Mulyono, 2021) states that, "training is a series of activities designed to improve a person's physical and mental abilities through the repetition of certain movements or activities, carried out regularly and continuously." (Harsono, 2020) tates that "training is a systematic process carried out over a specific period of time to improve an athlete's physical, technical, tactical, and mental abilities. This training is carried out in stages with the goal of achieving peak performance when needed." The principles of training according to (Harsono, 2020) are: the principle of excessive training load, the principle of comprehensive load, the principle of specialization, and the principle of variation in training. Minimal variation will quickly cause athletes to become bored.

Shooting After Dribble

(Bompa & Carrera, 2020) defines shooting after dribbling as the act of shooting towards the goal after a player has successfully passed an opponent with a dribble. (Reilly et al., 2018) xplains that shooting after dribbling is a skill that combines dribbling ability with speed and shooting accuracy. (Wilmore et al., 2022) defines shooting after dribbling as a process that requires synergy between physical strength and technical skills. From this definition, it can be concluded that shooting after dribbling is an important skill in soccer that integrates dribbling and shooting.

Shooting After Back pass

The FA (Football Association) Coaching Manual (2004) states that "shooting after a back pass" is an attacking technique in which a player receiving a back pass (usually in the forward area or on the edge of the penalty area) immediately shoots at goal. Chris Cushioned (2013) states that shooting after a back pass is one of the most effective ways to exploit a disorganized opposing defense. This technique is often used in situations where the opposing defense is unprepared, thus providing a strategic advantage to the attacking team.

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RESEARCH METHODS

The research method used is experimental research (treatment) with data collection techniques involving two independent variables and one dependent variable. Using statistical tests of normality, homogeneity and paired t-tests and unpaired t-tests for hypotheses. Research and data collection as well as treatment (experiments) were carried out at SSB DISPORASU at the DISPORASU Mini Fishing Football Field JL. Williem Iskandar No. 209 Kenangan Baru. This research was conducted on February 1, 2025 - March 21, 2025 on Monday, Thursday and Saturday at 16.00 - 18.00 WIB with a frequency of 3 times a week. The population in this study were all 39 athletes of SSB DISPORASU 2024 and a sample of 22 athletes using purposive sampling techniques (conditional samples).

RESULTS AND DISCUSSION

Sample Overview

The sample in this study consisted of SSB DISPORASU athletes aged 12-14 years. The following are the results of the descriptive statistical tests:

Table 1. Descriptive Statistics

Descriptive Statistics					
	N	**Minimum**	**Maximum**	**Mean**	**Std. Deviation**
Pretest_SAD	11	3.00	7.00	5.7273	1.34840
Posttest_SAD	11	4.00	15.00	12.0909	2.94803
Pretest_SABP	11	4.00	9.00	6.9091	2.07145
Posttest_SABP	11	5.00	15.00	10.5455	3.44568
Valid N (listwise)	11				

(Source: Personal Research Data: 2025)

From table 1 above, it is known that the pre-test shooting of the shooting after dribble training group obtained results with a range between 3 to 7 and an average of 5.72 and a standard deviation of 1.34. While the post-test shooting results of the shooting after dribble group obtained results with a range between 4 to 15 and an average of 12.09 and a standard deviation of 2.94. Then the pre-test shooting of the shooting after back pass training group obtained results with a range between 4 to 9 and an average of 6.90 and a standard deviation of 2.07. While the post-test shooting results of the shooting after back pass group obtained results with a range between 5 to 15 and an average of 10.54 and a standard deviation of 3.44.

Analysis Prerequisite Testing

Before testing the hypothesis, the analysis prerequisites are first tested. The function of the normality test is to determine whether the data used in a statistical analysis is normally distributed. Based on the analysis prerequisites, the normality test is obtained as follows:

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Table 2. Normality Test Results

Data	Sig.	α	Keterangan
Pre-Test Kel.*Shooting After Dribble*	0.074	0.05	Normal
Post-Test Kel.*Shooting After Dribble*	0.101	0.05	Normal
Pre-Test Kel.*Shooting After Back pass*	0.082	0.05	Normal
Post-Test Kel.Shooting After Back pass	0.151	0.05	Normal

(Source: Personal Research Data: 2025)

The table above shows that the research data is normally distributed, as seen from all sig. values > 0.05. A homogeneity test was then performed. The function of the homogeneity test is to determine whether two or more data groups have the same variance (diversity).

Table 3 . Homogeneity Test Results

Kelompok	Sig.		**Information**
Shooting After Dribble	0.378	0.05	Homogen
Shooting After Back pass	0.127	0.05	Homogen

(Source: Personal Research Data: 2025)

From the table above, it can be seen that the research data is homogeneous as seen from the sig value > 0.05.

1. Hypothesis Testing

a. Here is an effect of shooting after dribble training on the shooting ability of athletes aged 12-14 at SSB DISPORASU

Hypothesis testing shows that there is an effect of shooting after dribble training on the shooting ability of athletes aged 12-14 at SSB DISPORASU 2024. Based on the t-distribution table with dk = n -1 (11-1 = 10) at a significance level of 0.05 α = 2.228, meaning $t_{count} > t_{table}$ (5.62 > 2.228), thus Ha is accepted and Ho is rejected. In this case, it can be concluded that there is an effect of shooting after dribble training on the shooting ability of athletes aged 12-14 at SSB DISPORASU 2024. The following table shows the data for Hypothesis I:

Table 4. Hypothesis I Testing

No	Nama	Pretest	PostTest	B	B2
1	Akmal	7	4	-3	9
2	Madan	6	14	8	64
3	Zidan	6	12	6	36
4	Bonggas	4	12	8	64
5	Diego	7	11	4	16
6	Raja	7	14	7	49
7	Nabil	5	14	9	81
8	Arya	3	15	12	144
9	Jordan	5	12	7	49
10	Halim	7	12	5	25
11	Bahri	6	13	7	49

Jurnal Multidisiplin Sahombu
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No	Nama	Pretest	PostTest	B	B2
Total		63	133	70	586
Average		5.72	12.09	6.36	53.27
Lowest Score		3	4	-3	9
Highest Score		7	15	12	144
Std. Deviation		1.34	2.94	3.74	37.05

(Source: Personal Research Data: 2025)

b. There is an effect of shooting after back pass training on the shooting ability of athletes aged 12-14 at SSB DISPORASU

Hypothesis testing shows that there is an effect of shooting after back pass training on the shooting ability of athletes aged 12-14 at SSB DISPORASU 2024. Based on the t-distribution table with dk = n -1 (11-1 = 10) at a significance level of 0.05 α = 2.228, meaning $t_{count} > t_{table}$ (2.734 > 2.228), thus Ha is accepted and Ho is rejected. In this case, it can be concluded that there is an effect of shooting after back pass training on the shooting ability of athletes aged 12-14 at SSB DISPORASU 2024. The following table shows the data for Hypothesis II testing:

Table 5. Hypothesis II Testing

No	Name	Pretest	PostTest	B	B2
1	Rafa	7	15	8	64
2	Putra	8	5	-3	9
3	Nizam	4	12	8	64
4	Irfan	7	5	-2	4
5	Appri	9	7	-2	4
6	Raffi	4	14	10	100
7	Candika	9	12	3	9
8	Rafiq	5	11	6	36
9	Lizharu	9	13	4	16
10	Hanafi	5	10	5	25
11	Rasyah	9	12	3	9
Total		76	116	40	340
Avarange		6.909091	10.54545	3.636364	30.90909
Lowest Score		4	5	-3	4
Highest Score		9	15	10	100
Std. Deviation		2.071451	3.445682	4.410731	31.83537

(Source: Personal Research Data: 2025)

c. Shooting after dribbling exercises have a greater impact than shooting after back passes on shooting ability in athletes aged 12-14 at SSB DISPORASU

Hypothesis testing shows that shooting after dribbling exercises have a greater impact than shooting after back passes on shooting ability in athletes aged 12-14 at SSB DISPORASU. Based on the t-distribution table with dk = n1 + n2 - 3 (11 + 11 - 3 = 19) at a significance level of α 0.05 = 2.093, meaning $t_{count} > t_{table}$ (22.29 < 2.093). Therefore, Ha is accepted and Ho is rejected. In this case, it can be concluded that shooting after dribbling exercises have a

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greater impact on shooting ability compared to shooting after back passes. The following table shows the results of Hypothesis III testing:

Table 6. Hypothesis III Testing

No	Kel.SAD	Kel.SABP	B	B2
1	4	15	11	121
2	14	5	-9	81
3	12	12	0	0
4	12	5	-7	49
5	11	7	-4	16
6	14	14	0	0
7	14	12	-2	4
8	15	11	-4	16
9	12	13	1	1
10	12	10	-2	4
11	13	12	-1	1
Total	133	116	-17	293
Avarange	12.0909	10.5455	-1.5455	26.6364
Lowest Score	4	5	-9	0
Highest Score	15	15	11	121
Std. Deviation	2.94803	3.44568	5.16456	40.4284

(Source: Personal Research Data: 2025)

Based on the results of statistical tests, it shows that there is an influence between shooting after dribble training on the shooting ability of athletes aged 12-14 years at SSB DISPORASU 2024 as seen from the results of the calculation of the t-distribution table value with dk = n -1 (11-1 = 10) at a significant level of α 0.05 = 2.228 which means $t_{count} > t_{table}$ (5.62 > 2.228). Shooting after dribble training has a positive influence on shooting accuracy, motor coordination, and player confidence in completing opportunities in front of the goal. These results are in line with research conducted by (Girsang & Supriadi, 2021) which examined the effect of variations in shooting after dribble training on adolescent soccer players aged 11-13. The results showed an increase in shooting accuracy occurred after the provision of shooting after dribble training forms which are in line with the findings of this study. This is because shooting after dribble training trains players to control the ball, maintain balance, and make quick decisions in situations that resemble real match conditions. The results of this study align with motor learning theory, which states that skill training conducted in a game context will be easier to master and apply in real matches. Based on the statistical tests used in this study, a significant value was obtained indicating a significant influence between shooting after dribble training and players' shooting abilities. This finding has important implications for coaches and trainers at SSB DISPORASU, namely that shooting technique training should not be done statically, but combined with movements that approximate match situations, such as dribbling. Contextual training such as shooting after dribble has been proven to be more effective in improving shooting abilities and overall game quality.

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Then it was proven that there was an increase in shooting ability in athletes aged 12-14 years after being given treatment in the form of shooting training after back pass and from the results of statistical calculations based on the t distribution table with dk = n -1 (11-1 = 10) at a significant level of α 0.05 = 2.228 which means $t_{count} > t_{tabel}$ (2.734 > 2.228). This increase was seen from the results of the shooting test which showed a difference between before and after treatment. Shooting training after back pass requires players to be able to anticipate the ball from a pass from a teammate and immediately make a final finish quickly and accurately. This trains response, coordination, and shooting skills in real game situations, where a player must be able to read the movement of the ball and make decisions spontaneously. These results are also supported by research conducted by Syahputra. (2021) found that short pass-based training such as back passes improved contextual shooting skills by 39.21% in young players, implying that this is relevant for match situations where shooting often follows a teammate's pass. The increase in shooting after back passes also reflects that teamwork-based technical training such as back passes can help players develop shooting skills more contextually. In real match situations, shooting is often done after receiving a short pass from a teammate. The results of the statistical analysis showed that there was a significant effect of shooting after back passes training on players' shooting abilities. Therefore, the hypothesis stating that there is an effect between shooting after back passes training on the shooting abilities of athletes aged 12–14 years at SSB DISPORASU in 2024 is accepted.

For the third hypothesis, Based on the results of the hypothesis testing that has been carried out, it was found that both shooting after dribble and shooting after back pass exercises both have a positive influence on improving the shooting ability of athletes aged 12-14 years at SSB DISPORASU. However, the data shows that shooting after dribble exercises have a greater influence than shooting after back pass exercises as evidenced by the results of statistical calculations based on the t distribution table with dk = n1 + n2 - 3 (11 + 11-3 = 19) at a significant level of α 0.05 = 2.093 which means $t_{count} > t_{tabel}$ (22.29 < 2.093). This can be seen from the higher increase in shooting scores in the group that received shooting after dribble training treatment. This exercise directly trains players to make a quick transition from dribbling to finishing, which demands individual abilities such as ball control, speed of decision making, body balance, and shooting accuracy under pressure. These results are in line with research conducted by Wahyu Widodo (2020) which states that intensive individual training (such as dribbling) is more effective for developing basic techniques in early adolescence, while team training is better for tactical aspects, the theory explains why dribbling has a greater impact on individual technical aspects.

Meanwhile, shooting after back pass training tends to rely on coordination with teammates and more structured game situations, thus not challenging individual abilities as intensively as dribbling training. Therefore, it can be concluded that although both are effective, shooting after dribble training is more dominant in improving individual players' shooting techniques. These findings provide important input for coaches at SSB DISPORASU to balance training programs between teamwork and strengthening individual techniques, while also considering the intensity and context of training for optimal results.

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CONCLUSION

Based on the discussion of the results of the hypothesis testing, the following conclusions were drawn: There is an influence of shooting after dribble training on shooting ability in athletes aged 12-14 years at SSB DISPORASU, furthermore, there is an influence of shooting after back pass training on shooting ability in athletes aged 12-14 years at SSB DISPORASU, and shooting after dribble training has a greater influence than shooting after back pass training on shooting ability in athletes aged 12-14 years at SSB DISPORASU. The following are some suggestions that can be considered, namely: To coaches to be able to use shooting after dribble training with shooting after back pass training because it has been proven to have an effect on improving shooting ability in soccer athletes. And to further researchers who want to conduct similar research to be able to add other relevant factors that may have an influence.

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