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The Effect of Tri Angle Exercise Variations on Improving Passing Accuracy Using the Inside of the Foot in Futsal

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Abstract

Based on the problems identified, the researcher obtained information and facts in the field that many students still make mistakes in passing techniques. Therefore, the researcher aims to apply a variation of exercises that are easy to understand and perform, namely the Tri Angle passing exercise variation. The purpose of this study is to determine the effect of the Tri Angle exercise variation on improving passing accuracy using the inside of the foot in futsal. This study employs an experimental research method, and the research design uses a "One Group Pre-Test-Post-Test Design." This research is quantitative in nature, with the population and sample consisting of 12 futsal extracurricular students. After conducting the research, the results showed that the Tri Angle passing exercise variation has an effect on improving passing accuracy using the inside of the foot among futsal extracurricular students. The conclusion is that the variation in Tri Angle passing exercises using the inside of the foot for futsal extracurricular students indicates that this exercise variation is suitable for application to futsal extracurricular students at school.

Keywords: Exercise, Passing, Futsal

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