



## **THE EFFECT OF THE FILANESIA METHOD USING DIAMOND PASSING TRAINING ON IMPROVING PASSING ACCURACY IN 12-YEARS-OLD SOCCER PLAYERS**

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### **ABSTRACT**

This study aims to determine the effect of the Filanesia method combined with Diamond Passing training on improving Passing accuracy in 12-year-old soccer players. The research method used was an experiment with a pretest–posttest control group design. The study sample consisted of 24 12-year-old soccer players divided into two groups: an experimental group and a control group. The experimental group was given Passing training using the Filanesia method with a Diamond Passing model, while the control group was given conventional Passing training. Passing accuracy was measured before and after treatment using a standardized Ball Holding Test (Passing and Stopping). The statistical analysis showed a significant improvement in both groups, but the experimental group's Passing accuracy was significantly greater. Based on the paired sample t-test, the experimental group achieved a Sig. 0.000 < 0.05, while the control group achieved a Sig. 0.002 < 0.05. Meanwhile, the independent sample t-test showed a Sig. 0.000 < 0.05, with a higher mean difference in the experimental group. These findings demonstrate that the Filanesia method with Diamond Passing training provides a significantly stronger effect than conventional training. Therefore, it can be concluded that the Filanesia method combined with Diamond Passing training is an effective, comprehensive, and appropriate training approach for improving Passing accuracy in 12-year-old soccer players.

**Keywords:** Filanesia, Diamond Passing, Passing Accuracy, Soccer Training, Young Players

### **INTRODUCTION**

Football is one of the most popular sports in the world, including in Indonesia. This game serves not only as a recreational activity but also as a platform for achievement and character development. In Indonesia, football began to develop during the Dutch colonial period, with the establishment of football clubs by both Dutch and indigenous people. "The formation of the All-Indonesia Football Association (PSSI) on April 19, 1930, in Yogyakarta by Ir. Soeratin Sosrosoegondo became an important milestone in the history of national football" (Adji, 2024). The introduction of football to Indonesia is inseparable from the influence of the Dutch colonial era. In the early 20th century, Dutch people living in the Dutch East Indies introduced the game through schools, associations, and sports clubs. Initially, football was played only by Europeans, but over time, the indigenous population began to learn about it and participate in matches. Several local clubs began to emerge, despite the limitations of the colonial era. Awareness of the importance of an official body to organize national football led to the birth of the All-Indonesia Football Association (PSSI). On April 19, 1930, in Yogyakarta, Soeratin Sosrosoegondo, along with other young indigenous figures, founded this organization. Soeratin, who had studied engineering in Germany, saw football as a means of struggle and national unity. Originally named the All-Indonesian Football Association (PSSI), later better known as the All-Indonesian Football Association (PSSI), PSSI served not only as a sports organization but also as a medium for fostering nationalism and resistance against Dutch colonialism through football (Kuryantoro et al., 2021). In football, several techniques are crucial to the game, such as passing, heading, and shooting. One of the most fundamental aspects of the game is passing ability, which is the basis for building teamwork,

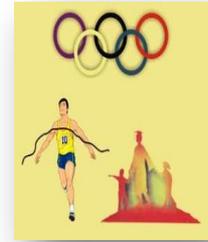
maintaining possession of the ball, and creating goal-scoring opportunities (Ali et al., 2023). Accurate passing is crucial for the effectiveness of the game, especially for the 12-year-old age group, who are developing basic techniques. Just as accurate passing must be supported by effective and structured training, the methods and curriculum in football must be clear and focused.

Before the Indonesian football coaching philosophy and curriculum, known as Filanesia, there was no standardized and systematic football coaching curriculum in Indonesia. Filanesia itself was formulated and officially launched by the Football Association of Indonesia (PSSI) in 2017 as an effort to comprehensively improve football coaching and development in the country. "Previously, football coaching in Indonesia was sporadic, unstructured, and lacked uniformity in methods and game philosophy. Training methods focused more on individual technique, without a broad umbrella governing tiered development from early childhood to professional level." (Belay, 2022).

The Filanesia curriculum is greatly needed in Indonesia because it provides the foundation and character of the national football game, structured according to the strengths and characteristics of Indonesian players. Filanesia is designed based on the physical and technical characteristics of Indonesian players, who generally possess speed, agility, and excel in one-on-one play. This curriculum adapts a playing philosophy that capitalizes on these strengths, such as emphasizing situational pressing, quick transitions from defense to attack (counterattack), and proactive team organization. "The Filanesia curriculum provides systematic guidance from the introductory phase (ages 6-9), skill development (ages 10-13), and the playing phase (ages 14-17). This helps create continuity and player development from an early age to professional level, ensuring focused and undisturbed coaching." (Weda, 2022).

Filanesia, an abbreviation of Indonesian Football Philosophy, is a national football development curriculum developed to create a distinctive Indonesian style and character. This curriculum was initiated by Danurwindo, the Technical Director of the Indonesian Football Association (PSSI) for the 2016-2020 period, and was designed based on studies, field practice, panel discussions, and seminars with professional coaches and football practitioners in Indonesia (Emral et al., 2023). Filanesia is a development of a football curriculum in Indonesia that serves as the foundation of Indonesian football. The cultural-geographical, sociological, and strengths of Indonesian players are all considerations. Indonesia's geographical location on the equator gives it a tropical climate. Therefore, a playing style developed to suit these conditions is necessary. The values of togetherness that are The DNA of the Indonesian people was also taken into consideration. The next consideration was the strengths of Indonesian players. With an average average build, our players are blessed with excellent speed and agility. Indonesian players excel in short-distance sprints. The Filanesia training method integrates fundamental techniques, tactics, physical fitness, and mental skills holistically, with a gradual approach to playing based on age group. For example, the skill development phase for ages 10-13 emphasizes mastery of fundamental techniques through fun games and real-life match situations. This training model is considered effective in improving fundamental skills such as passing, dribbling, and shooting in young players (Danurwindo et al., 2017). This method also fosters mental resilience in players who are ready to face real-life match situations. "The implementation of the Filanesia training model has also been proven to be effective in improving basic technical skills, particularly passing and dribbling, in football schools" (Setiawan, 2021). The Indonesian Football Philosophy Curriculum or better known as filanesia is divided into 4 methods depending on the age group of the players, 1. The m-B-M method (play-Learn-Play) for children aged 6-9 years where in this phase is the joy of football with a focus on learning to be friendly with the ball, 2. The b-B-M method (learn-Learn-Play) for children aged 10-13 years where in this phase is the development of football skills with a focus on learning football actions, 3. The P-3-M method (Passing-Position-Phase-Main) for children aged 14-17 years where in this phase is the development of football games with a focus on learning to play 11 vs 11, and the last for ages 18+ entering the performance phase which is focused on learning to win. Of these four methods the researcher will only discuss the learn-Learn-Play method or often called (b-B-M), because the main goal is 12-year-old players where at that age is included in the (b-B-M) method. The function of the (b-B-M) method here is to focus on learning soccer actions. This naturally offers numerous benefits, especially at this age, which is considered the golden age for learning soccer actions.

The Learn-Learn-Play (b-B-M) method is a method introduced by the Indonesian Football Association (PSSI) in the Indonesian Football Curriculum. In this phase, players learn soccer actions, starting from ages 10-13, which is the golden age for rapid absorption, and the effectiveness of the playing approach in improving technical skills and student motivation. Its implementation involves



game modifications, a focus on tactical understanding, and constructive feedback (Thorpe et al., 2017). Therefore, the b-B-M method, both within this phase and within the Indonesian Football Curriculum (Filanesia), is crucial for early childhood soccer players.

Diamond Passing drills are one form of training that can be implemented within this method. Diamond Passing drills are a soccer training method performed by forming a diamond-shaped passing pattern. This drill aims to improve short passing accuracy, ball control, and player speed and coordination. This pattern involves players positioned in a diamond shape with equal distance between players, where the ball is passed sequentially following the diamond pattern while players alternately move along the passing path (Azmi Umur et al., 2023). Diamond passing also significantly impacts the touch of soccer players with the aim of training passing accuracy during training and in practice during matches. In addition to training passing accuracy, this exercise can also train teamwork and quick decision-making for soccer players, which is in line with research. "This exercise can also support players' ability in ball feeling when passing the ball to their teammates, how far the pass will be carried out with the existing distance" (Pramudyatama & Mardhika, 2024). This method is more effective than other passing exercises such as the passing triangle in improving passing accuracy in adolescent players. "Diamond passing exercises also help players to develop proper passing technical skills and improve teamwork" (Azmi Umur et al., 2023). Therefore, it's crucial for soccer players to hone their passing skills and execute the diamond pass.

Passing is key to building attacks, maintaining possession, and creating scoring opportunities. In the modern game, a team's success is often determined by the quality and accuracy of its players' passing. A team's success is greatly influenced by the players' passing skills.

## **METHODE**

The research method used in this study is an experimental method with a quantitative approach. "Experimental research can be defined as a research method used to determine the effect of certain treatments on others under controlled conditions (Sugiyono 2012:72)." Research methods include careful planning, controlled data collection, and objective analysis to provide reliable and valid information.

Experimental research is research in which at least one variable is manipulated to study cause-and-effect relationships. Experimental research is closely related to internal hypothesis testing, which seeks to identify influences, relationships, and differences in change. Therefore, the method used in this study is an experimental method with a quantitative approach.

The research design used is pretest – posttest control group design, which is an experimental research conducted on two randomly selected groups and no stability and clarity tests are carried out on the group's condition before being treated, that pretest – posttest control group design is a research activity that provides an initial test (pretest) before being given treatment, after being given treatment then giving a final test (posttest). This research design is measured using a pretest conducted before being given treatment and a posttest conducted after being given treatment in the form of a Passing diamond exercise. "In this research design there are two randomly selected groups, then given a pretest to find out the initial condition whether there is a difference between the experimental group and the control group". (Sugiono, 2016).

In this study, the researcher took a population of 24 people from SSB Perbi Bandung. A sample is a part of the population taken for observation or measurement. According to "Sugiyono, (2017:81), a sample is a part of the population that is the source of data in research, where the population is part of the number of characteristics possessed by the population". The sampling technique in this study is total sampling. Total sampling is a sampling determination technique when all members of the population are used as samples. The reason for taking total sampling is because the population is less than 100, the entire population is used as a research sample. The sample used in this study is all SSB Perbi Bandung players, totaling 24 people. Then to determine the experimental and control groups, namely using the ABBA random assignment system, with the intention of selecting samples randomly and then the best

results are arranged in an ABBA manner, meaning the arrangement starts with group A then group B then group B then group A and so on.

Data collection also requires instruments to facilitate research. "A research instrument is a tool used to measure observed natural or social phenomena (Sugiyono, 2018)." In this study, two tests were conducted: one at the beginning (pretest) and one at the end (posttest) immediately after treatment was administered.

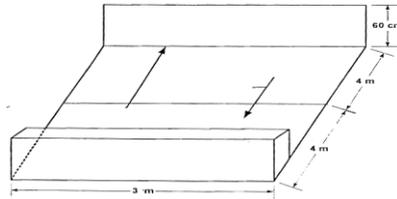


Image 1. Tes Sepak Tahan Bola (Passing dan Stopping)

## RESULT AND DISCUSSION

### RESULT

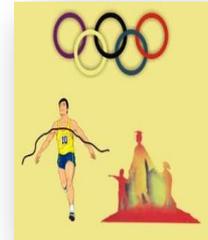
The purpose of this study was to determine the effect of the Filanesia method using passing diamond training on improving passing accuracy in 12-year-old soccer players. To determine the effect of the Filanesia method using passing diamond training on improving passing accuracy in 12-year-old soccer players, the researchers used the Ball Holding Test (Passing and Stopping) to measure the players' accuracy. The results of this study can be described as follows. The sample in this study consisted of 24 12-year-old soccer players. This study was conducted from October 26 to November 26, 2025, at Perbi, Bandung City. The treatment consisted of passing diamond training, conducted 12 times a week, three times a week: Tuesday, Thursday, and Sunday.

The data processing results used in this study were derived from the results of tests conducted on the research sample. The initial test (pretest) was conducted to determine the sample's initial passing accuracy. The sample was then given treatment in the form of passing diamond training. After that, a final test (posttest) was conducted to determine the sample's accuracy after receiving the treatment in the form of passing diamond training.

Tabel 1. Uji hipotesis

		T - hitung	df	Sig. Tailed(-2)
Pair 1	Pretest – post test Eksperimen	-10.142	11	.000
Pair 2	Pretest – post test Kontrol	-3.924	11	.002

It can be stated that there is a significant influence of diamond passing training on increasing the passing accuracy of 12-year-old soccer players and there is a significant influence of the application of conventional face-to-face passing training on the passing accuracy of soccer players. However, if seen from the Sig. (2-tailed) value obtained, diamond passing training has a more significant percentage influence than conventional training.



Tabel 1. Uji hipotesis

Group	Mean	t hitung	Sig. (2-tailed)
Experiment	19.92	7.406	.000
Control	16.00	7.406	

The sig value obtained ( $<,000$ )  $< 0.05$  means  $H_0$  is rejected, so it can be concluded that there is a significant difference between diamond passing training and conventional training on the passing accuracy of football players.

## DISCUSSION

The results of the study showed that there was a significant difference in the influence between Diamond Passing training and conventional training on improving the accuracy of passing in 12-year-old soccer players. This significant difference means that both training methods produce improvements, but the magnitude of the increase (effect given) is not the same, and Diamond Passing is proven to provide a higher increase than conventional training. This difference in influence can be explained from several aspects: technical, motor, cognitive aspects, as well as the characteristics of the training itself. Differences in Aspect 1. Training Structure, Diamond Passing training; Higher repetitions of passing, varying directions of passing, training situations resembling games. While conventional training, Static or with minimal movement, Focus on basic techniques mechanically, Does not involve much decision making. By looking at the differences in training structure, movement complexity, cognitive stimulation, number of repetitions, and statistical evidence—it can be concluded that: Diamond Passing training is proven to have a much more significant influence in improving the accuracy of passing in 12-year-old players compared to conventional training. Conventional training still provides improvements, but the increase is not as large as Diamond Passing training.

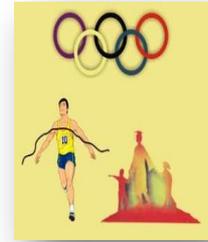
## CONCLUSION

There is a significant difference in the effect of passing diamond training on improving passing accuracy. Passing diamond training contributes significantly because it emphasizes repetitive movement patterns, spatial orientation, timing, coordination between players, and the use of both feet, thus optimizing the learning process of passing techniques. Therefore, the Filanesia method with passing diamond training can be categorized as a more effective training method for developing passing accuracy in 12-year-old players.

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