



## EFFECT OF RONDO TRAINING ON PASSING ACCURACY AND SHOOTING IN FOOTBALL FOR PLAYERS UNDER (14) YEARS OLD

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### ABSTRACT

**Background.** Rondo drills are a training method that integrates physical, technical, and tactical aspects in a simulated environment of real-life playing situations. These drills, conducted in small spaces with a limited number of players, focus on ball possession through short, quick passes. This forces players to make rapid decisions and accurately determine passing paths. Rondo drills are considered a modern training method in football, with many coaches referring to them as diverse and varied exercises. **Objectives.** Objectives of this study is to determine influence of rondo practicing on under 14 players passing and shooting performance. **Method.** The researcher used a pre-test/post-test equivalent groups experimental design. sample was 28 players less than 14 years from Al-Zawraa Sports club for season of 2024-2025. researcher homogenized research sample, and then made it so that equivalence between two groups was based on results of pre-tests of passing and shooting accuracy. We then applied Rondo training 3 days per week over a five-week period to experimental group. Post-tests were carried out in similar conditions to pre-tests. **Results.** The researcher analyzed results to determine that rondo training showed a meaningful and beneficial impact on passing and shooting accuracy among experimental group as opposed to those in in either of one-touch conditions. Additionally, the experimental group was significantly and independently better than control on accuracy of passing. **Conclusion.** Researcher suggests that rondo drills should be applied in training (in warm-up and pre-game) to football players aged under 14 years, it could also be used as an exercise with youth and junior age groups in football.

**Keywords;** training, rondo, accuracy, passing, shooting, football.



## A. INTRODUCTION

Football is one of most popular and widespread sports in world, relying primarily on fundamental individual and team skills. To achieve high-precision performance, focusing on foundational development of young players has become crucial. In early stages, especially under 14 years old, developing basic skills such as passing and shooting is critical, as these skills form cornerstone upon which skillful performance is built. Football is subject to various and changing dynamic situations, both during training and matches. This is because playing conditions and situations players encounter during matches are constantly changing and unpredictable, influenced by numerous external stimuli such as movements and positions of opponents, teammates, and ball itself.

Therefore, training programs for this sport must be planned according to these changing conditions and stimuli during different preparation periods to ensure continuous performance development. physical, technical, and tactical aspects of players are crucial, giving player and team a distinctive style that sets them apart from their peers in other teams. This leads to excellence and victory in competitions, whether local, regional, or global. Rondo drills are a training method that integrates physical, technical, and tactical aspects in a simulated environment of real-life playing situations. These drills, conducted in small spaces with a limited number of players, focus on ball possession through short, quick passes. This forces players to make rapid decisions and accurately determine passing paths. Rondo drills are considered a modern training method in football, with many coaches referring to them as diverse and varied exercises.

Rondo drills are typically conducted in spaces that can range up to half field, depending on players' skill level or specific aspect being developed or practiced (Di Bernardo, 2014; Saeed, Hameed, & Shbib, 2019). Hence, importance of studying impact of rondo drills on skills of young players, specifically on passing and shooting accuracy, becomes clear. Given need to develop more efficient and effective training methods, this study aims to answer a pivotal question: Can rondo drills, which focus on quick passing and teamwork, have a positive and tangible impact on players' individual passing and shooting abilities? answer to this question could enrich both academic and practical knowledge in field of sports training and provide coaches with a scientifically based training tool for developing players' abilities at this critical age.

Through his work as a coach at Al-Zawraa Sports Club and his observation of training sessions for various age groups, especially those under (14) years old, researcher noticed a decline in performance levels and many incorrect passing and shooting attempts during training sessions and matches. This led to a significant weakness in players' performance level and a clear problem with passing and shooting accuracy, resulting in a lack of shooting solutions. This hinders players from executing tactical duties during matches, in addition to problems in carrying out their basic required tasks. This prompted researcher to conduct this research, which aims to answer question: If Rondo drills are used, will this lead to an improvement in players' passing and shooting accuracy? Under 14 Years of Age in Football? To identify effect of rondo training on passing and shooting accuracy of under 14-year-old football players. There is a positive effect of rondo training on passing and shooting accuracy of under 14-year-old football players.

Rondo: It is a training match with significant physical, technical, and mental objectives, similar to what happens in matches, in which group of players in possession of ball ( attackers) has a numerical advantage to achieve control and possession of ball and

prevent defenders from intercepting or winning possession (Muslihi ,2020). Accuracy: It is ability to control voluntary movements towards a specific goal. (Ibrahim, 2001).

## B. METHOD

### *Participant*

Researcher chose a research sample from players aged under (14) years for sports season 2024-2025 playing for Al-Zawraa Sports Club, totaling (28) players. players were grouped into one other almost equal control group (14) players and as an experimental group of two (14). Results Table (1) shows researcher homogeneity testing of research sample for variables that are hypothesized to affect dependent variables such as: height, mass and chronological age.

Table 1. Shows values of arithmetic mean, standard deviation, median, and skewness coefficient for measurements of height, mass, chronological age, and training age of research sample.

| No. | Measurements            | Mean   | Mode | Std. Deviations | Skewness |
|-----|-------------------------|--------|------|-----------------|----------|
| 1   | Height/cm               | 155.29 | 155  | 0.43            | 0.67     |
| 2   | Mass/kg                 | 54.68  | 53   | 4.25            | 0.40     |
| 3   | Chronological Age/years | 13.44  | 13   | 0.61            | 0.72     |
| 4   | Training Age            | 5.57   | 4    | 2.06            | 0.76     |

Table (1) shows that calculated skewness coefficient values were less than (+1), indicating homogeneity of sample across all variables.

### *Research Design*

Research Methodology: researcher used experimental method according to two equivalent groups design with pre-test and post-test. Tests: To measure dependent variables, namely power and accuracy of shooting in football, researcher, after reviewing a range of relevant sources and studies, selected standardized tests that measure these variables and are used with same sample characteristics. tests are:

1. Passing Accuracy Test (Ismail et al. 1991) (Appendix 1).
2. Shooting Accuracy Test (Kazim , 2013) (Appendix 2).

Exploratory Test: researcher conducted a exploratory test of power and accuracy of football shooting on a sample of (10) players randomly selected from research population outside main research sample. This exploratory test was conducted on June 5, 2025, at 5:00 PM at Al-Zawraa Sports Club football stadium. objectives of this exploratory test were:

1. To determine suitability of tests for research sample.
2. To determine time required to conduct tests.
3. To ensure research team's understanding of research procedures.
4. To identify any difficulties researcher might encounter during procedures.
5. To determine reliability coefficient of tests.

### *Scientific Foundations of Tests*

First: Validity: To establish validity of tests for passing and shooting accuracy in football, face validity was used. This was achieved by preparing a special questionnaire and

presenting it to a group of experts and specialists in field of football, testing, and measurement. results showed their agreement, as shown in Table (2).

Second: Reliability: To determine reliability coefficient of football passing and shooting accuracy tests, researcher used test-retest method by administering tests twice. first test was administered on June 5, 2025, to a exploratory sample of (10) players. Seven days later, on June 12, 2025, second test was administered to same sample. Pearson's correlation coefficient between two tests was calculated, as shown in Table (2).

Third: Objectivity: Regarding objectivity of football passing and shooting accuracy tests, they are considered highly objective because their instructions are clear and shooting method is specific and undisputed.

**Table 2.** Shows validity and reliability coefficients for football passing and shooting accuracy tests.

| No. | Tests                      | Validity | Reliability |
|-----|----------------------------|----------|-------------|
| 1   | Passing Accuracy / degree  | 100%     | 0.93        |
| 2   | Shooting Accuracy / degree | 100%     | 0.92        |

**Main Procedures:**

1- Pretests: passing and shooting accuracy tests in football were performed on both sample groups, control group and experiment group, at (5.00pm) for a day 19/6/2025 at Football field of Al-Zawraa sports club in attendance with support staff team.

2- equivalence between two groups: To make sure that we had a common starting point, researcher set controls for both experimental and control groups variables (passing and shooting accuracy in football) as seen in Table (3).

Table 3. Shows calculated t-value in pre-tests for passing and shooting accuracy between control and experimental groups.

| No. | Variables                  | Control group   |                    | Experimental group |                    | T value calculated | Level Sig | Type Sig |
|-----|----------------------------|-----------------|--------------------|--------------------|--------------------|--------------------|-----------|----------|
|     |                            | Arithmetic mean | Standard deviation | Arithmetic mean    | Standard deviation |                    |           |          |
| 1   | Passing Accuracy / degree  | 1.78            | 0.82               | 2.05               | 0.87               | 0.63               | 0.751     | Non sig  |
| 2   | Shooting Accuracy / degree | 9.65            | 1.39               | 8.74               | 1.41               | 0.79               | 0.806     | Non sig  |

Table (4) shows that calculated t-value in pre-tests for passing and shooting accuracy in football between control and experimental groups was greater than (0.05), indicating non-inferiority differences between two groups and demonstrating their equivalence in these variables.

Implementation of Rondo Training: Rondo training was implemented by players of experimental group as follows:

1. Implementation of strategy began on 22/6/2025.
2. Implementation period was (5) weeks, with (3) sessions per week.
3. Total number of training sessions was (15) sessions.
4. Duration of each training session was (90) minutes.
5. Duration of main session was (60) minutes.
6. Implementation of strategy ended on 27/7/2024.

Experimental group followed following steps in implementing Rondo training:

Control group followed training method used by team's coach. Fourth: Post-Tests: Post-tests for passing and shooting accuracy in football were conducted for both control and experimental groups on July 29, 2025, at 5:00 PM at Al-Zawraa Sports Club's football field, in presence of supporting team. researcher took into account, as much as possible, conditions and circumstances under which pre-tests were conducted.

*Statistical Methods*

Researcher relied on following statistical methods to analyze research results (Hussein Farhan et al., 2025). Percentage, Arithmetic Mean, Standard Deviation, Mode, Skewness, Simple Correlation Coefficient (Pearson's), t-test for parallel and independent samples.

**C. RESULTS AND DISCUSSIONS**

**Results**

**Table 4.** Shows calculated t-value between pre- and post-tests of passing and shooting accuracy for control group

| No. | Variables                  | Pre-test        |                    | Post-test       |                    | T value calculated | Level Sig | Type Sig |
|-----|----------------------------|-----------------|--------------------|-----------------|--------------------|--------------------|-----------|----------|
|     |                            | Arithmetic mean | Standard deviation | Arithmetic mean | Standard deviation |                    |           |          |
| 1   | Passing Accuracy / degree  | 1.78            | 0.82               | 3.41            | 0.76               | 4.35               | 0.003     | Sig      |
| 2   | Shooting Accuracy / degree | 9.65            | 1.39               | 13.42           | 1.12               | 5.66               | 0.002     | Sig      |

Table 4 shows that calculated t-value between pre- and post-tests of passing and shooting accuracy in football for control group was less than (0.05), indicating significant differences between pre- and post-tests in favor of post-test. researcher attributes these differences to effectiveness of training sessions, which demonstrated adequacy in terms of allocated time, organization, and execution, tailored to abilities of players in this group. Furthermore, effectiveness of coach's training methods was also noted, as these sessions included a carefully selected set of skill exercises based on scientific principles to suit nature and precision of two skills, as well as age group. This aligns with point made earlier: "Learning does not occur merely through repetition of movements and athletic skills by players; rather, training must be based on standardized scientific principles to improve their abilities and skills." (Jabr et al.,2005).

As shown via regularity and continued performance of players in this group through conducting these talent physical activities, consolidation of information once efficiency \*and practiced through moving from easy to tough, competing amongst them selves to give their quality of precision in performing passing skills and capturing among themselves, which helped tremendously to development in them properly. This goes in line with fact that "progress in motion or skill occurs through doing and not making mistakes, this is usually done through practical performance of player under supervision of his coach and this itself represents one of most important steps taken in training motor skills." (Othman, 1987). maximum training load utilized along with its role for success and physical development, which dictated skill dimension. This means basically, that if there are none of physical attributes required to perform well a out on field, it matters not how hard you work on precision and speed of skills. Researchers used a secondary way by using maximum training method for two reasons, firstly developing physical aspect and secondly developing skill aspect in relation to physical aspects. That is why (Nafkosh & Muhammad Tawfiq, 2023) states that 'without particular physical requirements attributed to different sport, athletes in many sports cannot master fundamental skills that are characteristic of each sport. Hence we find a good correspondence between skill level and physical demands of every single activity. Afterword, Skill reaches only possession of particular physical qualities (Abdelkarim & Al-Mousawi, 2025) has shown that too (Badwi et al., 2023).

**Table 5.** Shows calculated t-value between pre- and post-tests of passing and shooting accuracy for experimental group.

| No. | Variables                  | Pre-test        |                    | Post-test       |                    | T value calculated | Level Sig | Type Sig |
|-----|----------------------------|-----------------|--------------------|-----------------|--------------------|--------------------|-----------|----------|
|     |                            | Arithmetic mean | Standard deviation | Arithmetic mean | Standard deviation |                    |           |          |
| 1   | Passing Accuracy / degree  | 2.05            | 0.87               | 5.24            | 0.62               | 5.87               | 0.001     | Sig      |
| 2   | Shooting Accuracy / degree | 8.74            | 1.41               | 16.95           | 0.89               | 6.44               | 0.000     | Sig      |

Tabulated (t) value was found from table {5}, as  $<0.05$ , and which it shows importance of difference between pre and post-test for passing and shooting accuracy in football for experimental group in favor of post- test. researcher explains differences within experimental group as a function of standardised rondo training, which is well aligned to enhance passing & shooting accuracy for varied levels and abilities of players being trained. This is achieved through progression within training units, starting with individual and combined performance, and then integrating performance. This type of training has a special character in training individual and combined skill performance through rapid movements of skill duties with another player, a teammate and competitor, as well as exchange of positions between players, which represents a case of It is similar to what happens in game, which leads to development of skill aspect, especially accuracy of passing and shooting. This is consistent with what was mentioned in that Rondo drills have become a modern training tool in football, as many coaches have referred to them as drills.

Rondo is usually prepared in different and varied spaces, which can range up to half field, depending on skill level of players or aspect to be achieved or trained on. It is a drill aimed at achieving possession away from defenders. It covers all aspects, especially skill aspect, in a competitive training environment that is very similar to what happens during matches. (Nafkosh & Muhammad Tawfiq, 2023; Tarek et al., 2020). Continued training, regularity in training sessions, and application of scientifically designed training program led to physiological adaptations. This was reflected in hemoglobin variable, which plays an active role in transporting oxygen to athlete's muscles, serving training process. Maximum and sub-maximal training intensity, and rest periods between repetitions and sets, each according to recovery period, led to adaptation in blood. changes occurring in blood as a result of continuous athletic training lead to blood adapting to performance of athletic training and receiving load, including an increase in blood volume, hemoglobin, and red blood cells. goalkeeper is most important position in team, both defensively and offensively. player guarding goal is target of opposing team's players, so a weak or mediocre performance is a major contributing factor.

This is owing to higher level of control nexus over those resistances used. This makes this performance contingent on player, and so researchers took into account principle of variety and alternation in exercises. researchers stated that " more force a golfer can produce in correct position, faster he launches" (Saeed et al., 2019). theory behind training with this method is to stimulate resistance through working out each of muscles of our body. Also, this way players never get bored and it makes training something exciting to develop.

Presenting, analyzing, and discussing results of differences between control and experimental groups:

**Table 6.** Shows calculated (t) value in post-tests for passing and shooting accuracy between control and experimental groups.

| No. | Variables                  | Control group   |                    | Experimental group |                    | T value calculated | Level Sig | Type Sig |
|-----|----------------------------|-----------------|--------------------|--------------------|--------------------|--------------------|-----------|----------|
|     |                            | Arithmetic mean | Standard deviation | Arithmetic mean    | Standard deviation |                    |           |          |
| 1   | Passing Accuracy / degree  | 3.41            | 0.76               | 5.24               | 0.62               | 5.67               | 0.000     | Sig      |
| 2   | Shooting Accuracy / degree | 13.42           | 1.12               | 16.95              | 0.89               | 6.92               | 0.001     | Sig      |

Table (6) shows that calculated t-value in post-tests of passing and shooting accuracy in football between control and experimental groups was less than (0.05), indicating a statistically significant difference between two groups in favor of experimental group. researcher attributes superiority of experimental group to their training using Rondo method, which proved effective in improving passing and shooting accuracy in football. This is because one of training procedures in this method is execution of drills in various regular forms and in different ways in terms of distance, repetition, and method of execution.

## Discussion

Rondo drills were performed in different spaces and shapes to achieve desired objectives. These drills worked to develop accuracy of skill performance in a way that enabled player to perform them well, as represented in situations similar to different game scenarios. This is consistent with what was indicated that "specificity of training plays an important role in developing and raising level of skill performance of players is affected by training that mimics flow and conditions of competition, allowing player to become accustomed to conditions similar to those of competition (Mustafa, Muhammad, 2024). This is what rondo training achieved in terms of significant differences in accuracy of passing and shooting skills in football, due to various playing situations it incorporates, which closely resemble what happens in a game or match. Goal is to reach a distinct level of physical fitness for this group and enjoy physical health appropriate to biological age of sample.

Exercises were appropriate to level of research participants, were built on sound scientific foundations, and were properly implemented by training coaches and players (Ali et al., 2026 ; Balore et al., 2026). In addition, these exercises, which included more than one physical attribute at a time during performance (Al-Nedawy & Saeed Al-Mousawi, 2022: Ali , Qassim, 2022: Hasan & Shbeeb, 2021), confirm that scientifically standardized training in physical abilities leads to changes in most muscle components that develop kinetic energy and subsequently skills related to performance (Hadeel, & Suhad, 2021: Abdullah Mohsen et al., 2025). This process is closely related to intensity and duration of physical effort, and these changes appear in form of physiological adaptation, hence term "physical training" ( Almusawi DS. 2019: Issa & Qassim, 2022).

Researcher paved way for preparation of physical exercises. Preventatively, physical exercise should then be incorporated. Furthermore, researcher believes that these exercises are characterized by excitement and enjoyment, and all players enjoy them. These exercises aim to achieve possession away from defenders, covering all physical, technical, and tactical aspects within a specific environment. training is competitive and closely resembles what happens during matches, especially those for younger age groups. It is well-known that sample age group is under 14 years old, a stage with characteristics that distinguish it from other age groups. At this age, players have capacity to learn basic skills of football and an increased desire to develop their skills. This is confirmed by observation that "players at this age have an increased desire to play among their peers in a team, relying on extensive training and practice of basic technical skills of football and general principles of game. coach must ensure that skills training is based on a specific purpose or objective that must be achieved through performing exercises correctly and diligently" (Hammoud , 2011: Suhad Qassim, 2020: Ali et al., 2020). This is reflected in Rondo training. Increased accuracy of performance combined with speed necessitates an increase in training volume, i.e., more repetition in training sessions.

It is evidenced by (Hussein Kadhim et al., 2025: Shahab Ahmed & Saeed Al-Mousawi, 2025: Morad & Shbeeb, 2023: Saeed & Jawad, 2021) "Repetition and practice lead to better control of ability/skill," more competition and a better motor skill. More accurate." So training style of repeating is one of successful styles in advancement of games, according to order, by virtue of its high degree in which you can control resistances used. researchers neglected principle of diversification and alternation in performing exercises, which directs this performance to be under control of his sense "that speed of launch increases as well as with increasing force of propulsion can be obtained is during assuming appropriate position here (4). A product of synthetic textile (Saeed, Khalifa, 2019: Al Jumaily, & amp; Al-Mousawi,

2024) reasoning behind training this way is because working with resistance of body itself means doing something different to what your muscles are used to. Furthermore, this method takes player away from boringness and an element of excitement in training to improve.

#### **D. CONCLUSION AND RECOMMENDATIONS**

Members of experimental group treated with Rondo training had a positive and influential effect on football passing and shooting accuracy. Experimental group members have demonstrated statistically, significantly and clearly better than control group members in passing and shooting with accuracy of features related to football. Group Members superiority over Pre Test in Post Tests was found to be highly significant ( $p \geq 0.01$  level) for passing and shooting accuracy in football among control group members. Foot. Recommendations: Emphasize application of rondo drills in training sessions for players under 14 years of age in football. Implement rondo drills with youth and junior age groups of football players. Football coaches should focus on developing similar training content to improve accuracy of performing various football skills. Conduct further studies on other skills in football and in other team sports.

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#### **F. AUTHOR CONTRIBUTION STATEMENT**

Haider Hussein Saleh is responsible for the manuscript in this study.

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### Appendix (1) shown football passing accuracy test.

Football Passing Accuracy Test.

Test Name: Passing Test towards a small target 20 meters away.

Objective of Test: To measure passing accuracy.

Equipment Used: (3) footballs, and a small target measuring (110cm x 63cm).

Test Procedures: A line (1m) long is drawn at a distance of (20m) from small target, and a stationary ball is placed on starting line as shown in Figure (1). Test Description: player stands behind starting line facing small target. Upon signal, they begin passing ball towards target to enter it. Each player is given (3) consecutive attempts. Shooting: score is calculated as sum of points obtained by player from passing three balls, as follows:

Two points for each successful attempt that enters small target.

One point if ball touches post or crossbar but does not enter goal.

Zero points if ball goes outside small goal.

Total score: (6) points.

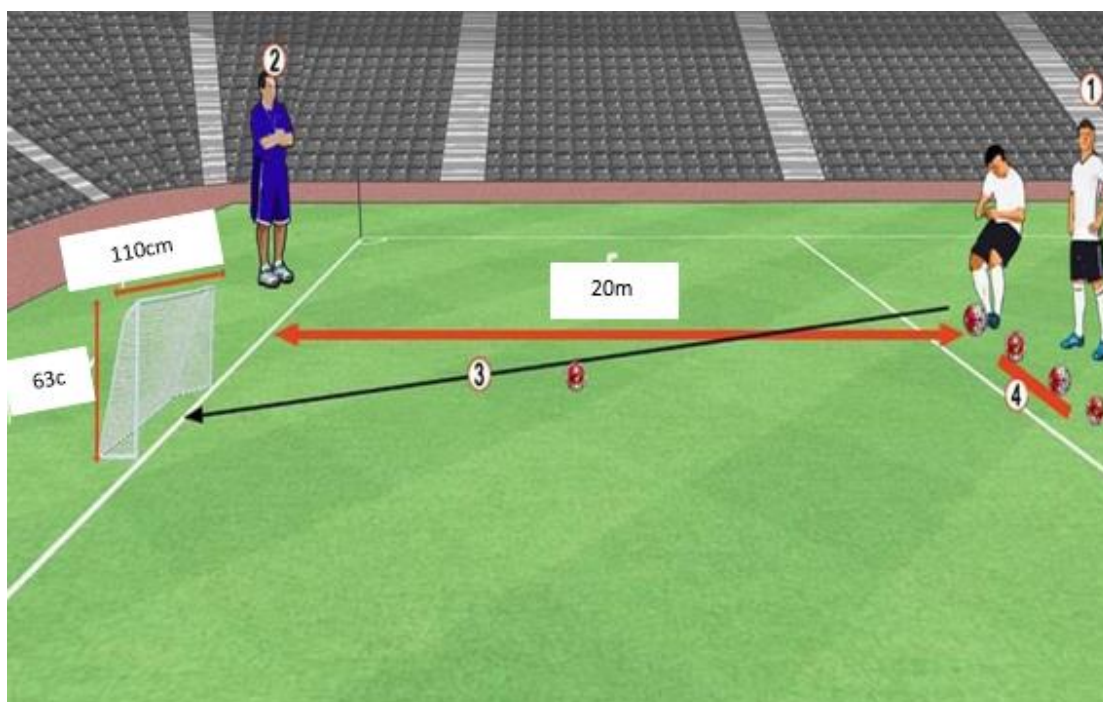
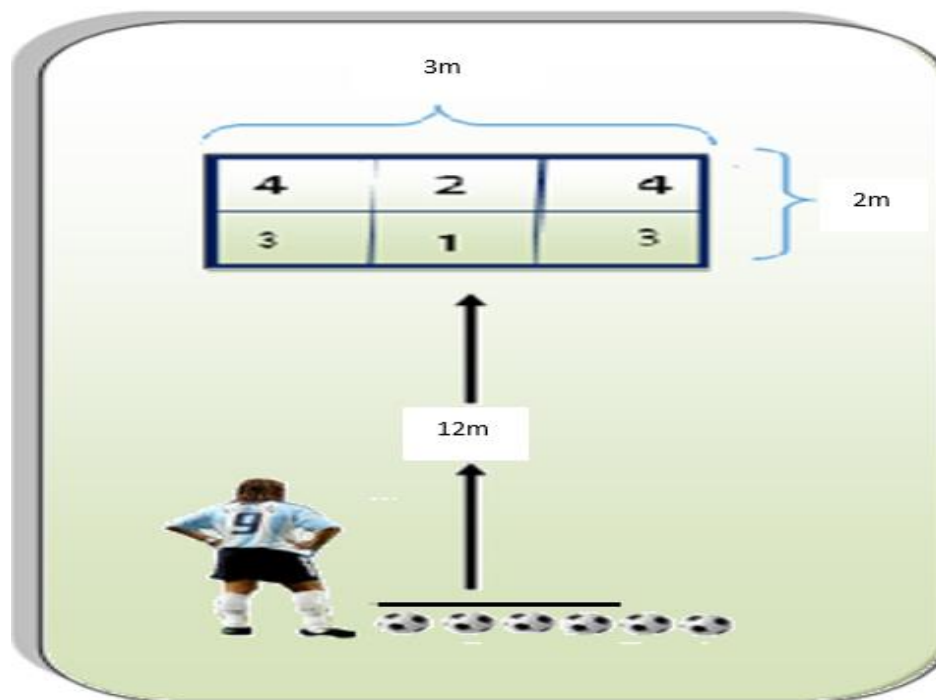


Figure 1. Football Passing Accuracy Test.

### Appendix (2) Shows Football Shooting Accuracy Test.

Football Shooting Skill Accuracy Test, Test Name: Shooting Accuracy from a Distance of (12m), Test Purpose: Football shooting accuracy, Equipment Used: A wall with a goal drawn on it, 3m wide and 2m high, 5 balls, a whistle.



**Figure 2.** Shows Football Shooting Accuracy Test.

Performance Description: A football goal drawn on a wall, divided into 6 equal sections, distributed as follows: top two corners: 4 degrees, bottom two corners: 3 degrees, upper middle section: 2 degrees and lower middle section: 1 degree.

Performance Method: tester stands behind shooting line, 2 meters wide and 12 meters away from goal. Five balls are placed on line in front of them. Upon hearing signal, they kick balls placed on line into goal, then kick next five balls after they have been placed in position. This process continues until tester has completed five attempts.

Performance Requirements:

1. tester kicks ball with their preferred foot.
2. balls placed on line are not moved before shot.

Total Score: (20) points