

## ABSTRAK

### PENGARUH MODEL LATIHAN *SHOOTING* DINAMIS TERHADAP PENINGKATAN KETEPATAN *SHOOTING* PADA KLUB FUTSAL MUSTIKA

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**Latar Belakang:** *Shooting* merupakan teknik menendang bola yang paling sulit dalam pelaksanaannya dan salah satu cara untuk mencetak nilai. *Shooting* bisa dilatih dengan menggunakan beberapa model latihan untuk meningkatkan tingkat ketepatan/akurasi. Ada dua model latihan *shooting* yaitu *shooting* statis dan *shooting* dinamis. Penelitian ini bertujuan untuk mengetahui pengaruh model latihan *shooting* dinamis terhadap peningkatan ketepatan *shooting* pada klub futsal mustika.

**Metodelogi:** Penelitian ini menggunakan metode eksperimen dengan *pretest* dan *posttest*. Waktu penelitian dilaksanakan pada bulan mei sampai juni 2021 dilakukan sebanyak 16 pertemuan pada hari senin, rabu dan sabtu pukul 15.00-17.00 WIB. Data dari penelitian ini adalah 20 atlet klub futsal mustika usia 16-19 tahun yang di dapatkan dengan menggunakan teknik pengaruh *paired sample t-test* dan *independent sample t-test*.

**Hasil:** Berdasarkan data analisis, terdapat beberapa hasil yang didapatkan meliputi uji normalitas nilai signifikansi *pretest* kelompok *treatment* 0,610 >0,05 *posttest* 0,962 >0,05 data tersebut terdistribusi normal. Nilai signifikansi *pretest* kelompok kontrol 0,149 >0,05 *posttest* 0,842 >0,05 maka data tersebut terdistribusi normal. Uji homogenitas nilai signifikansi kelompok *treatment* 0,639 >0,05, nilai signifikansi kelompok kontrol sebesar 0,641 >0,05 disimpulkan bahwa tersebut homogen. Uji hipotesis untuk nilai signifikansi dari kelompok *treatment* sebesar 0,000 <0,05 sedangkan untuk nilai signifikansi dari kelompok *control* sebesar 0,000 <0,05 data tersebut menunjukkan bahwa tidak ada perbedaan secara signifikan.

**Simpulan:** Berdasarkan data analisis, hal tersebut menunjukkan ada pengaruh yang signifikan antara model latihan kelompok *treatment* dengan model latihan kelompok *control*. Pada penelitian ini memiliki hasil peningkatan yang berbeda dengan peningkatan rata-rata kelompok *treatment* 9,6 atau 96 % dan hasil peningkatan rata-rata kelompok *control* 4,3 atau 43 %.

**Kata Kunci:** ketepatan, shooting, Shooting dinamis, futsal.

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## ABSTRACT

### INFLUENCE OF EXERCISE MODEL *SHOOTING* DYNAMIC INCREASING ACCURACY *SHOOTING* AT MUSTIKA FUTSAL CLUB

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**Background:** Shooting is the most difficult technique of kicking a ball and one of the ways to score points. Shooting can be trained using several training models to increase the level of accuracy. There are two practice shooting models, namely shooting static and shooting. Dynamic this study aims to determine the effect of practice model *shooting* dynamic increasing accuracy shooting at Mustika futsal club.

**Methodology:** This study uses an experimental method with pretest and posttest. When the research was carried out from May to June 2021, 16 meetings were held on Monday, Wednesday and Saturday at 15.00-17.00 WIB. The data from this study were 20 Mustika futsal club athletes aged 16-19 years who were obtained using the influence techniques paired sample t-test and independent sample t-test.

**Results:** Based on the data analysis, there were several results obtained including the normality test, the significance value of the *pretest* group was treatment 0.610 >0.05 posttest 0.962 >0.05, the data was normally distributed. The significance value of *pretest* the control group 0.149 >0.05 posttest 0.842 >0.05 then the data is normally distributed. The homogeneity test of the significance value of the group was treatment 0.639 >0.05, the significance value of the control group was 0.641 >0.05, it was concluded that it was homogeneous. Hypothesis testing for the significance value of the group was treatment 0.000 <0.05 while for the significance value of the group *control* of 0.000 <0.05 the data showed that there was no significant difference.

**Conclusion:** Based on the data analysis, it shows that there is a significant effect between the treatment group exercise model and the group exercise model control. In this study, the results of the increase were different with the average increase in the group treatment 9.6 or 96% and the average increase in the group *control* 4.3 or 43%.

**Keywords:** accuracy, shooting, dynamic shooting, futsal.

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