

Abstrak

HUBUNGAN *POWER* OTOT TUNGKAI, KOORDINASI MATA KAKI DAN TINGKAT KONSENTRASI TERHADAP AKURASI *SHOOTING* SISWA EKSTRAKURIKULER FUTSAL SMA N 1 PLUMBON

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Latar Belakang: Penelitian ini bertujuan untuk mengetahui seberapa besar pengaruh dari hubungan *power* otot tungkai, koordinasi mata kaki, dan tingkat konsentrasi terhadap akurasi *shooting* futsal.

Metodologi: Penelitian ini menggunakan metode korelasional. Penelitian dilakukan di SMA Negeri 1 Plumbon dengan 17 sampel siswa ekstrakurikuler futsal dengan teknik total sampling. Instrumen tes *power* otot tungkai menggunakan *standing board jump*, koordinasi mata kaki menggunakan *soccer wall volley test*, tingkat konsentrasi menggunakan *grid concentration test*, dan akurasi *shooting* menggunakan *shooting 9 target*. Analisis data melibatkan uji korelasi *pearson product moment*, regresi linear berganda, serta sumbangan efektif dan sumbangan relatif.

Hasil Penelitian: Ada hubungan *power* otot tungkai dengan akurasi *shooting* atas nilai $p = 0,000$, $r = 0,759$, dan $SE = 40,1\%$, ada hubungan koordinasi mata kaki dengan akurasi *shooting* atas nilai $p = 0,000$, $r = 0,813$, dan $SE = 23,3\%$, ada hubungan tingkat konsentrasi dengan akurasi *shooting* atas nilai $p = 0,004$, $r = 0,658$, dan $SE = 22,9\%$ serta nilai koefisien determinasi ketiga variabel bebas $Rsquare = 0,773$, artinya kontribusi simultan sebesar 77,3%.

Kesimpulan: Terdapat hubungan antara *power* otot tungkai, koordinasi mata kaki, dan tingkat konsentrasi, terhadap akurasi *shooting* futsal.

Kata Kunci: *Power otot tungkai, koordinasi, tingkat konsentrasi*

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Abstract

THE RELATIONSHIP BETWEEN LEG MUSCLE POWER, FOOT EYE COORDINATION AND CONCENTRATION LEVEL ON SHOOTING ACCURACY OF EXTRACURRICULAR STUDENTS FUTSAL SMA N 1 PLUMBON

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Background: This research is intended to how much influence the power relationships of the muscle limbs, eye coordination, and concentration levels have on the accuracy of futsal shooting.

Methods: This research uses correlational methods. The research was conducted at Plumbon State High School with 17 samples of extracurricular futsal students using total sampling techniques. Instruments use standing board jump, foot eye coordination using soccer wall volleyball test, concentration level using grid concentration test, and shooting accuracy using shooting 9 targets. Data analysis involves pearson product moment correlation tests, double linear regression, as well as effective and relative contributions.

Results: There is a correlation between the muscle power and the shooting accuracy of $p = 0,000$, $r = 0.759$, and $SE = 40.1\%$, there is a coordination of the foot with the shoot accuration of $p=0,000$, $r=0.813$, and $SE=23.3\%$, there's a relationship between the level of concentration and shooting precision of $p=0.004$, $r=0.658$, and $SE=22.9\%$ as well as the third determination coefficient of the free variable $Rsquare=0.773$, meaning a simultaneous contribution of 77.3%.

Conclusion: There's a relationship between muscle power, eye coordination, and concentration, to futsal shooting accuracy.

Keywords: *Leg muscle power, coordination, concentration level*

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