

ABSTRAK

HUBUNGAN *POWER* OTOT TUNGKAI, KECEPATAN, KOORDINASI MATA DAN KAKI, DAN KONSENTRASI TERHADAP KETEPATAN *SHOOTING* PADA *EKSTRAKURIKULER* FUTSAL DI SMA NEGERI 1 PAGUYANGAN

Intan Lutfiana, Nanang Himawan Kusuma, Rohman Hidayat

Latar Belakang: Olahraga adalah aktivitas jasmani yang bertujuan untuk meningkatkan kebugaran dan kualitas hidup, baik secara individu maupun kelompok, termasuk melalui *ekstrakurikuler* seperti futsal di SMA Negeri 1 Paguyangan. Futsal, yang dimainkan oleh lima orang per tim, menuntut penguasaan teknik dasar seperti *passing*, *dribbling*, dan *shooting*. Teknik *shooting* yang baik dipengaruhi oleh kekuatan otot tungkai, kecepatan, koordinasi mata-kaki, serta konsentrasi mental. Namun, berdasarkan observasi di SMA tersebut, latihan futsal hanya dilakukan sekali seminggu, sehingga banyak siswa belum menguasai teknik *shooting* dengan baik, terutama dalam hal akurasi dan kekuatan tendangan.

Metodologi: Penelitian ini menggunakan metode kuantitatif dengan pendekatan korelasional. Sampel terdiri dari 30 siswa yang mengikuti *ekstrakurikuler* futsal menggunakan teknik total sampling. Analisis data dilakukan melalui uji normalitas, uji linieritas, uji korelasi pearson, dan regresi berganda

Hasil Penelitian: Kriteria keputusan uji korelasi apabila nilai $\text{sig} < 0,05$ maka dapat disimpulkan memiliki hubungan antara variabel bebas dengan terikat. Hasil analisis product moment *power* otot tungkai 0,001, kecepatan 0,001, koordinasi mata dan kaki 0,001, dan konsentrasi 0,016. Secara keseluruhan, faktor-faktor tersebut memberikan kontribusi sebesar 97,34% terhadap ketepatan *shooting*.

Kesimpulan: Ada hubungan yang signifikan *power* otot tungkai, kecepatan, koordinasi mata dan kaki, konsentrasi dengan ketepatan *shooting* futsal.

Kata Kunci: *Futsal*, *shooting*, *power* otot tungkaai, kecepatan, koordinasi mata dan kaki, dan konsentrasi.

ABSTRACT

THE RELATION BETWEEN LEG MUSCLE POWER, SPEED, EYE AND FOOT COORDINATION, AND CONCENTRATION ON SHOOTING ACCURACY IN EXTRACURRICULAR FUTSAL AT SENIOR HIGH SCHOOL 1 PAGUYANGAN

Intan Lutfiana, Nanang Himawan Kusuma, Rohman Hidayat

Background: Sport is a physical activity that aims to improve fitness and quality of life, both individually and in groups, including through extracurricular activities such as futsal at SMA Negeri 1 Paguyangan. Futsal, which is played by five people per team, demands mastery of basic techniques such as passing, dribbling, and shooting. Good shooting techniques are influenced by leg muscle strength, speed, eye-foot coordination, and mental concentration. However, based on observations at the high school, futsal training is only done once a week, so many students have not mastered shooting techniques well, especially in terms of accuracy and strength of kicks.

Methodology: This study used a quantitative method with a correlational approach. The sample consisted of 30 students who participated in extracurricular futsal purposive sampling. Data analysis was carried out through normality test, linearity test, Pearson correlation test, and multiple regression.

Research Results: The decision criteria for the correlation test if the sig value is <0.05 , it can be concluded that there is a relationship between the independent and dependent variables. The results of product moment analysis of leg muscle power 0,001, speed 0,001, eye and foot coordination 0,001, and concentration 0.016. Overall, these factors contributed 97.34% to the shooting accuracy. to shooting accuracy.

Conclusion: There is a significant relationship of leg muscle power, speed, eye and foot coordination, concentration with futsal shooting accuracy.

Keywords: Futsal, shooting, leg muscle power, speed, eye and foot coordination, and concentration.