

## Abstrak

# PENGARUH LATIHAN TARGET *GOALING* DAN *GIRSHOOT* TERHADAP KETEPATAN *SHOOTING* FUTSAL PADA SISWA EKSTRAKURIKULER DI SMPN 9 PURWOKERTO

Abdullah Sahrul Karim<sup>1</sup>, Didik Rilastiyo Budi<sup>2</sup>, Septiana Dwi Rakhmawati<sup>3</sup>

**Latar Belakang:** Teknik dasar futsal terdiri dari berbagai teknik dasar, salah satunya adalah teknik *shooting*. Hasil observasi turnamen kandidat tahun 2025 tim putra ekstrakurikuler futsal SMPN 9 Purwokerto banyak melakukan kesalahan pada saat melakukan *shooting*, sehingga peluang terbangun karena tidak tepatnya akurasi *shooting* yang dilakukan. Hal tersebut membuat prestasi yang diraih pada turnamen kandidat terhambat, dan meraih juara 3 pada ajang tersebut. Penelitian ini bertujuan untuk mengetahui bagaimana pengaruh latihan *goaling* dan *girshoot* terhadap ketepatan *shooting* melalui penelitian eksperimen sebanyak 16 kali pertemuan. Penelitian ini dilaksanakan pada tanggal 22 Oktober 2025 sampai 26 November 2025 di lapangan SMPN 9 Purwokerto.

**Metodologi:** Penelitian ini menggunakan metode kuantitatif *two grup pretest posttest design*. Populasi adalah siswa laki-laki ekstrakurikuler futsal SMAN 9 Purwokerto menggunakan total sampling yang berjumlah 20 siswa. Instrumen penelitian menggunakan tes ketepatan *shooting* ke gawang yang diberikan 8 target dan skor berbeda. Sampel menendang sebanyak 10 kali setiap sampel berdasarkan Bahrudin (2022). Analisis data penelitian ini menggunakan Uji deskriptif, Uji prasyarat yaitu nilai minimum, maksimum, *mean*, *median*, *modus*, standar deviasi, frekuensi dan presentase. Uji hipotesis menggunakan *paired sample t-test* dan uji *independen sampel t-test*.

**Hasil Penelitian:** Terdapat kontribusi yang signifikan antara metode latihan *goaling* dan *girshoot* setelah data di olah menggunakan uji *paired sample t-test* dan mendapatkan hasil t hitung *goaling* sebesar 10,811 dan *girshoot* sebesar 14,500 dengan nilai signifikansi 0,000. Kontribusi yang paling signifikan yaitu latihan *girshoot* karena mempunyai nilai t hitung yang lebih baik.

**Kesimpulan:** Latihan *goaling* dan *girshoot* mempengaruhi dalam menunjang kemampuan *shooting* siswa putra SMPN 9 Purwokerto.

**Kata Kunci:** *Shooting* futsal, latihan target, ketepatan *shooting*.

## ABSTRACT

### ***THE EFFECT OF TARGET GOALING AND GIRSHOOT TRAINING ON THE ACCURACY OF FUTSAL SHOOTING IN EXTRACURRICULAR STUDENTS AT PUBLIC JUNIOR HIGH SCHOOL 9 PURWOKERTO***

*Abdullah Sahrul Karim<sup>1</sup>, Didik Rilastiyo Budi<sup>2</sup>, Septiana Dwi Rakhmawati<sup>3</sup>*

**Background:** Background: Basic futsal techniques consist of various basic techniques, one of which is shooting technique. Observations of the 2025 candidic tournament show that the boys' extracurricular futsal team of SMPN 9 Purwokerto made many mistakes when shooting, resulting in wasted opportunities due to inaccurate shooting. This hindered the team's performance in the tournament, resulting in them only achieving third place. This study aims to determine the effect of goaling and girshoot training on shooting accuracy through an experimental study consisting of 16 meetings. This research was conducted from October 22, 2025, to November 26, 2025, at the SMPN 9 Purwokerto field.

**Methodology:** This research used a quantitative two-group pretest posttest design. The population was male students in the futsal extracurricular program at SMAN 9 Purwokerto, using total sampling of 20 students. The research instrument used a shooting accuracy test at the goal, which provided 8 targets and different scores. The sample kicked 10 times based on Bahrudin., (2022). Data analysis in this study used descriptive tests, prerequisite tests, namely minimum, maximum, mean, median, mode, standard deviation, frequency, and percentage values. Hypothesis testing used the paired sample t-test and independent sample t-test.

**Research Results:** Research Results: There is a significant contribution between the goaling and girshoot training methods after the data was processed using the paired sample t-test and obtained results of 10.811 for goaling and 14.500 for girshoot with a significance value of 0.000. The most significant contribution was from girshoot training because it had a better t-value.

**Conclusion:** Goal-shooting and girshoot training influence the shooting ability of male students at SMPN 9 Purwokerto.

**Keywords:** Futsal shooting, target training, shooting accuracy.