

Abstrak

KONTRIBUSI KONSENTRASI, KOORDINASI MATA - KAKI, DAN KEKUATAN OTOT TUNGKAI TERHADAP KETEPATAN *SHOOTING* PESERTA EKSTRAKURIKULER FUTSAL PADA SISWA SMA NEGERI 1 SALEM

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Latar Belakang: Futsal mengandalkan kecepatan dan gerak dinamis, serta gol sebagai penentu kemenangan. Maka dari itu, futsal harus memiliki penguasaan teknik dasar yang baik, khususnya kemampuan *shooting*. Hasil wawancara dengan pelatih SMA Negeri 1 Salem menemukan bahwa kemampuan *shooting* belum dilakukan secara optimal. Penelitian ini untuk mengetahui kontribusi konsentrasi, koordinasi mata kaki, dan kekuatan otot tungkai terhadap ketepatan *shooting*.

Metodologi: Penggunaan metode penelitian adalah metode kuantitatif dengan pendekatan korelasional. Populasi penelitian memakai siswa ekstrakurikuler futsal SMA Negeri 1 Salem sebanyak 46 siswa. Teknik penggunaan sampel yang dipakai adalah teknik *purposive sampling*, sampel berjumlah 20 siswa. Uji hipotesis memakai uji *pearson correlation*, korelasi ganda, regresi linear, regresi berganda, SE dan SR.

Hasil Penelitian: Hasil yang didapatkan adanya kontribusi secara signifikan antara konsentrasi dengan ketepatan *shooting* sebesar 37%, koordinasi mata kaki dengan ketepatan *shooting* sebesar 36%, dan kekuatan otot tungkai dengan ketepatan *shooting* sebesar 27%. konsentrasi dan koordinasi mata kaki dengan ketepatan *shooting* sebesar 44,9%, konsentrasi dan kekuatan otot tungkai dengan ketepatan *shooting* sebesar 46%, koordinasi mata kaki dan kekuatan otot tungkai dengan ketepatan *shooting* sebesar 46,5%. secara simultan konsentrasi, koordinasi mata kaki, dan kekuatan dengan ketepatan *shooting* memiliki kontribusi sebesar 47,3%.

Kesimpulan: Terdapat kontribusi antara konsentrasi, koordinasi mata kaki dan kekuatan otot tungkai terhadap ketepatan *shooting* pada siswa SMA Negeri 1 Salem.

Kata Kunci: Futsal, konsentrasi, koordinasi mata - kaki, kekuatan otot tungkai, ketepatan *shooting*.

Abstract

CONTRIBUTION OF CONCENTRATION, FOOT-EYE COORDINATION AND LEG MUSCLE STRENGTH TO THE SHOOTING ACCURACY OF FUTSAL EXTRACULICULAR PARTICIPANTS AT STATE SENIOR HIGH SCHOOL 1 SALEM

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Background: Futsal relies on speed and dynamic movement, as well as goals as the determinant of victory. Therefore, futsal must have a good mastery of basic techniques, especially shooting skills. The results of the interview with the coach of SMA Negeri 1 Salem found that the shooting ability had not been done optimally. This study was to determine the contribution of concentration, ankle coordination, and leg muscle strength to shooting accuracy.

Methodology: The use of the research method is a quantitative method with a correlational approach. The research population used 46 students of SMA Negeri 1 Salem's futsal futsal extracurricular students. The sample technique used is the purposive sampling technique, the sample uses 20 students. The hypothesis test uses Pearson correlation, double correlation, linear regression, multiple regression, SE and SR.

Research Results: The results obtained showed a significant contribution between concentration and shooting accuracy of 37%, foot-eye coordination with shooting accuracy of 36%, and leg muscle strength with shooting accuracy of 27%. Concentration and foot-eye coordination with shooting accuracy of 44.9%, concentration and leg muscle strength with shooting accuracy of 46%, foot-eye coordination and leg muscle strength with shooting accuracy of 46.5%. Simultaneously, concentration, foot-eye coordination, and strength with shooting accuracy had a contribution of 47.3%.

Conclusion: There is a contribution between concentration, foot-eye coordination and leg muscle strength towards shooting accuracy in students at SMA Negeri 1 Salem.

Keywords: Futsal, concentration, foot-eye coordination, leg muscle strength, shooting accuracy.