

## The Effect Of Target Training On Shooting Accuracy In Football Extracurricular At SDN Parakanmuncang II

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### ABSTRACT

This aims to determine the effect of target practice on shooting accuracy in extracurricular football at SDN Parakanmuncang II. The research method used is Quantitative the Research Design used, namely One Group Pretest-Posttest Design, one group will be given a Pretest before being given Treatment and a Posttest after being given Treatment, the Sample used is Random Sampling. Data was collected using a shooting test into the goal. The results of data analysis show the normality test Pretest sig value  $0.189 > 0.05$  while the Posttest value is  $0.441 > 0.05$ , it can be concluded that the Pretest-Posttest data has a normal distribution. The Homogeneity Test shows  $0.804 > 0.05$ , so the Pretest and Posttest data are Homogeneous. Hypothesis testing using the Paired Sample t-test Test with a sig value (2-tailed) shows a result of  $0.001 < 0.05$  which means  $H_1$  is accepted and  $H_0$  is rejected, it can be concluded that there is an effect of target practice on shooting accuracy (accepted). To find out how much influence target practice has on shooting accuracy, the R Square test is carried out with a value of  $0.905 \times 100 = 90.5\%$ , this shows that each student has an increase from Pretest to Posttest results, it can be interpreted that target practice can improve student shooting accuracy by 90.5%. The results of the study can conclude that target practice has a significant on the ability of accuracy to affect shooting in extracurricular football SDN Parakanmuncang II.

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- A. Conception and design of the study;
- B. Acquisition of data;
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- D. Manuscript preparation;
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## INTRODUCTION

One of the most popular sports among the general public is football which is practiced by people of all ages around the world, including adults, children, and teenagers. Football is a popular sport worldwide and is popular across all demographics. Young people, children and even the elderly love to play football (Dinar Dinangsit et al., 2022). Football is one of the most popular and well-known sports among the public. Football is played for more than just entertainment or passing the time football has become essential to reach the pinnacle of success. The fact that football has been

played at regional, national, and international levels makes this quite logical. It is very important for a player to master techniques and skills (Rudi, 2020). Passing, dribbling, and shooting are some of the basic skills of football. Although dribbling is one of those used in football matches, dribbling long and short distances with the ability to deceive opponents or with frequently used speed is one of the most basic methods in football games (Roni Effendi et al., 2022).

Football is a team sport played between two teams where each team consists of eleven players the main goal in this game is to score goals by putting the ball into the opponent's goal, football is a team sport where each team has 11 players and a goalkeeper. Although football is mostly a team sport, players can sometimes show strong abilities in certain scenarios Players must collaborate with their teammates to create good plays and make decisions, even if the game has favourable circumstances that can be controlled by the player (Wildani & Gazali, 2020). Football players must be strong, fast, and aerobically fit They must also know the basics of the game's tactics and strategies An athlete who is truly prepared to compete with all his talents can achieve maximum success, A physically and mentally prepared athlete is an athlete who is ready with all his abilities (Dahlan et al., 2020).

A team's chances of winning a match will depend on their ability to kick the ball, The basic principle of football is to score goals against the opponent's goal and prevent goals against their own goal While defending their own goal from being conceded, each team tries to put the ball into the opposing team's goal as much as possible while keeping their own goal from being conceded, One of the very important skills in a football game is shooting Because the purpose of shooting is to put the ball into the opponent's goal to affect the situation by getting points, this is also called the term scoring goals (JusranS, 2021).

Because shooting or shooting into the opponent's goal since 70% of all goals that players shoot into the goal come from Shooting, it can be considered one of the fundamental football skills. For school children to play football effectively, they need to learn how to play it. Almost every part of the foot can be used to shoot or shoot but to kick the ball well, it is necessary to use the instep or tortoise of the foot, the inner foot, the outer foot, the back of the inner foot (Ariyan et al., 2024).

Character education is an educational technique that serves as a means to instil positive traits or values in learners, resulting in superior moral performance and character that are manifested in the form of virtues and ingrained in their personality. Daily, these values are embodied in their character and emerge as qualities. This is important because education should be something that is intentionally done based on moral principles and not just a means of imparting knowledge about intentional actions motivated by moral principles (Muhtar et al., 2021).

(Muhtar et al., 2020) Sports and physical exercise may be the best choice for character education meditation. In addition, by focusing on the five levels of participation, namely respecting the rights and feelings of other students, making an effort, having a sense of self-direction, helping other students, and reflecting on activities outside of physical education,

value-based physical activities can be one of the alternatives to traditional character education methods in educating students' character, there are three elements of good character, namely moral knowledge, moral feelings, and moral actions are essential for the development of ethical behaviour. Students must have these three elements to understand, feel, and apply virtue (Muhtar et al., 2019).

For students at all levels of education, physical education is very important. Sport is a physical activity or competition to use or improve physical abilities and skills at least partially through regular or organized participation (Dinar Dinangsit et al., 2023). Social contact is an important component of the teaching and learning process. Social relationships influence patterns of engagement in the classroom and should be recognized and encouraged as a motivating element for students. Physical education teachers receive assistance in managing the classroom and achieving curricular goals, both of which are critical to increasing motivation (Dinar Dinangsit, 2021).

In the problem of shooting accuracy to the goal, researchers found a problem when researchers carried out the activities of the Educational Professional Strengthening Program (P3K) which is one of the programs to support students' professional expertise in the field with certain partners or the community according to their field of expertise. Researchers conducted P3K activities at SDN Parakanmuncang II, which is located on Jl Parakanmuncang, Sindanggalih Village, Cimanggung District, Sumedang Regency, especially in football extracurricular activities attended by students of SDN Parakanmuncang II. Based on the observations of researchers, during these extracurricular football activities, there are still students whose kick accuracy is not on target or not directed into the goal due to deficiencies in shooting accuracy. Many extracurricular students are less able to shoot accurately at the goal.

In motor learning theory Schmidt & Lee 2014 stated that to perform proper shooting accuracy body movements and visual reactions must be coordinated. According to their statement, players can improve their by performing exercises that require higher visual reactions and reaction speed including reflex ball drills or game simulation drills. Players can direct the ball to the opponent's area more accurately if they get visual-motor training that emphasizes fast reactions to ball movements. This is very useful when players face games during matches shooting accuracy (Rahman & Samuel, 2024).

Target games are associated with certain objects or targets. Various kinds of target games were modified by researchers for this study according to the characteristics of the actual target game and adapted to the football sport under study. The game has the following forms: Ball Shoot, and Zig-Zag Shooting. A team must be able to shoot accurately to win. Target modification is one of the training modifications used to improve accuracy. The purpose of changing the target is to attract the player's attention. Sports performance under pressure is significantly affected by the function of visual attention. To improve accuracy when placing the ball on the side of the goal, target practice using used tyres can maximize this shooting activity. This is intended to improve accuracy of the ball when landing on the side of the goal in the ability to aim in football (Anam 2021).

An activity that includes goal media or objects that may be used as material for

kicking targets with points or aiming points is known as a target training pattern. Targets with points or aiming points that may be used as material for kicking to affect the accuracy of kicks. Thus this exercise can be done according to the needs and anticipated to improve the accuracy of the intended kick. The kicks are created by the fundamental method, namely the application of basic shooting techniques with foot types including the inside, outside, and instep of the foot. The player's habit of shooting and creating is greatly influenced by the direct training procedure of this target training pattern (Alfarizi 2024).

In extracurricular football learning in elementary schools, there are often students whose kicks are not on target and do not reach the right goal, the factors behind the lack of shooting accuracy in elementary school children are the lack of programmed training, inadequate facilities and infrastructure and less varied training methods. One of the skills that football players must have is kicking the ball because this skill can be used to put the ball into the goal. It can be said that a player is unable to play football well if he has poor ball-kicking skills.

When athletes have the opportunity to shoot, mistakes and failures occur during the kicking process. The ball is often off target or easily missed, or the opposing goalkeeper can easily catch the ball because it is kicked too slowly and not on target, thus wasting the opportunity to score a goal, not on target, wasting the opportunity to score an error. Lack of leg muscle strength, lack of flexibility, and lack of ankle coordination are some of the reasons that can contribute to substandard shooting performance (Hidayat et al., 2023).

The research that I will do can provide benefits and innovations in the world of physical education sports and health, especially in football games at the elementary school level. This Target exercise involves the activation of strong core muscles, including the muscles of the abdomen and lower back. This exercise can help improve body stability and balance, which are important for maintaining proper body position during a football kick. With better stability, players can have better control over their body movements, which in turn can promote stronger and more accurate kicking accuracy. Applying this Target training can help students to be able to improve the accuracy of shooting accuracy both at the time of kicking.

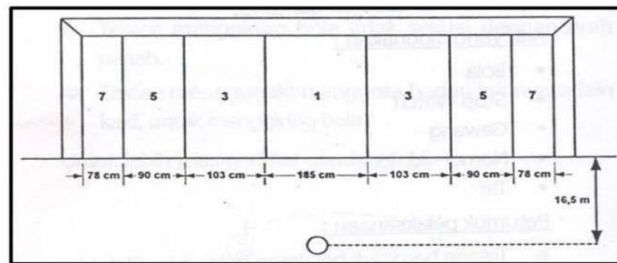
## METHODS

Writing The method used is the Pre-experimental approach was chosen because it is suitable for studying a well-defined problem, has a large enough population, and aims to test a hypothesis. In addition, I wanted this research to be conducted systematically to ensure objectivity, Systematic refers to the use of certain sequential phases in the process used in this research. The design used One Group Pretest-Posttest Design because it wants to apply a treatment or treatment that will be given to these students to determine the extent to which Variable X Target Practice affects Variable Y Shooting Accuracy in football.

This population is elementary school students of SDN Parakanmuncang II. The sampling method used is Random Sampling, a sampling technique where each member of

the population has the same opportunity to be selected, each member is selected randomly without considering other characteristics. The sample taken was 20 football extracurricular students of SDN Parakanmuncang II in Sumedang district, Cimanggung sub-district.

In this study, the instrument used is the shooting accuracy test to the goal (Nurhasan 2001), namely by shooting the ball to a predetermined target, where the goal has been prepared in the form of numbers that have been written from numbers 1, 3, 5, and 7, the test used in this study is the Ball to Target shooting test used to measure shooting accuracy (Afrinaldi et al., 2021). To obtain relevant and accurate data, a valid and reliable measuring instrument is needed, which is also known as a research instrument. This is because a good instrument must meet two conditions, namely validity and reliability. The instrument from Nurhasan (1986) was used to measure target kicking ability, which has a validity of 0.65 and a reliability of 0.77. This test aims to train concentration and measure the ability and accuracy of shooting the ball towards the goal properly and measurably.



**Figure 1,**  
 Ball Shooting Test Field (Nurhasan, 2001).

The testee stood behind the ball, which was positioned 16.5 meters in front of the target or goal. The testee kicks towards the goal after receiving the yak signal and has three opportunities to do so. The movement is considered a failure if the ball leaves the target area not within 16.5 meters of the target. If the kicked ball hits the rope or score dividing line on the target, the largest score of the two targets is taken.

## RESULTS AND DISCUSSION

The results of this study began with an analysis research Descriptive Statistics with data from the Pretest and post-test results of the before treatment and after treatment.

**Table 1.**  
 Descriptive Statistics

	Minimum	Maximum	Mean	Std Deviation
Pretest	30	13	8.30	2.922
Posttest	80	19	13.55	3.137

Based on the table presented, it can be concluded that the entire sample of 20 students has taken the Pretest and Posttest, the lowest score on the Pretest was 3 while on the Posttest was 8. Meanwhile, the highest score on the Pretest reached 13 and on the Posttest reached 19. The average value of the pretest was 8.30 while the average value of the post-test was 13.55 besides that the Standard deviation on the Pretest was 2.922

while the Posttest was 3.137.

**Table 2.**  
Normality Test

	Statistic	Df	Sig	Description
Pretest	0.935	20	0.189	Normal
Posttest	0.955	20	0.441	Normal

Based on the table above in the normality test section that has been carried out, it can be concluded that the data in this study obtained through the dribbling test shows the pretest results with a significance value of  $0.189 > 0.05$ , while for the Posttest the significance value is also  $0.441 > 0.05$ , so it can be concluded that the data is normally distributed.

**Table 3.**  
Homogeneity Test

		Levene Statistic	Df1	Df2	Sig
Shooting accuracy test result	Based on mean	0.062	1	38	0.804

Based on the table above, shows that the significant value of homogeneity of variance of data from Pretest and post-test results is  $0.804 > 0.05$ . With these results, it can be said that the pretest and posttest data are homogeneous.

**Table 4.**  
Hypothesis testing paired sample t-test

		T	Df	Sig. (2-Tailed)
Pair 1	Pretest-Posttestt Result	24.291	19	0.001

Based on the table above, it can be seen that the sig value. (2-tailed) which shows the result of  $0.001 < 0.05$ , which means that  $H_1$  is accepted and  $H_0$  is rejected, thus it can be concluded that "There is an effect of the application of target training on shooting accuracy in extracurricular football at SDN Parakanmuncang II" is accepted. Furthermore, to find out how much influence target training has on shooting accuracy in extracurricular football students at SDN Parakanmuncang II, the next test is the R Square test.

**Table 5.**  
R Square Test

Model	R	R Square	Adjusted R Square	Std.Error of estimate
1	0.952 <sup>a</sup>	0.905	0.900	0.923

The results of the table above show that the R Square value can be interpreted as the effect on the independent variable on the dependent variable of  $0.905\% \times 100 = 90.5\%$ . This shows that each student can show an increase of 90.5% from pretest to posttest results. It can be interpreted that target practice can increase the shooting accuracy of each student by 90.5%.

Based on the data obtained using the Paired Sample t-test Test in the table above shows that the Sig value of  $0.001 < 0.05$  is accepted, with the results of this study, namely with the use of hypothesis test results which get the results that there is a significant effect and there is a difference between the initial pretest value and the final posttest value, with the data obtained from research on the effect of target practice on shooting



accuracy it can be concluded that there is a significant increase after target practice.

These results support the theory In motor learning Schmidt & Lee 2014 states that motor skills such as precise shooting require directed practice and repetition of movements, According to their statement players can improve shooting accuracy by doing exercises that require higher reaction speed including exercises by improving coordination, strength and direction (Rahman & Samuel, 2024).

(Anam et al., 2021) Stating that shooting accuracy training in football Training with targets is more effective for improving accuracy shooting compared to small large target goal training. Therefore, the results of this study are reinforced by the statement Ilham hidayat' Shooting ability and attention have a significant relationship with leg muscle explosive power (Hidayat 2023).

In this study target game training can be recommended as a learning method by teachers or coaches to improve shooting accuracy, target games are suitable for playing football to improve kicking accuracy justified by the style of play that focuses on this target (Darma et al., 2021).

## CONCLUSION

Conclusion Based on the results of research and discussion that has been carried out, it can be concluded that target practice has a significant effect on improving shooting accuracy in football games, the results of data processing using the Paired Sample t-test test show that the 2-tailed Significance value is  $0.001 < 0.05$  then  $H(1)$  is accepted while  $H(0)$  is rejected.  $0.05$  then  $H_1$  is accepted while  $H_0$  is rejected, it can be concluded that the implementation of target training affects shooting accuracy in extracurricular football at SDN Parakanmuncang II, then using the results of the R Square Test obtained results of  $0.905\% \times 100 = 90.5\%$  with the r square value in this study amounting to 90.5% which can show that there is a big influence on the implementation of target training on shooting accuracy in extracurricular football at SDN Parakanmuncang II.

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