



The Basic Shooting Skills in Football Among Extracurricular Participants

Aldi Danu Prakasa^{1A-E*}, Gatot Jariono^{2A-D}, Nur Hidayat^{3A-D}, Hanif Nugroho^{4B-D}

^{1,2,3,4} Universitas Muhammadiyah Surakarta, Jawa Tengah, Indonesia

a810200050@student.ums.ac.id^{1*}, gj696@ums.ac.id², nur574@ums.ac.id³,
a810200113@student.ums.ac.id⁴

ABSTRACT

This study aimed to identify and describe the level of basic shooting skills among football extracurricular participants at SMA Muhammadiyah Klaten. The research employed a quantitative descriptive design to provide an objective overview of students' shooting abilities based on numerical data obtained through field testing. The study was conducted at SMA Muhammadiyah Klaten, Central Java, Indonesia, involving 25 students selected through purposive sampling from a population of 34 extracurricular football participants. Data collection was carried out using a football shooting test adapted from Sepdanius et al (2019), in which participants performed three shooting attempts from a distance of 16.5 meters toward a targeted goal area. The assessment focused on shooting accuracy, movement execution, ball control, and consistency. Data were analyzed using descriptive quantitative statistics with the assistance of IBM SPSS Statistics to determine frequency distributions and percentages. The results revealed that the participants' basic shooting skills were generally categorized as good, with a mean score of 12.20 and a standard deviation of 2.58. Most students were classified in the good and moderate categories, while no participants were categorized as very low. These findings indicate that the extracurricular training program contributed positively to the development of students' shooting accuracy, coordination, and ball control. The study highlights the importance of systematic and continuous training, psychological readiness, concentration, and environmental support in improving shooting performance. The findings may serve as a reference for physical education teachers and coaches in designing more structured and effective football training programs.

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AUTHORS' CONTRIBUTION

- Conception and design of the study;
- Acquisition of data;
- Analysis and interpretation of data;
- Manuscript preparation;
- Obtaining funding

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INTRODUCTION

Football is one of the sports with the greatest influence and popularity in the world. This sport is widely played in many countries and has become an important part of people's lives across different ages, cultures, and social backgrounds (Indarto et al., 2019). The popularity of football is reflected not only in the large number of matches organized, but also in the high level of public enthusiasm in following competitions,



supporting clubs and national teams, and actively participating as players (Nugroho et al., 2025). The Federation Internationale de Football Association (FIFA) reported that football has developed in more than 200 countries, with the number of players and spectators surpassing those of other sports (Susanto, 2016). Several studies have even stated that more than half of the world's population has an interest in football, either as a form of entertainment or as a regularly practiced sport activity (Susanto, 2016). These conditions indicate that football has evolved not only as a recreational activity, but also as a competitive sport and professional industry with significant social, educational, and economic value (Aziz & Wahyu Sitasari, 2022).

Conceptually, football is played by two teams, each consisting of eleven players, with the primary objective of scoring as many goals as possible against the opposing team. To achieve this objective, every player is required to possess good mastery of basic techniques in order to perform effectively during the game. The fundamental techniques in football include passing, dribbling, heading, controlling, and shooting, which are interconnected in developing team play patterns (Indarto et al., 2019). Mastery of basic techniques serves as the main foundation for improving the quality of play because a team's success is greatly influenced by the individual abilities of players in controlling the ball, reading game situations, and making quick and accurate decisions. Therefore, the development of basic techniques must be carried out systematically and continuously so that players can achieve optimal performance in matches.

Among the various basic techniques, shooting is one of the most important skills because it is directly related to the process of scoring goals. Shooting can be defined as the act of kicking the ball toward the opponent's goal with the aim of producing a score (Sinatriyo et al., 2020). This skill requires not only kicking power, but also accuracy, good movement coordination, body balance, concentration, and the ability to make decisions in a short period of time (Subroto et al., 2021). In match situations, opportunities to perform shooting may arise under various conditions, either from stationary ball situations such as penalty kicks and free kicks, or from open-play situations that occur quickly and dynamically. Therefore, shooting ability is often used as an indicator of attacking effectiveness and the overall quality of a team's performance. The better a player's shooting ability, the greater the team's opportunity to score goals and win matches.

In the context of education, football has become one of the sports activities and learning materials that are highly favored by senior high school students because it is capable of developing physical, cognitive, social, and affective aspects in an integrated manner. Through football activities, students not only improve their physical fitness and motor skills, but also learn about teamwork, communication, sportsmanship, responsibility, and discipline. In schools, the development of football skills is generally carried out through physical education classes and extracurricular activities. Extracurricular programs play a strategic role because they provide students with opportunities to practice more intensively and systematically according to their interests and talents (Supiati et al., 2021). At SMA Muhammadiyah Klaten, football extracurricular activities are among the programs that attract considerable student interest and are aimed at improving mastery of basic football

techniques, particularly shooting skills. In addition to improving technical abilities, shooting practice also contributes to building students' self-confidence, strengthening cooperation among players, and instilling the values of sportsmanship and discipline in sports activities (Najib et al., 2019).

Based on the results of preliminary observations at SMA Muhammadiyah Klaten, variations in the level of shooting ability were found among students participating in the football extracurricular program. Some students demonstrated good shooting ability in terms of both accuracy and kicking power, while others still experienced difficulties in directing the ball accurately toward the target. These differences in ability are presumed to be influenced by several factors, including training intensity, frequency of practice, coaching methods applied by the trainer, students' individual motivation, playing experience, and the availability of adequate facilities and training infrastructure (Bompa et al., 2019). The variation in shooting ability is important to examine because shooting skill is one of the main indicators of a player's success in football. However, to date, there has been no specific study examining the level of shooting skills among students participating in the football extracurricular program at SMA Muhammadiyah Klaten.

Based on these conditions, this study was conducted to identify and comprehensively describe the level of basic shooting technique skills among students participating in the football extracurricular program at SMA Muhammadiyah Klaten. The results of the study are expected to provide an objective overview of students' shooting abilities, which can serve as a basis for evaluating and developing more systematic, directed, and effective training and learning programs. In addition, this study is also expected to contribute theoretically to the development of physical education studies, particularly in relation to the coaching of basic football techniques in the school environment. Practically, the findings of this study may serve as a reference for physical education teachers, coaches, and school administrators in designing appropriate training strategies to improve students' shooting skills and support the sustainable achievement of sports performance.

METHODS

This study employed a quantitative descriptive research design to analyze the level of basic shooting skills among students participating in the soccer extracurricular program at SMA Muhammadiyah Klaten. Quantitative descriptive research is widely used in sports science to objectively measure and describe performance characteristics based on numerical data without manipulating variables or providing experimental treatment. This approach enables researchers to present factual and measurable information regarding the actual abilities of participants in a specific context (Sutama et al., 2022). Descriptive quantitative methods have been recognized as appropriate for evaluating technical performance in sports because they provide systematic, objective, and statistically interpretable results that can serve as a basis for athlete development programs (Jariono et al., 2025; Pratama et al., 2021). Previous studies in football skill assessment have also utilized

descriptive approaches to identify technical proficiency profiles and establish training priorities for youth athletes (Irawan et al., 2020; Nugroho et al., 2023).

The research was conducted at SMA Muhammadiyah Klaten, located at Jl. Sersan Sadikin No. 89, Klaten, Central Java, Indonesia. Data collection took place on April 28–29, 2026, during the regular schedule of extracurricular soccer activities. The selection of the research site was based on the school's active soccer extracurricular program and the availability of participants who met the research requirements. Conducting assessments in the participants' usual training environment is recommended because it increases ecological validity and allows technical performance to be evaluated under realistic sporting conditions (Fitrianto et al., 2021; Rahman et al., 2022).

The population of this study consisted of all students enrolled in the soccer extracurricular program at SMA Muhammadiyah Klaten, totaling 34 students. The sample was selected using a purposive sampling technique, which involves choosing participants based on specific criteria aligned with the objectives of the study (Jariono et al., 2025). The inclusion criteria were: (1) actively participating in soccer extracurricular activities, (2) willing to complete the entire testing procedure, (3) obtaining parental or guardian consent, and (4) being physically healthy during data collection. Based on these criteria, 25 students were selected as research participants. Purposive sampling is frequently applied in sports performance studies because it ensures that participants possess characteristics relevant to the variables being examined and can provide accurate information regarding technical skill levels (Sugiyono, 2022; Hidayat et al., 2024). The variable investigated in this study was basic shooting skill in soccer. Shooting skill refers to a player's ability to direct the ball accurately and effectively toward the goal with the intention of scoring. In modern football, shooting accuracy is considered one of the most decisive technical components influencing match outcomes and offensive effectiveness (Sarmiento et al., 2018; Aquino et al., 2020). Operationally, shooting skill was assessed through several performance indicators, including body preparation, execution of the kicking movement, ball contact quality, target accuracy, and the effectiveness of the final result. These indicators provide a comprehensive evaluation of technical performance and are consistent with contemporary football skill assessment frameworks (Rampinini et al., 2021).

Data collection was conducted using the Football Shooting Test Instrument developed by Sepdanius et al. (2019). In this test, participants were instructed to kick a soccer ball from a distance of 16.5 meters toward predetermined scoring targets positioned within the goal area. Each participant was given three attempts, and the score was determined based on the accuracy of hitting the designated target zones. The test was administered directly on the field using standardized equipment, including official soccer balls and a regulation goal. Standardized field-testing procedures are widely recommended in football performance assessment because they provide reliable and objective measurements of technical skills (Ali et al., 2017; Katis & Kellis, 2019).

The collected data were analyzed using descriptive statistical techniques. Participants' shooting scores were classified according to the assessment norms established by Sepdanius et al. (2019). Frequency distributions and percentages were

calculated using the formula $P = (F/N) \times 100\%$, where P represents the percentage, F indicates the frequency of participants within a category, and N denotes the total sample size. The results were then interpreted to determine the distribution of shooting skill levels among participants. All statistical analyses were performed using IBM SPSS Statistics, which facilitated accurate, systematic, and structured data processing. Descriptive statistical analysis is commonly employed in sports evaluation studies because it effectively summarizes performance characteristics and provides meaningful information for coaches, teachers, and sports development practitioners (Field, 2022; Jariono et al., 2025).

RESULTS AND DISCUSSION

Result

In this study, the data collection process was carried out through shooting skill tests and direct observation of 25 students participating in the football extracurricular program at SMA Muhammadiyah Klaten. Observations were conducted to obtain a real overview of the students' ability to apply basic shooting techniques during training activities. Meanwhile, the skill test was used to measure the level of mastery of shooting techniques based on several assessment indicators, such as shooting accuracy, movement quality, and consistency in performing the technique. Through the combination of tests and observations, the data obtained were expected to provide a more objective and comprehensive description of the students' shooting abilities.

The test results indicated variations in shooting ability among the research participants. Of the 25 students who took part in the measurement, the highest score obtained was 19, while the lowest score was 9. Based on the descriptive analysis, the mean score was 12.20 with a standard deviation of 2.58, indicating the level of variation in students' abilities relative to the average score. The measurement of shooting skills in this study used a test instrument based on the method developed by Sepdanius et al (2019), so the measurement results were considered sufficiently valid in representing the students' basic shooting technique abilities. To provide a more detailed description of the research findings, a distribution table of the shooting skill achievements of each research participant is presented below.

Table 1.
Shooting Test Results

Class Interval	Description	Frequency	Percentage
≥16	Verry Good	2	8%
13-15	Good	10	40%
11-12	Moderate	8	32%
9-10	Low	5	20%
≤8	Verry Low	0	0%
Amount		25	100%

If the results of the basic shooting technique skills are presented in the form of a bar chart, the distribution of achievement scores for each extracurricular participant will appear clearer, more systematic, and easier to understand. Data visualization through

graphs aims to facilitate the process of analyzing and interpreting the research results, so that differences in ability levels among students, score distributions, and tendencies toward dominance in certain categories can be observed in greater detail and in a more informative manner. Through this presentation, readers can obtain a more comprehensive overview of the shooting skill levels of students participating in the football extracurricular program at SMA Muhammadiyah Klaten.

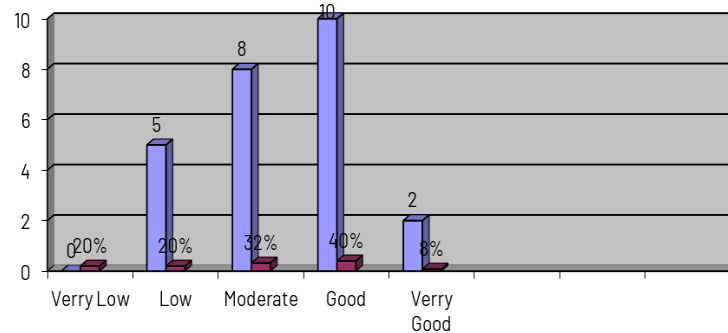


Figure 1.
Bar Chart of Shooting Test Results

Based on the results of the data analysis, it can be concluded that the level of basic shooting technique skills among students participating in the football extracurricular program at SMA Muhammadiyah Klaten falls into a fairly good category, with variations in ability among the participants. The findings of this study indicate that the students' shooting abilities have developed positively; however, more directed and continuous training is still needed to improve the consistency, accuracy, and quality of shooting techniques in order to achieve more optimal results.

Discussion

The results of the study indicate that the basic football shooting technique skills of students participating in the football extracurricular program at SMA Muhammadiyah Klaten generally fall into the good category. This is reflected in the mean score of 12.20 with a standard deviation of 2.58, indicating that most participants were able to perform shooting with fairly consistent direction and accuracy. These abilities demonstrate that the extracurricular participants have mastered several important components of shooting technique, such as movement coordination, body balance, target accuracy, and control of kicking power. The dominance of the good and moderate categories in the frequency distribution, as well as the absence of participants in the very low category, indicate that the basic technique training implemented in the extracurricular activities has been effective and has contributed positively to the development of students' skills.

The results of this study are consistent with the findings of Anam (2013), who explained that systematic and repetitive shooting accuracy training in football can improve the shooting accuracy skills of school-age players. Training conducted in a structured manner can help students develop more effective movement patterns, thereby improving their ability to direct the ball toward the target. These findings reinforce the idea that the quality and consistency of basic technical training make an

important contribution to enhancing the shooting abilities of students participating in football extracurricular activities.

In addition, the study conducted by Pamungkas (2022) stated that the use of penalty kick accuracy training variations with supporting tools such as tires, balls, and hanging bottles could improve the shooting accuracy of players aged 14-15 years. The study demonstrated that target-based training media can help players improve their focus on the shooting target, thereby optimizing shooting accuracy. Similar findings were also reported by Aji et al (2023), who explained that training using goal targets and motorcycle tires had a positive effect on improving the penalty kick accuracy of football school students. Therefore, the use of innovative and well-directed training variations is considered an important factor in improving football players' shooting skills.

In the context of this study, the shooting abilities of the extracurricular participants, which were categorized as good, indicate that the training implemented at SMA Muhammadiyah Klaten has effectively supported the development of students' shooting accuracy and kicking control. However, this study offers novelty compared to previous research because it does not merely focus on the effect of a specific training method, but rather emphasizes the analysis of the level of basic shooting technique skills among football extracurricular participants in the school environment. This study provides a real depiction of students' shooting abilities based on the results of skill tests conducted directly during extracurricular activities.

Good shooting ability is also influenced by psychological factors, particularly the player's level of concentration. Najib et al (2019) stated that there is a significant relationship between students' concentration levels and the accuracy of football shooting results. The higher the player's level of concentration, the better their ability to direct the ball toward the target. This finding is relevant to the results of the present study, which showed that most participants were able to perform shooting consistently and accurately. Therefore, the success of shooting is influenced not only by technical aspects, but also by the player's ability to maintain focus and concentration while executing the kick.

In addition to concentration factors, movement coordination also plays an important role in the success of football shooting. The study conducted by Subroto et al (2021) explained that eye-foot coordination has a close relationship with football shooting ability. Good coordination helps players control the direction of the kick and determine the point of contact with the ball more accurately. The results of this study indicate that the extracurricular participants possessed fairly good movement coordination, which supported their ability to perform shooting effectively and consistently.

Another psychological factor that influences shooting ability is the player's level of anxiety. Wibowo (2020) stated that anxiety level has a relationship with the results of penalty kick accuracy tests in football. Players who are able to control their anxiety tend to have better shooting accuracy compared to players experiencing high mental pressure. In this study, the dominance of the good category indicates that most participants had fairly good mental readiness during the shooting test, enabling them to perform kicks with greater confidence and control.

The success of basic shooting technique development is also inseparable from environmental support, particularly the role of parents and family. Pakpahan (2021) explained that parental support has an important contribution to the sports achievements of football school students. Such support may include motivation, attention, training facilities, and emotional encouragement that help students become more enthusiastic in participating in training sessions. Similar findings were also presented by Syafi'i (2021), who stated that the role of parents is very important in supporting the development of children's football achievements in football schools. In addition, Taufiqurahman and Yusfi (2022) emphasized that parental support influences children's motivation and success in achieving sports performance. Supriyanto (2023) also stated that parental attention and a supportive family environment can increase children's enthusiasm to practice football in a more disciplined and sustainable manner.

On the other hand, the shooting ability of football players can also be influenced by their playing position on the field. Cahyono and Syaukani (2023) explained that there are differences in shooting ability among forward, midfield, and defensive players in football teams. Forward players generally possess better shooting abilities because they are more frequently involved in finishing situations during matches. These findings indicate that playing experience and the intensity of players' involvement in attacking situations can affect the quality of their shooting ability. This may explain the differences in ability among extracurricular participants who were still categorized at the moderate level in this study.

Overall, the results of the study indicate that the basic shooting technique skills of students participating in the football extracurricular program at SMA Muhammadiyah Klaten fall into the good category and are influenced by various factors, such as training quality, concentration, eye-foot coordination, mental readiness, playing experience, as well as parental and family environmental support. This study offers novelty because it comprehensively examines the shooting abilities of football extracurricular participants through technical, psychological, and environmental support approaches within the context of school sports development. Therefore, the findings of this study can serve as a basis for developing shooting training programs that are more varied, systematic, and suited to the characteristics of football extracurricular participants in schools.

CONCLUSION

Based on the results of the study involving 25 participants in the football extracurricular program at SMA Muhammadiyah Klaten, it can be concluded that the level of mastery of basic shooting techniques falls into the good category. This is indicated by the mean score of 12.20 with a relatively stable data distribution, in which the majority of participants were categorized as good and moderate, and no participants were classified in the very low category. These results indicate that shooting abilities, particularly in the aspects of accuracy, ball control, and movement coordination, have been mastered quite effectively through regular and structured training processes. Therefore, the football

extracurricular activities at SMA Muhammadiyah Klaten have made a positive contribution to improving students' basic shooting technique skills.

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