

ABSTRAK

HUBUNGAN ANTARA KEKUATAN OTOT TUNGKAI DENGAN KOORDINASI MATA DAN KAKI TERHADAP TENDANGAN PENALTI PADA ATLET SEKOLAH SEPAKBOLA KARYA UTAMA MESUJI TIMUR

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Penelitian ini bertujuan untuk mengetahui hubungan antara kekuatan otot tungkai dengan koordinasi mata dan kaki terhadap tendangan penalti. Penelitian ini termasuk jenis penelitian korelasional dengan metode penelitian yang digunakan adalah metode survei, sampel sebanyak 30 atlet.

Hasil analisis data menunjukkan bahwa rata-rata kekuatan otot tungkai atlet sekolah sepakbola Karya Utama Mesuji Timur adalah 102,99, standar deviasi kekuatan otot tungkai atlet sekolah sepakbola Karya Utama Mesuji Timur adalah 29,89, nilai minimum kekuatan otot tungkai atlet sekolah sepakbola Karya Utama Mesuji Timur adalah 40 dan nilai maksimum kekuatan otot tungkai atlet sekolah sepakbola Karya Utama Mesuji Timur adalah 156.

Tendangan penalti atlet sekolah sepakbola Karya Utama Mesuji Timur adalah 64,33, standar deviasi ketepatan tendangan penalti atlet sekolah sepakbola Karya Utama Mesuji Timur adalah 10,81.

Berdasarkan hasil analisis data dapat diambil kesimpulan ada hubungan yang signifikan antara kekuatan otot tungkai dan koordinasi mata dan kaki secara bersama-sama dengan ketepatan tembakan penalti.

Kata Kunci: otot tungkai, koordinasi, tendangan penalty

ABSTRACT

RELATIONSHIP BETWEEN THE STRENGTH OF THE FLOOD MUSCLE AND EYE AND FOOT COORDINATION AGAINST KICK PENALTY ON FOOTBALL SCHOOL ATHLETES MAIN WORKS OF EAST MESUJI

By

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The study aimed to find out the relationship between leg muscle strength and eye and leg coordination against penalty kicks. This study included a type of correlational research with the research method used is the survey method, a sample of as many as 30 athletes.

The results of the data analysis showed that the average muscle strength of football school athletes of The Main Work of East Mesuji football school was 102.99, the standard deviation of muscle strength of football school athletes of the Main Work of East Mesuji football school was 29.89, the minimum value of muscle strength of football school athletes of The East Mesuji Main Work football school was 40 and the maximum value of the muscle strength of the football school athletes of the East Mesuji Main Work football school was 156.

The penalty kick of football school athlete Karya Utama Mesuji Timur is 64.33, the standard deviation of penalty kick accuracy of football school athletes Of The Main Work of Mesuji Timur is 10.81.

Based on the results of the data analysis can be concluded there is a significant relationship between the strength of the leg muscles and eye and foot coordination together with the accuracy of penalty shots.

Keywords: muscle limbs, coordination, penalty kicks