

ABSTRAK

HUBUNGAN DAYA LEDAK OTOT TUNGKAI DAN KEMAMPUAN KONSENTRASI TERHADAP KETEPATAN *SHOOTING* PADA TIM SEPAKBOLA SMA N 1 GADINGREJO PRINGSEWU

Oleh

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Penelitian ini bertujuan untuk mengetahui Hubungan Daya Ledak Otot Tungkai dan Kemampuan Konsentrasi Terhadap Ketepatan *Shooting* Pada Tim Sepakbola SMA N 1 Gadingrejo Pringsewu. Metode yang digunakan dalam penelitian adalah deskripsi korelasional. Sampel yang digunakan sebanyak 22 orang siswa. Analisis data menggunakan uji prasyarat dan uji r_{hitung} . Hasil penelitian menunjukkan hasil korelasi hipotesis pertama sebesar 0,757 hasil korelasi hipotesis kedua sebesar 0,680 kemudian hasil korelasi hipotesis ketiga sebesar 0,817. Kesimpulan dari penelitian ini adalah terdapat Hubungan Daya Ledak Otot Tungkai dan Kemampuan Konsentrasi Terhadap Ketepatan *Shooting* Pada Tim Sepakbola SMA N 1 Gadingrejo Pringsewu.

Kata Kunci: daya ledak otot tungkai, ketepatan *shooting*, konsentrasi, sepakbola.

ABSTRACT

**THE RELATIONSHIP OF EXPLOITIVE POWER OF LIMB MUSCLES
AND CONCENTRATION ABILITY TO SHOOTING PRECISION
IN SENIOR HIGH SCHOOL 1 FOOTBALL TEAM
GADINGREJO PRINGSEWU**

By

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This study aims to determine the relationship between the explosive power of the limb muscles and the ability to concentrate on shooting accuracy in the soccer team of SMA N 1 Gadingrejo Pringsewu. The method used in this research is correlational description. The sample used is 22 students. Data analysis uses prerequisite test and r-count test. The results show the correlation of the first hypothesis is 0.757, the correlation result of the second hypothesis is 0.680, then the correlation result of the third hypothesis is 0, 817. The conclusion of this study is that there is a relationship between the explosive power of the limb muscles and the ability to concentrate on shooting accuracy in the soccer team of SMA N 1 Gadingrejo Pringsewu.

Keywords: *explosive power of leg muscles, concentration, shooting accuracy, soccer.*