

ABSTRAK

PENGARUH LATIHAN TARGET TERHADAP KETEPATAN *SHOOTING* PEMAIN ACADEMY FUTSAL KOTABUMI

Oleh

AJIE RAKHMATAN

Tujuan dalam penelitian ini adalah untuk mengetahui pengaruh latihan target terhadap ketepatan *shooting* pemain *academy* futsal Kotabumi. Metode penelitian yang digunakan adalah eksperimen komperatif. Sampel yang digunakan dalam penelitian ini berjumlah 20 orang atlet dengan menggunakan teknik Ordinal Pairing. Instrument yang digunakan yaitu Tes ketepatan *Shooting* pemain *academy* futsal Kotabumi. Hasil penelitian ini menunjukkan bahwa (1) Ada pengaruh yang signifikan dari kelompok treatment latihan target terhadap ketepatan *shooting*. Dengan hasil uji t taraf signifikan 5% (0,05) diperoleh nilai t hitung sebesar 12,725 > nilai t tabel = 2,228. (2) Ada pengaruh yang signifikan dari kelompok kontrol atau tanpa perlakuan terhadap latihan target terhadap ketepatan *shooting* pemain *academy* futsal Kotabumi. Dengan hasil uji t taraf signifikan 5% (0,05) diperoleh nilai t hitung sebesar 4,841 > nilai t tabel = 2,228. (3) Ada perbedaan yang signifikan antara kelompok treatment dan kelompok kontrol dengan latihan target terhadap ketepatan *shooting* pemain *academy* futsal Kotabumi. Dengan analisis data pengujian 2 sisi (signifikan = 0,05) diperoleh nilai t hitung sebesar 6,396 > t tabel = 4,012.

Kata Kunci : latihan target, ketepatan *shooting*, futsal.

ABSTRACT

THE EFFECT OF TARGET TRAINING ON SHOOTING ACCURACY OF KOTABUMI FUTSAL ACADEMY PLAYERS

By

AJIE RAKHMATAN

The objective of this study is to determine the effect of target training on shooting accuracy among players of the Kotabumi futsal academy. The research method used is a comparative experimental design. The sample consisted of 20 athletes selected using the Ordinal Pairing technique. The instrument used was a shooting accuracy test for players of the Kotabumi futsal academy. The results of the study indicate that: (1) There is a significant effect of the treatment group receiving target training on shooting accuracy. Based on the t-test at a 5% significance level (0.05), the calculated t-value is 12.725, which is greater than the critical t-value of 2.228. (2) There is a significant effect of the control group (without target training) on shooting accuracy. Based on the t-test at a 5% significance level (0.05), the calculated t-value is 4.841, which is greater than the critical t-value of 2.228. (3) There is a significant difference between the treatment and control groups in terms of the effect of target training on shooting accuracy among players of the Kotabumi futsal academy. Based on a two-tailed test (significance level = 0.05), the calculated t-value is 6.396, which is greater than the critical t-value of 4.012.

Keywords : target training, shooting accuracy, futsal.