



Analysis Of Soccer Shooting Skills In Fifth Grade Students Of Pagerwojo O4 Elementery School Kesamben District

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Abstract

This study aims to analyze soccer shooting skills in fifth grade students of Pagerwojo 4 Elementary School, Kesamben District. The method used in this study is a quantitative descriptive method in which the researcher conducted a survey with a shooting skills test technique that refers to the assessment instrument in the Learning Implementation Plan that refers to the minimum learning completion that has been developed. The research sample of soccer shooting skills in fifth grade students of Pagerwojo 4 Elementary School, Kesamben District amounted to 31 children consisting of 17 girls and 14 boys. Based on the results of the study, it can be analyzed that soccer shooting skills in fifth grade students of Pagerwojo 4 Elementary School, Kesamben District are in the category of very poor at 0%, less at 22.6% (7 people), sufficient at 58.0% (18 people), good at 16.1% (5 people) and very good at 3.20% (1 person). From the average value of the soccer shooting skills of fifth grade students of Pagerwojo 4 Elementary School, Kesamben District, which is 50.8, this value is certainly far below the Minimum Competency (KKM) or has not been completed in learning outcomes with a value description of "sufficient" and still needs guidance.

Keywords: Shooting Skills, Football

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INTRODUCTION

Exercise is a form of structured and planned physical activity involving repeated body movements aimed at optimizing physical fitness. Exercise is a basic daily need for every human being. As a basic human need, exercise is inseparable from daily activities because exercise is a part of human life that can optimize human physical condition, both physically and spiritually, and can create a sense of pleasure and provide health for humans, as well as being a means of recreation. Exercise can be done from an early age to old age and can be done at any time. According to Pangestu, Rakha Candra, et al., (2021), "If someone exercises consistently, they will be able to increase their muscle mass, because exercise can stimulate muscle cells to grow and develop to become stronger, and muscle cells that were initially

resting will become active again."

In the scope of education, sports are one of the compulsory materials for students, namely through the subject of Physical Education and Health. Physical Education and Health is a part of overall education that prioritizes physical activity and fostering a healthy lifestyle for harmonious, harmonious and balanced physical, mental, social and emotional growth and development based on the understanding in the physical education curriculum consisting of various activities including game and sports activities, development activities, self-test/gymnastics activities, rhythmic activities, water activities and extracurricular activities. One of the materials taught in game and sports activities is soccer game activities (Depdikbud, 1994).

Football is a very popular ball game played by two teams, each consisting of eleven players. Football also fosters teamwork and sportsmanship, a practice that must be upheld.

Based on observations conducted by researchers at Pagerwojo 04 Elementary School, Kesamben District, with fifth-grade students, the researchers found that fifth-grade students' Physical Education learning outcomes in the 2024/2025 academic year were relatively low. Their mastery of shooting skills in football was below the Minimum Competency Minimum (KKM), which is below 70. The average score obtained was 20.40, 60. Factors contributing to the low learning outcomes of fifth-grade students below the Minimum Competency Minimum (KKM) include inappropriate teaching methods for shooting skills, inadequate facilities and infrastructure, such as a lack of teaching aids and limited practice.

METHOD

This research will be conducted at Pagerwojo 04 Public Elementary School, Kesamben District, Blitar Regency. The research was conducted from February 9, 2016, to March 28, 2026, and the activities were centered in the school yard of Kesamben District. The subjects of this research were 31 fifth-grade students of Pagerwojo 04 Public Elementary School, Kesamben District, consisting of 14 male students and 17 female students. The method used in this research is a quantitative descriptive method. This method aims to describe the facts which are then followed by analysis, with data collection techniques using shooting test instruments. With this method, the results obtained can be easily analyzed. The analysis technique used is descriptive statistics by pouring frequencies into percentage form.

RESULTS AND DISCUSSION

Result

This research was conducted on February 9, 2016 to March 28, 2026 with the research location in the field of Pagerwojo 04 Public Elementary School, Kesamben District, while the subjects involved were 31 fifth grade students of Pagerwojo 04 Public Elementary School, Kesamben District, consisting of 17 girls and 14 boys as research samples. In the implementation, the researcher was also assisted by the Physical Education Teacher, Mr. Budi Santoso, S.Pd. The research was to analyze soccer shooting skills in fifth grade students of Pagerwojo 04 Public Elementary School, Kesamben District.

Table 1. Data on the Results of the Soccer Shooting Skills Test for Fifth Grade Students of Pagerwojo 04 Elementary School, Kesamben District

No.	Student Name	Score Obtained	Mark
1	AB	27	48
2	AD	36	72
3	AA	20	40
4	AL	22	44
5	AF	20	40
6	AD	20	40
7	AQ	21	42
8	AR	20	40
9	AW	42	84
10	DA	34	68
11	DP	40	80
12	DR	24	48
13	EK	21	42
14	FS	31	62
15	JD	30	60
16	KR	21	42
17	NA	20	40
18	NQ	21	42
19	NM	23	46
20	OT	26	52
21	PM	26	52
22	R P	30	60
23	R L	35	70
24	R R	20	40
25	SN	23	46
26	SR	20	40
27	TC	21	42
28	YA	23	46
29	YN	25	50
30	Z A	26	52
31	ZH	23	46

Table 2. Frequency Distribution of Soccer Shooting Skills in Grade V Students of Pagerwojo 04 Elementary School, Kesamben District

No	Total Score	Value Range	Information	Frequency	
				Absolut	%
1	<21	1–20	Kurang Sekali	0	0%
2	<41	21–40	Kurang	7	22.6%
3	<61	41–60	Cukup	18	58,0%
4	>60/≥ 80	61-80	Baik	5	16,1%
5	>80	81-100	Baik Sekali	1	3,2%
Amount				31	100%

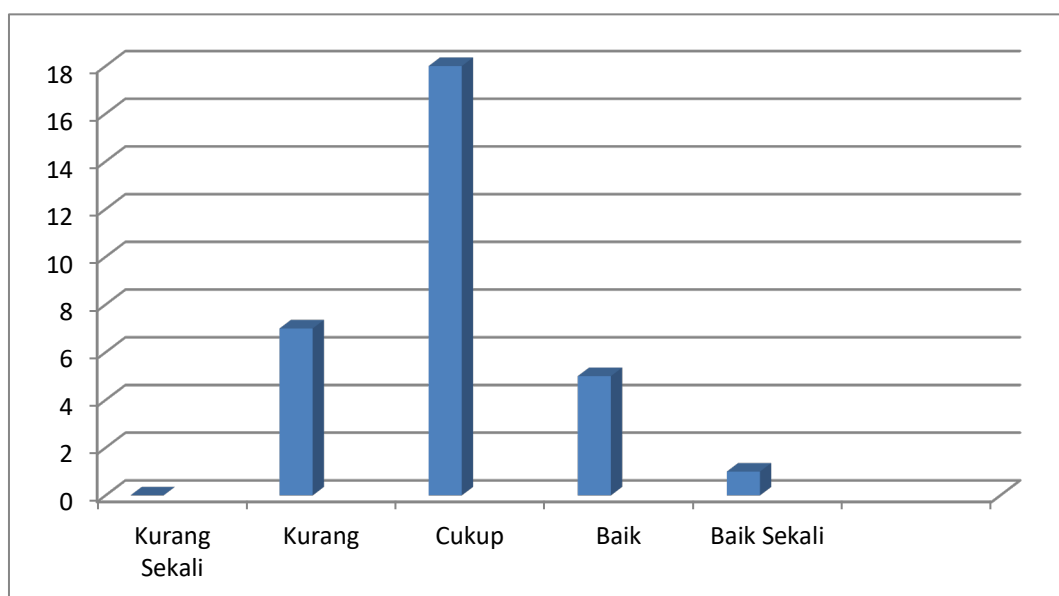


Figure 1. Soccer Shooting Skills of Fifth Grade Students of Pagerwojo 04 Elementary School, Kesamben District

Based on table 2 frequency distribution and diagram above, it shows that the soccer shooting skills of fifth grade students of Pagerwojo 04 Elementary School, Kesamben District are in the category of very poor at 0%, poor at 22.6% (7 people), sufficient at 58.0% (18 people), good at 16.1% (5 people) and very good at 3.20% (1 person). From the average value of the soccer shooting skills of fifth grade students of Pagerwojo 04 Elementary School, Kesamben District, which is 50.8 and of course this value is very far below the KKM or has not been completed in learning outcomes with a description of the value "sufficient" and still needs guidance.

Discussion

From the results obtained after conducting research on soccer shooting skills in grade V students of SD Negeri Pagerwojo 04 Kesamben District as many as 31 students after

analysis showed that soccer shooting skills in grade V students of SD Negeri Pagerwojo 04 Kesamben District were in the category of very poor at 0%, less at 22.6% (7 people), sufficient at 58.0% (18 people), good at 16.1% (5 people) and very good at 3.20% (1 person) with an average value obtained of 50.8 and of course the average value for soccer shooting skills is still below the KKM and this means that grade V students of SD Negeri Pagerwojo 04 Kesamben District have not achieved learning outcomes with the predicate "sufficient".

From the results obtained, the level of soccer shooting skills of fifth grade students of Pagerwojo 04 Elementary School, Kesamben District can certainly be analyzed from the completeness of sports facilities and infrastructure aspects which are still inadequate both from the field, the goal that is not yet there and extracurricular activities for soccer games themselves that do not exist so that students can only learn during sports lessons without any additional hours which of course can improve soccer shooting skills. This needs to be a consideration for schools, physical education teachers and coaches and trainers to provide adequate suggestions and infrastructure and create extracurricular activities in soccer games, especially how soccer shooting skills in students for elementary school level outside of school hours.

The teaching methods used by the Physical Education (PJOK) teachers at Pagerwojo 04 Elementary School, Kesamben District, predominantly use lectures, lack practical activities in the field, and are still monotonous, resulting in a lack of student interest in learning, especially in practical activities. Furthermore, the facilities are inadequate, and training is limited to PJOK lessons, which are only four hours per week. Therefore, it is clear that to win a soccer match, a team must score more goals than the opposing team. Although goals can be scored not only through kicking the ball (shooting), the essence of soccer is a game of football with the feet. Every player must possess the skill of shooting the ball well.

CONCLUSION

From the results of the analysis conducted by researchers on fifth grade students of Pagerwojo 04 Elementary School, Kesamben District regarding soccer shooting skills described in the previous chapter IV, it shows that the results obtained on soccer shooting skills are very diverse, which are in the category of very poor at 0%, poor at 22.6% (7 people), sufficient at 58.0% (18 people), good at 16.1% (5 people) and very good at 3.20% (1 person) with an average value obtained of 50.8 with an average of obtaining the predicate "sufficient".

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