



RESEARCH ARTICLE

Improving Shooting Ability in Football Games Through Leg Muscle Strength Training

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Abstract

Gaming is a type of sport where two teams compete to win. However, not many leg muscle training activities are carried out in soccer games. For this reason, this research aims to prove the effectiveness of leg muscle training in improving shooting ability in soccer games. The research is experimental with a one-group-pretest and posttest design. The sampling technique was purposive sampling to obtain a research sample of 30 students from State Junior High School 1 Lokop. The research results showed that there was a significant increase in the average score of the posttest compared to the pretest. The increase occurred due to leg muscle strength training using the circuit method, namely the movement between posts. Thus, leg muscle strength training is effective in improving shooting ability in soccer games.

Keywords

Shooting, Football, Muscle Strength.

INTRODUCTION

Gaming is a type of sport in which two teams compete against each other to achieve victory. This is in accordance with the opinion of Subekti & Santika (2021); Nurcahyo et al. (2021) who say that sports games are a show of self between teams with the aim of achieving victory. One of the sports games that is popular with the public is football (Amrullah & Widodo, 2017). Apart from that, sports can be done by all age groups (Suryadi et al., 2022). An article shows that people's love for football is seen in adult men, teenagers, parents, children (Perdana, 2021), and even women who are very enthusiastic about football (Estevez & Donato, 2021), Muslim women (Carr & Power, 2020). According to Pache (2020) football is the main spectacle. Based on this study, it can be concluded that football is a type of sport that is popular with people in all circles. For this reason, there is a need for coaching from an early age to support a sports career in Indonesia. One way is through physical education in schools.

Physical education is an integral part of the educational process and requires learning through physical activity (Rahman et al., 2021). The results of research conducted (Smela et al., 2019) say that sports teachers are a basic component of the teaching process from the aspect of achievement motivation. PE teachers are professionals and need to understand their students' strengths and weaknesses to know what they are bringing to the table or what they are teaching. Meanwhile, to increase endurance and muscle strength, appropriate training or training patterns are needed according to students' needs. The body's endurance and muscle strength will be formed through a continuous, planned and programmed training program (Adiatmika & Santika, 2016; Kuntala et al., 2019; Andik et al., 2019). So that it makes a student strong and able to master the skills of playing soccer well.

The main problem in learning the sport of playing soccer in general and in particular the implementation of learning the basic technical skills of playing soccer because it is influenced by several factors, namely agility, strength, speed and many other factors, especially for high school aged children,

muscle strength has begun to form. well and with strength will influence the effective implementation of the soccer learning process. This proves that muscle strength, especially leg muscle strength, plays a very important role in physical sports activities (Suantika et al., 2016; Wibawa et al., 2017; Santika et al., 2021). In connection with the problems above, the researchers conducted research, especially the soccer branch at Lokop 1 State Junior High School.

Apart from basic techniques that must be mastered well, another factor that is equally important in playing soccer is physical condition, which includes flexibility, strength, agility, endurance and speed. Based on the problems above, it can be concluded that in the game of soccer, muscle strength and endurance are very necessary to support success. The aim of this research was to determine the effect of upper limb muscle strength training on improving shooting ability.

METHODS

This research uses a classroom action research (PTK) approach. The research method used is action research. Kemmis & Mc Taggart's action research (in Arikunto, 2006: 132) includes four stages, namely (1) planning, (2) action, (3) observation (observation), (4) reflection (reflection).

The research began by giving students an initial test to determine their shooting abilities. Next, carry out treatment as an effort to improve students' shooting abilities by using leg muscle strength training using circuit training methods, namely single multiple jumps, double multiple jumps, skipping with variations, jumping over obstacles made of cardboard boxes and used tires.

Perposive sampling technique. So the sample obtained in this study was 30 students from State Middle School 1 Lokop. Data analysis was carried out using a qualitative descriptive method in the form of pretest and posttest shooting ability results.

RESULTS

This research uses a one group pre-test and post-test design, namely a study in which there is a pre-test (initial test) before learning and a post-test (final test) after treatment. In this study, we compared the pre-test and post-test results in the experimental group.

Pre-Test

Giving action to the pre-test, the researchers and collaborators carried out an assessment of the students' shooting abilities. This is done to find out the scores obtained by students. The results of the assessment after administering the actions in the pre-test are as follows:

Table 1. Pre-Test Shooting Score Results

| No | Keterangan | F | % |
|--------|--------------|----|-----|
| 1 | Tuntas | 11 | 37 |
| 2 | Tidak Tuntas | 19 | 63 |
| Jumlah | | 30 | 100 |

Based on the table above, it can be seen that in the pre-test results, 11 children were said to have completed it with a percentage of 37% and there were 119 children who had not completed it with a percentage of 63%. Therefore, researchers and collaborators provide training to students in terms of strength to improve shooting scores in soccer. This matter

This is also done with the consideration that children's shooting abilities increase in accordance with specified standards.

Post-Test

The following are the shooting results of Lokop 1 State Junior High School students after being given muscle strength training which is believed to influence the students' shooting results, with the following results

Table 2. Post-Test Shooting Score Results

| No | Keterangan | F | % |
|--------|--------------|----|-----|
| 1 | Tuntas | 21 | 70 |
| 2 | Tidak Tuntas | 9 | 30 |
| Jumlah | | 30 | 100 |

Based on the table above, we can conclude that 21 children completed with a presentation of 70% and 9 children did not complete with a presentation of 30%. At this last meeting the students seemed to have made a lot of changes and progress where the students were able to shoot well. The increase in the total number of students shows the progress of students in participating in learning and training on muscle strength.

Table 3. Comparison of Pre-Test and Post-Test Results

| No | Kategori | Siklus I | | Siklus II | |
|--------|--------------|----------|-----|-----------|-----|
| | | F | % | F | % |
| 1 | Tuntas | 11 | 37 | 21 | 70 |
| 2 | Tidak Tuntas | 19 | 63 | 9 | 30 |
| Jumlah | | 30 | 100 | 300 | 100 |

It can be seen from the table above that it can be concluded that in the pre-test, 11 students (37%) passed and 19 students (63%) did not pass. In the post-test, there was a significant increase in the number of students who passed. 21 people (70%) and 9 people (30%) who did not pass, so it can be concluded that there has been an increase in results. Based on the research results above, it provides additional references regarding exercises to improve shooting abilities in soccer games. The results of the study revealed that leg muscle strength training had a significant influence on improving shooting ability in soccer games.

CONCLUSION

Leg muscle strength training is effective for improving the shooting ability of soccer players. These results show a positive increase in the average pretest score compared to the average posttest score and a significant increase. The results of this study show that leg muscle training can be used as a training activity that can improve shooting in soccer games. The results of this research can be an addition regarding training in soccer games, a limitation of the research is that the research sample is still relatively young.

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