



The Effectiveness of Targeted Shooting Drills in Improving Kick Accuracy in Young Developmental Soccer Players

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Abstract

The main problem in this study is the low accuracy of players' kicks when in front of the goal. This study aims to test the effectiveness of targeted shooting exercises in improving kick accuracy in Bina Muda football players. The research method used was a quasi-experiment with a pretest-posttest design of one group. The research sample amounted to 20 players taken using the total sampling technique. The research instrument used kick accuracy tests carried out before and after the intervention. The results of the descriptive analysis showed a significant increase in the average shot accuracy score, from 2.65 during the pretest to 6.05 during the posttest. The study data showed that they were normally distributed ($p > 0.05$) and had homogeneous variance ($p = 0.864$). Based on the hypothesis test using the Paired Sample T-Test, a t-count value of -11.855 was obtained with a significance of $0.000 < 0.05$. These findings suggest that there is a very significant difference between the ability of the kick to be accurate before and after treatment. The decrease in standard deviation from 1,631 to 1,572 also indicates that the player's abilities have become more consistent collectively. The conclusion of this study is that targeted shooting exercises are highly effective in improving the kick accuracy of Young Builders players through the formation of muscle memory and sharper visual focus.

How to Cite

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INTRODUCTION

Football is one of the sports games that has a high level of popularity and is growing rapidly in various walks of life. In the context of early childhood and adolescent coaching, football not only plays a role as a means of developing motor skills, but also acts as a medium to form character, teamwork, and sportsmanship (Sumarna, 2021). Football can also be defined as a sport that requires special techniques and tactics, especially when it comes to scoring goals. One of the characteristics of football is kicking and passing the ball with the aim of scoring a goal against the opponent's goal (Ibad & Nur, 2025). Therefore, a systematic training process is an important factor in supporting the improvement of the quality of player performance.

One of the requirements to be able to play football well is that players must master good basic soccer skills. The basic technical skills that greatly determine the success of the game of football are the ability to Shooting or kick towards goal. Shooting is an attempt to kick the ball that aims to put the ball into the goal using accuracy and concentration so that the ball leads according to the desired goal (Mahanani & Indriarsa, 2021). Accuracy or accuracy in playing soccer is a person's ability to direct the ball in a position and direction that suits the situation faced or desired (Pasya et al., 2025). Kick accuracy is an important aspect because the chances of scoring a goal are not only determined by the power of the kick, but also determined by the accuracy of the direction of the ball towards the desired goal. Players with low accuracy levels tend to have difficulty maximizing scoring chances despite having good physical ability (Sanggita & Nurhidayat, 2022).

In football training practice, most shooting training methods are still conventional and poorly structured, so they tend to focus on kick reps without a clear emphasis on specific technical components such as controlling the direction of the kick (Kurnianto et al., 2025). Based on the results of observations made by researchers on football players of the Youth Development Team, there are still shortcomings and weaknesses in carrying out shooting techniques. Factors that cause a lack of technique Shooting on football players Youth Development Team lies in the practice Shooting which is still done in general without a specific goal, so that players are not optimally trained in controlling the direction of their kicks. Lack of mastery of technique Shooting Evident from observation data using Shooting accuracy test, the player who took the test as many as 20 players,

where one player was given the opportunity to shoot 10 times at a predetermined distance, the player was directed to place the ball in the direction of a predetermined target. After being given the opportunity to shoot with accuracy on the player, there was an unsatisfactory result, this was because there were 17 players who were only able to put the ball in 0 – 4 out of 10 chances Shooting given. Judging from the results of these observations, only a few players are able to place the ball towards the target more than 5 - 6 out of 10 Shooting opportunities.

Therefore, a more targeted and specific form of training is needed, one of which is through the application of training Targeted shooting. This exercise is designed using a specific target so that players can practice concentration, accuracy, and focus on making kicks (Sarifudin et al., 2023). Targeted Training Shooting It is believed to be able to provide more effective motivation to improve the accuracy of the kick, as the player is trained to direct the ball to a specific target point (Alfarizi et al., 2024). In addition, the use of targets in practice allows for clearer feedback so that players can evaluate the results of the kick directly (Fajri & Sawali, 2024). However, the implementation of the training Shooting On target in Youth Development Football Teams still needs experimental validation to ensure its effectiveness in improving the accuracy of a player's kick. Based on these conditions, an experimental study is needed that examines the effects of exercise Shooting which is targeted at improving the accuracy of a football player's kick. This study was conducted on Youth Development Team Soccer Players as the subject of the study, with the aim of obtaining evidence of the effectiveness of the exercise Shooting targeted. The results of this research are expected to be a reference for trainers in designing more effective and empirical data-based training programs. Clearer feedback allows players to evaluate the results of kicks directly so that the process of improving technique can take place more effectively. However, the application of on-target shooting drills on Youth Development Football Teams still requires experimental validation to ensure its effectiveness in improving the accuracy of players' kicks. Most previous research has focused on shooting technique training in general or on advanced players, so empirical evidence on development-age players is still limited (Engler et al., 2023). Therefore, an experimental study is needed that specifically examines the effect of target-based shooting practice on improving the kick accuracy of developmental-age soccer players. This study was conducted on

Youth Development Football Team players with the aim of obtaining empirical evidence regarding the effectiveness of targeted shooting exercises. The results of this research are expected to be a reference for coaches in designing a shooting technique training program that is data-based, effective, and in accordance with the characteristics of young players. (Sarhan, 2026).

METHODS

A method is a step taken to achieve a goal. The purpose of the research is to disclose, describe, and conclude the results of problem solving through certain methods in accordance with the research procedure. Research is an effort to obtain facts by collecting and analyzing data (information) that is carried out clearly, thoroughly, systematically, and accountably(Justesen et al., 2021). This research is a pre-experimental research. Experimental research is a type of research that aims to prove the effects of treatments. The research design used in this study is One-Group Pretest-Posttest Design, which is an experiment conducted on a single comparison group (Pasya et al., 2025).

The research will be carried out in the field of Bringinsari Village, Sukorejo District, Kendal Regency, Central Java. The research time will be carried out as many as 12 meetings with 3 times a week for 4 weeks or 1 month. The population in this study is all football players from the Youth Development Team which is 20 people. Sampling in this study used Total Sampling Technique. Technique Total sampling is a sampling technique where the number of people is equal to the number of samples (Ishar, 2021). The sample used in this study was 20 youth development team football players. The research instrument used was a shooting accuracy test. The goal is divided into several targets, and each kick that is on target will be awarded 1 point, while a kick that is not on target will be awarded 0 points. Procedure Pretest research requires players to Shooting to the goal 10 times from a certain distance. The training will be carried out for 12 meetings in the form of training, namely (1) Shooting towards the static target in the goal; (2) Shooting with dribbling first; (3) Shoot after receiving a pass. After All training programs are over, the players are back Shooting with a target in every corner of the goal. The data analysis technique in this study uses descriptive statistics and inferential statistics. Descriptive statistics are used to determine the average value, standard deviation, minimum value, and maximum results of the kick accuracy test in the

pretest and posttest. Before the hypothesis test was carried out, the data was tested for normality using the Shapiro–Wilk test because the number of samples was less than 50 people. If the data is distributed normally, then hypothesis testing is carried out using the paired sample t-test. However, if the data is not distributed normally, the Wilcoxon signed rank test is used. All statistical tests were carried out with a significance level of 0.05.

RESULTS AND DISCUSSION

The purpose of this study is to determine the Effectiveness of Targeted Shooting Drills in Improving Kick Accuracy in Young Developmental Football Players. The initial and final test data (posttest) used the Shooting accuracy test instrument. According to the research data I took, the Shooting accuracy test varied greatly. The difference in score was obtained by subtracting the post-test score from the pre-test score, from 20 players all improving well after intervention in 12 meetings. The following is a summary of the results of the overall data analysis presented in the form of a **Table 1-Table 5**.

Table 1. Results of the pretest of the accuracy of the shot posted

Name	Prates	Postest	Differences
X 1	2	6	3
X 2	0	5	5
X 3	3	7	4
X 4	5	6	1
X 5	3	5	2
X 6	1	6	5
X 7	5	7	2
X 8	1	7	6
X 9	4	6	2
X10	1	5	4
X 11	3	5	2
X 12	2	6	4
X 13	1	5	4
X 14	4	8	4
X 15	2	7	5
X 16	6	9	3
X 17	1	2	1
X 18	3	7	4
X 19	4	4	0
X 20	2	8	6

Above is a **Table 1** of the results of the pretest posttest Effectiveness of Targeted Shooting

Drills in Improving Kick Accuracy in Young Development Football Players

Table 2. Description of Statistics

	N	Minutes	Max	Means	Deviations	Verdict
Pretest	20	0	6	2.65	1.631	Initial value
Posttest	20	2	9	6.05	1.572	increased
valid N	20					Complete and worthwhile data

The average score increased significantly from 2.65 at the time of the Pretest to 6.05 at the time of the Posttest. In of the Pretest, the score moved from a minimum of 0 to a maximum of 6. Meanwhile, in the Posttest, the value increased with a minimum range of 2 to a maximum of 9, the data distribution value in the Pretest was 1,631 and in the Posttest it was slightly more grouped (consistent) which was 1,572. The Pretest has a positive score (0.390), while the Posttest has a negative score (-0.543). Descriptive data shows a steady improvement in performance from the Pretest to the Posttest stage. Statistically, the increase in average values accompanied by a tighter distribution of data proves that the interventions carried out have the same positive impact on all study subjects.

Table 3. Normality Test

Variabel	Shapiro layu	Let's say.	sig	a	Note	sig
Prates	.294*	20	.200*	0.05	Normal	.294
Posttest	.304*	20	.200*	0.05	Normal	.304

The Pretest data has a p value of 0.294 > 0.05, so the distribution of pretest data is declared normal. The posttest data has a p value of 0.304 > 0.05, so the distribution of posttest data is also declared normal. This is also supported by the Kolmogorov-Smirnov test which shows a significance value of 0.200 (greater than 0.05).

Table 4. Homogeneity Test Results

Statistics	df1	DF2	Let's say.	Note
Lavene	3	13	0.864	Homogenites

The results of Data Analysis based on the Levene test that has been carried out, it was found that the significance value (Sig.) is 0.864. This figure indicates a value that far exceeds the standard threshold of 0.05. Thus, it can be statistically stated that the variance of the data on the player's kick accuracy skill variable is homogeneous.

Table 5. Paired Sample Statistics

	Means	N	Sttd Deviation		Remarks
Prates	2.65	20	1.631	.365	Initial value of kick accuracy
Posttest	6.05	20	1.572	.352	Experiencing improvement

Based on the statistical tests that have been carried out, it was found that the average shooting accuracy of the players increased significantly from 2.65 (before the targeted training) to 6.05. The results of the t-test showed a Sig. (2-tailed) value of 0.000 < 0.05, which means that there is a very significant difference between before and after the treatment, The decrease in the standard deviation value shows that the kick accuracy ability of the Bina Muda players becomes more even after following the program exercise. Targeted Shooting Practice has proven to be very effective in improving the kick accuracy of Bina Muda football players. The increase in the average score from 2.65 to 6.05 shows that this intervention not only provides numerical changes, but also noticeably improves the technical quality of the players on the pitch. (Delika, 2021).

The results of the study on "The Effectiveness of Targeted Shooting Exercises in Increasing Accuracy" Theoretically, the effectiveness of this exercise is in line with the concept of Motor Learning which states that the use of visual targets serves as an external guide for players to regulate the coordination of their movements. These findings are supported by (An & Wulf, 2024), which explains that training using physical targets provides Knowledge of Results instantly, so that players can instantly evaluate the Technique. Several empirical studies reinforce these findings. For example, research by An & Wulf (2024) showed that participants who were directed to focus on external targets in exercise improved shot accuracy and motivation as well as confidence in motor skills retention tests compared to those who focused on body movements alone.

In addition, another study reported that external focus instruction significantly improved motor performance outcomes compared to internal focus (FC & Hariyanto, n.d.). Another study on futsal also found that target training significantly improved players' shot accuracy scores after treatment, with a considerable percentage increase in accuracy, confirming that visual targets can be an effective training stimulus (Buya et al., 2021).

Kicks on "Bina Muda" Football Players show a significant increase in ability. Descriptively, the player's kick accuracy before being given treatment (pretest) was at an average value of 2.65, but after being given targeted shooting training program (posttest), the average score jumped sharply to 6.05. This increase in score of 3.40 points shows that the training interventions provided have a positive impact on the performance of players on the field. The decrease in the standard deviation value from 1,631 to 1,572 in this study shows that the accuracy ability of Bina Muda players has become more even and consistent. This is in line with research journals (Novan et al., 2024) which states that structured and repetitive training programs are effective in narrowing the ability gap between athletes in teams. This shows that the use of visual targets directly provides knowledge of the outcome (KR) or instant feedback to the player, so that they can immediately correct technical errors and improve the direction and power of the kick on subsequent attempts (Amalia & Lestari, 2025).

Before the hypothesis test was carried out, the data had gone through a prerequisite test analysis to ensure the validity of the research results. Based on the Shapiro-Wilk normality test, the significance value for the pretest was 0.294 and the posttest was 0.304. Since both values are greater than 0.05, the data is declared to be distributed normally. Furthermore, the Levene homogeneity test showed a significance value of 0.864, Theoretically, this increase in kick accuracy occurred because target-based shooting drills provide a more specific visual focus than shooting drills towards the goal in general, so that players obtain knowledge of results (KR) directly and able to correct technical errors on each repetition of the exercise (Djaka Samudra, 2024)

The culmination of this data analysis is the effectiveness test using the Paired Samples T-Test. The test results showed a Sig. (2-tailed) value of 0.000 with a t-calculated value of -11.855. Since the significance value is less than 0.05, the null hypothesis (H_0) is rejected and the alternative hypothesis (H_a) is accepted. Theoretically, this increase occurs because targeted training provides a more specific visual focus for young players rather than just kicking towards goal in general. Repetition on a given target forms better muscle memory, reflected in the standard deviation value that decreases from 1.631 to 1.572 which indicates that the player's ability to be more stable and even. Thus, it can be concluded that the training method Targeted shooting very effective in improving kick accuracy in Bina Muda football

players. In addition, the repetition of movements on specific targets plays a role in the formation of better motor memory and improved movement control, which is indicated by the decrease in the standard deviation value from 1.631 to 1.572 as an indicator of increased consistency and evenness of the player's abilities (Zhou et al., 2021).

CONCLUSION

Based on the results of the data analysis and discussions that have been presented, it can be concluded that the application of the targeted shooting training method has proven to be effective. Based on the results of data analysis and discussions that have been conducted, it can be concluded that the application of targeted shooting training methods shows real effectiveness. This is shown by the difference in performance quality between before and after treatment, where the ability to shoot the ball towards goal has been consistently improved in all study subjects.

The success of this training program is based on the fulfillment of scientific requirements in statistical testing, which confirms that changes in player performance are not a factor of chance, but rather a direct impact of structured training. The decrease in score variation in the final result also reflects that this exercise not only improves some of the individual's abilities, but is also able to even out the technical quality of all players in the team.

Technically, the effectiveness of this exercise is affected by the use of visual targets that force the player to increase focus and concentration when making kicks. This helps players in correcting movement coordination independently through feedback on the results received directly. Thus, targeted shooting training can be a reference for reliable training methods for coaches in an effort to optimize the sharpness of the attack and the accuracy of the kick of the target age athletes.

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