

**Analysis of Basic Shooting Techniques in the Game Futsal Club Smansa Cosmo****Irwansyah Arsin<sup>1✉</sup>, Rachmat Hidayat<sup>2✉</sup>, Hadi Pajarianto<sup>3✉</sup>, A. Heri Riswanto<sup>4✉</sup>**

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**Article History**

Received May 2023

Accepted June 2023

Published Vol.12 No.(2) 2023

**Keywords:**

Skill; Shooting; Futsal

**Abstract**

The purpose of the study was how big the skill level of basic shooting techniques in the futsal game of the high school Cosmo club. The type of research in this study is a type of descriptive research with quantitative data analysis. The research site is Grand Futsal on Radda road, Belopa District, Luwu Regency. The research will be conducted in February 2023. The population is all high school Cosmo futsal athletes totaling 20 people. The sampling technique is saturated sampling, where all members of the population will be used as samples in the study. The research instrument is a skill test of basic shooting techniques in futsal games. The research data will be analyzed using descriptive percentages with the help of SPSS program version 23.00. The results showed that the basic shooting technique skills in the high school Cosmo club futsal game were in the medium category of 65%. The results showed that the basic shooting technique skills in the high school Cosmo club futsal game were in the medium category of 65%. The conclusion is that futsal extracurricular activities at high school Cosmo have not received strong attention from students to actively participate in futsal extracurricular activities.

**How to Cite**

Arsin, I., Hidayat, R., Pajarianto, H., & Riswanto, A. H. (2023). Analysis of Basic Shooting Techniques in the Game Futsal Club Smansa Cosmo. *Journal of Physical Education, Sport, Health and Recreation*, 12 (2), 160-166.

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p-ISSN 2460-724X

e-ISSN 2252-6773

## INTRODUCTION

Sport is a form of human movement behavior carried out specifically in sports that have various directions and goals so that sports are phenomena that are relevant to social life for each person (Mahfud & Fahrizqi, 2020). Exercise is one of the important aspects in forming a healthy and fit body (Pane, 2015). Exercise is the right strategy to form a healthy physique, Islam views health is very important because it is one of the main factors that can affect fitness and body appearance (Salahudin and Rusdin 2020). Sport is a form of body movement or physical activity that is planned and structured that involves repetitive body movements and is intended to be able to maintain, improve, and balance physical, spiritual health and increase a sense of community and competitiveness between people (Syahputra & Hasibuan, 2020). Sport is one form of effort to improve human quality directed at the formation of character and personality (Nurhadi, 2019). Sports can form people who are physically and spiritually healthy and have a disciplined character and in the end will form quality humans (Soemardiawan & Yundarwati, 2018).

Sport is a systematic process in the form of all activities or efforts that can be done with a clear goal (Nababan, 2022). Sports are one of the physical and spiritual activities carried out by individuals and groups (Rahmadiani et al., 2019). Sport is currently essential not only for improving the quality of life but also for increasing the achievement of a country (Akmal et al., 2023). Sport is an activity needed by the body that can be done anywhere and anytime, but it would be better if sports activities are carried out by utilizing appropriate facilities and are available (Al'ahsan & Muldan, 2021). Sport is one of the many activities carried out by humans, human motivations to do it also vary (Nurkadri, 2014). Sport is a means, not only in Indonesia in other countries everyone takes the time to do physical activities, it is proven that exercise has also become a lifestyle to lead a healthy life (Saleh & Martiani, 2020).

Smansa Cosmo is one of the futsal clubs located at high school 1 Luwu located in Luwu Regency. This club was formed in 2017 by Kanda Yayat as the founder. The membership of this club only includes students of high school 1 Luwu. The organizational structure of this club is Kanda yayat as chairman, Allu as vice chairman and Ismail Syamsuddin as coach. Over time, this club has often participated in tournaments inside and outside the district and not infrequently this club gets champions. Various achievements were also recorded by this club starting from its establishment until now.

Futsal is a sport that has a lot of interest by the community, because this sport can be played in all levels of society both upper and lower classes (Prabowo & Banat, 2021). Futsal is a game that is played with high intensity, with speed and requires quick and efficient decision making (Kusuma, 2019). Futsal is a team invasion game activity played five against five people in a certain duration of time (Festiawan, 2020). Futsal is a ball game with speed. The key point is ball feeling. That is, how does it feel when touching the ball with the foot (Hartani et al., 2022). Futsal is an invasion game activity (invasion games) played five against five people in a certain duration of time played on the field, goal, and ball relatively smaller than a football game that requires moving speed, fun and safe to play and the winning team is the team that scores more goals against its opponent (Nurhadi, 2019).

Futsal sports games are played by two teams or teams of 5 players each, one of which is the goalkeeper. Almost all children and adolescents have done futsal because futsal is able to develop their talents to achieve achievements (Doewes et al., 2023). Futsal is one of the sports games that demands high physical abilities in the game with very complex movements when in futsal games (Himawan et al., 2022). Basic technique is an ability to understand basic movements related to exercises, movement experiences and learning processes that are carried out simply (Srinivasan, 2014). Futsal is a soccer sport whose game is carried out indoors whose type of game is not much different from soccer (Nugraha & Ismawati, 2019). The futsal game requires its players to be taught to play with very fast ball circulation, attack and defense and also game circulation without the ball or proper timing. A player must also have good physical, mental and playing technique (Lhaksana, 2011). Futsal or which in Spanish is *futbol sala*, means indoor football. Futsal is synonymous with team vs team games where each competing team must have 5 people consisting of 1 goalkeeper and 4 players (Fadhilurrahman et al., 2020).

Futsal games are very fun games and very nice to see, in this case futsal games are very popular with all people (Alfindana et al., 2020). Futsal is a team game that is played and fights for the ball between players with the aim of being able to put the ball into the opponent's goal. The winner is the team that can score or put the ball in the opponent's goal more than in their own goal (Dhialulhaq, 2019). Futsal is a game similar to football that is only played by 5 (five) players from two different teams whose main goal is to enter or score as many goals as possible against the opponent with the aim of getting victory (Fernando et al., 2016). Futsal is a ball game played by two teams, each team of five people with

the aim of putting the ball into the opponent's goal, with ball and foot manipulation (Utomo, 2017). Futsal is a very popular sport in Indonesia, as evidenced by the many international and national standard Futsal field rental services, both in urban and rural areas. The futsal game has so far grown rapidly with many championships held between students both from sub-districts, to nationals (Yunita et al., 2023).

Futsal is a ball game played by two teams, each of which consists of five people. The goal of the futsal game is to put the ball into the opponent's goal, by manipulating the ball with the foot (Wahyudi et al., 2020). Futsal game is a game that has one goal, which is to become a winner by scoring goals and trying to prevent opponents from scoring goals in a way that is in accordance with the rules of the game (Siswanti et al., 2020). Futsal is a ball game played by two teams of five people each. The goal is to put the ball into the goal by manipulating the ball with the feet. In addition to the five main players, each squad is allowed to have a reserve player (Hidayat & Rusdiana, 2014). Futsal is a ball game played by two teams of five people each. The goal is to put the ball into the goal by manipulating the ball with the feet. In addition to the five main players, each squad is allowed to have a reserve player (Syafaruddin, 2019). Futsal is a ball game played by two teams of five people each (Hidayat & Riswanto, 2021). Futsal is an interesting and dynamic sport, this is because of the small size of the field, during the futsal game the ball always rolls quickly from foot to foot (Ginting et al., 2019).

Futsal is played by 5 members of each team and is allowed to have substitute players. Futsal is played with a relatively small ball as well as the weight of a soccer ball (Purnomo & Irawan, 201). The purpose of futsal is to manipulate the ball and feet to put the ball into the opponent's goal (Nosa et al., 2019). Futsal is a ball game played by two opposing groups where each team consists of 5 core players and 7 reserve players who aim to put the ball into the opponent's goal (Hakim et al., 2021). Futsal is a football game that is done indoors (Erfandy et al., 2015). Futsal is a very complex sport that requires excellent technique as well as game strategy. Similarly, in terms of physical aspect abilities. Futsal differs significantly from other sports in several ways (Hidayat et al., 2021). Futsal game is a sport that uses a large ball done in teams, played all limbs except hands only for goalkeepers or throw-ins (Tanjung & Supriadi, 2022). Futsal is a ball game that is carried out indoors. Although in understanding, futsal is a ball game played in a closed room, this game can be done in an open room (Dedi, 2019).

The technical skills referred to here are the ability to perform movements in a sport from the

simplest skill movements to difficult movements, including deceptive movements that become that sport (Hidayat & Riswanto, 2021). Skills are the ability to complete tasks can also be the ability to move with a certain level (Dhiaulhaq, 2019). Futsal players must master shooting skills well and accurately under the pressure of the game and limited time, tight space, tired physique and also guard from opponents. Shooting is a basic technique that must be mastered by all futsal players, this method is a way to score goals (Holidz, et al. 2022). Shooting is a kick towards the goal. This technique seems easy but it actually takes concentration and target accuracy so that the shooting we do becomes a goal (Hartani, 2022).

Shooting is the most important technique in futsal games, this is because goals are created from shooting ability, the more you put the ball into the opponent's goal, the greater the chance to win the match (Himawan et al., 2022). Shooting is one of the individual abilities in the game of football with the aim of putting the ball into the goal. The basic technique of kicking the ball with a full turtle foot is commonly used by soccer players with the aim of putting the ball into the goal post (Utomo, 2017). Shooting is one technique that players always use to score as many goals as possible against the opponent. Every player in shooting must always be improved in order to produce goals to win the match (Saleh & Martiani, 2020).

Shooting is the ability of a person to kick towards the target seen and hit the target at a certain throwing distance (Dedi, 2019). Shooting is a shot towards the goal. The shooting technique seems easy but actually it takes concentration and target determination so that the shooting we do becomes a goal (Nurhadi, 2019). Shooting techniques in futsal games are movements that require strength and speed the movement must be hard, fast and as strong as possible to put the ball into the opponent's goal (Herlambang et al., 2023). Shooting is a kick towards the goal to create a goal. This basic Futsal technique has the characteristics of a very fast and hard ball pace and is difficult to anticipate by opponents or goalkeepers. However, a good shooting technique must combine strength and accuracy (Somardiawan & Yundarwati, 2018).

The results of observations made at the futsal club in Luwu Regency, precisely the high school Cosmo futsal club, from the results of an interview with coach high school Cosmo on behalf of Ismail Samsuddin that the low shooting skills possessed by futsal athletes. During training and matches, the obstacle is the shooting technique. The ball that is kicked is not on target or does not lead to the goal, the kick bounces up the goal and the lack of strength

or power possessed by futsal athletes in kicking the ball. In addition, high school Cosmo still failed to carry out its main shooting movement in the match.

From the observations, the formulation of the problem is how much basic shooting technique skills in the high school Cosmo club futsal game. Previous research (Tri Atmojo & Bulqini, 2019) Shooting technique is also important in playing futsal because it has the goal of creating a goal. To be able to create a goal, a player must be able to shoot accurately. The purpose of the study was to find out how big the basic shooting technique skills in the high school Cosmo club futsal game.

**METHODS**

The type of research in this study is a type of descriptive research with quantitative data analysis. Descriptive research according to (Sugiyono, 2016) is research conducted to determine the existence of independent variable values, either one or more variables (independent) without making comparisons or connecting with other variables. The procedure in this research method is to analyze the basic shooting technique skills of the Smansa Cosmo futsal team.

The research site is Grand Futsal on Radda road, Belopa District, Luwu Regency. The research will be conducted in February 2023. The population is all high school Cosmo futsal athletes totaling 20 people. The sampling technique is saturated sampling, where all members of the population will be used as samples in the study. The research instrument is a skill test of basic shooting techniques in futsal games. The research data will be analyzed using descriptive percentages with the help of SPSS program version 23.00.

**RESULTS AND DISCUSSION**

The variable of this study is a single variable, namely basic shooting technique skills in the Smansa Cosmo club futsal game. The research data was obtained from Smansa Cosmo students who were used as samples in the study. Data on basic shooting technique skills before being analyzed and described, with the aim of facilitating the presentation of research. The results of descriptive analysis of data on basic shooting technique skills in the Smansa Cosmo club futsal game are as follows **Table 1**.

Based on the results **Table 1**. of descriptive analysis of basic shooting technique skill data in the Smansa Cosmo club futsal game, a mean value of 10 was obtained, std value. The deviation is 2.618, the variance is 6.853, the range is 12, the minimum value is 5, the maximum value is 17 and the sum value is 206.

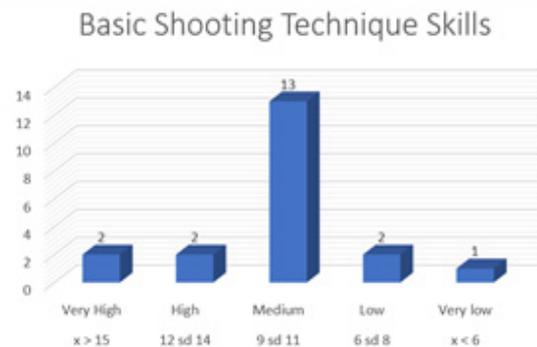
**Table 1.** Results of descriptive analysis of basic shooting technique skills

N	20
Mean	10,30
Median	10,00
Mode	10
Std. Deviasi	2,618
Variance	6,853
Range	12
Minimum	5
Maximun	17
Sum	206

**Table 2.** Frequency distribution of engineering skills Basic Shooting

Intervals	Frequency	Percentage	Categori
x > 15	2	10%	Very High
12 sd 14	2	10%	High
9 sd 11	13	65%	Medium
6 sd 8	2	10%	Low
x < 6	1	5%	Very low
Total	20	100%	

Based on the frequency distribution **Table 2**. basic shooting technique skills are in the "very high" category with a percentage of 10% (2 people), the "high" category with a percentage of 10% (2 people), the "medium" category with a percentage of 65% (13 people), the "low" category with a percentage of 10% (2 people), and the "very low" category with a percentage of 5% (1 person). Based on the average score of 10.30, the skill level of basic shooting techniques in the futsal game of the Smansa Cosmo club is in the "medium" category.



**Figure 1.** Histogram of Basic Shooting Technique Skills

Based on the histogram of basic shooting technique skills in futsal games **Figure 1**. Smansa Cosmo clubs are in the "medium" category. From the results of the research carried out, it is necessary to conduct a thorough evaluation at the Smansa Cosmo futsal club that the importance of coaching

through extracurricular activities on an ongoing basis, Scheduled and regular training so that it can improve futsal playing skills, especially in shooting precisely and accurately.

The basic skills of playing futsal that each individual has are different. The level of technique also varies, some are very good, good, medium, and less. For example, the passing ability of the training participants of high school 5 Sinjai is very good because the school already has a training schedule that has been prepared so that the ability of futsal players at high school 5 Sinjai is very good, this is evidenced by frequent champions in various student-level events, therefore it can be concluded that the level of ability to play futsal at high school 5 Sinjai is good (Dhiaulhaq, 2019). With mastery of shooting on target techniques, you can master the match, besides that to achieve victory, effectiveness is needed in converting from ball possession to shooting opportunities. So the more effective you are in playing and the more you are able to take advantage of the momentum to shoot, the more chances you can create goals. In the case of shooting techniques, the effectiveness of the technique depends on the shooting distance carried out (Siswanti et al., 2020).

Shooting technique is very important for every player. However, based on the data analysis obtained, shooting techniques are rarely done in the game, players more often direct to the second post to create goals, so there is no need for hard shooting techniques (Made & Wijaya, 2021). To be able to play futsal well, a player must be equipped with good basic skills / techniques, not only can kick the ball but also requires expertise in controlling or controlling the ball (Fernando et al., 2016).

The results of measuring basic futsal playing skills can be affected by less seriousness in conducting tests and having fewer playing hours in participating in competitions or championships (Wibawa, 2020). The author hopes that technical coaches can concentrate on practicing techniques that can affect ball speed. So that athletes are able to maximize their ability to perform shooting kick techniques (Hidayat & Rusdiana, 2014). Shooting accuracy can affect the outcome of the shot, and of course, it will be very profitable and make it easier to score goals against the opponent's goal (Akmal et al., 2023).

These extracurricular participants when shooting in futsal games will try to achieve maximum shooting scores. From this, it can also be concluded that the level of concentration of students contributes positively to the success of getting a good shooting score (Utomo, 2017). To be able to play futsal well a player must be equipped with good basic skills or techniques, not only can shoot the ball but also requires expertise in mastering or

controlling the ball (Hidayat & Riswanto, 2021). In the application of shooting learning, it is necessary to have a learning model that is able to provide learning experiences that can improve the ability to shoot on target (Al'ahsan & Muldan, 2021). Scoring success is determined by several determining factors. First is the ability of a person to shoot strongly and precisely using both curly or right legs. Second, qualities such as anticipation, steadiness, and power under the pressure of opponents (Saleh & Martiani, 2020).

## CONCLUSION

The results showed that the basic shooting technique skills in the Smansa Cosmo club futsal game were in the medium category of 65%. These results show that futsal extracurricular activities at Smansa Cosmo have not received strong attention from students to actively participate in futsal extracurricular activities.

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