

**Football Shooting Accuracy at Olang Soccer School: Target Training****Jefri<sup>1</sup>✉, Rachmat Hidayat<sup>2</sup>✉, Hadi Pajarianto<sup>3</sup>✉, A. Heri Riswanto<sup>4</sup>✉**

Pendidikan Jasmani, Fakultas Keguruan dan Ilmu Pendidikan, Universitas Muhammadiyah Palopo,

Jl. Jenderal Sudirman, Kota Palopo, Indonesia<sup>1,2,4</sup>

Pendidikan Guru Paud, Fakultas Keguruan dan Ilmu Pendidikan, Universitas Muhammadiyah Palopo, Jl.

Jenderal Sudirman, Kota Palopo, Indonesia<sup>3</sup>**Article History**

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**Abstract**

The purpose of the study was to determine the effect of target training on football shooting accuracy at Olang Soccer School. The method used in this study is an experimental method. The population in this study was 50 Olang Soccer School athletes. Sampling using purposive sampling with certain considerations by the researcher. The study sample was determined based on the level of the age group of 15 to 17 years which amounted to 20 people. Test instruments carried out to measure shooting accuracy are target training Goaling, Sleigh Shooting, Bolbal Shoot. The data analysis techniques used are descriptive analysis, normality test, paired sample t-test using the SPSS application program version 23.00. The results of the study were the value of  $t = \text{count of } 10.018 > t = \text{table } 2.086$  and the results of sig. (2-tailed) which is  $0.000 < 0.05$ . The conclusion is that there is a significant effect of target training on the shooting accuracy of Olang Soccer Scholl.

**How to Cite**

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✉ Correspondence address :

E-mail: [jefri@student.umpalopo.ac.id](mailto:jefri@student.umpalopo.ac.id),  
[rachmathidayat@umpalopo.ac.id](mailto:rachmathidayat@umpalopo.ac.id),  
[hadipajarianto@umpalopo.ac.id](mailto:hadipajarianto@umpalopo.ac.id),  
[andiheriswanto@umpalopo.ac.id](mailto:andiheriswanto@umpalopo.ac.id)p-ISSN 2460-724X  
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## INTRODUCTION

Sport is an activity that is much favored by all levels of society today sports are widely carried out to channel hobbies, maintain a healthy body, rehabilitation, to as achievements (Raharjo, 2018). Sport is a form of planned and structured physical activity that involves repetitive body movements and is aimed at improving physical fitness (Dhimas Dwi Prasetyo, et al. 2020). Sports are very popular with humans today, both children, adults, and the elderly. In addition to maintaining fitness, fitness, and fun, there is a wide variety of sports. to pursue, with football being one of the most popular in Indonesia (Wibisono & Wahadi, 2022).

Sport is all systematic activities to encourage, foster, and develop physical, spiritual, and social potential (Cahya & Pradifta, 2021). Sport is something of the most important activity in life that can have a positive life impact in other activities, with exercise the body will be healthy, fresh and fit and in being able to do strenuous activities, with exercise humans are not easily sick in carrying out daily activities (Dhimas, et al. 2021). Sport is one activity that can improve the quality of individual health and prevent various diseases, making the body feel healthier and fitter (Siti Marwe, et al. 2022).

In 2021, a football school called Olang Soccer School was formed which is located in Olang village, South Ponrang District, Luwu Regency. Olang Soccer School it self was formed by Akmal more fully on December 12, 2021. The formation of this football school is because many children come to the field to play football without the coach and the purpose of playing is not only that many from the community of Olang Village strongly support their children to play football, besides that another purpose of the formation of this football school is to nurture early childhood children to become the future of the nation in achievement, The organizational structure of Olang Soccer School includes coaches on behalf of Sudirman, managers on behalf of Dahan SH., MH, Secretary Muh. Arfan Destiny, treasurer Putri Multasam Destiny and head coach Taufik Miming S.Pd.

In Indonesia, football is one of the many sports that are fostered and developed, this development is marked by the birth of associations or clubs and football schools in various regions in the country, not only in cities but have spread to village (Oktayona 2020). The game of soccer is a team game that has the aim of putting as many balls as possible into the opponent's goal and defending their own goal so as not to concede the ball and the group that puts the most balls in comes out as winners (A. Rizki, et al. 2021).

Football is the most popular team game in the world and has even become a national game in every country in the world Compared to other sports, football has its own charm (Sandika, 2021). The game of football was first played by the British people but the development of this age sport has been able to develop and popularize (Sarwita et al. 2021). Football is a branch that has been popular and has been popular among people throughout Indonesia (Hidayat 2019). Football is one of the most popular sports in all levels of Indonesian society, from children to adults, especially men (Kahar 2022).

Shooting accuracy is the ability of a person to direct the ball in a position and direction that suits the situation faced or desired (Bimo Prasetyo, et al. 2019). Shooting accuracy is the ability to direct something to the intended target, the target can be an object that is subjected (Anam, et al. 2021). Shooting is a kick towards the goal to create a goal, shooting has the characteristics of a very fast and hard ball pace and is difficult to anticipate by the goalkeeper (Ramadhan 2021). Shooting is the hard effort of attacking athletes to put the ball into the opponent's goal to score a goal so as to achieve a point for the team's victory (Arwandi et al, 2020).

Shooting is a hard shot that leads to the opponent's goal using the instep. The goal of the game of football is to score goals, then football players must make good shots (Marzuki et al. 2022). Shooting is to put the ball into the opponent's goal without using hands or arms (Utama & Widodo 2021). Shooting is a movement where the normal body position relaxes with one foot in front of the other leg, when it will be worn on the ball immediately the hand is opened wide and also the other arm is behind in an outstretched state (Zubaidin et al. 2021). "Shooting or shooting is one way to enter the ball or create a goal against the opponent by using the feet as the subject of motion" (Nurwiyandi & Dedi 2019).

Training is one of the most important processes that is repeatedly carried out and in order to increase the potential of athletes in achieving athlete achievements maximal in competitions or competitions (Munali et al., 2021). Exercise is a systematic process over a long time, to improve one's physical abilities by adhering to the principle of exercise to achieve targets or goals that have been set (Satria 2018). Training is a systematic training process that is carried out repeatedly and the number of training loads increases. In order for performance to improve, training must be guided by correct and universally accepted theories and principles of practice (Wahyuri et al, 2019).

Training is an activity to improve the quality of function of human organ systems so as to

facilitate athletes in perfecting their movements (Deplika 2021). Exercise is one way to improve and develop our ability to do sports activities (Jhyo Frayogha 2019). Exercise can be defined as a systematic participation in exercise aimed at improving the physical functional capacity and endurance of exercise. Exercise is a process of repetition of physical activities that are arranged systematically with an increased load in the form of stimuli (stimulus) which can later be adapted by the body through a scientific approach based on the principle of exercise to improve physical quality, functional ability of the body, and psychological quality (Al Bhaikhaqy et al. 2022).

Target relates to a specific target or object (Ramadhany, 2020). Target is a target or a certain object that has been determined in an exercise (Sumarna, 2021). Target relates to the object or goal to be achieved (Buya et al. 2021). Target is a game where the player will get a score if the ball or other similar projectile either thrown or hit purposefully reaches a predetermined target and the less to get hit or treatment towards the target the better (Sarwita et al. 2021). Target is one of the classifications of game forms that focus on game activities that require accuracy, high accuracy in obtaining practice values (Anam, et al. 2021). Target training is training when a ball or similar projectile is hit in a kick or thrown purposefully by hitting a specified target and the fewer strokes towards the target are better so that the player will get a score (Setiawan et al. 2022). Target games are games that demand concentration, calmness, focus, and high accuracy in the game (Wardana 2017).

The results of an interview conducted with Taufik Miming, S.Pd. as the head coach of Olang Soccer School said that his members or all his students aged 15 to 17 years during the matches they participated in, they often lost without creating a goal, with so many chances created in front of the opponent's goal, sometimes they won the match with a narrow score only able to score 1-2 points, Not infrequently they also lose matches with penalty shootout drama and that often happens because there are no goals created in normal playing time. The lack of shooting on target is why they often lose in penalty shootouts or win matches with a narrow score but not only that the coach said that they often attack and control the game but they are unable to put the ball into the opponent's goal, Often they are able to create shooting opportunities against the opponent with 10-15 shots of and on target that average their shots or their shots aim right at the goalkeeper and deviate far from the goal so that none of the goals occur, lack of precise shooting accuracy so that it is difficult to create a goal.

Previous research (Zubaidin et al. 2021). Suggesting that there are many forms of training that can make the ability to kick into the goal increase or have the right shooting accuracy in the game of football, one of which is target training. Besides aiming to improve shooting accuracy capabilities, This form of exercise is used to avoid saturation in athletes in training with relatively the same form of exercise every training day. From the results of the above problems, researchers are interested in conducting research entitled Target training on football shooting accuracy at Olang Soccer School.

## METHODS

The method used in this study is an experimental method. Experimentation is a way to find causal relationships (casual relationships) between two factors deliberately caused by research by eliminating or reducing or eliminating distracting factors. Experiments are always conducted with the intention of examining the consequences of a treatment (Nurwiyandi 2019). The place of research is the football field of Olang village. The research will be conducted in February-March 2023. The variable consists of an independent variable (independent) which is target practice and a dependent variable (dependent) which is shooting accuracy. In this study, researchers used a pre-test and post-test one group research design **Figure 1**.



**Figure 1.** Research Design

In this design, the test was carried out twice, namely before and after the experimental treatment. The test done before getting treatment is called a pretest. Pretest is given to experimental athletes (O<sub>1</sub>) after a pretest, given treatment in the form of target training Goaling, Giring shooting, Botbal shoot (X), in the last stage given posttest (O<sub>2</sub>).

The population in this study was 50 Olang Soccer School athletes. Sampling using purposive sampling with certain considerations by the researcher. The study sample was determined based on the level of the age group of 15 to 17 years which amounted to 20 people. Test instruments carried out to measure shooting accuracy are target training Goaling, Giring Shooting, Bolbal Shoot using the target of a ball hung in each upper corner of the goal post and placed under the corner of the goal post (Akhbar 2017). In this exercise there are targets or targets placed at various ends of the goal post. The distance of a kicker from the target is 16 meters and then the ball kicked against the target will get points

and not get points if it does not reach the target. The kicker kicks 3 repetitions in each target exercise given.

When the whistle sounded, the player holding the ball gave a pass to the player who would make a shot at a distance of 16 meters at the target and was done 3 times then alternated with other players (Dedi 2019). The data analysis techniques used are descriptive analysis, normality test, paired sample t-test using the SPSS application program version 23.00.

**RESULTS AND DISCUSSION**

The study was conducted for 1 month in one week 3x meetings in the field of Olang village involving 20 Olang Soccer School athletes. The pretest is taken on February 13, 2023 and the post-test or final test on March 24, 2023, while the practice process is carried out on February 14, 2023 to March 22, 2023. The results of data processing of initial tests and final tests in research are presented in the form of tables as follows **Table 1.**

**Table 1.** Results of Descriptive Data Analysis

	Pretest Shooting Accuracy	Posttest Shooting Accuracy
Mean	9,30	12,25
Median	9,00	12,50
SD	2,155	2,403
Range	10	10
Minimum	4	8
Maximum	14	18

From **Table 1.** it is known that the shooting accuracy pretest with a mean value of 9.30, a median value of 9.00, a standard deviation value of 2.155, a range value of 10, a minimum value of 4, a maximum value of 14. Posttest shooting accuracy with a mean value of 12.25, a median value of 12.50, a standard deviation value of 2.403, a range value of 10, a minimum value of 8, a maximum value of 18.

The Normality Test is performed to test whether the variables are normally distributed or not. This normality test uses SPSS 23. To find out whether the data is normal or not, if the sig is > 0.05, it is normal and if it is < 0.05, it can be said to be abnormal. The calculation results are obtained in the following **Table 2.**

Based on **Table 2.** of the normality test results of the significant value of the shooting accuracy pretest with a Shapiro-Wilk value of 0.962 and a significant level of 0.593 greater than  $\alpha$  0.05, it can be said that the distribution of the shooting accuracy pretest is following the normal distribution or nor-

mal distribution. While the posttest of ball shooting accuracy with a Shapiro-Wilk value of 0.961 and a significant level of 0.574 is greater than  $\alpha$  0.05, it can be said that the posttest distribution of shooting accuracy is to follow the normal spread or normal distribution.

**Table 2.** Normality Test Results

Variable	Shapiro-Wilk	Sig.	$\alpha$	Info
Pretest Shooting Accuracy	0,962	0,593	0,05	Usual
Posttest Shooting Accuracy	0,961	0,574	0,05	Usual

The homogeneity test is carried out to determine the similarity of variances or to test that the data obtained come from a homogeneous population. The decision-making criterion is accepted when the significant value is greater than 0.05.

**Table 3.** Homogeneity Test Results

Lavene Statistic	df1	df2	Sig.	Info
0,241	1	38	0,626	Homogeneous

Based on **Table 3.** of the pretest and posttest homogeneity test results with a levane test of 0.241 with a significant value of 0.626, it is known that a significant value of 0.05 then the hypothesis states that the data are obtained from homogeneous samples received. The conclusion that can be drawn is that pretest and posttest data have a homogeneous population.

The T test in this study used a paired sample T test to determine the effect of target training on the shooting accuracy of Olang Soccer Scholl. The results of the paired sample T test can be seen as follows **Table 4.**

**Table 4.** Paired T Test Results

Variable	N	T-Count	T-Table	Sig. (2-tailed)
Pretest Shooting Accuracy Posttest Shooting Accuracy	20	10,018	2,086	0,000

Judging from **Table 4.** above, it can be concluded that the value of  $t = \text{calculate by } 10.018$  the value is greater than  $t = \text{table } 2.086$  or  $t = \text{calculate by } 10.018 > t = \text{table } 2.086$  and sig results. (2-tailed) which is  $0.000 < 0.05$ . This means that there is a significant influence of target practice on the shooting accuracy of Olang Soccer Scholl.

To achieve better shooting accuracy, a practice is needed that can support the improvement of players' accuracy ability by providing target game

training (Gunawan & Nugraheni 2022). Athletes can shoot to grow confidence, because the shooting position is in accordance with the strength of the kick, the athlete can shoot better so that they are able to shoot precisely and in accordance with the desired target (Sumarna, Pardiman, and Khadafi 2021). Some things that must be considered in doing shooting accuracy are accuracy, the distance of the kick and the hardness of the kick, factors that can support these three things, namely technical training and special shooting training.

The target game method is a form of training that aims to encourage players to develop tactical awareness and decision-making skills in carrying out shooting accuracy (Suryadi, et al. 2021) Shooting practice in the form of a developed target game model can be an alternative for practitioners in an effort to improve shooting skills in football games, target practice is proven to have a significant influence on improving shooting accuracy in football games (Widodo 2021). With the practice of shooting to targets using this target game, it can measure shooting accuracy or can reduce the failure rate when shooting at the goal when in a football game (Yuniar, et al. 2019).

Target games are suitable exercises for players because this game is a fun exercise. When done repeatedly, it will strengthen concentration, accuracy, and calmness when shooting. Therefore, target games can improve shooting accuracy to be right on target (Muhammad Imroji Subki 2020). Very significant target training can be seen from the activities carried out in the target game there are several forms of training such as goaling, zig-zag goal and bol-bal shoot which can affect the level of athlete ability in shooting accuracy.

This can be seen from the purpose of each form of target game training where the form of goaling training aims so that players can understand the accuracy of shooting first, zigzag goal this form of training players pass through cones arranged zigzag first before shooting and bolbal shoot the purpose of this form of training, That is so that players can shoot after getting passes from friends either from the side or back and the target game does not saturate athletes when training. The target game can be trained to shoot towards the target precisely (Anwari syahrul Naufal, et al. 2023).

Good shooting must certainly be supported by sharp and precise power and accuracy, considering that shooting is not useful if the player does not do it with the help of sharpness of mind or a good target so that target player practice is very influential in terms of precise shooting accuracy (Ayu Purnamasari S, et al. 2022). To produce good, precise and precise shooting accuracy skills, forms of

practice are needed so that the goal can be carried out properly, with the form of target practice (Husni & Irawadi 2019). Physical training is a top priority exercise in following a training program, but the addition of target training in shooting can be done well and athletes get a variety of training, one of which is good and precise shooting accuracy techniques (Prabu et al. 2022).

## CONCLUSION

The results of research conducted on Olang Soccer Scholl athletes with a total of 20 respondents showed that there was a significant influence of target training on shooting accuracy. It can be explained that target training as an alternative to determine the success of an Olang Soccer Scholl athlete in making shots on goal accurately.

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