Article

Effect of Shooting Variations on Shooting Results in Athletes Aged 14-17 Years at Garuda II Soccer School - Langkat Regency

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Abstract

This study aims to determine the effect of variations in shooting training on shooting results in athletes aged 14-17 years at Garuda II soccer school Langkat Regency in 2022. The problem that occurs in this study is the problem in the shooting process. The shooting process carried out by athletes is still monotonous and less varied. The exercises given by the coach are still few. the above occurs because it is caused by factors, namely the lack of variety of shooting exercises. The research method used is the experimental method. The sampling technique used is Purposive Sampling. The population in this study were 14 people and the number of athlete samples used was 10 people. This research was conducted for 6 weeks with a training frequency of 3 (three) times a week. Statistical calculations using the t-test. Hypothesis analysis using pre-test data and post-test data on the results of soccer shooting where the t-count analysis results obtained were 5. 231 then the value was compared with the ttable value with dk = n-1 (10-1 = 9) at a significant level α = 0.05 is 1.8331 thus t-count> ttable (5. 231> 1.8331). This means that Ho is rejected and Ha is accepted, it can be concluded that there is a significant influence of Shooting Exercise Variations on Shooting Results in Athletes aged 14-17 years at SSB Garuda II Langkat Regency Year 2022.

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INTRODUCTION

Football is favored by all levels of society both from the regional, national, and international levels where one of the age groups who like football is children either as

players or suporters (Zulfikar, 2015). Of the many soccer schools as a means of developing children's motor skills in North Sumatra, one of them is Garuda II soccer school at Langkat Regency. Garuda II soccer school has a pretty good achievement in terms of coaching football athletes aged 14-17 years.

Based on the results of observations made by researchers for 2 weeks, precisely on May 03 to 17, 2022, the details of the information obtained are that this club trains three times a week and the problems that researchers find occur when athletes shoot. The problem encountered is the monotonous form of shooting training with the ball staying in place and the lack of shooting training variations given by the coach to the players so that there are still many players who make mistakes when shooting. This is also reinforced by the results of the data obtained by researchers after testing the players' shots.

Dynamic shooting training is a varied exercise because it is done with the movement of passing the ball and moving places (Atmaja, 2017). This exercise is useful for improving shooting results in order to create goals in a soccer game, which is none other than the main factor in obtaining victory. Based on the description above, this research is aimed at improving the shooting ability of athletes so that players are able to master this technique and score goals into the goal for Garuda II soccer school at Langkat Regency.

METHODS

This research was conducted for six weeks with details of 18 meetings and a frequency of three times per week. The research sample amounted to ten soccer players through purposive sampling technique for determination. This type of research is an experiment with a one-group pre-test and post-test design. The shooting ability test was carried out through the use of the wall as a target (distance 13 meters) (Winarno, 2006). The opportunity to shoot the ball is given twice for each player and the highest score is the score chosen by the assessor. Then, the time record is observed and recorded by the assessor starting from the ball being kicked until it hits the wall. Data were analyzed through normality test and paired t-test (Sudjana, 2005).
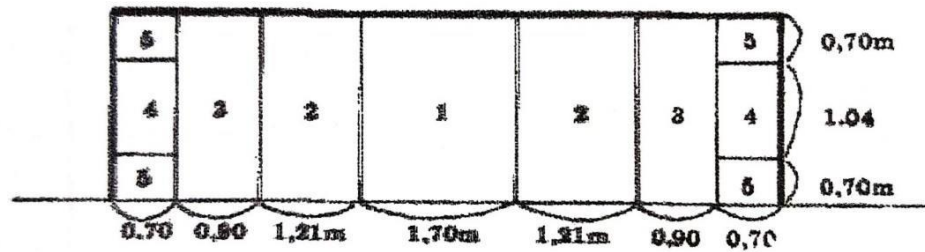
Fig. 1. Target Wall for Shooting

RESULT & DISCUSSION

Table 1. Description of Pre-Test Shooting Data

Sample	Shooting Test	Value	Time	Value	Average Value	Category
Sample 1	2	53	1.1	50	51.5	Medium
Sample 2	1	47	1.2	46	46.5	Medium
Sample 3	1	47	1.1	50	48.5	Medium
Sample 4	2	53	1	54	53.5	Fair
Sample 5	3	58	1	54	56	Fair
Sample 6	2	53	1.2	46	49.5	Medium
Sample 7	2	53	1.1	50	51.5	Medium
Sample 8	1	47	1.2	46	46.5	Medium
Sample 9	3	58	1	54	56	Medium
Sample 10	2	53	1.1	50	51.5	Medium

Based on the data above, the percentage of pre-test data on shooting results in athletes aged 14-17 years at SSB Garuda II Langkat Regency in 2022 that there is 0% in the category of very less, 0% in the category of less, 80% in the category of moderate, 20% in the category of sufficient and 0% in the good category. Then, the percentage of post-test data on shooting results obtained 0% with a very poor category, 0% with a poor category, 20% with a moderate category, 60% with a sufficient category and 10% with a good category.

Table 2. Description of Post Test Shooting Data

Sample	Shooting Test	Value	Time	Value	Average Value	Category
Sample 1	2	53	1	54	53.5	Fair
Sample 2	2	53	1.1	50	51.5	Medium
Sample 3	3	58	1	54	56	Fair
Sample 4	3	58	1	54	56	Fair
Sample 5	4	65	0.9	58	61.5	Good
Sample 6	2	53	1	54	53.5	Fair
Sample 7	3	58	1	54	56	Fair
Sample 8	1	47	1.1	50	48.5	Medium
Sample 9	4	65	0.9	58	61.5	Good
Sample 10	3	58	1.1	50	54	Fair

Testing the normality of the data using the Liliefors test. The pre-test data for shooting results obtained L-count 0.1536 and L-table 0.258 with a sample size of 10 and a significance level α 0.05. Because L-count < L-table, it can be concluded that the pre-test data comes from normally distributed data. Furthermore, the post-test data of shooting results obtained L-count 0.2216 and L-table 0.258 with a sample size of 10 and a significance level α 0.05. Because L-count < L-table, it can be concluded that the post-test data comes from normally distributed data.

Table 3. Data Normality Test Results

Test Data	Value Type	Value	L-Count	L-Tables	AlphaValue	Description
Pre-Test	Average Value	511	0.1536	0.258	0.05	Normal
	Standard Deviation	3.43				
Post Test	Average Value	522	0.2216	0.258	0.05	Normal
	Standard Deviation	4.04				

The results of the calculations carried out for hypothesis testing through paired t-tests obtained a t-count of 5.231. Then, the value is compared with the t-table value with a degree of freedom of 9 and a significant level of α 0.05, then the t-table is obtained as 1.8331. Thus, t-count > t-table (5.231 > 1.8331). This means that Ho is rejected and Ha is accepted and it can be concluded that there is a significant influence of variations in shooting training on the basic shooting ability of soccer players aged 14-17 years at Garuda II soccer school Langkat Regency (Al Mubarok & Sukoco, 2020; Atabaş & Yapıcı, 2018; Matondang & Tarmizi, 2017).

Shooting technique is a technique of kicking the ball hard and with good accuracy towards the goal which is done by the player to score and win the match. Every player, especially the attacking position, is required to have this ability so that control of the game during the match can be controlled and even won (Bayu Hardiyono, 2022; Koger, 2007). This shooting variation training program cannot only be done once to improve shooting ability but must be done systematically, structured and must be within the reach or monitoring of the coach (Girsang & Supriadi, 2021). In addition to one of these techniques, other techniques are no less important that must be mastered by soccer players to be able to play well in a team (Anam, 2013; Matondang & Tarmizi, 2017).

CONCLUSION

Based on the results of hypothesis testing and discussion of the research results, it can be concluded that there is a significant influence on the variety of shooting exercises on shooting results in athletes aged 14-17 years at Garuda II soccer school Langkat Regency in 2022.

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