



## Effect of Dribbling Training Method on Shooting Ability Football Games for Extracurricular Students at SMAN 03 Bengkulu City

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### Abstract

Extracurricular students of SMA N 03 Bengkulu City. This type of research uses a pre-experimental research design which is a development method from true experimental. This design does not have a control group. This study aims to determine whether there is an influence between the independent variables on the dependent variable, the population in this study is students who take extracurricular soccer, totaling 30 students and the sample used is total sampling of the entire population of the study. The data collection technique in this study used a shooting at the ball test, namely a test of kicking the ball from a certain place and with a certain foot with a predetermined target. correlational test, the result 0.98. Thus the contribution of Dribbling practice to shooting ability is 96.04%, after that, hypothesis testing is carried out using the t-test as follows: The hypothesis shows that t count is greater than t table. It means that there is a significant effect of Dribbling practice on Shooting ability.



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## INTRODUCTION

Indonesia is known as a country that has ethnic and cultural diversity and has a very dense population. This condition is a source of pride for the Indonesian people, but on the other hand, it can be a barrier to creating national unity and integrity so that the current national development is blocking obstacles. In response to this, sport can be used as a tool to unify the nation. This is stated in the RI Law Number 3 of 2005 (2007) concerning the National Sports System CHAPTER II Article 4 which states that "National sports are aimed at maintaining and improving health and fitness, achievement, human quality, instilling moral values and noble character, sportsmanship discipline, strengthen and foster the unity and integrity of the nation, strengthen national resilience and elevate the dignity and honor of the nation".

According to Bayu Insanistyo and Dian Pujianto (2018) Sport is a physical activity. In sports there are rules that must be obeyed by sports participants. In the language of sports it consists of two words, namely; sport and sport. Sport means to cultivate or make, body means physical. So sport can be said as the art of how to cultivate the body. Sport is a systematic art in cultivating the body to create physical, mental, and intellectual conditions for humans to be in harmony or balance through forms of physical activity that have been systematically arranged. Systematic physical activity is contained in the subjects of physical education and sports at school. Physical education is education through physical activity to develop the cognitive, affective, and psychomotor aspects of students (Nopiyanto & Raibowo, 2020). One of the sports contained in physical education in schools is soccer.

In football requires complete physical conditions in order to be able to

get higher achievements, in addition to mastery of technique, tactics and strategy. A player who wants to excel must have physical conditions such as; strength, endurance, muscular power, speed, coordination, flexibility, agility, balance, accuracy, and reaction (reaction) Ahmadi (2007). These components constitute a single unit that cannot be separated from each other, both in terms of improvement and maintenance.

Based on surveys and interviews on June 19, 2019 to soccer coaches for extracurricular students at SMAN 03 Bengkulu City, with the aim of knowing a problem faced by students in participating in extracurricular activities. Mentioning some of the problems faced, one of which is shooting techniques in soccer games, many students do not understand the basic techniques of good and correct shooting so that they become less than optimal when doing these techniques. These problems must be evaluated immediately, because evaluation will determine the progress of a program that has been implemented (Raibowo & Nopiyanto, 2020).

Based on the description above, it can be concluded that basic techniques, physical abilities, physical conditions and structured training greatly affect success when shooting. Extracurricular Students of SMAN 03 Bengkulu City.

## METHODS

This study uses a pre-experimental method which is a development method from true experimental. This design does not have a control group. This study aims to determine whether there is an influence between the independent variables (independent variables) and the dependent variable (dependent variables) Sugiyono (2012). The population in this study were 30 students who took extracurricular activities and the sample used was the total sampling of the entire population of the

study. The site of this research was carried out on the soccer field of SMA N 03 Bengkulu City. The variables used in this study were (independent variable) namely Dribbling exercise and (bound variable) i.e. shooting soccer. The instrument in this study was the shooting test at the ball Arsil (2010), a test of kicking the ball from a certain place and with a certain foot with a predetermined target. The data analysis technique of this research uses the correlation test which is used to find the relationship between two or more variables that are quantitative in nature, the relationship can occur because of a causal relationship.

## RESULT

Stated that the effect of the Dribbling training method on the ability to shoot soccer games in extracurricular students at SMA N 03 Bengkulu City. From the results of the data collected, the calculation shows that the  $t$  count is  $1,947 > t$  table  $1,699$ . It means that there is a significant effect of Dribbling practice on Shooting ability.

Furthermore, the hypothesis which states that there is an effect of the Dribbling exercise method on the shooting ability of soccer games in extracurricular students of SMA N 03 Bengkulu City, is accepted. Thus, students who get Dribbling training experience an increase in their shooting ability.

## DISCUSSION

The exercise which was carried out for 16 meetings proved successful at SMA NEGERI 03 Bengkulu City. That's because all the training programs that have been done in a planned and through the right stages. The results of this exercise have succeeded in increasing the accuracy of shooting soccer games, the term shooting or what is known as a shot to the

goal is an attempt to get the ball into the goal by using the foot or part of the foot. Lucbacher, (2012). In addition to shooting, this exercise also increases the strength or power of ball kicks for extracurricular students at SMAN 03 Bengkulu City. Kicking is one of the most dominant characteristics of the game of soccer. Players who have good kicking techniques will be able to play efficiently (Sukarman, 2018). To be able to shoot well, good leg muscle power is needed. Power is a combination of strength and speed (Harsono in Sihombing, 2019).

According to Mukthar (1992) said that "the ball shot on goal is used in an attempt to net the ball into the opponent's goal or create a goal". The advantage of this exercise is that when the athlete shoots the ball using a target, after the movement is carried out without using a target, the athlete will feel that the shooting will be more focused in a hard-to-reach direction. In providing the Dribbling exercise program, the researcher provides exercises with various variations, with the aim that students can practice happily, do not experience boredom during practice, make training not monotonous, and increase motivation for students. Motivation is needed by students and athletes to be successful in the sport they are engaged in (Nopiyanto, Dimiyati, & Dongoran, 2019). In addition, in the Dribbling exercise, several development exercises are given, because with the development of the exercise it can improve the basic technical skills of playing soccer (Pujianto et al, 2019).

The theories above strengthen Dribbling practice on the ability of shooting soccer games in Extracurricular students of SMA N 03 Bengkulu City. The improvement in shooting ability is seen in the change in the average pretest and posttest. From the data that has been obtained, the pretest results are 19.8 and

the average posttest results are 22.9 with a difference of 3.1.

The results of the study indicate that the difference in the mean between the students' pretest and posttest after participating in the Dribbling training program for 16 meetings can show an increase in their shooting ability. This average result with a relatively short training time can only cause temporary changes due to training and will easily return to its original state. However, a relatively long training time will cause changes due to exercise that are permanent and not temporary, from the results of t count of  $1,947 >$  from t table of 1,699. So the result data has a significant effect on Dribbling practice on the shooting ability of soccer games in Extracurricular students of SMA N 03 Bengkulu City. Thus the hypothesis which reads "There is an Influence of Dribbling Practice Method on the Shooting Ability of the Football Game in Extracurricular Students of SMA N 03 Bengkulu City", was accepted. Given the importance of accuracy in kicking activities, it is necessary to make efforts to increase the accuracy of students in SMA NEGERI 03 Bengkulu City. Shooting ability of students can increase if the exercises are done in a programmed, planned, and done correctly. Thus it can be concluded that the research that has been carried out by providing Dribbling Exercises on the ability of Shooting soccer games in Extracurricular students of SMA N 03 Bengkulu City.

## CONCLUSION

Based on the results of the study, it can be concluded that Dribbling practice has an effect on increasing shooting skills in soccer games for extracurricular students at SMA 03 NEGERI, Bengkulu City. The improvement in Shooting Skills is seen in the comparison of changes in the average of the Pretest and Posttest. From

the data that has been obtained, the pretest results are 19.8 and the average posttest results are 22.9 with a difference of 3.1.

The results showed that the difference in the Mean between the Pretest and Posttest of students after participating in the Dribbling training program for 16 meetings could show an increase in Shooting Skills.

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