

The influence of playing training methods on shooting ability

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ABSTRACT

Problems: the weak shooting ability of SSB Putra Wijaya West Sumatra players, it can be seen that when athletes shoot, there are still many players who often lose the moment when taking a kick, so that the kick is not optimal. The variables of this research are Playing Training Method as the independent variable (X) and Shooting Ability as the dependent variable (Y). **Purpose:** The purpose of this research is to determine the effect of playing training methods on the shooting ability of SSB Putra Wijaya West Sumatra players. **Method:** This type of research is a quasi-experiment with a One group Pre-test-Post-test design. The population in this study were all SSB football players numbering 49 people. The sampling technique used purposive sampling technique, so the number of samples in this study was 17 players. The instrument in this research was to use a test of kicking a ball at a target (Shooting Target). The data analysis technique used in this research is the t-test with a significance level of $\alpha=0.05$. **Results:** Based on data analysis in this study using the t-test, the playing training method had a significant influence on improving the shooting ability of SSB Putra Wijaya West Sumatra players, and this was proven by obtaining $t_{count}= 6.001$ while $t_{table}= 1.746$. In practice there was an increase from the pretest average of 4.76 to 9.88 in the posttest. Then $t_{count} > t_{table}$ ($6,001 > 1,746$). **Conclusion:** the ability to shoot is greatly influenced by the training program provided, one of which is using the playing method, so that in order to improve shooting skills, it is best to provide a training method that leads to the game of football itself, namely by providing training using the playing method, so that in its implementation, the shooting skills carried out will be improved properly.

Keywords: playing method, football shooting ability

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Introduction

Introduction

Sport is an activity that can be done by everyone which aims to move their body parts and can provide fitness from the movements carried out, so that the movement activities of this sport can have the aim of training the body to achieve physical health. According to (Ridwan, M 2020) defines that "The essence of sport is also a physical activity that contains the nature of play and contains a struggle against oneself or with other people or confrontation with natural elements".

Currently, soccer is one of the most famous sports games in the world. Everyone, both men and women, regardless of group, whether young or old, really like this sport of football. According to (Trianda, M., 2020) defines that "In this situation, what is liked by many people, both as players and as fans, is football". (Rivai, Mahvan 2019) States that the game of football is very popular with people all over the world, including in Indonesia, from cities to remote villages, from elementary schools to universities. According to (Naldi Yozi 2020) defines that "The game of football is a very interesting game, because it can be played by boys and girls of all age groups, besides that, players are also required to have high playing skills, physical skills, strength and endurance." (Indra Palasa 2020) stated that in principle, football is a team sport which requires mature individual movement skills to be able to play well, meaning here the better the individual movements (individual skills) such as passing, control, dribbling and shooting, the goal of the game of football. will be easily achieved. (Lumbantoruan 2019) stated "Currently playing football is not only played for recreational purposes and to fill

free time but shows optimal performance."

Some basic techniques that a football player must practice are controlling the ball with the feet, head, chest and thighs; forward the ball without holding it, Shooting, Passing, short passing, long passing overhead kick, indirect kick, direct kick; Long and short corner kicks have an effect that changes the direction of the ball and various techniques that must be learned by a football player. However, of the many techniques in the game of football, shooting is the last technique used to create goals" (Sunarta, H., & Irawadi, H. 2020).

One of the basic techniques that a football player must have is shooting or kicking the ball. Shooting is a basic skill that every player must have, this technique is one way to score goals, because all players have the opportunity to score goals and win a match. According to (Doni Saputra and Masrun, 2018) "In shooting techniques there are several things that must be paid attention to, including: supporting foot, foot contact with the ball, body tilt, eye gaze, and follow-up movements." Shooting in a soccer game has an important role so that the goals of the soccer game are achieved. (Gonzalez-Rodenas2020) States "The fact of creating more scoring opportunities, having more shots on goal or achieving more box score entries does not guarantee a higher number of goals".

Shooting is an effective way to score goals in competition, but shooting skills can sometimes be difficult to execute during competition. (Wang, J., 1999). (Nurfalah, R. T. 2016) Argues that "A player who has good shooting does not necessarily succeed in scoring goals, because there are other important determining factors that a player (football kicker) must also have." Meanwhile, according to (Bar-Eli, M., 2009) emphasizes "Proper training will help reduce the possibility of shooting errors." Therefore, efforts are made to increase understanding of contextual factors that influence shooting ability (Schulze, 2017)

According to Jordet., (2007:121) The results of shooting are usually associated with factors such as psychology (for example overcoming stress), skills (for example kicking technique), physiology (for example overcoming fatigue from playing 120 minutes), and opportunity (for example in the direction goalkeeper movement)

According to (Arwandi, J., & Ardianda, E. 2018) "Given the importance of technical training in every sport, the right form of training is needed to be carried out in every practice." In training, it is not enough to just use one method to achieve various training goals. Sometimes method A is appropriate for increasing agility, but not necessarily appropriate for increasing speed. According to (Irawadi 2019) "Play training method or combined training method is a form of training given in the form of playing or games." This method is often used by gaming sports. The playing training method is a form of football training that is currently developing.

To achieve this goal, what is meant by being regular and systematic is showing the balance of the series of exercises itself. To improve the quality of passes in football, there are many training methods that can be used. one of them is playing on a small field. This playing training method is an exercise that is almost the same as the real game. Can be used in the training process to improve the quality of baiting, passing and shooting in football games because playing training includes technical, tactical and physical aspects at once. According to (Maulana, G., & Irawan .R.2020) "Methods in the form of playing are methods that Suggests psychomotor skills by demonstrating techniques and then practicing them in the game process. Providing various forms of playing methods can familiarize players with shooting. According to (Bozkurt, 2018) "Successful football performance is the norm which requires a large number of capacities and one of them is practice".

A form of training planning must be clear about the objectives of the training that will be achieved so that the methods and materials must be prepared well in accordance with the training objectives. (Agustan, 2017) states "training is a work process carried out systematically by those who train which is carried out repeatedly as the number of training loads increases day by day. According to (Susanto, N., & Lismadiana, L. 2016) The definition of exercise is "The implementation of planning to improve the ability to exercise which contains theoretical and practical material, methods and implementation rules in accordance with the goals and objectives to be achieved. Meanwhile (Ardianda & Arwandi 2018) stated "Training is the most crucial thing for improving performance in sports, the form of training chosen is very determining for achieving the desired training targets"

According to (Atiq Ahmad 2018) "We can also say that the training process supports the improvement of basic football technical skills if the player can take full responsibility." In the process of improving a player's shooting ability, training includes several things, namely physical condition components, training programs and training principles that must be considered.

In an effort to develop and improve the quality of achievements in the sport of football, many SSBs have been established in West Sumatra and one of them is SSB Putra Wijaya West Sumatra. SSB Putra Wijaya West Sumatra was founded in 2014. The founder of SSB Putra Wijaya West Sumatra was Eka Putra. The first coach was Eka Putra, SSB Putra Wijaya West Sumatra's training ground was on the football field in Marak Kinari village. In a span of 7 years (2014-2021) in the world of football, SSB Putra Wijaya West Sumatra has not been able to achieve maximum achievements. This was seen when SSB Putra Wijaya West Sumatra took

part in competitions including 2nd place in the 2015 Muaro Paneh Cup U-16, 3rd place in the 2016 U-12 City Saiyo Cup, 2nd place in the 2018 U-16 Kinari Muda Cup and 3rd place in the 2019 Ganeri Cup. Several competitions have been participated in by SSB Putra Wijaya West Sumatra, not a single SSB Putra Wijaya West Sumatra has won first place (Source: , Coach of SSB Putra Wijaya West Sumatra)

Based on the results of observations carried out on Saturday 29 May 2021 on the U-16 SSB Putra Wijaya West Sumatra players who carried out trials with SSB Saiyo Kota at the Merdeka Kota field. Based on what happens on the field, there are still many players who have not mastered Shooting techniques well. So the basic mistake is the mistake in shooting or kicking the ball into the opponent's goal which is still far from the target, so the opportunities generated in kicking the ball into the goal are not optimal and need more provided lots of practice material

Method

This type of research uses quasi-experimental research methods. "With the aim of finding whether or not there is an effect of treatment between cause and effect which is in the nature of comparing the controlled variables (independent variables and dependent variables)." This research is intended to find out the effect of training by delivering training material using a series of exercises on the mastery of Shooting training material among football players at SSB Putra Wijaya, West Sumatra. In this study, the population was all players registered as members of the Kinari Football School. All players numbered 59 people. Based on the population above, 17 SSB Putra Wijaya West Sumatra players aged 16-19 years were sampled in this study. Where sampling uses Purposive Sampling techniques or techniques based on certain considerations. The sampling consideration is that all players in the U-16 – U-19 group were tested for their ability to play. So the researchers concluded that they took a sample of 17 players whose abilities were balanced. Time and place of research. Research was carried out at SSB Putra Wijaya, West Sumatra. The research period started on June 22 2021, collecting Pre-Test data until August 1 Post-Test data, a total of 18 meetings for a total of 41 days. The instrument used in this research was the target ball shooting test. The data analysis technique that will be used to test this hypothesis is through a technique that is appropriate to the type and aim of the research, namely it will be analyzed using the t-test..

Result

1. Pre Test Shooting Skills

From the results of the pre-test data measuring the shooting ability of SSB Putra Wijaya West Sumatra players with 17 samples, the highest score was 9, the lowest score was 0, the arithmetic average (mean) was 4.76, and the standard deviation (standard deviation) was 2.61. For more clarity, the distribution of pre-test data on the shooting ability of SSB players. Putra Wijaya West Sumatra can be seen in the table below:

Tabel 6. Distribution of pre-test shooting ability

Percentage Frequency Interval Class		
Kelas Interval	Frekuensi	Persentasi
<1	2	11,76%
1 – 3	2	11,76%
4 – 6	9	52,94%
7 – 9	4	23,53%
> 9	0	0%
Jumlah	17	100%

Based on the calculations listed in the table above, it can be seen that 2 players (11.76%) have shooting abilities in the interval class < 1, and 2 players (11.76%) have shooting abilities in the interval class 1 - 3.9 players (52.94%) have shooting abilities in class 4 - 6, 4 players (23.52%) have shooting abilities in interval class 7-9, and 0 athletes (0%) have shooting abilities in interval class > 9

2. Post Shooting Ability Test

From the results of the post-test data measuring the shooting ability of SSB Putra Wijaya West Sumatra players, the highest score was 13, the lowest score was 6, the calculated average (mean) was 9.88 and the standard deviation (standard deviation) was 1.93. For more details on the distribution of post test data on the shooting ability of SSB Putra Wijaya West Sumatra players, you can see the table below:

Tabel 8. Percentage Frequency Interval Class

Kelas Interval	Frekuensi	Persentasi
<7	1	5,88%
7 –9	6	35,29%
10-11	5	29,41%
11-12	4	23,53%
> 13	1	5,88%

Based on the calculations listed in the table above, it can be seen that as many as 1 player (5.88%) has the ability to shoot at a class interval <7. 6 players (36%) have shooting abilities in the 7-9 interval class, 5 players (29.41%) have shooting abilities in the 10-11 interval class, 4 players (23.53%) have shooting abilities in the 10-11 class. intervals 12-13. 1 player (5.88%) has shooting ability in interval class >13.

A. Analysis Requirements Testing

1) Normality test with the Lilliefors test

The normality test for each frequency distribution was carried out using the Lilliefors test. The test standard is that if L_0 obtained from observation data exceeds L_t , then H_0 is rejected, and vice versa, which can be seen in the following table:

Tabel 9. Normality Test Results

Kelompok	L_0	L_t	Kesimpulan
<i>Pre test</i>	0,102	0,206	Normal
<i>Pos test</i>	0,146	0,206	Normal

Based on the results of the normality test calculations above, it was found that the Lobservas (L_0) results obtained were smaller than the L_{table} (L_t) results at a real level of 0.05, so it can be concluded that all groups of data in this study were taken from a normally distributed population so they can be used for testing research hypotheses.

B. Hypothesis Testing

Based on calculations that have been carried out using the t-test which can be seen in the following table:

Tabel 11. Hypothesis Testing Results

t_{hitung}	t_{tabel}	Kesimpulan
6,001	1,746	berpengaruh

From the table above, there is a t_{count} of 6.001, while the t_{table} is 1.746, so $t_{count} > t_{table}$ which means H_a is accepted and H_0 is rejected. So it can be concluded that the hypothesis which states that the shooting ability of SSB Putra Wijaya West Sumatra players can be accepted as true empirically.

Discussion

This research was designed to study improving shooting ability through playing practice methods. After analyzing the data using the t-test, it can be concluded that the hypothesis proposed in this research can be accepted as true.

This research began by conducting a pre-test shooting by the players, providing treatment for 16 meetings with playing practice material, and then conducting a post-test shooting. Using a pre-test-post-test design serves to compare before and after treatment, so that the differences can be known more accurately.

From the hypothesis which states that there is a significant influence between the shooting abilities of SSB Putra Wijaya West Sumatra players. This can be seen from the average increase in scores in the initial test and final test. The average increase in shooting ability with the shooting skills test with the initial test was 4.76,

increasing to 9.88 (increasing 5.12), based on the results of calculating the initial test data and the final test using t-test statistics, the playing practice method had a significant influence. significant impact on the shooting ability of SSB Putra Wijaya West Sumatra players, Bulit Sundi District, Regency. This is proven by the fact that after carrying out the t-test, $t_{count} = 6.001$ while $t_{table} = 1.746$ with a significance level of $\alpha = 0.05$ and $n = 17$, so $t_{count} > t_{table}$ ($6.001 > 1.746$). In other words, the proposed research hypothesis is accepted.

Based on the research results above, playing practice methods can improve shooting abilities. The results of this research can be a reference for every coach as a reference for improving their players' shooting abilities. Using the playing practice method in shooting practice makes all the players immediately feel the real atmosphere when competing, so this situation makes the players more used to it and it will be easier to improve their abilities during actual matches.

This method of playing practice in shooting practice is very profitable because when practicing, players do not feel bored and players also immediately feel the real situation when competing. The playing training method is carried out by dividing the players into two teams, and they play with the aim of shooting towards the opponent's goal, with this the players will feel more comfortable doing the training and the training objectives can be achieved easily.

Conclusion

Based on the discussion of this research, it can be concluded that the playing practice method has a significant influence on the shooting ability of SSB Putra Wijaya West Sumatra players, Bulit Sundi District, District. This is proven by the increase in the average (mean) shooting ability with the pre-test of 4.76, increasing to 9.88 in the post-test (difference in increase of 5.12), and it is stated by statistical analysis with the t-test that $t_{count} > t_{table}$ ($6,001 > 1,746$). In other words, the proposed research hypothesis is accepted (Significant).

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