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THE RELATIONSHIP BETWEEN SHOOTING PRACTICE AND GOALS IN FOOTBALL GAMES

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Abstract: Shooting skills are one of the basic skill components that every soccer player must have. This research aims to analyze the relationship between shooting practice and the occurrence of goals in football games, with shooting practice as an independent variable and goal occurrence as the dependent variable. The research design used is correlational. This research was conducted at the Pakusari Akrab Club and the population was all players at the location, which was 50 people. The research sample used a purposive sampling technique with the characteristics of teenage players aged 16-19 years found as many as 15 people. The instrument used was a goal measurement test. Analysis of the methods and results of this test used the help of the Microsoft Excel program and the SPSS 21 for Windows program. The results of the research show a significant relationship between shooting practice and the occurrence of goals in football games at the Akrab Pakusari club with a correlation value of 0.525 with thus it can be concluded that shooting practice with the occurrence of goals in soccer games at SSB Akrab is in the "good" category with a percentage of 40%. Compared to thus it can be concluded that the shooting kick ability in soccer games on SSB Ubhor athletes is categorized as "Moderate" with a percentage of 60%. Therefore, it is expected that the football coaching team will often train shooting techniques in football so that players understand that scoring goals is more important than dribbling the ball.

Keywords: Shooting; Practice; Football Games



INTRODUCTION

Sport is a human activity that aims to maintain physical and mental fitness. Sport is a very important activity in human life because if someone does sport regularly it will have a good influence on their physical development (Salahudin & Rusdin, 2020). Sport can also be used as an arena for achieving achievements. Achievement sports are a sporting achievement ability by describing the level of mastery of a particular sporting achievement and are determined by the complex condition structure of a number of special achievement factors that can include physical conditions, internal tactics and mentality, as well as facilities and infrastructure used externally (Ilham et al., 2023). One of the sports that can be used as an achievement sport is football.

Football is a sport that uses a ball made of leather and is played by two teams, each team consists of 11 core players for the age group 14 years and above and for the age group 13 years and under for each team there are 8 players or 7 players following the rules held in each competition and several reserve players (Mulyana & Syafil, 2021). Football is the most popular sport in the world. There are now 265 million footballers (men and women) worldwide - and 270 million people are actively involved in football if referees and officials are included (Cahyo et al., 2020).

In Indonesia, football is the most popular sport in all respects. This game is almost played in urban and rural areas, easy to find and regardless of race, ethnicity, religion, and region (Yulianto, 2018). Currently, football can be said to be a promising business field. The football industry has given birth to many giant clubs with revenues of hundreds of dollars each year. Along with the development of the football industry and the popularity of the name of the football club, it has an impact on the income earned by the club (Fismawati et al., 2019).

Football is a popular and competitive sport worldwide, where success is determined by the number of goals scored (Ruslan et al., 2024). One of the key skills in scoring goals is the ability to kick the ball effectively and accurately. Nowadays, shooting practice with goals in football matches is essential. Because many factors influence goal-scoring success such as team strategy, physical condition, and individual ability (Afrinaldi et al., 2021). Kick-ball practice is a fundamental aspect that directly contributes to improving player performance in matches. A deeper understanding of this relationship is essential to designing more focused and evidence-based training programs,

so that coaches and players can optimize the time and resources available to improve attack effectiveness (Nur & Bakar, 2021).

Basic skills are one of the components that every soccer player must have. Soccer playing skills do not just come, it requires a long process in the form of continuous training so that it is perfect when practicing and competing (Dahlan et al., 2020). The better the level of skill that each player has, the better the quality of the game that will be produced. Mastery of basic technical skills determines a person's proficiency in performing all movements in a sport. Athletes will feel better if they practice with the right routine. The most important basic technique that a soccer athlete must master is shooting (Zaki & Sari, 2021).

According to (Darmawanto et al., 2024), shooting is a movement where the normal body position is relaxed with one foot in front of the other, when it is about to be hit on the ball, immediately open your hands wide and also the other arm is behind in an outstretched position. The knees of the legs are slightly bent, both arms are always straight. When the ball is heading before hitting the hand and the ball, first change the body position, namely crouching slightly from its original position. Shooting in soccer is done during the game and shooting when putting the ball into the goal (Dipiarsa et al., 2020).

The ultimate goal of a soccer game is to score a winning goal. The process of scoring goals into the opponent's goal requires several methods. This condition will be better if supported by good skills in the lower method, passing, controlling, and shooting. Kicking is kicking the ball with one part of the foot which requires precision, speed, and strength (Shavira & Bawono, 2022).

METHOD

This research method uses a correlational method. Correlational research is research that aims to determine whether there is a relationship (Nugroho & Khozim, 2022). This research was conducted at the Pakusari Akrab Club and the population was all players at the location, which was 50 people. The research sample used a purposive sampling technique with the characteristics of teenage players aged 16-19 years found as many as 15 people. This research was conducted during training and during matches for 1 month and was implemented in the Pakusari District field. Data collection was carried

out using observation (observation) when they. The instrument used was a goal measurement test. Goal measurement according to Cristian has a validity value of 0.745. The research test data used statistical methods. Analysis of the methods and results of this test used the help of the Microsoft Excel program and the SPSS 21 for Windows program.

RESULT AND DISCUSSION

RESULT

1. Research Data

| Shooting training | Score |
|-------------------|-------|
| 40 | 20 |
| 25 | 15 |
| 25 | 10 |
| 25 | 20 |
| 20 | 15 |
| 40 | 25 |
| 30 | 20 |
| 20 | 15 |
| 25 | 15 |
| 30 | 10 |
| 30 | 25 |
| 40 | 20 |
| 30 | 20 |
| 30 | 20 |
| 30 | 25 |

Data from the results of the shooting training measurement test with the occurrence of goals carried out at the Akrab Pakusari club.

2. Normality Test

Table 2. One-Sample Kolmogorov-Smirnov Test

| | | Unstandardized Residual |
|----------------------------------|----------------|-------------------------|
| N | | 15 |
| Normal Parameters ^{a,b} | Mean | ,0000000 |
| | Std. Deviation | 5,54204707 |
| Most Extreme Differences | Absolute | ,203 |
| | Positive | ,203 |
| | Negative | -,127 |
| Kolmogorov-Smirnov Z | | ,785 |
| Asymp. Sig. (2-tailed) | | ,569 |

The data obtained were tested for normality. The normality test used the Kolmogorov Smirnov test method. The results of the data normality test were assisted by the SPSS version 21 for Windows software program with a significance level of 5% or 0.05. Based on the statistical analysis of the normality test that had been carried out using the Kolmogorov Smirnov Test, the significance value was $0.569 > 0.05$. This means that the data is normally distributed.

3. Correlation Test

Table 3. Correlation Test

| | | Shooting training | Gol |
|-------------------|---------------------|-------------------|-------|
| Shooting training | Pearson Correlation | 1 | ,525* |
| | Sig. (2-tailed) | | ,045 |
| | N | 15 | 15 |
| Score | Pearson Correlation | ,525 | 1 |
| | Sig. (2-tailed) | ,045 | |
| | N | 15 | 15 |

*. Correlation is significant at the 0,05 level (2-tailed).

The correlation coefficient is a calculation using the Pearson formula, the purpose of which is to determine the significance or not of the relationship between the two variables. In this study, the correlation value obtained was 0.045. It can be concluded that there is a relationship between shooting practice and the occurrence of goals in football games because the significance value of $0.045 < 0.05$.

DISCUSSION

Based on the results of the research and discussion presented above, it can be interpreted that shooting practice with the occurrence of goals in soccer games in SSB Akrab athletes, the results obtained are in the very good category with 3 athletes with a percentage of 20%, the good category has 6 athletes with a percentage of 40%, then the moderate category has 4 athletes with a percentage of 25%, the category has less than 2 athletes with a percentage of 15% and the very less category has 0 athletes with a percentage of 0%. Thus it can be concluded that shooting practice with the occurrence of goals in soccer games at SSB Akrab is in the "good" category with a percentage of 40%.

Whereas according to (Hasanuddin, 2023), the data obtained in the study of shooting kick ability analysis in soccer games on SSB Ubhor athletes, this is in accordance with the results of observations and shooting test results with the following

data acquisition: percentage of shooting ability data results from 20 athletes or (100%), the results obtained are very good category has 2 athletes with a percentage of 10%, good category has 5 athletes with a percentage of 25%, moderate category has 12 athletes with a percentage of 60%, less category has 1 athlete with a percentage of 5% and very less category has 0 athletes with a percentage of 0%. Thus it can be concluded that the shooting kick ability in soccer games on SSB Ubhor athletes is categorized as "Moderate" with a percentage of 60%.

Based on data analysis, there is a relationship between variables in this study using the normality test. It is known that there is a significant relationship between shooting practice and the occurrence of goals in football games at the Akrab Pakusari club. Using the Kolmogorov Smirnov Test method with a significance value of $0.569 > 0.05$. So it can be concluded that the residual value is normally distributed.

Therefore, shooting practice with the occurrence of goals in soccer games has a relationship because the significance value is $0.045 < 0.05$. The Pearson correlation value obtained by both variables is 0.525. So the guideline for the relationship between shooting practice and the occurrence of goals in soccer games at the Akrab Pakusari club is that it has a moderate correlation relationship.

CONCLUSION

The results of this study indicate that there is a relationship between shooting practice and the occurrence of goals in football games with 15 Akrab Pakusari club players as a sample that has a significance value of $0.569 > 0.05$ which means it has a normally distributed residual value. So it can be concluded, shooting practice and the occurrence of goals in football games have a relationship because the significance value is $0.045 < 0.05$. The person correlation value obtained by the two variables is 0.525. So the relationship between shooting practice and the occurrence of goals in football games has a moderate correlation relationship.

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