
The Influence of Training One Touch Shot into Goal on Shooting Ability in Chevron Football Club

Alimandan¹, Andrew rInaldi sinulingga², Syahriadi³

ali_mandan@gmail.com, andrew.rinaldi@lecturer.unri.ac.id, syahriadipko@gmail.com

Abstract. Throught out the observations by researchers on the chevron fc players, most players ability to kick the ball into goal is still weak, many balls out of target, so this issue caused low achievement of the chevron football club players. this can be seen from several matches and training that they were attended. goals that should be created cannot be done perfectly.the shot by players can be save by the goalkeeper easily or even far away from the goal. this study aims to determine influence of training one touch shot into goal on shooting ability in chevron football club. the population of this research is 16 players chevron fc . by using a total sampling technique, so the sample of research is 16 players. based on the data analysis and discussion, it can be concluded that there is an effect of traning one-touch shooting into goal on shooting ability in chevron fc as evidenced by the results of t-count $4.973 > 1.71$ table at $\alpha = 0.05$. this proves that by training shooting skills would be make shoot accuracy can be better results.

Keywords: One Touch Shoot into Goal , Shooting, Football

1. Introduction

Development country basically leads to the quality of human and the quality of Indonesian society, the promotion of sport is part of the effort to improve that quality as well . In order to increase the contribution of sport as an effort to improve the quality of human resources, sports activities are carried out not only to promote and cultivate the community so that the Indonesian players have a healthy and fresh body and soul. Since the proclamation of Indonesia's independence, the world of sports in Indonesia the development is getting more and more stable. Likewise, the community's awareness of the importance of sports, the increase of facilities and infrastructure, the growth of sports associations throughout the country.

Sport is one of the best way the to build physical and mental of the nation. Physical formation in regular exercises (sports) will strengthen the limbs and physiology of the organism and mental formation fosters discipline, sportsmanship, cooperation and responsibility, due to the existence of certain rules for each of sports game ,challenges and achievements. Furthermore, it is stressed that if we are determined to improve sports performance in the future, then from now on we must take steps to apply science and technology in sports coaching, especially sports achievements. Through the achievements of the Sports, Indonesia will be popular around the world.

Sports can make the name of the nation internationally. This shows that coaching in the field of sports is very important and cannot be ignored because it has a very large role in realizing the ideals of national development. In connection with the above matter, the government issued the National Sports System Law No. 3/2005, namely: "National Sports Development and Development can guarantee equitable distribution of Sports, furthermore can improve health and fitness, improve performance, provide sports management capable of facing challenges and guidance for changes in national and global life. "

In addition, Sport is being a need to achieve physical fitness, sports also developed for achievement in sport competition that is fostered and developed. With the advancement of science and technology many sports experts find new discoveries, both in terms of sports theories, training techniques and in the discovery of sophisticated equipment that is very supportive to increase sports achievement.

Sports Achievement is a word that is very easy to say and is every athlete's dream it, but it is quite difficult to achieve it. Completeness factors that must be possessed by athletes if they want to achieve optimal sports achievements, namely: (1) physical development, (2) technical development, (3) tactics development, (4) mental development and champion maturity (Sajoto, 1995: 07). The coaching must be planned, tiered, and sustainable, so that the expected achievements can be achieved optimally. As stated in the Republic of Indonesia Law (UURI) No.3 of 2005, concerning the National Sports system clause 1 verse 13 which explains that: "Achievement sport is sports that foster and develop sports in a planned, tiered, and sustainable manner through competitions for achieve achievements by supporting sports science and technology ". In the explanation of sports law above, it can be concluded that sport is an integral part of education as a whole, because it aims to develop aspects of physical fitness, movement skills, critical thinking skills, reasoning, emotional stability, social skills, and aspects of patterns healthy life in shaping human personality. Therefore, it is very important to understand the Law in the future. One sport that can develop aspects of physical fitness is soccer.

Football is one of the sport games favored by the community and br expected to be able to realize the objectives of the law on the National sports system. Therefore, the existence of football gets the attention of the government, so it always sought through learning and training at schools and football clubs. The popularity of football is not only for the general public, but also belongs to the intellectual community, this is evidenced by the many books and research conducted by sports scientists about coaching in foorball and other supporting knowledge related to football.

In a global society separated by differentiation of physical and ideological , soccer fame is not related to age, gender, religion, culture or ethnic boundaries. Smooth and controlled by player movements express their individuality in team games. Speed, strength, stamina, skills (technique) and knowledge of tactics are important aspects of appearance. Various challenges faced by players may be the main attraction of this game. Talk about techniques, there are several techniques in football games, as explained by Kurniawan (2010: 50) techniques of football games, such as shooting, passing and controlling the ball, dribbling, heading, throwing. One of the most important things about football is shooting. To get good shooting results, physical condition is also very influential. General physical conditions that can influence the game of football are: 1). (Endurance); 2). (Speed); 3). (Musculer Strength); 4).(Agility); 5). Flexibility; 6). (Accuration; 7)(Balance); and 8)(Coordination). (Sajoto, 1995: 8).

In essence, every soccer player must be able to shoot goal correctly. In addition, scoring goals is an important part of soccer game. According to Djezed (1999: 53) states that: " to get a good shooting fit to needed in game, foot of fulcrum must be taken pay attention,touch the ball, Center of gravity, strength.The ability to shoot into the goal is very important in the game of football. The ability to shoot into the goal is one of the keys in creating goals against the opponent. If the shoot is good then the ball will easily get into the goal. Other side , if the shoot is not good enough then the ball far from the goal or easily saved by goalkeeper.

In Riau Province, development of football is very rapidly, one of area is in Pekanbaru regency. This is signed by showing up the soccer clubs that take part in the Indonesian League starting: division III division II, division I to the Indonesian Super League (LSI). Division III is a competition that is often attended by Pekanbaru clubs. While division II and division I are only a few clubs that can attend it, this is inseparable from the achievements of each clubs. The existence of this club increases the

enthusiasm of teenager to practice diligently, hopefully, they can play at the club someday. Seeing the number of children and adolescents who like playing football, soccer schools such as Chevron FC Soccer Club and training centers were established with the aim to accommodate the interests and talents of children from the age of 8,12,15 and 17 years old. Hopefully, that through Bina Talat soccer school they will be able to get their future.

From the observations of researchers on the Chevron FC Players, the average ability of player on shooting into the goal is still weak, many balls are out of target, so the achievement of the Chevron FC Football Club players is far from expectation. This can be seen from several matches and training that were attended. Goals that should be created cannot be done perfectly. Shot by a player can be save by the goalkeeper or even far away from the goal. To solve this problem researchers want to provide some form of exercise that can improve athlete's shooting skills. Some forms of practice that can improve one-touch shots into goal as written by Luxbacher, (2004: 114-121), is a shots with a ball that does not move, shoot towards partner, score goals through the middle of the goal, shot match, bounce and shoot ball into goal, two-touch shots to score, shot in the penalty area, game with central goal and others.

2. Research Methodology

This research take place in Chevron Field. The schedule of the study is planned for March-August 2019. Arikunto (2010: 173) Population is the total number of research subjects. If someone wants to examine all the elements that are in the research area, then the researcher is a population study, the study or research is also called a population study or census. The population of study is 16 players. Arikunto (2010: 174) The sample is a part or representative of the population of study. In connection with the population that is not so many and is still within the ability of researchers, the entire population is sampled (total sampling), thus the total sample in this study is 16 players. The instrument for measuring the results of shooting of Football Club Chevron FCU-17 players is by taking one-touch shots at goal or shooting the ball at goal.

Measurement of shooting result

Objective: Measure one-touch shots on goal or shoot ball into the target (Nurhasan, 2001: 162).

Equipment:

a) Ball, b) Stop watch, c) Post Goal, d) Figures, e) Rope

Instructions:

a) Tester stands behind the ball placed at a point 16.5 m in front of the goal / target, b) There is no signal from the tester, c) When the tester kick the ball, the stop watch starts and stops when hitting the target, d) Tester is given three chances.

The move is declared a failure if:

e) out of the target area, f) Place the ball not at a distance of 16.5 m from the target.

Scoring,

g) Number of scores and time taken by the ball at the specified target, h) The resultant ball hits the rope or the line separating the scores on the target, then the highest score of the two targets is taken

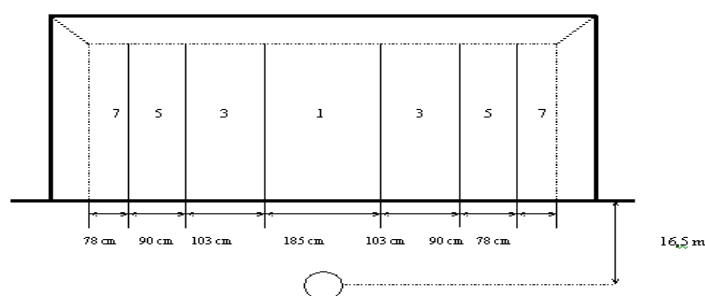


Figure 1. Skema for shooting ball on a target .Source. (Nurhasan, 2001: 162)

3. Result

Data Description

Based on the explanations and descriptions that have been collected previously, in this chapter analysis and discussion will be obtained in this study. The results of the study will be described in accordance with the objectives of the hypothesis proposed earlier.

a. Pre test

Based on the pre test data, the effect of one-touch goal shots on the shooting ability of the Chevron FC Soccer Club shows the following results: the highest score is 124.71 and the lowest score is 81.75 with an average of 100 and a standard deviation of 11, 73, the complete distribution of data will be made as follows:

No	Kelas Interval	Frekuensi	
		Absolut	Relatif (%)
1	81,75-90,35	3	18,75
2	90,36-98,96	6	37,5
3	98,97-107,57	3	18,75
4	107,58-116,18	3	18,75
5	116,19-124,79	1	6,25
Jumlah		16	100 %

Table 5. Pre-Test Frequency Distribution on shooting ability

Based on the frequency distribution table above from 16 samples, it turns out as many as 3 players (18.75%) with an interval range of 81.75-90.35, then 6 players (37.5%) with an interval range of 90.36-98, 96, while 3 players (18.75%) with an interval range of 98.97-107.57, then 3 players (18.75%) with an interval range of 107.58-116.18, and 1 person (6.25%) with a range of intervals 116.19-124.79, for more details can be seen in the histogram below:

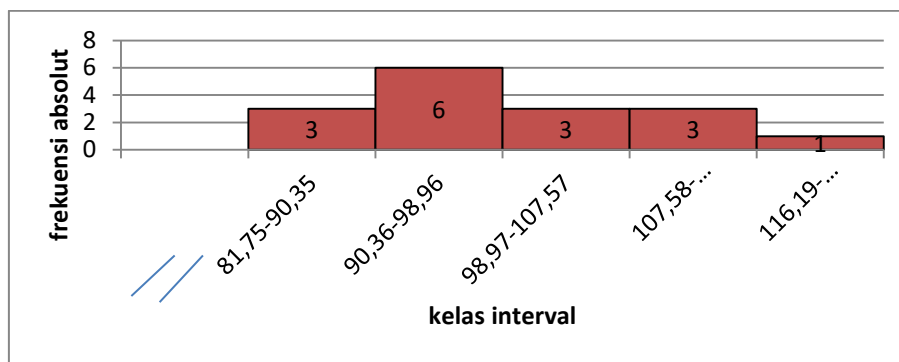


Figure 2. Histogram Pre Test on shooting ability

b. Post test

Based on the analysis of post test data, the effect of shooting one-touch into goal on shooting ability practice in Chevron FC Soccer Club shows the following results: the highest score of 135.03 and the lowest of 75.12 with an average of 100 and a standard deviation of 14.93. For more details, the frequency distribution can be made as follows:

No	Kelas Interval	Frekuensi	
		Absolut	Relative (%)
1	75,12-87,10	2	12,5
2	87,11-99,09	6	37,5
3	99,10-111,08	5	31,25
4	111,09-123,07	2	12,5
5	123,08-135,06	1	6,25
Jumlah		16	100 %

Table 6. Frequency Distribution of Post-Test on Shooting Bility

Based on the frequency distribution table above from 16 samples, it turns out that as many as 2 players (12.5%) with an interval range of 75.12-87.10, then 6 players (37.5%) with an interval range of 87.11-99, 09, while 5 players (31.25%) with an interval range of 99.10-111.08, then 2 players (12.5%) with an interval range of 111.09-123.07, and 1 person (6.25%) with a range of intervals of 123.08-135.06, for more details, it can be seen in the histogram

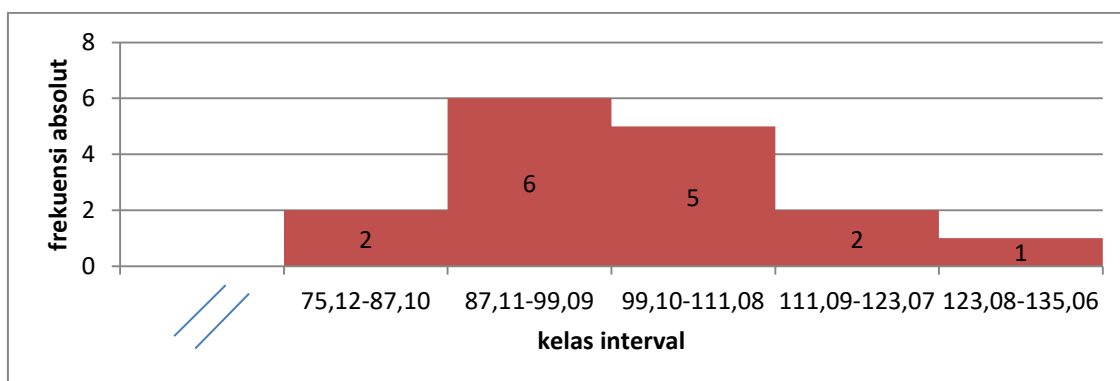


Figure 3. Histogram Post Test on Shooting ability

Testing Requirements Analysis by Lilliefors Test

Analysis of the data normality by lilliefors test. The results of the normality test analysis for each variable are presented in the form of a table below, and the calculation of the results can be seen in the appendix.

No	Variabel	Lo	Lt	Result
1	Latihan Keterampilan menembak (awal)	0.212	0.213	Normal
2	Latihan Keterampilan menembak (akhir)	0.152		Normal

Table 9. Test data normality with the Liliefors test

On the table, it can be seen that the results of Lo less than Lt, it can be concluded that the data is normally distributed.

Hypothesis testing

To examine whether the hypothesis proposed in this study is accepted or not, the data testing using the bound sample t test is performed. From the analysis conducted, the t-test value between the initial test and the final test of the shooting skill showed that the shooting accuracy is 4.973 and then compared with the value of the table at a significant level of 0.05 degrees of freedom N-1 (11), it turned out to be 1.71, this is shows that the value of t-count (4.973) > t-table (1.71), it can be concluded that the hypothesis which states that there is determine influence of training one touch shot into goal on shooting ability in chefron football club (the complete calculation of testing this hypothesis can be seen in the appendix).

Discussion

Shooting is the basic technique of playing soccer fast and right to the target, both to friends and scoring goal. In fact, succeeding or not for scoring goal requires not only strength but also results. Try to practice shooting the ball a lot, starting with shooting the ball straight. The shooting technique for each player is very important because it is closely related to the goal of the football game itself, which is scoring goal. Without mastering adequate shooting techniques, the goal of playing soccer tends not to be maximally reached.

To have a good shooting accuracy by giving training. One of the practice that can improve shooting accuracy is shooting skill training. Shooting skills training is one of the most dominant characteristics of a soccer game. The purpose of shooting is passing, acoring goal and sweep to thwart the opponent's attack . The implementation of this skill uses eight forms of practice such as shooting with a ball that does not move, shooting at a partner, scoring through the middle goal, shooting matches, bouncing and shooting the ball into the goal, two-touch shots to score, shots in the penalty area, games with middle goal. Improved or not the shooting accuracy seen from the research process conducted on 16 samples. Before the practice done, first, the pre-test must be carried out then the training process, the end of the training is taken post-test data or the final results. After the data is collected, it is analyzed by using a statistical formula to find out whether there is an influence or not.

Based on the analysis carried out, the value of t-counts between the pre test and the post test of the shooting skills of shooting accuracy shows is 4.973. Furthermore, the value obtained compared with the table at a significant level of 0.05 with degrees of freedom N - 1 (15) turns out the value obtained is 1.71, this shows that the value of t-count (4.973) > t-table (1.71) thus, it can be concluded that the

hypothesis stating there is the effect of training one-touches into goal on shooting shooting ability of the Chefron FC .

From the analysis, it can also be concluded that there is an effect of shooting skills training on improving shooting accuracy. Programmed and continuous training, the more routine we do the shooting skills exercise, the team's shooting accuracy will be better. Based on the above, it is clear that to have shooting accuracy results, can be improved by doing shooting skills training. This can be seen from the results obtained that by using shooting skills training, the shooting accuracy results are also improved, especially at the Chefron FC that has been held this research.

4. Conclusion

Based on the data analysis and discussion, it can be concluded that there is an effect of training one-touch shooting into goal on shooting ability at the Chefron FC as evidenced by the results of t-count $4.973 > 1.71$ t-table at $\alpha = 0.05$. This proves that by practicing shooting skills, shooting accuracy can be better results.

Recommendation

According to the conclusions of the research results, it can be recommended to:

1. Coaches and teams to practice shooting skills regularly to have good shooting accuracy
2. Among the training results obtained, after doing shooting skills training, to have good shooting accuracy especially at Chefron FC.
3. To the next researcher, so they can carry out further research by using a larger sample and a longer time.

Reference

- Arikunto Suharsini. (2002). *Manajemen Penelitian*. Jakarta : P2LPTK
- Dwi Hatmisari Ambarukmi (2007). *Pelatihan pelatih fisik*. Jakarta
- Enkos Kosasih (1993) *Olahraga, Teknik & Program Latihan*. Jakarta
- Harsono. 1988. *Coaching Dan Aspek – Aspek Psikologis Dalam Coaching*. Jakarta. Dedikbud, Direktorat Jendral Pendidikan Tinggi.
- Heri Pendiato. 2010. Zho-day.blogspot.com/2010/07/dynamometer.html
- Ismaryati. 2008. *Tes dan Pengukuran Olahraga*. Surakarta. UNS Press
- Kemenpora. 2005. *Panduan Penetapan parameter tes pada pusat pendidikan dan pelatihan pelajar dan sekolah khusus olahragawan*, Jakarta: Kemenegpora RI
- Luxbacher, Joseph. 2004. *Sepak Bola*, ed ke-2, Jakarta: PT Raja Grafindo Persada.
- Mielke, Danny. 2007. *Dasar-Dasar Sepakbola*. Pakar Raya.
- Sajoto.1995. *Peningkatan dan Pembinaan Kekuatan Kondisi Fisik Dalam Olahraga*. Semarang: Dahara Prize
- Mukholid, Agus. 2007. *Pendidikan Jasmani Olahraga dan Kesehatan*. Surakarta. Yudistira
- Muhajir. 2007. *Pendidikan Jasmani Olahraga dan Kesehatan Untuk SMA Kelas X*. Jakarta : Erlangga
- Nurhasan. 2001. *Tes Dan Pengukuran Dalam Pendidikan Jasmani*. Jakarta. Depdiknas.
- Ritonga, Zulfan. (2007). *Statistik Untuk Ilmu-ilmu Sosial*. Cendikia Insani Pekanbaru.
- Soekatamsi. 1993. *Materi Pokok Permaian Besar I (sepak Bola)*. Jakarta. Universitas Terbuka
- Sudjana. 1996. *Metoda Statistika*. Bandung: Tarsito Bandung
- Sugiyono. 2013. *Metode Penelitian Kuantitatif, Kualitatif dan R&D*. Bandung:Alfabeta
- Syafruddin. 1992. *Pengantar Ilmu Melatih*. FIK. UNP.
- Syaifuddin. 2009. *Anatomi Tubuh Manusia*. Jakarta: Salemba Medika.
- Undang-Undang Republik Indonesia No 3 Tahun 2005 Tantang Sistem Keolahragaan Nasional