Effects of Kicking Nine Ball Training on Goals to Improve Shooting Accuracy Skills of Class IIIA Physical Education Students FKIP UNRI

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Abstract - The purpose of this study is to provide optimization of nine ball kicking exercises to the goal to improve the accuracy of shooting skills of Physical Education students. The population in this study amounted to 35 students of class III a Physical Education Dept of Riau University. The sampling technique used was purposive sampling. The research data collection instrument is the Shooting at the ball test. Based on the statistical analysis of the t test, it was obtained a different value of 4.12 and yielded a tcount of 6.609 and a table of 1.704. Means counting> ttable. It can be concluded that the practice of kicking nine balls into the goal which was carried out for 16 times had an influence on the accuracy of the shooting skills of the soccer player of Physical Education students FKIP UNRI.

Keywords: Shooting, Exercice, Football

1. Introduction

In Indonesia sports activities are divided into 3 objectives namely sports for education, sports for recreation and sports for achievement. In accordance with the law of the Republic of Indonesia number 3 of 2005 article 17 on Sports Scope covers the activities of: educational sports, sports recreation, and achievement sports also explained in article 20 paragraphs 1, 2, and 3 that: 1. Sports achievement is meant as an effort to enhance the abilities and achievements of sportsmen in order to increase the nation's dignity. 2. Sports achievement is done by everyone who has the talent, ability, and potential to achieve achievement. 3. Sports achievement is carried out through a process of coaching and development in a planned, tiered, and sustainable manner with the support of sports science and technology.

Shooting practice in a study aims to further hone the ability of players in terms of scoring goals. A player must master the basic skills of kicking the ball and then develop a series of shooting techniques that enable him to shoot shooting and score goals from various positions on the field. Based on the discussion it can be concluded that shooting techniques and principles are a combination and understanding of the player when shooting that must be considered and given training, because this is an important component for a player to be able to score goals in every situation or momentum in games and matches where there are opportunities or opportunities in them.

In addition to the basic technical factors that must be mastered, physical condition factors are also very much needed in the game of football. One of the supporting factors of achievement in soccer is not only physical conditions and tactics but technique is also a supporting aspect to be able to excel. The components of the physical condition include endurance, strength, speed, muscular power, flexibility, agility, coordination, balance, accuracy (reaction), reaction (reaction) (Sajoto, 1995).

Based on the results of observations made by the researchers together with the second semester Physical Education Lecturer, it was seen that the students still lacked the accuracy of shooting on the goal. This might be due to the lack of shooting technique training given by the coach to the player. Researchers see a lot of exercises given by lecturers such as ball passing, dribbling, heading the ball, and shooting power, but rarely the trainer gives precise shooting training. When they play with their teammates and shoot often the ball does not enter and does not lead to the goal, so researchers try to give a test of shooting accuracy to them and their trainers agree and also advise researchers to do the test, namely with the shooting test instrument or the ball to measure the shooting ability of the player. because mastery of basic techniques of shooting soccer is one of the main capital to be able to play soccer well and be able to win matches.

The forms of exercises that can improve shooting ability according to (Koger, 2007) are: to shoot five balls on goal, kick each ball on the goal, jump and kick the ball, kick the ball into the goal in turn, shoot the ball from the side of the goal, receive a throw the ball against the defender, kicking the ball quickly. Of the many training methods to improve the accuracy of shooting above, the author limits one of the training methods, namely kicking nine balls into the goal, while the advantages of this form of training include: 1. Can attract the interest and motivation of players in shooting practice and can be used as an alternative variation exercise, 2. This exercise is very suitable to overcome the accuracy of shooting because it uses Nine balls located from the right angle to the left corner of box 16, 3. This form of exercise is easy to do and has never been applied by FKIP Unri Physical Education students and to the author's knowledge there is no research conducted using this exercise method. Based on the above problems, the authors are interested in conducting research with the title: Optimizing the practice of kicking nine balls into the goal to improve the accuracy of shooting skills of Physical Education students.

2. Methodology

The study was conducted at the Kaharudin Nasution Soccer Stadium in Pekanbaru City. The population in this study amounted to 35 students of class III a Physical Education Dept of Riau University. In this study, a sample of 16 people with purposive sampling technique. The data taken in this study are data taken directly and obtained from the sample, which is in the form of data values from the results of the shooting test. The data in this study are students of third grade Physical Education Study Program a FKIP Riau University. The research data collection instrument is the Shooting at the ball test.

3. Result and Discussion

3.1. Research Data Description

Data taken through tests and measurements of 16 Physical Education students class IIIa. The variables in this study are shooting at the ball which is denoted by X as the independent variable, while the results of the test shot at the ball or Shooting is symbolized by Y as the dependent variable.

3.1.1. Pree-test Results for Shooting At The Ball Test

After the accuracy of the Shooting Testse has not been carried out the practice method of kicking nine balls into the goal, the initial data is obtained with the details in the Analysis Results of the Shooting At The Ball Test as follows:

Table 1. Analysis of Pre-test Shooting at the Ball Test

NO	Data Statistik	*Pree-Test*
1	Sample	16
2	Mean	20
3	SD	6,23
4	S	38.8
5	*Min*	10
6	*Max*	33
7	Total	320

Based on the analysis of the results of the Pree-test data The accuracy of the Shooting Test above can be concluded as follows: the highest score is 33, the lowest score is 10 with an average of 20, the standard deviation is 6.23, and the variance is 38.8. The frequency distribution can be seen in the following table:

Table 2 Frequency Distribution of Pretest Shooting at the Ball Test Data

Pree-test	Frekuensi Absolut (FA)	Frekuensi Relatif (%)
10 - 14,5	4	25
14,6 – 19,1	3	18,75
19,2 – 23,7	3	18,75
23,8 – 28,3	4	25
28,4 – 33	2	12,5
Jumlah	**16**	**100%**

Based on the percentage frequency distribution data from the 16 samples above it turns out that as many as 4 samples (25%) have the results of shooting accuracy with 10-14.5 interval classes with very less categories, then as many as 3 samples (18.75%) with interval classes 14,6-19,1 with less categories, then as many as 3 samples (18.75%) with interval classes from 19.2-23.7 with medium categories, then as many as 4 samples (25%) with interval classes 23, 8-28.3 with enough categories, then as many as 2 people (12.5%) with a good interval class of 28.4-33.

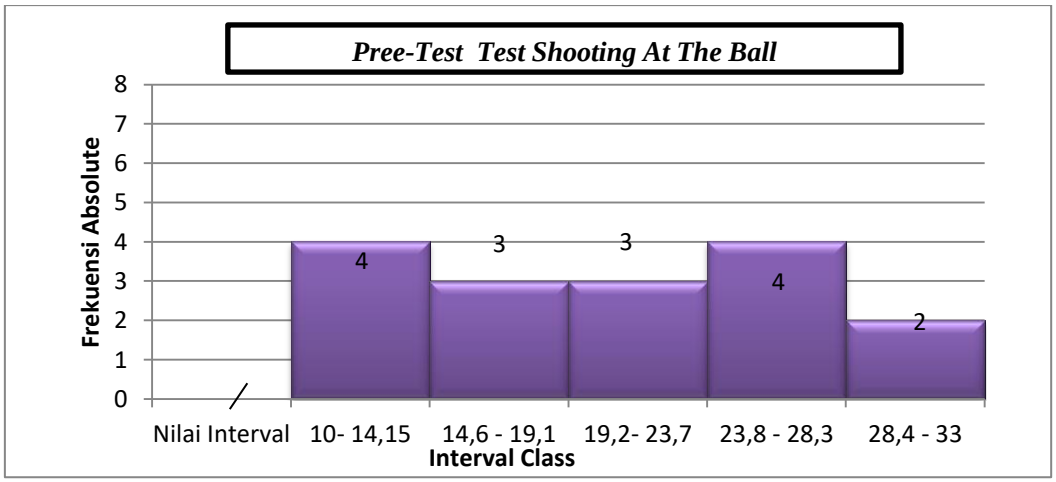

Figure 1. Histogram Results of the Pree-test Shooting at the Ball Test

3.1.2. Post-test results of the Shooting At The Ball Test

After performing the Post-test Accuracy Shooting Test after applying the practice of kicking nine balls to the goal, the final data of the Post-test Accuracy Shooting Test is obtained as follows.

Table 3. Post-test Analysis of the Accuracy of the Shooting Test

NO	Statistik	*Post-test*
1	Sample	16
2	Mean	24,12
3	SD	5,40
4	S	29,17
5	*Min*	14
6	*Max*	35
7	Total	370

Based on the analysis of the results of the Post-test Shooting At The Ball Test above, it can be concluded as follows: the highest score is 35, the lowest score is 14, with an average of 24.12, a standard deviation of 5.40, and a variance of 29.17. The frequency distribution can be seen in the following table:

Table 4. Frequency Distribution of Post-test Data Test Shooting at the Ball

Post-test	Frekuensi Absolut (FA)	Frekuensi Relatif (%)
14 – 18,1	2	12.5%
18,2 – 22,3	4	25%
22,4 – 26,5	7	43.75%
26,6 – 30,7	2	12,5%
30,8 – 35	1	6.25%
Total	**16**	**100%**

Based on the percentage frequency distribution data from the 16 samples above it turns out that as many as 2 samples (12.5%) have the results of the Shooting At The Ball Test with class intervals of 14-18.1 with enough categories, then as many as 4 samples (25%) with interval classes 18.2-22.3 with enough and good categories, then as many as 7 samples (43.75%) with interval classes 22.4-26.5 with good categories, then as many as 2 samples (12.5%) with class intervals 26.6-30.7, with good categories, then as many as 1 sample (6.25%) with interval classes 30.8-35 with very good categories.

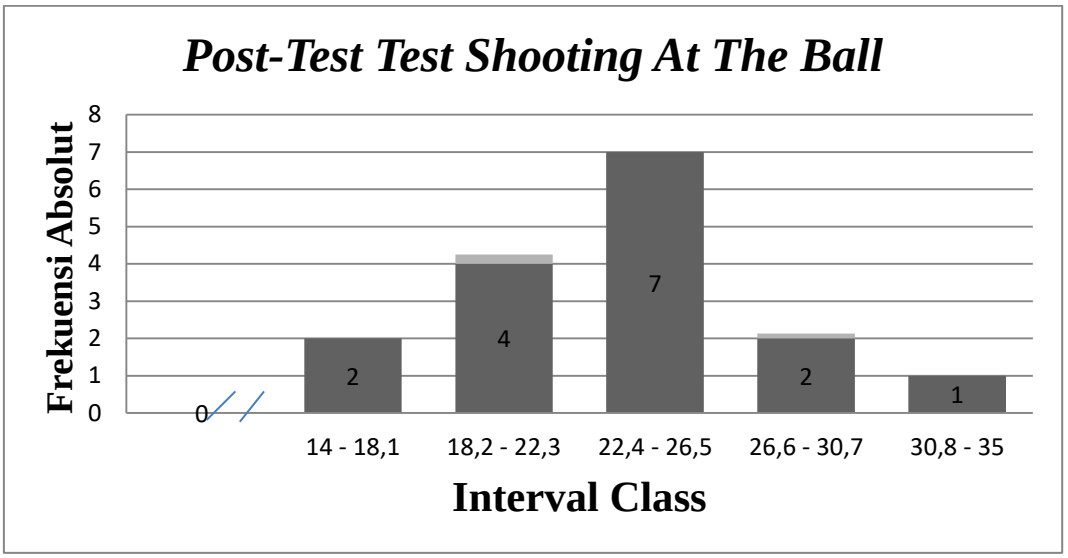

Figure 2. Histogram Results of Post-test Shooting Test at The Ball

4. Conclusion

Before the analysis was carried out, first a pree-test was carried out with an average yield of 20, then performed nine kicks on the goal during 16 meetings on the Physical Education team of the third class Physical Education Faculty a FKIP Unri as many as 16 people and obtained an average post result - test of 24.12. Based on the statistical analysis of the t test, it was obtained a different value of 4.12 and yielded a tcount of 6.609 and a table of 1.704. Means counting> ttable. It can be concluded that the practice of kicking nine balls into the goal which was carried out for 16 times had an influence on the accuracy of the shooting skills of the soccer player of the Physical Education FKIP Unri. Based on the results of the analysis and data processing above, it can be concluded as follows: there is a significant influence between the practice of kicking nine balls on goal (X) on the student soccer player Physical Education FKIP Unri.

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