

ABSTRACT

INDRA SUSANTO CANIAGO, 2023. *The Effect of Exercise Variations Using Targets from Various Directions on Shooting Accuracy in Futsal Games (Experimental Study on Futsal Extracurriculars at SMAN 3 Tasikmalaya Academic Year 2022/2023)*. Department of Physical Education, Faculty of Teacher Training and Education, Siliwangi University, Tasikmalaya.

Futsal is a sport that is currently being developed and is loved by people, both young and old, both men and women, easy-to-reach places and unlimited playing time make futsal an interesting game. To win a match, a team is required to score as many goals as possible during the match, therefore it requires good shooting accuracy from each player. The purpose of this study was to determine the effect of variations in training using targets from various directions on the accuracy of shooting in futsal games for futsal extracurricular members of SMAN 3 Tasikmalaya. This research was conducted using a quantitative method using the One-Group Pretest-Posttest Design experiment. The research method used is the experimental method. Based on the results of research, it shows that there is an increase in the final test score for shooting accuracy from the initial test value. The results of the statistical analysis showed that the value of t_{count} was greater than t_{table} ($t_{count} 8.89 > t_{table} 1.73$) which meant that there was an effect of variations in training using targets from various directions on shooting accuracy in futsal games for futsal extracurricular members of SMAN 3 Tasikmalaya.

Keyword: Accuracy, Exercise, Futsal, Shooting, Variation