ABSTRACT

MUHAMMAD NAUFALISNAIN FAUZIAN SUKMA. 2023. The Effect of Training Using Bottle Target Aids on Shooting Accuracy in Soccer Games. Department of Physical Education, Faculty of Teacher Training and Education, Siliwangi University, Tasikmalaya.

The problem of this study is the lack of accuracy of shooting soccer players SSB Setiawaras Football Association Cibalong District U-14. This study aims to determine whether there is an effect of training with bottle target aids on the accuracy of soccer shooting in SSB players of the Setiawaras Football Association, Cibalong District U-14. The research method used in this research is the experimental method. The population of this study was SSB Setiawaras Football Association Cibalong District U-14 which amounted to 20 people, and a sample of 20 people with total sampling technique. Based on the results of the study, data processing in this study used experimental methods, with data analysis in this study, researchers used statistical formulas. The results of the study using the t test that the value of t_count is 8.20, so that t_count is greater than t_tabel and is outside the acceptance of the null hypothesis of 1.73, meaning that the research hypothesis is accepted or the null hypothesis is rejected. So there is a significant effect of training with bottle target aids on the accuracy of soccer shooting in SSB players of the Setiawaras Football Association, Cibalong District U-14.

Keywords: Bottle Target, Shooting Accuracy, Soccer