

ABSTRACT

DEWI PURWANTI. 2023. *Effects of Exercise Variations on Shooting Skills in Soccer Games*. Department of Physical Education, Faculty of Teacher Training and Education, Siliwangi University, Tasikmalaya.

The purpose of this study was to obtain information about the effect of training variations on shooting skills in soccer games for soccer school students Putra Asgar KU 13. The research method used was an experimental method and the instrument in this study was a shooting test in soccer. The population and sample in this study were 24 soccer school students Putra Asgar KU 13, using 24 total sampling techniques. The data analysis technique used is the normality test, homogeneity, and t-test, at a significant level of 5%.

The results showed that there was an effect of training variations on shooting skills, namely a t-count of 9.25 > t-table of 1.71 with a significant level of 0.05, then H_0 was rejected and H_a was accepted, meaning that there was a significant effect of training variations on shooting skills in soccer games at Putra Asgar KU 13 Football School students.

Keywords : *variation, practice, shooting, soccer*