

ABSTRAK

FAUZI NUR SYABAN. 2023. **Kontribusi Percaya Diri dan Konsentrasi Terhadap Ketepatan *Shooting* Sepak Bola**, Jurusan Pendidikan Jasmani. Fakultas Keguruan dan Ilmu Pendidikan. Universitas Siliwangi. Tasikmalaya.

Shooting adalah salah satu teknik dasar sepak bola yang digunakan sebagai senjata untuk mencetak gol ke gawang lawan. Terdapat beberapa faktor yang mempengaruhi *shooting* seorang pemain, salah satunya faktor psikologis yaitu percaya diri dan konsentrasi. Tujuan Penelitian ini adalah untuk mengetahui seberapa besar kontribusi percaya diri dan konsentrasi terhadap ketepatan *shooting* sepak bola. Metode penelitian ini menggunakan metode deskriptif kuantitatif. Populasi penelitian ini adalah pemain klub sepak bola Putra Banantaka U-19 Kelurahan Cipari sebanyak 15 pemain dan sampel yang digunakan sebanyak 15 pemain. Teknik *sampling* menggunakan *total sampling*. Berdasarkan hasil penelitian, pengolahan data, analisis data, dan pengujian hipotesis, maka diperoleh kesimpulan: 1) terdapat kontribusi percaya diri terhadap ketepatan *shooting* sepak bola dengan nilai koefisien determinasi sebesar 28,09%, 2) terdapat kontribusi konsentrasi terhadap ketepatan *shooting* sepak bola dengan nilai koefisien determinasi sebesar 72,25%, 3) terdapat kontribusi percaya diri dan konsentrasi secara bersama-sama terhadap ketepatan *shooting* sepak bola dengan nilai koefisien determinasi sebesar 73,96%.

Kata Kunci : Percaya Diri, Konsentrasi, Ketepatan *Shooting*, Sepak Bola.

ABSTRACT

FAUZI NUR SYABAN. 2023. *The Contribution of Confidence and Concentration to the shooting accuracy in football.* Department of Physical Education. Faculty of Teacher Training and Education. Siliwangi University. Tasikmalaya.

Shooting is one of the basic football techniques used as a weapon to score goals against opponents. There are several factors that influence a player's shooting, one of which is psychological factors, namely self-confidence and concentration. The purpose of this study was to find out how much confidence and concentration contribute to the accuracy of shooting soccer. This research method uses a quantitative descriptive method. The population of this study was 15 players from the Men's Banantaka U-19 football club in Cipari sub-district and the sample used was 15 players. The sampling technique uses total sampling. Based on the results of research, data processing, data analysis and hypothesis testing, then a conclusion is obtained: 1) there is a confident contribution to the accuracy of soccer shooting with a coefficient of determination of 28.09%, 2) there is a contribution of concentration to the accuracy of soccer shooting with The coefficient of determination value is 72.25%, 3) there is a joint contribution of confidence and concentration to the accuracy of soccer shooting with a coefficient of determination value of 73.96%.

Keywords: *Confidence, Concentration, Shooting Accuracy, Football.*