

ABSTRACT

MUHADI. 2023. *The Effect of Variations in Training Using a Combination of Man to Man Marking on Futsal Game Shooting Skills*. Department of Physical Education. Faculty of Teacher Training and Education. Siliwangi University. Tasikmalaya.

Shooting is one of the basic playing techniques in futsal where a player shoots or kicks the ball hard towards the opponent's goal. There are many factors that influence a player's shooting skills when competing, including shooting technique and pressure from the opponent. Having a variety of exercises is an effort to improve shooting skills. The aim of this research is to determine the effect of variations in training using a combination of man to man marking on futsal shooting skills. This research method uses an experimental method with a population of 25 people. The sample used was 25 people with a sampling technique using total sampling. Based on the results of research, data processing, data analysis, and hypothesis testing, it was concluded that there was a significant influence from variations in training using a combination of man to man marking on futsal game shooting skills in futsal extracurricular participants at SMKN 3 Tasikmalaya City Q.A 2023/2024 with The calculated t value is 4.39.

Keywords: *Variations, Man to Man Marking, Shooting Skills, Futsal*