

ABSTRAK

DIKRI KHOERUL IHSAN. 2024. **Hubungan *Power* Otot Tungkai, Koordinasi Mata Kaki Dan Konsentrasi Dengan Ketepatan *Shooting* Dalam Permainan Sepak Bola.** Jurusan Pendidikan Jasmani Fakultas Keguruan Dan Ilmu Pendidikan, Universitas Siliwangi Kota Tasikmalaya

Shooting adalah salah satu teknik yang digunakan untuk menendang bola sekeras-kerasnya ke arah gawang lawan. Kemampuan *shooting* ini sangat penting dikuasai oleh pemain sepak bola khususnya bagi seorang penyerang. Untuk mendapatkan kemampuan *shooting* yang baik diperlukan dukungan dari beberapa aspek diantaranya kondisi fisik *power* otot tungkai, koordinasi mata kaki, dan konsentrasi. Peneliti ini bertujuan untuk mengetahui hubungan *power* otot tungkai, koordinasi mata kaki dan konsentrasi dengan ketepatan *shooting* dalam permainan sepak bola. Jenis penelitian ini adalah deskriptif kuantitatif. Populasi dari penelitian ini adalah Anggota SSB Al-Hilal U-15 berjumlah 20 orang. Teknik sampling menggunakan *sampling jenuh*. Berdasarkan pengolahan data menggunakan uji statistik, ternyata secara empiris (1) Terdapat hubungan *power* otot tungkai dengan hasil ketepatan *shooting* dalam permainan sepak bola (2) Terdapat hubungan koordinasi mata kaki dengan ketepatan *shooting* dalam permainan sepak bola (3) Terdapat hubungan konsentrasi dengan ketepatan *shooting* dalam permainan sepak bola (4) Terdapat hubungan *power* otot tungkai, koordinasi mata kaki dan konsentrasi secara bersama-sama dengan hasil ketepatan *shooting* dalam permainan sepak bola pada Anggota SSB Al-Hilal U-15 dan hasil hipotesis diterima dengan kategori kuat

Kata Kunci : *Power* otot tungkai, Koordinasi mata kaki, Konsentrasi, Ketepatan *shooting*

ABSTRACT

DIKRI KHOERUL IHSAN. 2024. ***Relationship between muscle power, eye-foot coordination and concentration with shooting accuracy in soccer games.*** Department of Physical Education, Faculty of Teacher Training and Education. Siliwangi University, Tasikmalaya City

Shooting is a technique used to kick the ball as hard as possible towards the opponent's goal. This shooting ability is very important for soccer players to master, especially for attackers. To obtain good shooting skills, support is needed from several aspects including physical condition, leg muscle power, ankle coordination and concentration. This researcher aims to determine the relationship between leg muscle power, eye-foot coordination with shooting accuracy in soccer game. This type of research is quantitative descriptive. The population of this study was 20 members of SSB Al-Hilal U-15. The sampling technique uses jenuh sampling. Based on data processing using statistical tests, it turns out empirically that (1) There is a relationship between leg muscle power and the result of shooting accuracy in soccer games (2) There is a relationship between ankle coordination and the result of shooting accuracy in soccer games (3) There is a relationship between concentration and the result of shooting accuracy in soccer games (4) There is a relationship between leg muscle power, eye-foot coordination and concentration together with the results of shooting accuracy in soccer games for SSB Al-Hilal U- 15 members and the hypothesis results are accepted in the strong category.

Keywords : Leg Muscle Power, Foot Eye Coordination, Concentration, Shooting Accuracy