

ABSTRAK

HENDRO GAMA RAMADHAN. 2024. **Kontribusi *Power* Otot Tungkai, Koordinasi Mata-kaki dan Fleksibilitas Panggul Terhadap Hasil *Shooting* Dalam Permainan Futsal.** Jurusan Pendidikan Jasmani, Fakultas Keguruan Dan Ilmu Pendidikan, Universitas Siliwangi, Tasikmalaya.

Tujuan penelitian ini dilakukan untuk mengetahui korelasi antara *power* otot tungkai, koordinasi mata-kaki, dan fleksibilitas panggul terhadap hasil *shooting* dalam permainan futsal pada Atlet Recta Futsal Garut KU-17. Dari hasil perhitungan tersebut besarnya dukungan *power* otot tungkai terhadap hasil *shooting* yaitu sebesar 26,01% dan tingkat korelasinya termasuk kategori cukup (0,51), koordinasi mata-kaki terhadap hasil *shooting* adalah sebesar 14,44% dan korelasinya termasuk kategori rendah (0,38) dan kontribusi fleksibilitas panggul terhadap hasil *shooting* sebesar 37,21% dan nilai korelasinya termasuk kategori cukup (0,61).

Kata kunci : fleksibilitas panggul, koordinasi mata-kaki, *power* otot tungkai, *shooting* futsal.

ABSTRACT

HENDRO GAMA RAMADHAN. 2024. *Contribution of Leg Muscle Power, Eye-Foot Coordination and Hip Flexibility to Shooting Results in Futsal Games*. Department of Physical Education, Faculty of Teacher Training and Education, Siliwangi University, Tasikmalaya.

The aim of this research was to determine the correlation between leg muscle power, eye-foot coordination, and hip flexibility on shooting results in futsal games for Recta Futsal Garut KU-17 athletes. From the results of these calculations, the amount of leg muscle power support on shooting results is 26.01% and the correlation level is in the sufficient category (0.51), eye-foot coordination on shooting results is 14.44% and the correlation is in the low category (0.38) and the contribution of hip flexibility to shooting results was 37.21% and the correlation value was in the sufficient category (0.61)..

Keywords: *eye-foot coordination, futsal shooting, hip flexibility, leg muscle power*