

ABSTRAK

DAFFA ADHIA RIZKI SUDIAMAN. 2025. **Pengaruh Pendekatan *Shooting Colour* Terhadap Hasil Belajar Teknik Dasar *Shooting* Sepak Bola**. Jurusan Pendidikan Jasmani. Fakultas Keguruan dan Ilmu Pendidikan. Universitas Siliwangi.

Penelitian yang berjudul “Pengaruh Pendekatan *Shooting Colour* Terhadap Hasil Belajar Teknik Dasar *Shooting* Sepak Bola” dilakukan untuk mengetahui apakah terdapat pengaruh dari pendekatan *shooting colour* terhadap hasil belajar teknik dasar *shooting* sepak bola. Sementara itu, metode penelitian yang digunakan adalah metode eksperimen dengan desain penelitian *one group pretest-posttest design*. Dengan desain ini, dilakukan tes awal (*pretest*) serta tes akhir (*posttest*) keterampilan *shooting*. Populasi dari penelitian ini adalah seluruh kelas di SMP Negeri 2 Ciamis yang terdiri dari 27 kelas. Adapun untuk menentukan sampel digunakan teknik *cluster random sampling* dan dipilih 1 kelas secara acak sebagai sampel. Kemudian, kelas yang dipilih menjadi sampel menerima perlakuan dengan menerapkan pendekatan *shooting colour* selama pembelajaran sepak bola. Setelah itu, data diolah dengan menggunakan pendekatan statistika. Berdasarkan penelitian yang telah dilakukan, diperoleh hasil bahwa terdapat peningkatan hasil belajar teknik dasar *shooting* sepak bola. Dengan demikian, hasil penelitian ini mengindikasikan bahwa terdapat pengaruh yang signifikan dari pendekatan *shooting colour* terhadap hasil belajar teknik dasar *shooting* sepak bola dalam permainan sepak bola pada siswa SMP Negeri 2 Ciamis tahun ajaran 2024/2025.

Kata kunci: pendekatan *shooting colour*, *shooting*, sepak bola

ABSTRACT

DAFFA ADHIA RIZKI SUDIAMAN. 2025. *The Effect of the Shooting Colour Approach on the Learning Outcomes of Basic Football Shooting Technique*. Department of Physical Education. Faculty of Teacher Training and Education. Siliwangi University.

The study entitled "The Effect of the Shooting Colour Approach on the Learning Outcomes of Basic Football Shooting Movements" was conducted to determine whether there was an effect of the shooting colour approach on the learning outcomes of basic football shooting movements. Meanwhile, the research method used was an experimental method with a one group pretest-posttest design. With this design, an initial test (pretest) and a final test (posttest) of shooting skills were carried out. The population of this study was all classes at SMP Negeri 2 Ciamis which consisted of 27 classes. As for determining the sample, the cluster random sampling technique was used and 1 class was randomly selected as a sample. Then, the class selected as the sample received treatment by applying the shooting colour approach during football learning. After that, the data was processed using a statistical approach. Based on the research that has been done, the results showed that there was an increase in the learning outcomes of basic football shooting movements. Thus, the results of this study indicate that there is a significant influence of the shooting colour approach on the learning outcomes of basic soccer shooting movements in soccer games for students of SMP Negeri 2 Ciamis in the 2024/2025 academic year.

Keywords: shooting colour approach, shooting, football