

ABSTRAK

IRVAN RAMADHAN. 2023. **KONTRIBUSI *POWER* OTOT TUNGKAI DAN FLEKSIBILITAS PANGGUL TERHADAP KETERAMPILAN *SHOOTING* DALAM PERMAINAN SEPAKBOLA.** Jurusan Pendidikan Jasmani, Fakultas Keguruan dan Ilmu Pendidikan, Universitas Siliwangi, Tasikmalaya.

Penelitian ini bertujuan untuk mengetahui kontribusi *power* otot tungkai dan fleksibilitas panggul terhadap keterampilan *shooting* dalam permainan sepakbola pada Anggota SSB Samudra Gumilang FC Pangandaran. Metode dalam penelitian ini menggunakan metode deskriptif dan instrumen dalam penelitian ini adalah tes *standing broad jump test*, tes *sit and reach*, dan tes *shooting* sepakbola. Populasi dan sampel dalam penelitian ini adalah pada Anggota SSB Samudra Gumilang FC Pangandaran sebanyak 20 orang dengan menggunakan teknik sampling *puposive*. Berdasarkan hasil pengolahan data dengan uji statistik, ternyata secara empirik terdapat kontribusi yang berarti *power* otot tungkai dan fleksibilitas panggul terhadap keterampilan *shooting* dalam permainan sepakbola pada Anggota SSB Samudra Gumilang FC Pangandaran hasilnya hipotesis diterima dan termasuk kategori cukup

Kata Kunci: *power* otot tungkai, fleksibilitas panggul, *shooting*, sepakbola.

ABSTRACT

IRVAN RAMADHAN. 2023. ***THE CONTRIBUTION OF LEMB MUSCLE POWER AND PIP FLEXIBILITY TO SHOOTING SKILLS IN FOOTBALL***. *Department of Physical Education, Faculty of Teacher Training and Education, Siliwangi University, Tasikmalaya.*

This study aims to determine the contribution of leg muscle power and hip flexibility to shooting skills in football games for members of SSB Samudra Gumilang FC Pangandaran. The method in this study used a descriptive method and the instruments in this study were the standing broad jump test, the sit and reach test, and the football shooting test. The population and sample in this study were 20 members of SSB Samudra Gumilang FC Pangandaran using a purposive sampling technique. Based on the results of data processing with statistical tests, it turns out that empirically there is a significant contribution of leg muscle power and hip flexibility to shooting skills in football games for members of SSB Samudra Gumilang FC Pangandaran. The results of the hypothesis are accepted and are included in the sufficient category.

Keywords: leg muscle power, hip flexibility shooting, football

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