

ABSTRAK

Reki Muhamad Ramdhan, 2024. **Kontribusi *Power* Otot Tungkai dan Koordinasi Mata Kaki Terhadap Hasil *Shooting* Pada Permainan Futsal di SMP Negeri 19 Tasikmalaya.** Jurusan Pendidikan Jasmani. Fakultas Keguruan dan Ilmu Pendidikan. Universitas Siliwangi.

Dalam permainan futsal salah satu teknik dasar yang memegang peranan penting adalah *shooting*. Penelitian ini bertujuan untuk mengetahui seberapa besar kontribusi *power* otot tungkai dan koordinasi mata kaki terhadap hasil *shooting* dalam permainan futsal di SMP Negeri 19 Tasikmalaya. Penelitian ini menggunakan metode deskriptif kuantitatif. Populasi dalam penelitian ini merupakan atlet futsal di SMP Negeri 19 Tasikmalaya yang berjumlah 20 orang, dan diambil sampel menggunakan teknik *purposive sampling* yang berjumlah 15 orang. Instrumen yang digunakan adalah tes dan pengukuran *standing board jump*, *soccer wall volley test*, dan hasil *shooting*. Hasil pengujian menunjukkan bahwa adanya kontribusi. Uji hipotesis menunjukkan bahwa nilai $f_{hitung} 9,33 > f_{tabel} 3,88$, sehingga hal tersebut menunjukkan H_0 ditolak dan H_a diterima yang berarti bahwa ada kontribusi yang signifikan antara *power* otot tungkai dan koordinasi mata kaki terhadap hasil *shooting*.

Kata Kunci : *Shooting*, *Power* Otot Tungkai, Koordinasi Mata Kaki

ABSTRACT

Reki Muhamad Ramdhan, 2024. ***Contribution of Limb Muscle Power and Foot Eye Coordination to Shooting Results in Futsal Games at SMP Negeri 19 Tasikmalaya.*** Department of Physical Education. Faculty of Teacher Training and Education. Siliwangi University.

In a futsal game, one of the basic techniques that plays an important role is shooting. This study aims to determine how much leg muscle power and foot eye coordination contribute to shooting results in futsal games at SMP Negeri 19 Tasikmalaya. This research uses quantitative descriptive method. The population in this study were futsal extracurricular athletes at SMP Negeri 19 Tasikmalaya, totaling 20 people, and samples were taken using purposive sampling techniques totaling 15 people. The instruments used were tests and measurements of standing board jump, soccer wall volley test, and shooting results. The test results show that there is a contribution. Hypothesis testing shows that the f_{count} value is $9.33 > f_{tabel} 3.88$, so this shows that H_0 is rejected and H_a is accepted, which means that there is a significant contribution between leg muscle power and foot eye coordination to shooting results.

Keywords: Shooting, Limb Muscle Power, Foot Eye Coordination