

ABSTRAK

Ersa Fatkhur Rokhim. 2025. **Pengaruh Variasi Latihan terhadap Hasil *Shooting* ke Gawang pada Sekolah Sepak Bola S10 *Foundation* di Kota Tasikmalaya.** Jurusan Pendidikan Jasmani. Fakultas Keguruan dan Ilmu Pendidikan. Universitas Siliwangi.

Sepak bola merupakan olahraga populer yang menuntut keterampilan teknik tinggi, salah satunya kemampuan melakukan *shooting* yang akurat dan kuat untuk mencetak gol. Berdasarkan hasil observasi di Sekolah Sepak Bola (SSB) S10 Foundation Kota Tasikmalaya, ditemukan bahwa kemampuan *shooting* pemain, khususnya kelompok usia U-13, masih kurang optimal karena program latihan yang monoton dan kurang bervariasi. Oleh karena itu, penelitian ini dilakukan untuk mengetahui pengaruh variasi latihan terhadap peningkatan hasil *shooting* ke gawang pada pemain SSB S10 Foundation. Penelitian ini bertujuan untuk mengetahui pengaruh variasi latihan terhadap hasil *shooting* ke gawang pada pemain Sekolah Sepak Bola (SSB) S10 Foundation Kota Tasikmalaya. Penelitian ini menggunakan metode eksperimen dengan desain *one-group pretest-posttest design*. Populasi dalam penelitian ini adalah seluruh pemain SSB S10 Foundation kelompok usia U-13 yang berjumlah 20 orang, dengan pengambilan jumlah sampel penelitian ini 15 orang. teknik *sampling* menggunakan teknik *purposive sampling*. Instrumen penelitian yang digunakan adalah tes keterampilan menembak bola ke sasaran (*shooting test*) untuk mengukur tingkat kemampuan *shooting* sebelum dan sesudah perlakuan. Pengumpulan data dilakukan melalui pengukuran hasil *shooting* pada pretest dan posttest, kemudian dianalisis menggunakan uji *t* untuk mengetahui perbedaan yang signifikan. Hasil penelitian ini menunjukkan bahwa variasi latihan berpengaruh secara berarti terhadap hasil *shooting* ke gawang Pada atlet Sekolah Sepak Bola S10 *Foundation* Kota Tasikmalaya.

Kata kunci: variasi latihan, hasil *shooting*, sepak bola, eksperimen, SSB S10 *Foundation*

ABSTRACT

Ersa Fatkhur Rokhim. 2025. *The Effect of Training Variations on Shooting Results at the Goal in the S10 Foundation Soccer School in Tasikmalaya City*. Department of Physical Education. Faculty of Teacher Training and Education. Siliwangi University.

Soccer is a popular sport that requires high technical skills, one of which is the ability to perform accurate and powerful shots to score goals. Based on observations at the S10 Foundation Soccer School (SSB) in Tasikmalaya City, it was found that the shooting ability of players, especially the U-13 age group, was still suboptimal due to monotonous and less varied training programs. Therefore, this study was conducted to determine the effect of training variation on improving shooting results at the goal among players at the S10 Foundation SSB. This study aims to determine the effect of training variation on shooting results at the goal among players at the S10 Foundation Soccer School (SSB) Foundation in Tasikmalaya City. This study used an experimental method with a one-group pretest-posttest design. The population in this study consisted of all U-13 age group players from the SSB S10 Foundation, numbering 20 people, with a sample size of 15 people. The sampling technique used was purposive sampling. The research instrument used was a ball shooting skill test (shooting test) to measure the level of shooting ability before and after the treatment. Data collection was conducted by measuring shooting results in pretest and posttest, then analyzed using t-test to determine significant differences. The results of this study indicate that training variation has a significant effect on shooting results at the goal for students of the S10 Foundation Soccer School in Tasikmalaya City.

Keywords: *variation of exercises, shooting results, soccer, experiments, SSB S10 Foundation*