

ABSTRAK

DIKI ILHAM ZAKARIA. 2025. **Pengaruh Latihan Target *Goaling* dan *Girshot* terhadap keterampilan *Shooting* pada atlet putra SMP Negeri 17 Tasikmalaya.** Jurusan Pendidikan Jasmani. Fakultas Keguruan dan Ilmu Pendidikan. Universitas Siliwangi.

Penelitian ini bertujuan untuk memperoleh informasi tentang ada tidaknya pengaruh latihan target *Goaling* dengan *Girshoot* terhadap keterampilan *Shooting* pada atlet futsal putra SMP Negeri 17 Tasikmalaya. Metode yang digunakan penelitian adalah metode eksperimen. Sebagian populasi di jadikan sampel yakni 20 orang yang berarti menggunakan teknik *Purposive sampling*. Teknik analisis data yang digunakan adalah uji parametrik dengan uji t. Berdasarkan pengolahan dan analisis data diperoleh hasil rata-rata antara kelompok A = 16,4 dan kelompok B = 17,9 dengan $T_{hitung} = 0,405$ lebih kecil dari $T_{tabel} = 2,10$ atlet futsal putra SMP Negeri 17 Tasikmalaya. Hasil pengujian bahwa latihan target *Goaling* dan *Girshoot* terdapat pengaruh yang signifikan terlihat dari hasil hipotesis (H_0) di tolak dan hipotesis kerja diterima dan tidak terdapat perbedaan pengaruh yang signifikan antara latihan kelompok A dan kelompok B terhadap keterampilan *Shooting*.

Kata kunci: *Girshoot*, *Goaling*, Latihan Target, *Shooting*.

ABSTRACT

DIKI ILHAM ZAKARIA. 2025. *The Effect of Target Goaling and Girshot Training on Shooting Skills in Male Athletes of SMP Negeri 17 Tasikmalaya. Department of Physical Education, Faculty of Teacher Training and Education, Siliwangi University.*

his study aims to obtain information about the influence of Goaling target training with Girshoot on Shooting skills in male futsal athletes of SMP Negeri 17 Tasikmalaya. The method used in this study is an experimental method. A portion of the population was sampled, namely 20 people, which means using the Purposive sampling technique. The data analysis technique used was a parametric test with the t-test. Based on data processing and analysis, the average results obtained between group A = 16.4 and group B = 17.9 with $T_{hitung} = 0.405$ smaller than $T_{tabel} = 2.10$ male futsal athletes of SMP Negeri 17 Tasikmalaya. The test results that Goaling target training and Girshoot have a significant influence can be seen from the results of the hypothesis (H_0) which is rejected and the working hypothesis is accepted and there is no significant difference in influence between group A and group B training on Shooting skills.

Keywords: Girshoot, Goaling, Target Practice, Shooting.