

ABSTRACT

ISMA MAULIDA RAHMA. 2026. *The Effect of Imagery Training Using Audiovisual Aids on Improving Shooting Accuracy In The Futsal Club of Siliwangi University*. Department of Physical Education. Faculty of Teacher Training and Education. Siliwangi University.

This study aims to determine the effect of imagery training using audio-visual media (video) on improving shooting accuracy in the Siliwangi University Women's Futsal Club. The main problem behind this study is the low shooting accuracy of players, who often miss the target and lack focus when shooting. The research method used was an experiment with a one-group pretest-posttest design. The population in this study was the players of the Siliwangi University Women's Futsal Club. The sample used consisted of 15 people using purposive sampling techniques. The research instrument used a shooting accuracy test at a goal with a specific target. The data were analyzed using a t-test to see the significance of the increase. The results showed an increase in the average score from 81 in the pretest to 117 in the posttest. The hypothesis test results showed that $t_{count} (40,20) > t_{table} (1,761)$, so it can be concluded that imagery training with audio-visual assistance has a significant effect on improving shooting accuracy in the Siliwangi University Women's Futsal Club

Keywords: Imagery Training, Audio visual, futsal shooting