

ABSTRAK

SALMAN AL FARISI. 2026. Kontribusi Power Otot Tungkai, Koordinasi Mata Kaki Dan Percaya Diri Terhadap Shooting Futsal Pada Peserta Ekstrakurikuler SMA Negeri 2 Ciamis. Jurusan Pendidikan Jasmani. Fakultas Keguruan dan Ilmu Pendidikan. Universitas Siliwangi.

Penelitian ini bertujuan untuk menganalisis pengaruh power otot tungkai, koordinasi mata-kaki, dan kepercayaan diri terhadap performa shooting futsal. Penelitian menggunakan pendekatan kuantitatif korelasional dengan sampel 20 siswa. Instrumen meliputi tes fisik dan psikologis. Hasil menunjukkan bahwa koordinasi mata-kaki memiliki pengaruh paling dominan ($r=0,92$), diikuti oleh power otot tungkai dan kepercayaan diri ($r=0,68$). Temuan ini menegaskan bahwa performa shooting tidak hanya ditentukan oleh kekuatan fisik, tetapi juga integrasi sensorimotor dan faktor psikologis. Penelitian ini memberikan implikasi praktis dalam penyusunan program latihan futsal berbasis multidimensional.

Kata kunci: Koordinasi Mata-Kaki, Power Otot Tungkai, Kepercayaan Diri, Shooting Futsal

ABSTRACT

SALMAN AL FARISI. 2026. *The Contribution of Leg Muscle Power, Eye-Foot Coordination and Self-Confidence Towards Futsal Shooting in Futsal Extracurricular Participants of SMA Negeri 2 Ciamis*. Physical Education Department. Faculty of Teacher Training and Education. Siliwangi University.

This study aims to analyze the influence of leg muscle power, foot-eye coordination, and self-confidence on futsal shooting performance. The study used a quantitative correlational approach with a sample of 20 students. The instruments included physical and psychological tests. The results showed that foot-eye coordination had the most dominant influence ($r=0.92$), followed by leg muscle power and self-confidence ($r=0.68$). These findings confirm that shooting performance is not only determined by physical strength, but also by sensorimotor integration and psychological factors. This study provides practical implications for developing multidimensional futsal training programs.

Keywords: Eye-Foot Coordination, Leg Muscle Power, Self-Confidence, Futsal Shooting