

**PENGARUH PELATIHAN *SHOOTING* PASIF DAN *SHOOTING* AKTIF
TERHADAP KETEPATAN *SHOOTING* SISWA PESERTA
EKSTRAKURIKULER SEPAK BOLA
SMP NEGERI 12 DENPASAR
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ABSTRAK

Riset ini bermaksud untuk mengetahui pengaruh *shooting* pasif dan *shooting* aktif terhadap ketepatan *shooting*. Model pada riset ini yaitu eksperimen semu (quasi experiment) dengan rancangan non-randomized pretest-posttest group design. Subjek pada riset ini adalah siswa peserta ekstrakurikuler sepak bola SMP Negeri 12 Denpasar sebanyak 30 orang dengan teknik sampling yang digunakan yaitu ordinal pairing dan dibagi menjadi 3 kelompok yaitu kelompok perlakuan I, kelompok perlakuan II dan kelompok control. Instrument yang digunakan untuk mengukur ketepatan yaitu tes ketepatan *shooting* dari Nurhasan tahun 2001. Data yang didapat selanjutnya dianalisis dengan menggunakan uji F (one-way anova) pada taraf signifikansi 0,05 dengan bantuan program SPSS (Statistical Program for Social Science) versi 20.

Hasil penyelidikan dengan teknik one-way anova, variabel ketepatan *shooting* antara kelompok perlakuan dan kelompok control didapatkan Fhitung 18,711 dengan signifikansi 0,00 yang berarti terdapat perbedaan pengaruh antara pelatihan *shooting* pasif dan *shooting* aktif terhadap ketepatan *shooting*. Berdasarkan uji lanjutan LSD (least significant different), kelompok pelatihan *shooting* pasif lebih unggul dan besar pengaruhnya sebesar dibandingkan pelatihan *shooting* aktif terhadap peningkatan ketepatan *shooting*. Dapat ditarik simpulan bahwa (1) pelatihan *shooting* pasif dan *shooting* aktif berpengaruh signifikan terhadap peningkatan ketepatan *shooting*. (2) terdapat perbedaan pengaruh pelatihan *shooting* pasif dan *shooting* aktif terhadap peningkatan ketepatan *shooting*. (3) pelatihan *shooting* pasif lebih baik daripada pelatihan *shooting* aktif terhadap ketepatan *shooting*. Disarankan untuk para pelatih dan Pembina ekstrakurikuler sepak bola untuk dapat menggunakan metode Latihan *shooting* pasif dan aktif sebagai Latihan guna meningkatkan ketepatan *shooting*.

Kata Kunci : Sepak Bola, Ketepatan, *Shooting*

**THE EFFECT OF PASSIVE SHOOTING AND ACTIVE SHOOTING
TRAINING ON THE SHOOTING ACCURACY OF PARTICIPANT
STUDENTS FOOTBALL EXTRACURRICULAR
STATE MIDDLE SCHOOL 12 DENPASAR
ACADEMIC YEAR 2023/2024**

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ABSTRACT

This research aims to determine the effect of knowing passive shooting and active shooting on precision shooting. The model in this research is a quasi-experiment with a non-randomized pretest-posttest group design. The subjects in this study were 30 students participating in extracurricular football at SMP Negeri 12 Denpasar with the sampling technique used, namely ordinal pairing and divided into 3 groups, namely treatment group I, treatment group II and control group. The instrument used to measure precision was the shooting precision test from Nurhasan in 2001. The data obtained was then analyzed using the F test (one-way anova) at a significance level of 0.05 with the help of the SPSS (Statistical Program for Social Science) version 20 program.

The results of the investigation using the one-way anova technique, the shooting precision variable between the treatment group and the control group obtained an F count of 18.711 with a significance of 0.00, which means there is a difference in the influence between passive shooting training and active shooting on shooting accuracy. Based on the LSD follow-up test (at least significant difference), the passive shooting training group was superior and had as much influence as the active shooting training on increasing shooting accuracy. It can be concluded that (1) passive shooting and active shooting training have a significant effect on increasing shooting accuracy. (2) there is a difference in the influence of passive shooting and active shooting training on increasing shooting accuracy. (3) passive shooting training is better than active shooting training for precision shooting. It is recommended for coaches and extracurricular soccer coaches to use passive and active shooting training methods as exercises to improve shooting stretching.

Keywords: Football, Accuracy, Shooting