

## ***ABSTRAK***

Andry Budi Satriawan, 2022. Pengaruh Latihan Menggunakan Kaki Dalam terhadap Ketepatan *Shooting* Pemain Futsal Ekstrakurikuler SDN Kapasan 3 Surabaya, Program Studi: Pendidikan Jasmani, Fakultas Pedagogi dan Psikologi, Universitas PGRI Adi Buana Surabaya, Dosen Pembimbing: Dr.Drs. Abd. Cholid, S.Pd., M,Pd.

### **Kata Kunci : Tendangan Kaki Dalam, *Shooting*, Ketepatan**

Latar belakang : 1) Penguasaan teknik dasar merupakan modal utama untuk dapat bermain sepakbola. 2) Teknik menendang bola merupakan Teknik dasar permainan sepakbola. Rumusan masalah : 1) Adakah pengaruh latihan *shooting* kaki bagian dalam terhadap ketepatan *shooting*.

Metode penelitian menggunakan eksperimen dengan desain penelitian pre-test dan post-test group. Pemain futsal ekstrakurikuler SDN Kapasan 3 Surabaya Tahun 2021. Populasi sebanyak 12 orang dan sampel berjumlah 12 orang dengan teknik *purposive sample*. Variabel penelitian terdiri dari variabel terikat yaitu ketepatan *shooting* ke gawang.

Analisis data dilakukan uji normalitas dan uji Hipotesis. Hasil penelitian dapat disimpulkan, ada pengaruh latihan tendangan kaki bagian dalam terhadap ketepatan *shooting*. Saran peneliti adalah untuk pelatih sepakbola dalam meningkatkan akurasi *shooting* ke gawang kapan menggunakan latihan tendangan dengan kaki dalam karena lebih efektif dalam ketepatan ke gawang.

## **ABSTRACT**

*Andry Budi Satriawan, 2022. The Effect of Deep Foot Exercise on Shooting Accuracy of Extracurricular Futsal Players at SDN Kapasan 3 Surabaya, Study Program: Physical Education, Faculty of Pedagogy and Psychology, PGRI Adi Buana University Surabaya, Advisor Lecturer: Dr.Drs. Abd. Cholid, S.Pd., M.Pd.*

**Keywords: Deep Foot Kick, Shooting, Accuracy**

*The study aims to find out: 1) Mastery of basic techniques is the main capital to be able to play football. 2) The technique of kicking the ball is the basic technique of playing football. Problem formulation: 1) Is there any effect of shooting the inner leg on shooting accuracy.*

*The research method used an experiment with a pre-test and post-test group research design. Extracurricular futsal players at SDN Kapasan 3 Surabaya in 2021. The population is 12 people and the sample is 12 people using a purposive sample technique. The research variable consisted of the independent variable, namely shooting the inside of the foot and the dependent variable, namely the accuracy of shooting at the goal.*

*Data analysis was carried out by normality test and hypothesis testing. The results of the study can be concluded, there is an effect of inner leg kick training on shooting accuracy. The researcher's suggestion is for soccer coaches to improve shooting accuracy at the goal when to use kicking exercises with the deep foot because it is more effective in accuracy at the goal.*