

## ABSTRAK

Yoga Galih Prakoso, 2020. Latihan *Sircuit* Upaya Meningkatkan Ketepatan *Shooting* di SSB Puma Satria Surabaya Usia 10-12 Tahun, Program Studi: Pendidikan Jasmani, Fakultas Keguruan dan Ilmu Pendidikan, Universitas PGRI Adi Buana Surabaya, Dosen Pembimbing: Dr.Drs.Abd Cholid., S.Pd, M.Pd

**Kata Kunci :** Latihan *Sircuit* , *Shooting*

Menendang bola atau *Shooting* yang dilakukan oleh peserta didik SSB Puma Satria Surabaya Usia 10-12 Tahun masih belum terkontrol dengan baik dan benar dari segi ketepatan bola dan juga posisi perkenaan yang di sebabkan kurangnya teknik pengembangan ketepatan *shooting* atau pun latihan kekuatan kaki, penelitian ini dilakukan dengan latihan *sircuit* yang berupaya untuk kekuatan otot dan juga ketepatan shooting dengan tujuan untuk menguatkan kaki waktu menendang bola. Sehingga dapat meningkatkan kemampuan *shooting* dalam bermain sepakbola.

Tujuan dari penelitian ini untuk mengetahui adanya pengaruh latihan *sircuit* upaya meningkatkan ketepatan *shooting* pada Sekolah Sepakbola Puma Satria Surabaya Usia 10-12 Tahun . Penelitian ini adalah penelitian eksperimen dengan menggunakan pre-test dan post-test. Sampel penelitian ini sebanyak 20 sampel.

Berdasarkan penelitian yang telah dilakukan, menunjukkan bahwa latihan *sircuit* dalam ketepatan shooting memberikan pengaruh terhadap kualitas ketepatan shooting peserta didik SSB Puma Satria Surabaya Usia 10-12 Tahun. Berdasarkan hasil analisis statistika pada dianalisis dengan menggunakan bantuan SPSS ditemukan hasil uji-T nilai *siq* (*2-tailed*)  $0.000 < 0.05$ ,

## ABSTRACT

Yoga Galih Prakoso, 2020, Sircuit Training Efforts to Improve Shooting Accuracy at SSB Puma Satria Surabaya Ages 10-12 Years, Study Program: Physical Education, Faculty of Teacher Training and Education, Universitas PGRI Adi Buana Surabaya, Supervisor: Dr.Drs.Abd Cholid., S.Pd, M.Pd

**Keywords:** Sircuit Training, Shooting

Kicking a ball or shooting done by students of SSB Puma Satria Surabaya aged 10-12 years is still not well and correctly controlled in terms of ball accuracy and also the position of the impact which is due to a lack of techniques to develop shooting accuracy or leg strength training, this research was conducted. with circuit training that strives for muscle strength and also shooting accuracy in order to strengthen the legs when kicking the ball. So that it can improve shooting skills in playing football.

The purpose of this study was to determine the effect of circuit training to improve shooting accuracy at the Puma Satria Football School Surabaya aged 10-12 years. This research is an experimental research using pre-test and post-test. The sample of this research is 20 samples.

Based on the research that has been done, it shows that circuit training in shooting accuracy has an influence on the quality of the accuracy of shooting for SSB Puma Satria Surabaya students aged 10-12 years. Based on the results of the statistical analysis analyzed using SPSS, it was found that the t-test results of the siq (2-tailed) value were  $0.000 < 0.05$ ,

