

ABSTRAK

Shobri, Alfiah. 2023. *Pengaruh Latihan Tendangan Bola Bergerak Horizontal Dan Bola Diam Terhadap Ketepatan Shooting Pada Siswa U-15 Sidayu Fc*. Program Studi Pendidikan Jasmani. Fakultas Pedagogi Dan Psikologi. Universitas PGRI Adi Buana Surabaya Pembimbing Achmad Nuryadi, S.Pd., M.Pd.

Kata Kunci : Ketepatan Shooting, *Metode latihan Bola Bergerak horizontal Dan Bola Diam*.

Kurangnya ketepatan shooting pada pemain ssb sidayu fc menyebabkan akurasi shooting bola kurang maksimal, sehingga bola mudah melenceng dari sasaran kegawang lawan. Sehingga pada penelitian ini bertujuan yang ingin untuk mengetahui pengaruh latihan *Bola Bergerak horizontal Dan Bola Diam* terhadap ketepatan shooting pada siswa umur 15 tahun ssb sidayu fc.

Penelitian ini menggunakan penelitian kuantitatif yang menggunakan desain penelitian *Pretest-Posttest Eksperimen Control Group Design* adalah desain dengan membagi dua kelompok menjadi kelompok eksperimen 15 dan kelompok kontrol 15. Subjek penelitian ini adalah siswa u-15 ssb sidayu fc jumlah 30 siswa. Metode pengumpulan data yang digunakan adalah penilaian tes ketepatan tendangan shooting kegawang bola bergerak dan bola diam masing-masing diberi 10 kali kesempatan. Dari data kelompok eksperimen pretest postes dan kelompok kontrol pretest posttest ketepatan shooting kegawang yang kemudian di olah dengan Uji hipotesis Uji T *Paired Samples T-Test* dengan bantuan SPSS 22.

Bedasarkan penelitian data sebagai berikut : Hasil kelompok eksperimen pretest sebesar 50.20 dan kelompok posttest sebesar 57.13 jadi ada perbandingan selisih dari kelompok eksperimen pretest dan posttest yaitu sebesar 6.93. Untuk kelompok kontrol pretest sebesar 38.27 dan posttest sebesar 38.67. Perbandingan selisih dari kelompok kontrol pretest dan posttest yaitu sebesar 0.04.

Bedasarkan uji hipotesis dengan bantuan SPSS 22 menunjukan bahwa hasil *Uji T Paired Sampel T-Test* nilai *sig. (2-tailed)* pada kelompok eksperimen yaitu sebesar 0.00, pada kelompok kontrol yaitu sebesar 0.082, Itu dapat dilihat dari hasil nilai *sig. (2-tailed)* kelompok eksperimen yang hasilnya dibawah taraf siqnifikansi < 0.05 yang artinya ada pengaruh pemberian latihan tes ketepatan shooting kegawang yaitu dengan latihan shooting bola *bergerak horizontal* dan shooting *bola diam*.

ABSTRACT

Shobri, Alfish. 2023. The Effect of Horizontal Moving Ball Kicking Exercises and Stationary Balls on Shooting Accuracy in Sidayu Fc U-15 Students. Physical Education Study Program. Faculty of Pedagogy and Psychology. PGRI Adi Buana University Surabaya Supervisor Achmad Nuryadi, S.Pd., M.Pd.

Keywords : Shooting Accuracy, Methods of moving ball horizontally and stationary ball.

The lack of shooting accuracy for SSB Sidayu FC players causes the accuracy of shooting the ball to be less than optimal, so that the ball easily deviates from the target towards the opponent's goal. So that in this study the aim was to find out the effect of horizontal moving ball and stationary ball exercises on shooting accuracy in students aged 15 years, SSB Sidayu FC.

This study used quantitative research using the Pretest-Posttest Experimental Control Group Design design. This design was divided into two groups into an experimental group of 15 and a control group of 15. The subjects of this study were U-15 students of SSB Sidayu FC, a total of 30 students. The data collection method used was an assessment of the accuracy of the shooting kick against a moving ball and a stationary ball, each of which was given 10 chances. From the data of the pretest posttest experimental group and the pretest posttest control group the accuracy of shooting at the goal was then processed by testing the hypothesis test T-Test Paired Samples T-Test with the help of SPSS 22.

Based on research data as follows: The results of the pretest experimental group were 50.20 and the posttest group were 57.13 so there was a comparison of the difference between the pretest and posttest experimental groups which was 6.93. For the control group, the pretest was 38.27 and the posttest was 38.67. The difference between the pretest and posttest control groups was 0.04. Based on the hypothesis test with the help of SPSS 22, it shows that the results of the Paired Sample T-Test T-Test are sig. (2-tailed) in the experimental group which is equal to 0.00, in the control group which is equal to 0.082, it can be seen from the results of the sig. (2-

tailed) experimental group whose results were below the significance level <0.05 , which means that there was an effect of giving the goal shooting accuracy test, namely shooting a ball moving horizontally and shooting a stationary ball.