Gorontalo Sport Science, (2022)

ISSN (e): 2807-1344
Volume 2 Nomor 1, May 2022, Halaman (1-10)
DOI: http://dx.doi.org/10.31314/gss.v2i1.1517
https://journal.umgo.ac.id/index.php/gss

Variations of Shooting and Sprint Training to Improvement of Football Shooting Ages 14-17 Years

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Abstract

Exercise is an effort that is carried out repeatedly with the aim of increasing the desired abilities and skills. This study aims to reveal the difference in the effect of shooting and sprint training methods on improving shooting abilities at the age of 14-17 years. This research method uses experimental research with a research design of Pretest-Posttest Control Group Design. The subjects of this study were 40 SBB Panipi Raya players. The research instrument used in the shooting test was modified from the guidebook for measuring and evaluating physical education and sports education and the curriculum and basic guidelines for Indonesian football. The validity is 0.890 and the reliability is 0.910. The findings of this study indicate (1) There is a significant effect of shooting variation practice on the results of soccer shooting abilities in soccer school players aged 14-17 years. (2) There is a significant effect of sprint variation training on the results of soccer shooting ability in soccer school players aged 14-17 years. (3) There is a significant difference between shooting variation exercise, sprint variation exercise, Control group I, and Control group II towards increasing soccer shooting ability in soccer school players aged 14-17 years. The shooting variation exercise is the most effective on the results of soccer shooting ability in soccer school players aged 14-17 years than the other groups.

Keyword: *Shooting*, *Sprint*, *Football*

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INTRODUCTION

Until now, no sport has received the most lively and enthusiastic response from people in various countries of the world other than football (Prawira & Tribinuka, 2016). Added (Ardi Nusi, 2018) that in Indonesia, football is very popular and is everyone's favorite sport age, especially for children ages, especially for children. Football achievement is determined by various factors, including: body

anthropometry, achievement motivation, training facilities and infrastructure as well as the application of various training methods that are suitable and appropriate for the sport of football. The competence of trainers, coaches/teachers in selecting and presenting training programs (Rustam Effendi, 2016) is the same as aspects directly related to achievement, namely athlete aspects, training quality aspects, and environmental aspects. In an effort to achieve the achievement of a team, it must be balanced by individual players who are qualified and able to apply the techniques of playing football perfectly.

Football performance is characterized by the interaction of technical, tactical, physical, physiological, and psychological components (Praca, Soares, Matias, da Costa, & Greco, 2015, p.136-144). The important physical components in the game of football, revealed by Koger (2009, p.3) that endurance, agility, body strength, reaction speed, and coordination. In addition to physical factors, technical factors are very necessary in football games, as explained by Sucipto (2000, p.17-38) techniques in soccer games are kicking, stopping the ball, dribbling, heading the ball. (heading), snatching the ball (tackling), throw-in (throw in) and keeping the goal (goal keeping).

The obvious goal of a football match is to score more goals than the opposing team. Therefore, one of the most valuable and important skill elements in the game is the ability to score goals (Ali, 2011, p.10). Shooting is kicking the ball as hard as possible using the back of the foot to produce a goal. However, there are still many football players who are still wrong or inaccurate in their shooting techniques. It doesn't happen to amateur players, but sometimes we still see many national and even international professional players who are still wrong or inaccurate in shooting which makes the goal of a football match not achieved, namely winning.

There are several factors that affect shooting, such as lack of power when shooting, not using the instep, wrong posture, and it could also be due to bad field factors. A player must have the ability to kick the ball into the opponent's goal by combining elements of shooting techniques and some basic shooting principles. The concept of implementing the shooting itself is such as preparation and adjustment of the foot with the ball, foot steps, swing when shooting, and optimizing shooting (Sukatamsi, 2001, p.16). Good shooting soccer players really depends on the training they do.

Exercise is an effort that is carried out repeatedly with the aim of increasing the desired abilities and skills. In order for the training objectives to be achieved, the training must be carried out in a programmed, regular, and sustainable manner. According to (Danurwindo et al., 2017) the strategy of the training stages chosen by PSSI is to divide the age group into 4 phases. The First Phase is for the age group of 6-9 years which is called the Football Fun Phase. The second phase is the age group of 14-17 years which is called the Soccer Skill Development Phase. The Third Phase is the age group of 14-17 years which is called the Football Game Development Phase. Meanwhile, the last phase is the age group of 18 years and over (senior) which is called the Appearance Phase. Prior to that, special attention should be paid to the development phase of the 14-17 year age group.

Based on the results of an interview with one of the coaches of SBB Panipi Raya, there are young players aged 14-17 years at the time of practice and even the competition is still lacking in shooting at the opponent's goal and it seems that there is still weak power when shooting. Another problem is when practicing during a game session that when shooting more often deviates than leads to the goal so that goals are not created. Players are always in a hurry to shoot, so the ball often deviates to the left side of the goal, to the right side of the goal and to the top of the goal.

From the results of the shooting process carried out by the athlete, the foot hit the ball incorrectly, some kicking right at the bottom of the ball which resulted in the ball flying up, some being kicked on the side of the ball, so the ball deviated to the side of the goal. This is due to several factors one of them. is the lack of training stages that are devoted to practicing shooting and less varied exercises. There are still few variations of shooting practice by the trainer. It seems that there are still many techniques that are not appropriate for shooting. Doing the right shooting is having to pay attention to the initial attitude, the position of the ball, the impact of the ball on the feet, the swing of the legs, the direction of the kick, and the view on the target.

The players aged 14-17 years is a phase where accuracy and decision making in shooting need to be given special treatment and attention by the coach. Therefore, scoring a goal against the opponent is of course not an easy job, because it requires basic technique, skill and good cooperation. In addition to technique in the game of football, it also requires components of physical support as well as strong tactics and

mentality. Based on this, the researcher is interested in conducting a study entitled "Variation of Shooting and Sprint Practices on Increasing Soccer Shooting at the Age of 14-17 Years SBB Panipi Raya".

METHOD

This study used a pretest-posttest control group design. This research is an experimental research. The variables in this study consisted of two independent variables, namely shooting variation training and sprint variation training and increasing soccer shooting as the dependent variable. As a controlling variable, each control group was given to the experimental group. The targets in this research are students aged 14-17 years at SBB Panipi Raya, Batudaa sub-district, Gorontalo Regency, Gorontalo Province. The sample in this study was 40 students who were selected, which means that the sample was drawn using a purposive sampling technique. The instrument used was a shooting test modified from the guide book "Measurement and evaluation test of physical education and sports according to Arsil" and "Basic curriculum and guidelines for Indonesian football according to Timo Scheunemann". The validity is 0.890 and the reliability is 0.910. The data analysis technique used in this research is t-test analysis and one-way ANOVA (one-way ANOVA) at a significance level of = 0.05. Furthermore, to compare the mean pairs of treatments, the post hoc test was used. Previously, it was necessary to carry out prerequisite tests, which included: (1) normality test and (2) homogeneity test of variance and then hypothesis testing was carried out.

The following is the research design table:

Table 1. Research Design: Pretest-Posttest Control Group Design

Group	Initial Test Shooting	**Shooting Variations Practice &**	Final Test Shooting
Ages 14-17	Pretest	Sprint	Posttest
Experiment 1 (shooting	Pretest	Unit 1 & Unit 2 Exercise	Posttest

variation)		Variations	
Control Experiment 1	Pretest	Regular Exercise 1	Posttest
Experiment 2 (Sprint variation)	Pretest	Unit 3 & Unit 4 Exercise Variations	Posttest

RESULTS AND DISCUSSION

Results

The data from this research are in the form of pretest and posttest data which are general descriptions of each of the variables involved in the study. The treatment was carried out in 16 meetings, with a frequency of 3 (three) meetings in one week/week, namely Thursday, Saturday and Sunday.

Descriptive statistical pretest and posttest results of soccer shooting ability on soccer school players aged 14-17 years are presented in table 2:

Table 2. Descriptive Statistics of Pretest and Posttest

Group	Statistics	*Pretest*	*Posttest*
Shooting Variations Practice	Amount	284.39	229.27
	Average	28.44	22.93
	SD	2.26	1.52
Control Group I	Amount	284.11	283.88
	Average	28.41	28.39
	SD	2.17	27.32
Sprint Variation Exercise	Amount	283.44	261.73
	Average	28.34	26.17

	SD	2.11	1.52
Control Group II	Amount	283.40	286.02
	Average	28.34	28.60
	SD	2.09	2.27

The normality test of the data in this study used the Kolmogorov Smirnov method. The results of the data normality test carried out in each group were analyzed using the SPSS version 20.0 software program for windows with a significance level of 5% or 0.05. Summary of data is presented in Table 3:

Tabel 3 : Uji Normalitas

Group		*p*	Sig
Shooting Variations	*Pretest*	0,882	0,05
Practice	*Posttest*	0,995	0,05
Control Group I	*Pretest*	0,937	0,05
	Posttest	0,719	0,05
Sprint Variation	*Pretest*	0,972	0,05
Exercise	*Posttest*	0,656	0,05
Control Group II	*Pretest*	0,898	0,05
	Posttest	0,978	0,05

Based on the statistical analysis of the normality test that has been carried out using the Kolmogorov Smirnov test, on all pretest and posttest data the accuracy of the long pass is obtained from the results of the normality test of the data, the significance value of p> 0.05, which means the data is normally distributed.

The Effect of Shooting Practice Variations on Soccer Shooting Ability Results

Based on hypothesis testing, it is known that there is a significant effect of shooting variation practice on increasing soccer shooting in soccer school players aged 14-17 years. Shooting is a step or action in a soccer match which is a series of

attempts to enter the ball into the opponent's goal without using his hands with the aim of winning. Shooting needed in an attack ending is how a player can shoot at the opponent's goal well so that a goal will be created (Scheunemann, 2014, p.58). Sutikno (2009, p.141) defines variation as variety that helps something not be monotonous. Variations can manifest changes or differences that are deliberately created/made to give a unique impression. According to Dinata (2007, p.13) coaches can also make variations of exercises in various forms, such as warming up with other athletes, such as football players warming up with athletics or basketball players warming up with middle-distance runners.

The shooting variation exercise is a form of technical training. Technical training is a skill exercise to improve technical perfection (skills). Technical skills are the ability to perform the technical movements needed in sports. According to Bompa (2015), technique includes the entire technical structure and parts that are carefully combined and efficient movements of an athlete in their efforts to perform sports tasks. Technical skills are an important part of achievement. Without good technical skills, an athlete may not be able to display a good and correct game or style in a sport. Techniques in each sport will always develop in accordance with the goals and regulations of the game, which are increasingly demanding, namely the achievement of the highest possible skills and achievements. Efforts to achieve this goal, proportional training of technical skills must receive top priority in an arrangement of training programs.

The purpose of technical training is to improve technical movement skills and obtain automation of technical movements in a sport. Movement automation is characterized by steady and consistent movement results, few or infrequent movement errors, in different and changing situations and conditions always being able to carry out movements consistently. The steps for technical movement exercises are as follows. First, the trainer provides an explanation and demonstrates the overall technical movement about the technical movement to be trained. Second, athletes perform basic technical movement exercises by paying attention to the keys of movement. Third, athletes perform basic technical movement exercises in their entirety in simple situations and conditions. Fourth, the tempo of the exercise is increased and the repetition of basic technical exercises using strength, speed and

coordination is somewhat more difficult. Fifth, complicate the types and forms of technical training. Sixth, practice higher advanced technical skills. Seventh, increasing the effectiveness of technical movements coupled with physical formation. Eighth, try technical skills in simple game situations. Ninth, mastery of technical skills perfectly and automatically applied in the match (Budiwanto, 2012, p.51). Movements performed during exercise in a repetitive way will lead to the formation of conditional reflexes, learning to move, and the process of memorizing motion (Nala, 2011, p.39).

The Effect of Sprint Practice Variations on Soccer Shooting Ability Results.

The results of the analysis show that there is a significant effect of sprint variation training on improving soccer shooting in soccer school players aged 13-15 years. Achieving a goal or achievement is not only a technical exercise, but it is also necessary to do physical exercise. Good physical condition in implementation does not necessarily increase technical ability without being balanced with proper technical training, but good physical condition cannot be ignored as a determining factor for the implementation of good technical ability. Furthermore, Sukadiyanto (2011, p.14) argues that the goals and objectives of training for achieving performance in outline include; (a) improving and developing general and specific physical qualities, (b) adding and perfecting techniques, (c) developing and perfecting tactics and strategies, and (d) improving psychological qualities and abilities.

Bompa (2015, p.51), states that training that is given regularly for 6-8 weeks will get certain results where the body adapts to the given training. In line with the above opinion, Nala (2011, p.37), states that the training provided systematically, progressively and repeatedly will improve the body's organ systems so that physical appearance will be optimal. The training, which is done with a frequency of three times a week, is suitable for beginners and will result in significant improvements. Physical training that is applied regularly and measurably with sufficient doses and time, will cause changes in the ability to produce greater energy and improve physical appearance.

Differences in Ability Results of the Shooting Variation Exercise, Sprint Variation Exercise, Control Group I, and Control Group II.

Based on the results that have been stated in the results of this study that there is a significant difference between shooting variation exercises and sprint variation exercises to increase soccer shooting in soccer school players aged 13-15 years. The shooting variation exercise group was better than the sprint variation group, control group I, and control group II. One of the techniques that must be mastered by soccer players is the ability to shoot at the goal. As Mielke (2007, p.67) puts it, shooting is shooting. A player must master the basic skills of kicking the ball and then develop a series of shooting techniques that allow him to shoot kicks and score goals from various field positions. To be a good soccer player, you must have a good shooting ability as well. If a soccer player does not master the kick well, then he will not be a good player, so the game of football becomes unattractive. A good team is one in which all the players control a good ball kick, fast, accurate and on target, target a friend or score a goal against the opponent's goal.

Based on the results of the research and the results of the data analysis that has been carried out, the following conclusions are obtained. (1) There is a significant effect of shooting variation practice on the results of soccer shooting ability in soccer school players aged 14-17 years. (2) There is a significant effect of sprint variation training on the results of soccer shooting ability in soccer school players aged 14-17 years. (3) There is a significant difference between shooting variation exercise, sprint variation exercise, Control group I, and Control group II towards increasing soccer shooting ability in soccer school players aged 14-17 years. The shooting variation exercise is the most effective on the results of soccer shooting abilities in soccer school players aged 14-17 years than in other groups.

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