

ABSTRACT

Improving Ma Al-Amien Jambu Shooting Accuracy With Target Game Practice In Futsal Games : 2023. Roni fadlani

Keywords: target game, shooting, shooting accuracy, futsal.

The problem experienced by futsal players MA AL-Amien Jambu is the lack of accuracy when shooting at goal, therefore a study was made with the title "Increasing the shooting accuracy of Ma Al-Amien Jambu players with target game practice in futsal games". The purpose of this research is to find out whether there is an effect of target game training on shooting accuracy in futsal games?.

This type of research is a single group pretest-posttest experimental design with 12 meetings. This study used 10 people as subjects of MA Al-Amien Jambu futsal players. Measuring the ability to shoot accuracy using the Bobby Charlton instrument proposed by Danny Mielke (2007:76). Technical analysis of data using T test analysis by conducting normality and homogeneity tests first.

Based on the analysis of research results and discussion, the magnitude or coefficient of the T test is 0.026, meaning it is smaller than 0.05. So there is already a significant difference. The pre-test total score was 1,660 while the post-test total score increased to 1,910. With this it can be stated that the hypothesis is accepted and MA Al-Amien Jambu players experience an increase in shooting by 25%, meaning that there is a positive and significant effect of target game practice on the shooting accuracy of MA Al-Amien Jambu futsal players.