

## ABSTRACT

*Syamsi. 2024. Efforts to improve extracurricular futsal shooting skills using cardboard media for MA players, Miftahul Ulum lenteng. Thesis: Physical education, health and recreation study program, physical education, health and recreation, STKIP PGRI Sumenep. Supervisor: Abdul Aziz M.Pd.*

*People in Indonesia are no stranger to hearing about the sport of futsal. This sport is a very popular sport and is loved by various people, from children, teenagers, to adults and even the elderly. Futsal is a very fast and dynamic game, which means that you have to have good basic technical skills which of course have quite a big influence on the game of futsal itself.*

*This research is quantitative research that uses experimental methods. The sample used in this research was 20 respondents. The data collection technique in this research used test shooting. The data that will be collected in this research is pre-test-posttest, treatment data and using a questionnaire. The data that has been obtained is then processed using statistical software tools, namely SPSS26.*

*The results obtained by researchers from their research explain that a players can perform shooting kicks correctly and accurately, and researchers can overcome problems in carrying out shooting kick exercises, by completing the facilities and infrastructure needed by players.*

*Keywords: Futsal, Shooting.*