

Effect of Exercise Variations Against Kick Accuracy Into Hurdles (Shooting): Game Football Extracurricular Male Students of SMA Negeri 1 Kampar Kiri

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Abstract- This study aims to determine whether there is an effect of variations in training on the accuracy of kicks to the goal of extracurricular soccer games for male students of SMA Negeri 1 Kampar Kiri. This research was conducted in the Kampar Kiri High School Soccer 1 field. The population in this study were 18 extracurricular male high school students in Kampar Kiri. The sample in this study is the entire population used as a sample or also called a *total sampling* of 18 people. The method in this study uses an experimental approach more pre-experimental types of *pre-test* and *post-test* in one group. Data were analyzed using the *t-test* statistical formula. *t-test* which is consulted in the table *t* value with a significant level of $t_{tabel\ 5\%} = 2.11$, with a t_{hitung} result = 2.263 which means greater than the significant level of the table *t* value with the conclusion that there is an effect of the method of training variation on the accuracy of kicks to the goal (*shooting*) of SMA Negeri 1 Kampar Kiri students.

Keywords: *variation training, goal kick accuracy soccer game*

I. INTRODUCTION

Modern soccer knows various techniques in football, such as kicking/*shooting, passing / passing, heading, throwing,* and so on. One of the basic basic techniques that players need to master is the kick or kick technique. Is that a kick that is for the purpose of cooperation or the final kick that can produce a goal. Djezed (1985: 1) explained that the game of football in recent decades has become very popular not only abroad but also in our homeland of Indonesia. This game is very popular and loved especially for young people but there are still many elderly people who still go to the field with young people cool to play football. Darwis (1999: 48) states "basic technique is one of the foundations for a person to be able to play football.

Kick is an attempt to move the ball from one place to another place by using the foot or part of the foot. Darwis (1999: 51) argues that "kicking is an attempt to move the ball from one place to another by using the foot or part of the foot. Djezed (1999: 53-55) describes various ways of kicking in football games, namely with the inner foot tortoise, the upper leg turtle, the outer foot tortoise and the inner foot. Then clarified by Luxbacher (2001: 105) the ability to make a strong and accurate kick using either the left foot or right foot is the most important factor for creating goals. Kick the ball can be done in a state of the ball still, rolling or floating into the air. The more perfect the ability to kick or kick mastered, the greater the opportunity to place the ball in such a way that it can produce good cooperation and the opportunity to score goals against the opponent as much as possible. To get a good shot at goal accuracy requires the right method, which is the variation exercise method.

Variation of exercise is a form of exercise that varies or does not watch. According to Harsono (1993: 22) "Variation of exercise is a form of exercise that is diverse or not menoton. According to Dinata (2005: 13) variations in training can be done with various forms such as warming up, in different environments warming up with other athletes: like a soccer player can warm up with athletics or a basketball player can warm up with mid-range athletes. use examples of similar techniques in the exercise. a coach must be knowledgeable and creative when developing programs, so that athletes are easily aroused, interested, and motivated. In Syafruddin (2011: 236) to overcome the boredom and boredom of athletes in training, the trainer needs to use various training methods and materials. Besides that variations can also be done in regulating or dosing the training load such as setting a recovery break in the interval

method, by extending or shortening the recovery time in accordance with the objectives of the exercise. In Irawadi (2011: 32) an example of the variation exercise is as follows: "to improve general endurance, at one time the exercise used continuous methods such as jogging for 30 minutes. But at other times the exercise is done by the interval method, the play method, and so on. But whatever training method is used, the most important thing to note is the provisions or norms of each training objective ". Thus the method of exercise variation is done so that the child or athlete does not get bored in doing the training process so that the achievement of the results of the learned technique is achieved with the desired goal in this case the kicking technique against the soccer game. By learning and mastering the kick through variations of the correct practice, it is hoped that it can improve the accuracy of the ball kick whether it is to a teammate or to the goal. The more perfect the ability to kick or kick mastered, the greater the opportunity to place the ball in such a way that it can produce good cooperation and the opportunity to score goals against the opponent as much as possible. To be able to know the extent and methods which have a good effect on improving the accuracy of the kick to the goal in question, it is necessary to conduct research related to the problem of " *The Effect of Variation in Training on Accuracy of Kick Shot (Shooting) Extracurricular Football Game for Male Students of SMA Negeri 1 Kampar Left*".

II. METHOD

The research method is an approach or way of conducting research (Arikunto, 2006: 25). The approach in this study uses an experimental approach that is more pre-experimental in the type of *pre-test* and *post-test* in one group (Winarno, 2011:59). This research is used to reveal the causal relationship by only involving one group of subjects so that there is no strict control over external variables, this research seeks to reveal the effect of variation training on the accuracy of kicks in the soccer game. The implementation of this research before the sample was given experimental treatment, first carried out a *pre-test* to see the accuracy of the kicks to the goal of the students, after that the treatment was given training with variations. After the treatment was completed, a final test (*post-test*) was conducted .

The population in this study were 18 players with the sample in this study was a *total sampling* of all players totaling 18 people. To find out the extent of the effect of variation training on the accuracy of the player's kicks. Data obtained were analyzed using statistical formulas. Based on the hypotheses submitted, the data is processed using the *t-test* analysis technique. *t-test* is useful for testing significance (Arikunto, 2006: 306-307).

III. RESULTS AND DISCUSSION

Before the experimental activities are carried out, first a *pre-test is done* to see the accuracy of the kicks in the player's goal, then the sample is given the treatment of training with variation exercises. After the treatment is finished, a final test (*post-test*) is conducted . To find out clearly about the picture, then the following will describe the exposure of the data the authors succeeded in getting from the field as a result of research that I have done.

A. *Pre-Test Results Accuracy of Kick Goal (Shooting) Extracurricular Soccer Game for Male Students of SMA Negeri 1 Kampar left*

The initial test accuracy of kicks into the goal against 18 people sampled, with the overall score after being converted into a score that is with the highest score of 77, the lowest score of 60.5, Span (R) = 16.5, Number of Classes (K) = 6, Length of class = 3, with average (M) = 99.75 and standard deviation of 7,434. obtained scores / scores 60.5 - 62.5 as many as 4 samples or 22%, scores / scores 63.5 - 65.5 as many as 7 samples or 38%, scores / scores 66.5 - 68.5 as many as 2 people or 11%, scores / scores 69.5 - 71.5 as many 1 person or 5%, 72.5 - 74.5 score 2 people or 11%, and 75.5 - 77.5 score 3 people or 16% too. Based on the data above, the scores / scores available are adjusted to the norms for classifying football playing skills as follows:

Table 1 . Frequency Distribution of Scores / *Pre-Test* Scores A Curation of Goal Kick for P Students of SMA Negeri 1 Kampar left

No	Accuracy Value of Goal Kick	Frequency	Percentage (%)
1	60.5 - 62.5	4	22
2	63.5 - 65.5	7	38
3	66.5 - 68.5	2	11
4	69.5 - 71.5	1	5
5	72.5 - 74.5	2	11
6	75.5 - 77.5	3	16

Source: *Processed Data 2019*

Based on the results of the initial tests that can be in the field and then included in the assessment above, it appears that the frequency distribution of 18 samples has an accuracy of kicks to the goal which is classified as good ie on a skill score of 61 and above that is 16 people or 88%, and which is classified as quite 2 people the value of skills 53 - 60 is 2 people or 11%, and no one has physical fitness categorized as moderate, less, and very less. For more details about the accuracy of the test data on the goal kick of students can be seen in Table 2.

Table 2 : Distribution of the Norms of Classification of Football Playing Skills

No	Group	Skill Value	Frequency	
			Absolute (org)	Relative (%)
1	Well	61 - up	16	88
2	Enough	53 - 60	2	11
3	Is	46-52	-	-
4	Less	37-45	-	-
5	Very, very little	≤ - 36	-	-

Source: Winarno, (2006: 64)

For more details about the accuracy of the test data on the goal kick students can be seen in the following histogram:

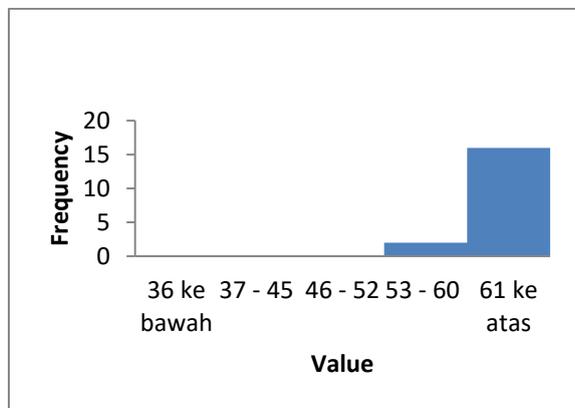


Figure 1 . Histogram Initial Test Accuracy of the kick to the goal SMA Negeri 1 Kampar left student

B. Final Test Results (Post-test) Accuracy of Kick Goals (Shooting) Extracurricular Football Games for Male Students of SMA Negeri 1 Kampar Kiri

The final test (*post-test*) with the accuracy of the goal-kick kick test mentioned earlier from 18 students, the overall score is obtained after being converted into a score that is with the highest score of 89 and the lowest score of 65.5, With Spans (R) 23.5, Number of Classes (K) 6, and class 4 length, with an average (M) 106.47 and a standard deviation of 7,974 .obtained scores / scores 65.5 - 68.5 as many as 7 people sampled or 38%, scores / scores 69.5 - 72.5 as many as 7 people sampled or 38%, scores / scores 73.5 - 76.5 as many as 1 person or 5%, scores / scores 77.5 - 80.5 as many 2 people or 11%, a score / score of 81.5 - 84.5 does not exist, and a score / score of 85.5 - 88.5 is 1 person or 5%. Based on the data above, the existing scores / scores are adjusted to Table 3.

Table 3 . Frequency Distribution of Final Test Score (*Post-Test*) Accuracy of Kick Goals at SMA Negeri 1 Kampar Kiri Students

No	Kick Value for Student Goals	Accuracy for	Frequency	
			Frequency	Percentage (%)
1	65.5 - 68.5		7	38
2	69.5 - 72.5		7	38
3	73.5 - 76.5		1	5
4	77.5 - 80.5		2	11
5	81.5 - 84.5		0	0
6	85.5 - 88.5		1	5

Source: *Processed Data 2019*

Based on the results of the final test frequency distribution that can be in the field above and then included in the assessment distribution, it can be seen from 18 samples that the accuracy of kicks into the goal is classified as good, namely at a skill score of 61 or above, and none of them has a kick-to-goal accuracy. classified as sufficient, moderate, insufficient, and very insufficient. For more details, see Tab e 4.

Table 4. Distribution of Norms for the Classification of Football Playing Skills

No	Group	Skill Value	Frequency	
			Absolute (org)	Relative (%)
1	Well	61 - up	18	100
2	Enough	53 - 60	-	-
3	Is	46-52	-	-
4	Less	37-45	-	-
5	Very, very little	≤ - 36	-	-

Source: Winarno, (2006: 64)

For more details on the final test data the accuracy of the kicks to the goal of the student can be seen in the following histogram:

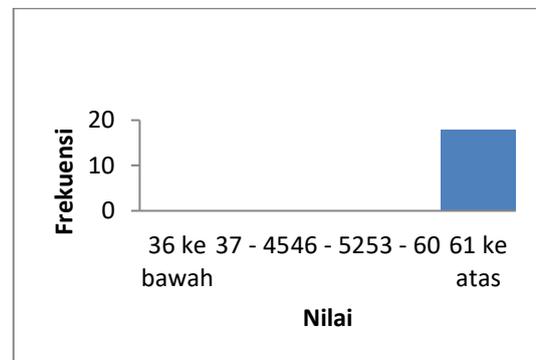


Figure 2 . Histogram Final Test Accuracy of Kick Off Goals for Kampar Kiri 1 High School Students

From the calculation of statistical analysis with *t-test* obtained *t* value of 2,263, with N

(subjects in the sample) 18 people, obtained *pre-test* scores or initial tests carried out in the amount of 1209, the average (mean) of 67.17. Then the experimental treatment was carried out with the variation exercise method for 12 meetings, after which the final test (*post-test*) was performed which was a test of accuracy of kicks to goal with an overall *post-test* score of 1292 with an average of 71.72.

Then to find out whether or not there is a significant difference between the results before treatment and after treatment with the method used in this study or the presence or absence of the influence of the treatment, then firstly by determining the difference scores between the *pre-test* and the *post-test* with the score overall out of 18 samples, 83, with a mean of 4,611, it was then entered into the formula *t* with 2,263 results.

Then the next step is to consult the *t* value with t_{tabel} appendix V. Percentile values for the two tailed *t* distribution. $NU = db$ in Arikunto (2006: 363). From the table it is known that with $N-1 = 18 - 1 = 17$, a critical price of "*t*" is obtained or t_{tabel} that is at a significant level of $0.05 / 5\% = 2.11$. With $t_{0.i.e} = 2,263$.

IV. DISCUSSION

Testing this hypothesis if done by players doing a variety of programmed training, continuous well so that it can improve the accuracy of kicks on the student's goal *n*. In Budiwanto (2012: 21) training must vary with the aim of overcoming something monoton and a sense of boredom in training. Thus, in an effort to overcome boredom and monoton exercise, it is expected that a creative trainer with a lot of knowledge and various types of exercises that allow can vary and change periodically. Skills and training can be enriched by adopting the same technical movement patterns, or can develop the mobility needed by sports.

Based on the explanation above, that a form of exercise variation method aims to encourage athletes to exercise certain mobility abilities that overcome difficulties, physical and psychological stresses that can make athletes develop new abilities, but can also prevent injury and avoid boredom. To avoid this boredom the trainer must be able to vary the training in the form of training sessions, in improving the accuracy of kicks on the Kampar Kiri 1 High School students' goal .

V. CONCLUSIONS

Based on the analysis and discussion of the method of training variation on the accuracy of kicks to the goal of SMA Negeri 1 Kampar Kiri students , it can be concluded that "there is an influence of the variation of the training method on the accuracy of kicks at the goal (*shooting*) of SMA Negeri 1 Kampar Kiri students " where the difference in mean shows the use of the variation exercise method is better than before doing the exercise with the result $t_{hitung} = 2.263$ which means it is greater than the significant level of $t_{tabel} 5\% = 2.11$. Then H_0 is rejected, and H_a is accepted .

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