



Correlation of Flood Muscular Power, Flexibility and Kinesthetic Perception with the Appropriateness of Football Shooting in 14 Years SSB Matra Karanganyar Players, 2021

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Abstract

This research was conducted in March 2021 at Lapangan Kebak Kramat. The research samples consisted of SSB Matra Karanganyar U14 players. The test and measurement technique was employed to collect data from the research samples. The results of data analysis and hypothesis testing showed that there were several significant relations between: (1) players' leg muscle power and shooting accuracy ($r_{xy} = 0.582 > r_{t5\%} = 0.361$); (2) players' flexibility and shooting accuracy ($r_{xy} = 0.582 > r_{t5\%} = 0.361$); (3) players' kinesthetic perception and shooting accuracy ($r_{xy} = 0.450 > r_{t5\%} = 0.361$); and (4) players' leg muscle power, flexibility, and kinesthetic perception altogether and shooting accuracy ($R_{y(1,2,3)} = 0.372 > r_{t5\%} = 0.361$ dan $F\text{-count} = 3.394 > F_{t5\%} = 2.89$).

Keywords: *Football; Power; Kinesthetic*

Introduction

Football is currently very popular with people in the Indonesian country, it is evident that almost empty lands can be used to play soccer. It is not uncommon on the home page even on the street, children like to play this soccer game. At SSB Matra Karanganyar, especially male students U 14, received soccer training and they were given shooting training material as an effort to improve their ability to kick a ball.

So it can be said, the U 14 year old student has been able to perform soccer technique skills, namely shooting techniques well. Shooting is a technique that students must really master in a beginner level soccer game, because to be able to attack the opposing team and ultimately it is expected to win a soccer match, students or athletes must use the technique of kicking the ball into the opponent's goal and this technique as well.

Plays an important role if you get a penalty or a penalty shootout occurs because there is a draw at the predetermined time limit. shooting technique is a method or way of kicking the ball right at the opponent's goal efficiently and effectively in accordance with the applicable game rules with the ultimate

goal of scoring a goal against the opponent's goal. The technique of dribbling is running with the ball, in dribbling the feet used are the outside and the end (Asepta, Y.P., 2008: 16).

Physical condition is the main asset that athletes must have in developing sports achievements, especially in the sport of football. Various kinds of football techniques require a thorough physical condition, especially shooting techniques at goal.

According to Suharno HP (1995: 20) the elements of physical conditions that support the technical abilities of sports skills are: strength, endurance, speed, flexibility, flexibility, explosive power, coordination, accuracy, and stamina, while according to Sugiyanto (1994: 4) citing the opinion of Anita J. Harrow who divides 6 classifications of body movements, namely:

Reflex motion, basic human motion, perceptual ability, physical ability, movement skills, and non-discursive communication. In this case the researcher focuses on research on elements of physical conditions, namely elements of strength, flexibility and classification of perceptual ability body movements which are still divided into five types, namely: differentiation of sense of motion (kinesthetic), differentiation of sight (visual), differentiation of listeners (auditory), differentiation touch (tactile), and coordination skills. Strength is very important in supporting a football player's shooting ability.

Strength is the ability of muscles or muscle groups to cope with a load / resistance in carrying out an activity. According to Soedjarwo (1991: 25) strength is the ability of muscles or muscle groups to cope with a load / resistance in carrying out activities. strength according to (Bagus kuncoro: 2017) "The strength of the leg is one that plays an important role in the success of shooting the ball into the goal".

In addition, things that support the accuracy of the shot need flexibility in the body. Flexibility is an ability and a person to carry out a movement with a wide amplitude. Flexibility is the ability to move optimally without causing interference with these parts (Andi S., 2002: 47).

Kinesthetic perception can carry out its function through a perceptual mechanism. Perceptual mechanisms are basically related to processing information in individuals. The information captured by the individual will be detected and compared to make absolute judgment decisions. separately through visual or auditory tools".

Shooting skills techniques can be done well, if the players have a good provision of leg muscle strength. Because in carrying out the shooting technique in the game of football, the player must kick the ball at the target firmly, so that the action can work well, the players who want to do this technique must use their limbs with good flexibility so as to help players determine decision shooting direction, in this case the difference in sense of motion or kinesthetic perception is demanded to be more dominant.

Methodology

This study aims to determine whether there is a correlation between two or more variables. This research is a type of quantitative research with a correlational method. The sampling method in this study used a total sampling technique with a sample size of 30 players.

Data collection techniques in this study used test and measurement techniques. The types of tests used are as follows: Standing broad jump test to measure leg muscle strength, Shuttle run test to measure

flexibility, Soccer Wall Volley test to measure ankle coordination, Football shooting skills test. The analysis technique used is statistical analysis of product moment correlation and regression analysis.

Result and Discussion

Based on data analysis and hypothesis testing that has been carried out, the conclusions that can be obtained are as follows:

1. There is a positive and significant relationship between leg muscle power and the accuracy of shooting football for players U 14 years old SSB Matra Karanganyar in 2021, with $r_{xy} = 0.458 > r_{t5\%} = 0.361$.
2. There is a positive and significant relationship between flexibility and accuracy of shooting football for players U 14 years old SSB Matra Karanganyar in 2021, with $r_{xy} = 0.582 > r_{t5\%} = 0.361$.
3. There is a positive and significant relationship between kinesthetic perception and the accuracy of shooting football for players U 14 years old SSB Matra Karanganyar in 2021, with $r_{xy} = 0.450 > r_{t5\%} = 0.361$.
4. There is a positive and significant relationship between leg muscle power, flexibility, and kinesthetic perception with the accuracy of shooting football for players U 14 years old SSB Matra Karanganyar in 2021, with $R_y(1,2,3) = 0,372 > r_{t5\%} = 0.361$ and $F_{count} = 3.394 > F_{t5\%} = 2.89$.

Conclusion

From the results of the correlation study, the following conclusions can be drawn: (1) There is a significant relationship between leg muscle power and the accuracy of shooting football. (2) There is a significant relationship between flexibility and accuracy of shooting soccer. (3) There is a significant relationship between kinesthetic perception and shooting accuracy. (4) There is a positive and significant relationship between leg muscle power, flexibility, and kinesthetic perception with the accuracy of soccer shooting.

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