

## The Shooting Technique Uses The Inner Foot In The Game Of Football

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**A.** Conception and design of the study; **B.** Acquisition of data; **C.** Analysis and interpretation of data; **D.** Manuscript preparation; **E.** Obtaining funding

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### ABSTRACT

This study aims to determine shooting techniques using the inner foot in football games. This research is quantitative research with a descriptive approach. The method in this study uses descriptive statistics with test and measurement techniques. The population in this study was all students of SMA 11 Sinjai. The sampling technique uses random sampling, so the number of samples in this study is 20 students. The test instrument used in this study is a basic football-playing skill test instrument according to Nurhasan which has been tested for validity: shooting of 0.779 and 0.868. Data analysis uses quantitative description with percentages. The overall data of this study shows that the ability to shoot using the inner foot in football games is in a good category.

**Keyword:** Shooting; Deep Legs; Football.

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### INTRODUCTION

Football is the most popular game in the world and has the highest number of fans worldwide (Nosa & Faruk, 2013). The development of football is not only for entertainment or recreation but is necessary for peak performance (Santoso, 2014). High achievement can only be achieved through systematic and continuous planned training and learning under the guidance and leadership of professional teachers (Afrisal & Mistar, 2015). As professionals in their field, considering people's fun and love for football (Sudirman et al., 2022), It is natural that football coaches have to constantly improve their knowledge and seek experience to improve their ability in the game of football (Supriyanto et al., 2016).

In recent decades, football has become very popular both abroad and within the country. Football techniques and tactics are studied in depth and detail so it is called modern football (Heri, 2017). We often see football players from abroad playing very skillfully with

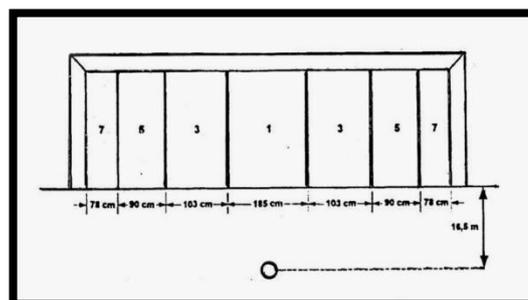
technique and perfectly, passing the ball mathematically (Rusdin, 2018). Football has also become very famous in our country. In big cities, small towns, villages, and rarely in small fields, you can see children, teenagers, and even parents playing football in the rice fields. The technique of playing football has evolved for decades in Indonesia. Indonesian football has become a national sport (Akhmad & Suriatno, 2018).

Modern football is done with basic skills and techniques (Subandi & Sin, 2018), one of the basic techniques in the game of football is dribbling which is no less important than other basic techniques (Erfayliana & Wati, 2020). Dribbling is done using a prefix or without a prefix (Fatikhatur, 2020). Dribbling can be interpreted as the movement of playing a ball that bounces through the air with your head (Sari & Nurrochmah, 2021). Football games with a player must have technical as well as physical abilities (Susokabasla et al., 2023). Techniques in football include: kicking (kicking towards a friend, kicking towards the goal), dribbling, stopping the ball (with feet, thighs, and chest), and heading the ball (Meidiansya et al., 2021).

About the observations of Sinjai football athletes who entered the 2022 PORDA team which was held in Sinjai Regency. Football athletes from Sinjai must prepare themselves both physically and technically, in inter-district sports events there is always a part that is appreciated every 4 years, being a presenter is a very difficult job, where you have to prepare everything needed, especially the athlete's football performance. But the reality that happened on the field was technically not following what had been prepared by the Porda team, the problem was that several tests conducted by the Sinjai football team revealed that goal accuracy was always the main obstacle for the players. In front of the goal, they are not focused and do not score. enemy opponent. Then the lack of goal-kicking training techniques given to athletes, coaches always focus on physical training but pay less attention to techniques that are the biggest obstacle for Sinjai football players.

## METHODS

The type of research used in this study is quantitative research with a descriptive approach. Quantitative research methods are one type of research whose specifications are systematic, planned, and structured from the beginning to the making of the research design. This research is a type of quantitative descriptive research that intends to reveal The result of the kick toward the goal. This research design is a brief overview of all the extended processes in the planning and execution of a study. The population in this study was all students of SMA 11 Sinjai approximately 365 people. The sample in this study was 20 students of SMA 11 Sinjai. The test instrument used in this study is a basic football-playing skill test instrument according to Nurhasan which has been tested for validity: shooting of 0.779 and 0.868. The instructions for the implementation of the test used to measure basic skills in playing football according to Nurhasan (2001: 157-163) can be explained as follows:



**Figure 1.**  
Field Shape for Shooting Test

In this data collection is carried out by observation, documentation, and testing (shooting). Testi is divided into 1 group to be effective and easy to observe, test shooting. Before data collection, an explanation of the implementation of the test and examples is carried out so that the test can be performed properly and correctly. This research is descriptive research that aims to provide an overview of the existing reality about the level of shooting techniques using the inner foot in a football game at SMA 11 Sinjai. The data analysis technique used is descriptive statistics, namely to collect data, present data and determine values. Furthermore, it is used in the discussion of problems by referring to the basic ability standards to play football that have been determined. The data obtained by each test item is rough data from the results of each item achieved by students. Furthermore, the results are converted into scores by consulting data from each test item that has been achieved by students with predetermined categories, categorizing them into 5 categories. The assessment criteria are as follows:

**Table 1**  
 Category Formula

Category	Formula
Very Good	$M + 1.5 SD \leq X$
Good	$M + 0.5 SD \leq X < M + 1.5 SD$
Enough	$M - 0.5 SD \leq X < M + 0.5 SD$
Less	$M - 1.5 SD \leq X < M - 0.5 SD$
Less Than Once	$X < M - 1.5 SD$

Once the data is grouped into categories, then look up the percentage of each data with the percentage formula. According to Arikunto (2011), the percentage formula used is:

$$P = \frac{F}{N} \times 100\%$$

## RESULTS AND DISCUSSION

### Result

This study aims to find out shooting techniques using the inner foot in football games. The data collection process was carried out with a sample of 20 students. The results of this study are intended to describe the data, namely the level of shooting ability in football games measured using tests and measurements. Measuring the tendency of the level of shooting ability in football games is done by categorizing it into five criteria, namely very good, good, medium, less, and less once. Analysis of research data using quantitative descriptive analysis techniques with percentages in the form of frequency distribution using the help of a computer program SPSS version 20.0 for Windows and presented in the form of a histogram. The results of descriptive statistical analysis of shooting ability using the inner foot in a football game, obtained the lowest score (minimum) of 5 points, the highest score (maximum) of 17 points, an average (mean) of 11.20 points, middle value (median) 12 points, the value that often appears (mode) 9 points, standard deviation (SD) 3,427. The full results can be seen in **Table 2** as follows:

**Table 2.**

Descriptive statistical results of shooting techniques using the inner foot in a football game

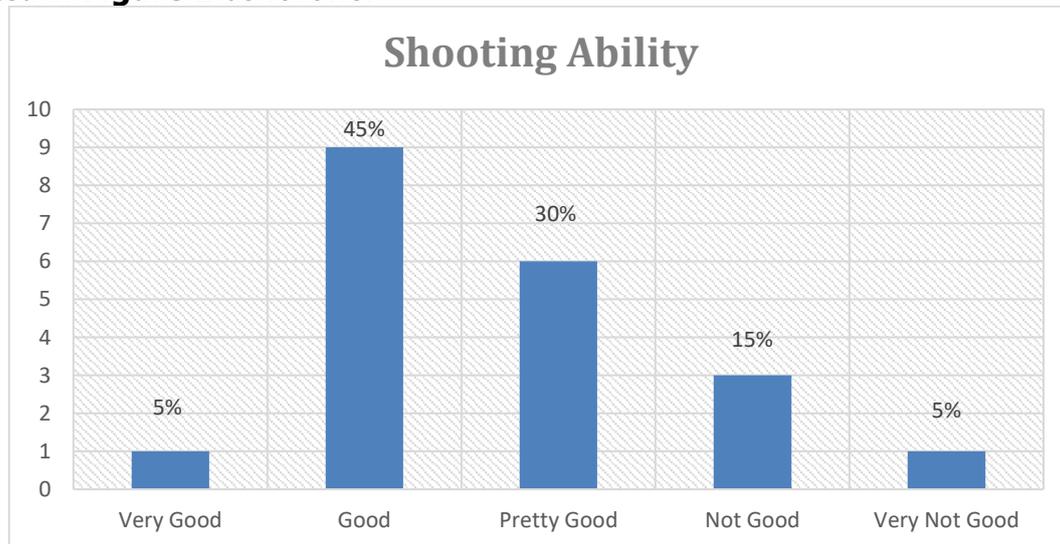
Statistics	Level of Shooting Technique
N	20
Mean	11.20
Median	12.00
Mode	9
Std, Deviation	3.427
Minimum	5
Maximum	17

Furthermore, the data is arranged in frequency distributions categorized into five categories based on the mean value and standard deviation obtained. Descriptive statistical data from the analysis of shooting ability using the inner foot in a football game, when displayed in the form of frequency distribution, analysis of the level of shooting technique using the inner foot in a football game at SMA 11 Sinjai based on the assessment rubric is presented in Table 3 as follows:

**Table 3.**  
 Frequency distribution of shooting techniques based on assessment rubrics

No	Interval	Frequency	Category	Percentage
1	4:34 PM > X	1	Very Good	5%
2	12.91pm < X < 4:34pm	9	Good	45%
3	8.48 < X < 12.91 PM	6	Pretty Good	30%
4	6.05 < X < 8.48	3	Not Good	15%
5	X < 6.05	1	Very Not Goor	5%
<b>Sum</b>		<b>15</b>	<b>-</b>	<b>100%</b>

Based on the frequency distribution in Table 3 mentioned above, the analysis of shooting ability using the inner foot in a football game, based on the scoring rubric is presented in Figure 2 as follows:



**Figure 2.**  
 Shooting Capability Diagram

Based on Table 3 and Figure 2 above, shows that the analysis of shooting ability using the inner foot in a football game based on the assessment rubric is in the "less once" category by 5% (1 student), the "less" category by 15% (3 students), the "medium" category by 30% (6 students), the "good" category by 45% (9 students), and the "very good" category by 5% (1 student). Based on an average score of 11.20, the analysis of shooting ability using the inner foot in a football game based on the assessment rubric is included in the "good" category

## Discussion

Based on the results of this study shows that the level of shooting techniques using the inner foot in football games is a good category. The ability to shoot in playing football is important to be mastered by students to be able to attack well and be able to score as many goals as possible. The shooting ability possessed by this student cannot be separated from the training process activities and training programs applied by the trainer.



Students will be able to have a good level of ability. By participating in physical activity, students can master abilities and knowledge, develop aesthetic appreciation, develop generic abilities as well as positive values and attitudes, and improve physical condition to achieve exercise goals, (Samsudin 2008). To have that level of ability, students must be able to have the motion component and knowledge of these abilities well. The ability to shoot in playing football has motivating factors so that students have good shooting skills. Improving ability by following maximum and programmed physical activity will provide experience for students in carrying out shooting skills. With a good experience, students will have an idea of where the advantages and disadvantages they have. The main purpose of people playing football is to seek victory. One of the factors to achieve victory is mastering the techniques of playing football. Sukatamsi (1995) detailed the basic technique of football as all movements without the ball or with the ball needed in playing football. Shooting ability is a basic technique of playing football with the ball that aims to score goals. The pattern of football games requires good playing strategies and tactics given by the coach. So to carry out playing strategies and tactics, students must be able to master the basic techniques of playing football well. In particular, the shooting ability must be done optimally, namely optimizing the technique of hitting the foot on the ball, ball placement and ball speed. With this, it is hoped that the coach can improve his training material, especially ball shooting practice, so that in particular he can maintain it or maybe further improve the ability to shoot the ball, and in general can improve the ability to play football in SMA 11 Sinjai students.

## CONCLUSION

The conclusion is an answer to the results of research whose data has been analyzed after the implementation of the study. The shooting technique using the inside foot in the game of football is in a good category.

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