

**A CORRELATION BETWEEN LEG MUSCLE EXPLOSIVE POWER WITH  
THE SHOOTING SKILLS OF SMA 3 FOOTBALL PLAYERS IN  
BENGKULU CITY**

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*This research aims to find out the correlation between leg muscle explosive power and the ability to shoot at goal in football at SMA 3 Bengkulu. This type of research is quantitative descriptive research. The population and sample were 24 students of SMA 3 Bengkulu City. The results of the agility and dribbling ability tests obtained and  $r_{table}$  of 0.343 because the correlation coefficient between  $r_{xy} = 0.931 > 0.343$  and a contribution of 86%, which means that the contribution of leg muscle strength to the shooting skills of Bengkulu 3 State High School football players is significant and large. Thus, the hypothesis which states "there is a relationship between leg muscle strength and the shooting skills of Bengkulu 3 State High School football players" is accepted. This means that there is a contribution of leg muscle strength to the shooting skills of Bengkulu State High School 3 football players.*

***Keywords: Football, Leg Muscle Explosive Power, Shooting***

