

ABSTRACT

AN ANALYSIS OF WAIST FLEXIBILITY AND SHOOTING SKILLS OF U19 FUTSAL PLAYERS AT ABHISEVA BRANCH, BENGKULU CITY

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This study aims to determine the waist flexibility and shooting skills of U19 futsal players at Abhiseva Branch, Bengkulu City using a Quantitative Descriptive research design. The sample consisted of 15 individuals selected through total sampling technique. The research findings were categorized as good for shooting skills and moderate for waist flexibility. The detailed results for shooting skills include: "very poor" category with 1 individual at 7%, "poor" category with 1 individual at 7%, "moderate" category with 3 individuals at 20%, "good" category with 8 individuals at 53%, and "excellent" category with 2 individuals at 13%. Furthermore, the data on waist flexibility tests for U19 futsal players at Abhiseva Branch, Bengkulu City, revealed results in the following categories: no individuals in the "very poor" category, 1 individual in the "poor" category at 7%, 9 individuals in the "moderate" category at 60%, and 5 individuals in the "good" category at 33%, with no individuals in the "excellent" category.

Keywords: Waist Flexibility, Shooting Skills

