

ABSTRACT

AN ANALYSIS OF SOCCER SKILLS AT DEHASEN CLUB

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This study aims to determine the Soccer Game Skills at Dehasen Club in Bengkulu. The type of research conducted is descriptive research. Sports are activities that many people engage in today, not only to fill leisure time, maintain fitness, and improve health, but also as a platform to achieve success. Therefore, it can be said that sports are not only recreational but also aimed at education and improvement of performance, both individually and in groups. The research sample consisted of 20 individuals. The instrument used in this study was a test of basic soccer techniques consisting of 4 test items. From table 4.2 above, it can be concluded that out of 20 players at Dehasen University Club, 4 individuals (20%) fall into the below-average category, 11 individuals (55%) fall into the average category, and 5 individuals (25%) fall into the good category. Based on the data, it can be inferred that the shooting skill test for soccer players at Dehasen University Club falls into the average category, with 11 individuals or 55%. It can be concluded that out of 20 players at Dehasen University Club, 4 individuals (20%) fall into the below-average category, 11 individuals (55%) fall into the average category, and 5 individuals (25%) fall into the good category. Based on the data, it can be inferred that the shooting skill test for soccer players at Dehasen University Club falls into the average category, with 11 individuals or 55%. It can be concluded that out of 20 players at Dehasen University Club, 4 individuals (20%) fall into the below-average category, 11 individuals (55%) fall into the average category, and 5 individuals (25%) fall into the good category. Based on the data, it can be inferred that the shooting skill test for soccer players at Dehasen University Club falls into the average category, with 11 individuals or 55%.

Keywords: Skills, Soccer Game

