

ABSTRACT

THE EFFECT OF TARGET GAME DRILL METHOD TRAINING ON SHOOTING IN FUTSAL EXTRACURRICULAR AT SMK NEGERI 1 OF SOUTH BENGKULU

By:

Dio Cahyo Saputra

This study aims to determine the effect of target game drill method training on the shooting ability of futsal players at SMK Negeri 1 of South Bengkulu. This type of research is experimental research. The sample in this study were all extracurricular futsal players at SMK Negeri 1 of South Bengkulu totaling 16 people. The results of the overall group hypothesis testing obtained an initial test score of mean 18.31, standard deviation 5.67, minimum value 10, and maximum value 29, and a final test mean of 26.50, standard deviation 6.78, minimum value 15, and maximum value 35. Based on the measurement of the initial test and final test using the t-test statistical approach of the overall training method group $t_{count} = 4.222$ and $t_{table} (\alpha = 0.05) = 1.753$ which means $t_{count} > t_{table}$, so it can be concluded that there is a significant influence between target game drill method training on the shooting skills of futsal players at SMK Negeri 1 of South Bengkulu. As stated in the previous theoretical study, the target game drill method training is effective in improving futsal shooting skills.

Keywords: Target Game, Drill Method, Shooting.

