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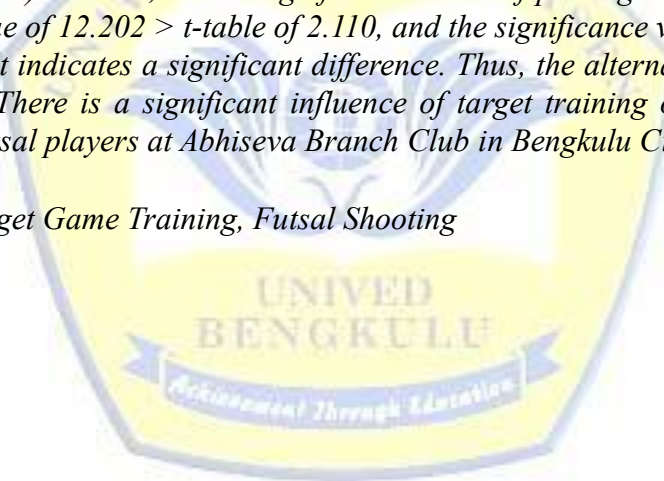
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ABSTRACT
THE INFLUENCE OF TARGET GAME TRAINING ON SHOOTING RESULTS TOWARD THE GOAL AT ABHISEVA BRANCH CLUB IN BENGKULU CITY

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This research aims to determine the influence of target game training on shooting results toward the goal at Abhiseva Branch Club in Bengkulu City, using experimental research methods. The sample consisted of 20 players. The results showed that there is a significant influence of target training on the shooting accuracy of futsal players at Abhiseva Branch Club in Bengkulu City, with a t-value of $12.202 > t\text{-table } 2.110$, and a significance value of $0.000 < 0.05$. The percentage increase in shooting accuracy for futsal players at Abhiseva Branch Club in Bengkulu City after receiving target training is 71.04%. The t-value is 12.202 and the t-table (df 17) is 2.110, with a significance value of p being 0.000. Therefore, since the t-value of $12.202 > t\text{-table of } 2.110$, and the significance value of $0.000 < 0.05$, this result indicates a significant difference. Thus, the alternative hypothesis (H_a) stating "There is a significant influence of target training on the shooting accuracy of futsal players at Abhiseva Branch Club in Bengkulu City" is accepted.

Keywords: Target Game Training, Futsal Shooting



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