



## The Effect of Target Training Model Interpass Shoot on Football Shooting Accuracy of SSB Talang Pantai Students

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### Abstract

This research stems from the issue of insufficient application of shooting training methods, leading to frequent inaccuracies in shooting accuracy, improper foot-to-ball contact, and inconsistent power output. These factors contribute to students' poor mastery of shooting techniques. This study aims to determine whether target training and interpass shooting exercises influence the shooting accur. This study is an experimental research with a quantitative approach. The population in this study consists of all students of SSB Talang Pantai, Muara Bungo, totaling 20 individuals. The sampling technique used is total sampling, resulting in a sample of 20 students. The results of this study indicate that: (1) The first hypothesis, which states that target training influences shooting accuracy in SSB Talang Pantai students, is supported by a t-value of 7.216, while the critical t-table value is 2.262 at a significance level of 0.05. Since the t-value is greater than the t-table value, the alternative hypothesis ( $H_a$ ) is accepted, and the null hypothesis ( $H_o$ ) is rejected. (2) The second hypothesis, which states that interpass shooting training influences shooting accuracy in SSB Talang Pantai students, is supported by a t-value of 7.606, while the critical t-table value is 2.262 at a significance level of 0.05. Since the t-value is greater than the t-table value,  $H_a$  is accepted, and  $H_o$  is rejected. (3) The third hypothesis, which states that there is a difference in the effect of target training and interpass shooting training on shooting accuracy in SSB Talang Pantai students, is supported by a t-value of 2.357, while the critical t-table value is 2.100 at a significance level of 0.05. Since the t-value is greater than the t-table value,  $H_a$  is rejected, and  $H_o$  is accepted, indicating that there is a significant difference between the two training methods.

**Keywords:** accuracy, intercept shoot, shooting, target aim



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## Introduction

Football is one of the most popular competitive sports worldwide, enjoyed by people of all ages, including in Indonesia, particularly among males ranging from children to adults. Many individuals engage in football as a way to pursue their hobby. Psychologically, boys tend to be more attracted to games that require various types of movements, as they often showcase their motor skills in different situations.

Peak performance achievement can be attained through a structured development process, starting from the beginner level to elite athletes or from early childhood to adulthood. The development of young or early-age football players requires coaches, physical education teachers, and football trainers to carefully and precisely guide their students or athletes. Therefore, coaches, physical education teachers, and football trainers must understand the characteristics of their students or athletes according to their age level.

Developing skilled football players requires proper education or Football Schools (SSB) that serve as a platform for nurturing young talents and advancing football in Indonesia. In Jambi Province, particularly in Muara Bungo Regency, football has experienced significant growth, with many regions establishing football schools to foster a new generation of players. One of the most actively growing football schools in the area is SSB Talang Pantai.

Achieving excellent performance in football requires mastery of fundamental football techniques. To maximize performance in the sport, an athlete must pay close attention to key determining factors. These determining factors can be categorized into four main aspects: (1) physical condition or fitness level, (2) accuracy of techniques or acquired skills, (3) supporting factors, and (4) environmental influences.

The fundamental techniques that a football player must master include kicking, stopping, dribbling, heading, tackling, throw-ins, and goalkeeping. One of the most crucial fundamental techniques for beginners is kicking, particularly passing and shooting. Passing and shooting are essential skills used to transfer the ball from one location to another using the foot or specific parts of the foot. A football player who fails to master proper kicking techniques will struggle to become a skilled and proficient player.

Shooting is the act of kicking the ball forcefully toward the goal to score. It is one of the most challenging aspects of football, as it requires precision, skill, and strategic thinking to make the shot unreachable or difficult for the goalkeeper to save. The fundamental shooting

technique can be categorized into two types: shooting with the instep (top of the foot) and shooting with the toe or the tip of the shoe.

Based on field observations conducted from October 4–6, 2022, at the Talang Pantai field, it was evident that students still had a low level of proficiency in shooting techniques. SSB Talang Pantai students often failed to direct their shots accurately toward the target. This lack of mastery in basic football techniques and skills has contributed to their low achievement levels. Additionally, other issues identified include improper foot-to-ball contact and unstable power output during shooting. These problems are primarily caused by a lack of shooting training variations or inadequate implementation of effective shooting training methods, which has hindered SSB Talang Pantai students from achieving optimal performance.

## Literature Review

### Definition of Soccer

Football is a team sport played with a soccer ball between two teams, each consisting of 11 players. During play, players are allowed to use all parts of their body except their hands and arms, with the exception of the goalkeeper, who is permitted to handle the ball within the penalty area. According to Wahyudi (2020:2).

According to Mahfud in Syukur (2022:149), football is the most popular team sport in the world and has even become a national sport in almost every country. Compared to other sports, football has a unique appeal. Its attractiveness lies in ball-handling skills, physically demanding performance, dynamic movements, and tactical surprises that captivate spectators. Football matches are among the most widely enjoyed sports today, as evidenced by their presence across nearly every part of the world. This sport serves various purposes, including education, recreation, and achievement development.

According to Kumbara (2017:28), football is a team sport that incorporates a wide range of movements. The desire to win and satisfy spectators is always present in every player. This strong ambition, combined with encouragement from coaches, management, and other elements within the competitive environment, often leads to the emergence of new performance styles among athletes. However, despite the strong desire to win, some athletes may experience psychological challenges due to social pressures in the competitive setting, such as demands from coaches, spectators, and management, as well as the overall intensity of the match. As a result, athletes may exhibit psychological reactions such as emotional fluctuations, anger, joy, or anxiety.

Based on the opinions of the experts mentioned above, it can be concluded that football is a team sport played by two teams, each consisting of 11 players, including a goalkeeper. The objective of the game is to score goals by sending the ball into the opponent's net while defending one's own goal to prevent conceding goals. The match duration is 2 × 45 minutes.

#### Football Shooting

According to Anam (2021), shooting is a powerful kick directed toward the goal. Although shooting is relatively easy to execute, it requires a high level of accuracy to make it difficult for the goalkeeper to anticipate, thereby increasing the likelihood of scoring a goal.

According to Wardana (2018), shooting is a fundamental technique of kicking the ball toward the goal with the aim of scoring. To execute an effective shot, several principles regarding timing must be considered, including having sufficient space to kick, adequate time to perform the shot, and ensuring that no teammate is in a more advantageous position.

Shooting is a kick performed by a football player using the instep to score a goal against the opponent's net. Shooting is a fundamental technique in football and plays a crucial role in finishing. Poor shooting technique often results in missed goal-scoring opportunities (Hidayat, 2018).

According to Sucipto, as cited in Faisal (2018:18), shooting is a kick that begins by placing the supporting foot beside and parallel to the ball. The knee is slightly bent, and the kicking foot is swung backward before making contact with the ball using the instep. After executing the shot, body balance should be maintained using both arms.

Based on the explanation above, it can be concluded that shooting in football is a kick performed by a player by striking the ball with maximum power and directing it toward the goal with the aim of scoring against the opponent.

#### Target Practice

One variation of training to improve shooting accuracy is by modifying the target. Target modification is implemented to enhance players' attention. The function of visual attention has been reported as crucial for sports performance in high-pressure situations (Brimmell in Anam, 2021). Shooting training variations that incorporate target modification fall under the classification of game-based approaches in tactical training, focusing on activities that require precision and high accuracy to achieve points.

According to Juliansyah (2021), "Target games are games that demand concentration, composure, focus, and high accuracy in their execution." This type of game serves as a foundation for many other sports, as almost every

sport involves a specific target or goal. For instance, basketball, football, and other sports feature various types of target-oriented objectives.

Based on the explanation above, target-based training is a shooting drill in football that utilizes target objectives as an aid to enhance accuracy and performance.

#### Interpass Shoot Practice

Interpass shooting is the act of striking the ball with power and accuracy toward a teammate—whether a defender, midfielder, or forward—who then continues the play to score a goal. This technique is one of the most challenging aspects of the game, as it requires players to be both precise and strategic in passing the ball to prevent opponents from intercepting it while creating shooting opportunities to score (Faisal, 2018).

#### The Nature of Exercise

Training is a systematic and repetitive process conducted over a relatively long period, with progressively increasing training loads to enhance the body's overall motor response and adaptation.

According to Bafirman (2013:40), training is a systematic and long-term sports activity that is progressively and individually increased, aiming to develop the physiological and psychological functions of humans to achieve specific goals. Through physical training, individuals work toward achieving particular objectives. From a physiological perspective, training aims to enhance the body's systems and functions to optimize athletic performance and overall sports achievement.

According to Harsono (2015:50), "Training is a systematic process of practicing or working repeatedly, with a gradual increase in the amount of training or workload over time."

Based on the explanations of the experts above, training is a form of physical activity conducted systematically according to training procedures. It is performed repeatedly with the aim of achieving physical improvements in an individual.

## Methods

### Type of Research

This study is an experimental research study with a quantitative approach. According to Sugiyono (2019:107), experimental research methods can be defined as research methods used to examine the effect of a specific treatment on other variables under controlled conditions.

According to Sugiyono (2019:17), quantitative research is defined as a research method based on positivist philosophy, used to study a specific population or sample. Data collection is conducted using research instruments, and data

analysis is quantitative or statistical in nature, aiming to test predetermined hypotheses.

The research design employs a two-group pretest-posttest design. This experimental design includes two sets of measurement data: pretest (O1) and posttest (O2). The selected data analysis technique is the two-sample t-test. The hypothesis tested is singular, namely, whether there is a difference between the mean pretest score and the mean posttest score.

The two-group pretest-posttest research design compares two training methods: target-based training and interpass shooting. In this study, tests are conducted twice, before and after the treatment. The difference between the pretest and posttest scores is assumed to be the effect of the treatment. This approach allows for a more accurate assessment of the treatment's impact, as it compares conditions before and after the intervention to determine which method is more effective in improving shooting accuracy.

This study applies target-based training and interpass shooting as treatments to assess improvements in shooting accuracy, with a total of 16 training sessions. Prior to the treatment, a pretest is conducted using a shooting accuracy test. Following this, participants undergo training using the target-based and interpass shooting methods. After completing the training, a posttest identical to the pretest is administered. The results from both groups are then compared by analyzing the pretest and posttest scores using a t-test.

#### Place and Time of Research

This study was conducted at the SBB Talang Pantai training facility, located at Talang Pantai Field, Muara Bungo Regency, Jambi Province. The research was carried out from July 26, 2023, to September 5, 2023. The study consisted of 14 sessions, including one pretest and one posttest.

#### Population and Sample

According to Sugiyono (2019:126), a population is a generalization area consisting of objects or subjects that possess specific qualities and characteristics determined by the researcher for study, from which conclusions are drawn. The population in this study consists of all active students of SSB Talang Pantai who are currently participating in training, totaling 20 individuals.

According to Sugiyono (2016:81), a sample is a subset of the population that shares specific characteristics, while the method used to select the sample is referred to as sampling. The sampling technique used in this study is total sampling. According to Sugiyono (2017:142), total sampling is a sampling technique in which the entire population is used as the sample. This method is applied because the population size is

less than 100. Therefore, the sample in this study consists of 20 students from SSB Talang Pantai.

In this technique, the selection of the sample is entirely determined by the researcher, making it highly subjective. Based on the sampling technique described above, this study includes a total of 20 participants. These participants are then divided into two groups: one group undergoes target-based training, while the other group practices interpass shooting. The participants are randomly and evenly assigned into two groups, with 10 individuals in the target-based training group and 10 individuals in the interpass shooting group.

#### Data Collection Technique

The data obtained in this study are the results of the shooting skill tests conducted by the students of SSB Talang Pantai. To collect the data, the following steps were first established:

#### Preparation Steps

The researcher prepared all necessary requirements for conducting the test, including obtaining a research permit from the academic office of Universitas Muhammadiyah Muara Bungo.

Determining the necessary equipment for the study: Before conducting the test, the researcher first ensured the feasibility of the data collection instruments. The required equipment includes a measuring tape, marker tape, ball, field, goalpost, and writing materials.

Initial Implementation of the Shooting Pretest. The test in this study utilizes a shooting test. The purpose of conducting this test is to assess the initial shooting ability of SSB Talang Pantai students. Before the experimental activities begin, the sample is first divided into two groups based on the results of the pretest. The grouping is conducted using a ranking system or ordinal matching pairing to ensure balanced group composition.

Providing Treatment/Training. The treatment or training given to the sample consists of 16 sessions, including target-based training and interpass shooting, divided into two groups. The training sessions are conducted three times per week at Talang Pantai.

Conducting the Final Test (Posttest). After the treatment, a final test (posttest) is conducted to evaluate the results achieved by each athlete following the training methods. The posttest procedure is identical to the pretest, utilizing a shooting skill test.

#### Data Analysis Technique

Data Analysis is a crucial part of research, as it allows for testing the validity of the established hypothesis and drawing conclusions. Once data collection is complete, the obtained data is analyzed using statistical methods. In this study,

the t-test formula is employed at a 5% significance level with degrees of freedom (n-1), and the analysis is facilitated by the SPSS application.

After data collection, the next step is data analysis. The paired sample t-test is used as the data analysis technique for experimental data. The statistical test applied is the t-test (Mean Difference Test), conducted at a 0.05 significance level to assess the differences between pretest and posttest results.

## Results

This study aims to examine the effect of target-based training and interpass shooting on the shooting accuracy of SSB Talang Pantai students. The research findings are based on the pretest and posttest results of shooting accuracy among the students.

The study was conducted from July 26, 2023, to September 5, 2023. The treatment consisted of 16 sessions, including pretest and posttest, with a total of 20 respondents divided into two groups. The data obtained from each group are presented as follows:

### Data Description

The results of the shooting accuracy test using target-based training revealed significant improvements in performance. Statistical analysis of the pre-test and post-test scores demonstrated that target-based training effectively enhances shooting accuracy among SSB Talang Pantai students.

Similarly, the results of the shooting accuracy test using interpass shoot training indicated a notable increase in performance. The analysis of pre-test and post-test scores confirmed that this training method positively influenced shooting accuracy.

To assess the extent of improvement in shooting accuracy among SSB Talang Pantai students, this study applies a percentage increase formula. This calculation determines the effectiveness of both target-based training and interpass shoot training, allowing for a comparative analysis of their impact on shooting accuracy.

### Hypothesis Test

Hypothesis testing, specifically the t-test, was conducted in this study to evaluate the proposed hypotheses regarding the effect of target-based training and interpass shoot training on shooting accuracy among SSB Talang Pantai students. The results of the t-test are as follows:

The analysis indicates a significant effect of target-based training on improving shooting accuracy. The t-test results show that  $t_{\text{calculated}} (7.216) > t_{\text{table}} (1.833)$  and p-value

$(0.001) < 0.05$ , confirming that target-based training significantly enhances shooting accuracy. As a result, the alternative hypothesis ( $H_a$ ) is accepted, while the null hypothesis ( $H_o$ ) is rejected.

Similarly, the findings demonstrate a significant effect of interpass shoot training on shooting accuracy. The statistical analysis confirms that interpass shoot training contributes to a notable improvement in shooting performance among SSB Talang Pantai students. Further data analysis is needed to compare its effectiveness relative to target-based training.

## Discussion

Based on the hypothesis testing results using the t-test, the findings indicate significant effects of both target practice and interpass shoot training on shooting accuracy among SSB Talang Pantai students. The data analysis confirms that target-based training effectively enhances shooting accuracy, as evidenced by a  $t_{\text{calculated}}$  value of 7.216, which exceeds the  $t_{\text{table}}$  value of 2.262, indicating a statistically significant improvement. Similarly, interpass shoot training also leads to a notable increase in shooting accuracy, with a  $t_{\text{calculated}}$  value of 7.606, further reinforcing the positive impact of this training method.

Furthermore, a comparison between the two training methods reveals a statistically significant difference in their effectiveness. The independent sample t-test results show that  $t_{\text{calculated}} (2.357) > t_{\text{table}} (2.100)$ , demonstrating that interpass shoot training is more effective than target-based training. The percentage analysis further supports this conclusion, with target-based training yielding a 40% improvement in shooting accuracy, while interpass shoot training resulted in a 71% increase—a 31% difference favoring interpass shoot training. These findings suggest that interpass shoot training is a more effective approach for enhancing shooting accuracy among SSB Talang Pantai students.

## Conclusion

Based on the results of data analysis and discussion, it can be concluded that both target training and interpass shoot training significantly influence shooting accuracy in SSB Talang Pantai students. The t-test results indicate that target training has a positive effect on shooting accuracy, as evidenced by a calculated t-value of 7.216, which exceeds the critical t-table value of 2.262. Similarly, interpass shoot training also improves shooting accuracy, with a calculated t-value of 7.606, surpassing the same t-table threshold. Furthermore, a comparison between



the two training methods reveals a significant difference in their effectiveness. The independent t-test results show a calculated t-value of 2.357, which is greater than the t-table value of 2.100, indicating that the two training methods yield distinct impacts on shooting accuracy.

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