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## THE EFFECT OF WEIGHT EXERCISE ON THE LEGS TOWARD SHOOTING ABILITY IN TANJUNG ENIM FOOTBALL SCHOOL STUDENTS

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### Abstract

This study aims to determine whether there is an influence between weight training on the legs on the results of shooting football at Tanjung Enim football school students. The method used was an experiment with the one group pretest post test design, namely statistics to determine the effect between two symptoms. The data collection technique used was test. Goal shooting test to measure the result of shooting in football game. The samples was 18 students. The result obtained, there is a strong correlation between weight training on the legs on the results of shooting in Tanjung Enim football school students, the magnitude of the influence between weight training on the legs on the results of shooting can be seen with the hypothesis using the t test to obtain a tcount of 1.11 and a ttable value of 1.04. So tcount > ttable, thus Ha is accepted and Ho is rejected, which means that there is a significant effect of weight training on the legs on the results of shooting football in Tanjung Enim football school students.

**Keywords:** Shooting; Football School; Weight Training


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### INTRODUCTION

Sport has become a necessity for society around the world and has also become a means of recreation, education and achievement (Habyarimana, Tugirumukiza, dan Zhou 2022; Uslu 2022). Sports as a means of recreation, namely sports that are carried out only to fill free or leisure time, and are carried out with great joy. So everything is done casually and informally, be it the place, facilities, or regulations. While sports activities are for educational purposes such as school children who are cared for by physical education teachers (Alcántara-Porcuna dkk. 2022; Li, Kumar, dan Alazab 2022). The sports activities carried out

are formal in nature, and the goal is very clear to meet national education goals through sports activities that have been prepared through a certain curriculum and delivered with the Instructional System Development Procedure (ISDP).

Sports carried out for the purpose of achieving a certain level of health and physical fitness (Varghese, Ruparell, dan LaBella 2022). In this case, starting from various fields of science that are related to humans, such as medical, social, economic, environmental and other knowledge, are taken into account and considered, carried out formally. Both programs, facilities and facilities under the care of staff professionalism, the last is sports activities intended to achieve the target of a certain achievement. Sports coaching and development is part of an effort to improve the physical and spiritual health of the entire community, fostering the character of discipline, discipline and the development of sports achievements that can generate national pride (Hafidz dkk. 2023).

Others, it is no less important that sport is an aspect of everyday life so that it becomes something that is needed in society, both young and old alike. In line with the existing reality, the community's need to exercise continues to increase in accordance with the goals and benefits of sports that need not be doubted (Kwarto dkk. 2022). The purpose of sports is not only as a physical builder, but also a mental and spiritual builder (Newman dkk. 2022). In physical formation, it can be interpreted that regular exercises or exercise will strengthen the body and physiology of the organism.

The development of achievement sports in order to popularize sports and exercise in society, as well as create a climate that encourages people to achieve more actively and responsibly in fostering and developing sports, in particular, needs to increase efforts to nurture sportsmen, train coaches, provide facilities and infrastructure, develop sports systems, and more effective, including awards for outstanding athletes and coaches, as well as the development of sports organizations and other forms of coaching. Apart from the development of sports organizations and other coaching institutions, exercising regularly is the best way

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to keep our bodies fit and healthy (Butcher, James, dan Bloom 2023). Exercise will also increase the intelligence of thinking. There are many kinds of sports, both specialized and recreational sports that can be done to maintain one's physical fitness, one of which is playing sports such as football. Meanwhile, football is a game played by 2 teams or teams, each consisting of 11 players, each team tries to put as many balls into the opponent's goal by defending their own goal so as not to concede (Ruan dkk. 2022). Football is very popular in Indonesia, the game of football is defined as a game that aims to put the ball into the opponent's goal and defend its own goal so that the ball does not concede. Football is the most phenomenal sport on earth, there is no other sport that exceeds football in any case (Quansah 2022). Along with the public's interest in the sport of football which is so great, gradually the sport of football is developing rapidly. However, the public interest in the game of football is so great, it is not matched by the achievements of the Indonesian people in the international football arena.

The appeal of the game of football is that it is a physically and mentally challenging game. It should be exercised to improve skilled moves under limited time game conditions, there are absolute conditions that many teams succeed at the end of the match (Huffman dkk. 2022). The strength of the opposing team has been drained, surely every fitness activity for each player is an exercise that interacts with the ball as much as possible, don't just order players just play but give them practice playing, controlling, and ing the ball towards the goal. The game of football continues to experience changes and developments both in terms of regulations, technology, facilities related to the smooth running of a match, which is no less important now that continues to be developed and improved are the techniques that are applied by players and coaches in dealing with a match. All of this is intended to make this football game more beautiful and interesting. To be a good football player, you must first know the basic techniques in playing football, namely foundation techniques or basic techniques such as passing, dribbling, heading, etc.

Shooting is kicking the ball using the instep, when the foot touches the ball, the tip of the shoe must point to the ground, the right part of the foot to hit the ball is the instep or part of the shoelace, when ing the foot movement must be above the ball. Shooting is an act of shooting the ball at the right target. Shooting is the process of ing the ball as fast and accurately as possible (Lee 2022). Shooting is one of the individual abilities in the game of football with the aim of putting the ball in the goal. The best shooting technique is done with the instep. The key to shooting strength is in leg strength and optimal taking angles.

To help increase the shooting ability of Tanjung Enim football school students in football game activities, it can be done with one of the physical exercises in football games, such as shooting, which can be done by applying the training method using weights on the legs using aids such as rubber filled motorcycle tires. with sand as ballast on the feet. According to Tangkudung dan Puspitorini (2012) training is a process that is repeated and increased in order to increase potential in order to achieve maximum performance. So training is a process of self-empowerment through a systematic or repetitive activity, and day by day it increases the workload (Pandey dan Zheng 2020). In addition to increasing technical ability in weight training for every football player to be able to shoot properly, good weight training is needed to achieve good shooting results. Revealed that weight training is equated with lifting weights, where weights are a training aid that aims to train strength. In this case the priority training activities are weight training activities on the legs using modified tools such as used rubber tires on motorbikes that are tied to the legs.

## METHOD

The research method is the method used by research in collecting data Arikunto, (2013: 203). The method used is a quasi-experimental research method, using a one-group pre-test-post-test design. In solving a problem, a method or method is needed, because the method is an important factor that determines success in a study of a particular object to be studied (Yücebaş 2022). The

population is a generalization area consisting of: objects/subjects that have certain qualities and characteristics determined by researchers to be studied and then drawn conclusions (Lolowang 2022). Based on this opinion, the population of this study were all students of Tanjung Enim football school, totaling 18 students. The sample is part of the population that has certain characteristics or circumstances. If there are less than 100 subjects, it is better to take all of them so that the research is a population study. Total sampling is a sampling technique where the number of samples is equal to the population (Lorenzo-Seva 2022). The reason for taking total sampling was because the total population was less than 100. Due to the small size of the population in this study, the sample was taken the same as the total population, namely 18 students of Tanjung Enim football school.

## RESULT AND DISCUSSION

Based on the results of the study, it was shown that there was an effect of weight training using rubber on the results of shooting the ball at goal in Tanjung Enim football school students. pre-test) obtained an average result of shooting at the athlete's goal by 99 points while in the final test (post-test) the average result of shooting at the athlete's goal was 100 points. There is an effect of weight training using rubber on the results of shooting the ball into the goal because in doing so the power generated is greater after being given treatment. As for being able to do a strong , it requires the support of large leg muscle strength. So in carrying out ing the ball towards the goal requires the ability of strong leg muscles to support the results of shooting the ball as hard as possible towards the goal. There are various forms of exercise methods, namely in an effort to increase leg muscle strength, one of which is to use rubber exercises as a tool to increase the load on the legs. In weight training using rubber itself it can be done in a way that is by giving weight to the legs when doing shooting exercises.

In addition to doing various forms of strength training, so that results are more optimal, it is also necessary to practice coordinating the elements of motion



with elements of physical conditions in order to form a synchronous movement towards the ball you want to , because the success of shooting a ball is determined by good coordination between movements. with the right time when ing and the stability of the ball on the feet. With good technical mastery and supported by physical conditions in the body parts that support good ing movements, the s produced will be more optimal.

Thus the results of this study, supported by relevant previous research above, all have significant results, but in this case, my research underwent an update, as the sample used was Tanjung Enim football school students, the scores obtained, and the treatment given, such as the method weight training uses weights on the legs and is reinforced by several factors that influence internal factors, namely the factors from the Tanjung Enim football school students themselves. Students' motivation and interest in taking part in football practice affect the results of playing football. Seriousness in taking part in the exercise is a factor that greatly influences the performance of Tanjung Enim football school students when participating in the exercise.

The external factors can affect the reserach such as, namely the role of a trainer, although in this study it was shown that the shooting results of Tanjung Enim football school students had a low effect. This is because when giving material, the coach gives shooting exercises that look monotonous, only limited to shooting exercises in general. As well as facilities and infrastructure is one of the most important factors of the success of a training. The more complete the supporting facilities, the more effective the training will be.

Complete facilities and infrastructure will also make Tanjung Enim football school students more interested in doing football exercises and games. Students will be more motivated so they can bring out their abilities optimally. as well as support from the surrounding environment also encourages the success of the exercise. A conducive environmental atmosphere will make Tanjung Enim football school students comfortable in doing the exercises. Athletes don't think

about things they shouldn't experience, so athletes can do football practice comfortably and can bring out the potential that exists in Tanjung Enim football school students.

Thus it can be explained the importance of good weight training so that it can improve the ability to shoot the ball, then weight training also has a role in shooting results, meaning that the increasing strength ability that is trained by using tools as a burden, the better the shooting results. This was also explained in the results of the treatment given where the method of weight training on the legs using rubber could improve the results of shooting ability.

### 3 CONCLUSION

Based on the results of research that has been done, the authors provide the following conclusions:

The football shooting results obtained from the final test (post-test) are greater than the football shooting results during the initial test (pre-test). This fact can be seen from each of the average test scores. The average value of the pre-test (pre-test) is 99 with a standard deviation of 10.5 while the average post-test is 100 with a standard deviation of 10.8.

To find out the effect of weight training on the legs on the results of shooting student football, a significant test was carried out and the tcount value was 1.11 and the ttable price was 1.04. So  $t_{count} > t_{table}$ , thus  $H_a$  is accepted and  $H_o$  is rejected, which means that there is an effect of weight training on the legs on the results of shooting football at Tnajung Enim football school students.

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