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SHOOTING ACCURACY OF CONCENTRATION IN THE GAME OF FOOTBALL

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Abstract

This study is a descriptive analysis research with correlation and regression analysis aims (1). To determine the correlation of explosive power of the legs to the accuracy of goal shooting in the soccer game at Club Gelora, Sinjai Regency. (2). To determine the correlation of concentration to the accuracy of goal shooting in soccer games at the Club Gelora in Sinjai Regency. (3). To determine the correlation of limb explosive power and concentration on the accuracy of goal shooting in the soccer game at Club Gelora, Sinjai Regency. The research sample consisted of 25 people. Data collection techniques using tests. The data analysis technique used is descriptive statistics, correlation and regression using computer facilities through the SPSS program. Based on the results of the data and discussion of this study, it can be concluded that (1). There is a correlation of limb explosive power on the accuracy of goal shooting in soccer games at Club Gelora, Sinjai Regency. (2). There is a correlation between concentration and accuracy of goal shooting in soccer games at Club Gelora, Sinjai Regency. (3). There is an effect of limb explosive power and concentration on the accuracy of goal shooting in soccer games at Club Gelora, Sinjai Regency.

Keywords: Limb Explosive Power, Concentration, Goal Shooting Accuracy.

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INTRODUCTION

The role of sport in order to improve achievement, health, physically and spiritually, now and in the future plays an important role. Through sports activities, the name of the nation can be known in the eyes of the world. All countries have tried to improve their sports achievements, in order to raise the good name and dignity of

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their nation and country through sports, one of the most popular types of sports around the world is soccer.

Football is the most popular sport in the world, not just a hobby but the main goal is the achievement of peak achievements. Improving football performance must be done from an early age to achieve good performance in the game of football (Okilanda et al., 2021). In the game of football, there are many factors that we must know, not only basic techniques but also physical abilities that need to be considered for each player. Physical ability must be considered because the role of physical ability is very supportive for achievement, so the importance of physicality for football players. In Sinjai district in general and in particular Club Gelora, Sinjai Regency is expected to master the basic techniques of playing football, but to master the basic techniques there are several factors namely the lack of physical condition and goal shooting ability.

In South Sulawesi, football is a very popular and very popular sport that is in great demand by students, students, and among the public. This proves that there are many football fields in South Sulawesi. Especially in Sinjai Regency, the development of football is also very developed, the increase can be seen from several tournaments held in Sinjai Regency, the enthusiasm of the community to take part in the tournament and there are also several clubs. The government in Sinjai Regency has begun to be enthusiastic about developing football games based on the infrastructure in Sinjai Regency and has begun to be developed so that people have a high interest in playing football.

Physical ability must be considered because the role of physical ability is very supportive for achievement (Arisman & Agun Guntara, 2021), so the importance of physicality for football players. In Bone district in general and in particular Club Gelora, Sinjai Regency has not yet mastered the basic techniques of playing football,



there may be several factors, namely physical condition and lack of concentration and accuracy in shooting the goal.

The purpose of the game of football is that each team or team is trying to control the ball, put the ball into the opponent's goal as much as possible, and try to break the opponent's attack to protect or guard the goal so as not to concede the ball. team members, as one of the characteristics of the game of football. To be able to play football well and correctly, the players master the basic techniques of football. To play the ball well, players are equipped with good basic techniques, players who have good basic techniques tend to be able to play football well too. There are several basic types of soccer games, such as stop ball (stopping the ball), shooting (kicking the ball into the goal), passing (passing), heading (heading the ball), and dribbling (dribbling the ball). Especially in shooting techniques (kicking the ball into the goal) players must master these techniques well, because shooting techniques (kicking the ball into the goal) are very influential on the game of football players.

However, the fact that I saw at Club Gelora, Kabupaten Sinjai when participating in each tournament, was not yet able to compete with other participants. Football is a game that requires excellent physical condition. Facts on the field players are only able to play and kick towards the goal but do not create goals. To improve the skills of playing ball in soccer games, it is very necessary to have good physical ability to perform basic techniques, especially goal shooting and others.

So special treatment must be given so that this problem can be resolved, the reality that occurs on the field where a player has not been able to shoot goal accurately then it is very unlikely that they will be able to put the ball into the opponent's goal, this is what happened at Club Gelora, Sinjai Regency. All of this is due to their lack of physical condition such as explosive power of the limbs and

concentration when shooting the ball. Concentration plays an important role in scoring goals. Therefore, concentration is needed for every player, especially Club Gelora, Sinjai Regency.

Shooting (kicking the ball into the goal) in the game of football is very important and needs to be considered. shooting (kicking the ball against the goal) is determined by good physical condition, in shooting (kicking the ball into the goal) must have a very important technique with accuracy to score goals well. To be able to improve shooting skills (kicking the ball into the goal) in football games, it is necessary to have relevant physical conditions in carrying out dribbling movements. Therefore, we need a way how a player can master and perform shooting skills (kicking the ball into the goal) well.

The ability to kick on goal is a way to get the ball into the opponent's goal, or it can be said that the ultimate goal of the game of football is to get as many balls into the opponent's goal as possible. To produce maximum shooting, physical conditions are needed including leg explosive power (power), and concentration. Explosive power is the ability of muscles to exert maximum force in a very fast time. The explosive power of the legs is needed to support the legs so that they have the ability to kick the ball hard. However, the reality is that the athletes are still not precise and hard in shooting. While concentration is needed in kicking the ball at the time of goal shooting and is the ability to focus on the task without being distracted and influenced by external and internal stimuli.

Football game

The sport of football in recent decades has become very popular both abroad and in the country. Football techniques and tactics are studied in depth and carefully so that people have called "soccer science". This is true, we often see football players from abroad who play very proficiently with high and perfect technique, passing the

ball in a mathematical way, so that the scientific words of football are in place and also in the homeland football players have become very famous. In big cities, in villages, in villages and not infrequently in small fields, in the rice fields we can see children, teenagers and even parents who are diligent in playing football. The technique of playing football in Indonesia has been increasing in line with the progress of world football. Football in Indonesia has been recognized as a "national" sport.

Indonesian football began to develop or was modern brought by the Dutch when they colonized Indonesia in 1920. Its early development was limited to the Dutch, especially in big cities. Gradually developed and played by the natives to small towns. The first Indonesian football organization was the Nederlan Indisce Voetbal Bond (NIVB), which was founded by the Dutch

On April 19, 1930, the delegates from each Bond gathered to establish an organization throughout Indonesia, so the Indonesian Football Association (PSSI) was established, and the first chairman was Ir. Suratin in 1931. To honor the services of Ir. Suratin to football in the country, then in 1966 until now held a youth-cadet championship (junior) to fight for the Suratin trophy.

Limb explosive power

Explosive leg power is needed by all sports, because in power there is strength and speed. As said by (Ramli, 2016) are; "Power is the ability of muscles to exert maximum force in a very short time". If 2 individuals can each lift a weight that weighs 50 kg, but one can lift it faster than the other, then that person is said to have better power than the person who lifts it slower.



Concentration

In sports, especially achievement sports, there is a factor that plays a very important role in supporting or hindering an athlete's achievement. These factors are attention and concentration. Concentration seems to be a familiar term among sportsmen, but in reality it is not easy to define the limits related to the definition. The level of attention ability of athletes is one of the factors that support success in carrying out sports activities. In general, top athletes have optimal abilities and energy that can focus their attention on the sport they are doing. Therefore, paying attention to an object is also a special skill for athletes, so coaches and sports coaches must be aware of the importance of paying attention.

Such conditions until now do not seem to be the focus of discussion in achievement sports development, because the tendency of coaches and sports coaches is still too focused on coaching that leads to technical skills and improving physical quality, while coaching in the field of psychological potential is still neglected. Many athletes, both coaches and athletes, do not understand the boundaries between attention and concentration (Taufik et al., 2021).

In fact, there are often mistakes in understanding attention and concentration. Attention and concentration are often interpreted the same but have different definitions (Sukadiyanto, 2006). Attention is a process of direct awareness of the information (stimulus) received to decide an action (response). While concentration is a person's ability to focus on a selected stimulus (one object) in a certain time. That is, the process of concentration is always preceded by someone's attention to a chosen object. Thus, concentration is a concern for a long time, so that during sports activities, concentration is needed. The definition of concentration in sports has four characteristics, namely (1) focusing on a relevant object (selective attention), (2)



maintaining focus of attention in the long term, (3) having awareness of the situation, and (4) increasing focus of attention. if needed (Sukadiyanto, 2006).

According to (Djamarah, 2008) concentration is focusing attention on something learning or activity and putting aside all things that are not related to the activity.

In addition, concentration is the ability to focus on the task without being disturbed and influenced by external and internal stimuli suggest that concentration is very important for an athlete in displaying performance on the field. The main component of concentration is the ability to focus on a particular thing and not be distracted by irrelevant internal or external stimuli. Internal stimuli are sensory and thought disturbances such as feelings of tiredness, anxiety and so on. External stimuli are disturbances from outside the self, such as cheers from the audience, ridicule from the audience, interference from opponents, and referees (Okilanda et al., 2018).

Concentration is a condition in which a person's awareness is focused on a certain object in a certain time. The better one's concentration, the longer one can concentrate (Nopianto et al., 2020). In sports, concentration plays an important role. With reduced or disturbed concentration of athletes during training, especially in matches, various problems and results will not be optimal.

Based on some of the opinions above, it can be concluded that concentration is a person's process of sorting out an object's stimulus through attention which is then selected to be an object to be observed or paid attention to in a certain time to get optimal results.

Goal shooting accuracy

The definition of accuracy is defined more on accuracy in shooting. According to (Dendy, 2008), accuracy is a state, thoroughness, or precision.

According to (Sajoto, 1988), "accuracy is a person's ability to control free movements of a target". Shooting accuracy in football is a factor that is needed by someone to achieve the desired target against the opponent's goal in order to get a score or goal. Accuracy relates to a person's desire to give direction to the target with certain aims and objectives. According to (Mulyono, 2014) suggests that "a football player is required to have high intelligence who is able to quickly decide every decision during the game"

METHOD

This research is a quantitative research (expo facto) using a test (observation sheet). The data collection technique uses observation to determine the explosive power of the legs and concentration on the accuracy of shooting goal in the football game at Club Gelora, Sinjai Regency. expo facto research is research that describes the existing situation according to reality.

To be more focused to recognize the meaning and understanding of the problem and avoid misunderstanding. So it is necessary to explain operationally the variables used in this study, are as follows:

1. The explosive power of the limbs in this study is the ability of the muscles to exert maximum strength in a very fast time using the vertical jump test.
2. Concentration in this study is a person's process of sorting out an object's stimulus through attention which is then selected to be an object to be observed or paid attention to in a certain time to get optimal results by using the concentration grid test.
3. The accuracy of shooting in this study is a person's ability to direct shooting at the opponent's goal in the right direction by using the target ball shooting test.

Based on the above definition, the population is a collection of objects that



have almost the same characteristics as the object of research, which will assist in obtaining data to test the truth of the hypothesis in this study. 25 people. Based on the foregoing, the sample of this research is Club Gelora , Sinjai Regency. Where in the end the sample will be selected ¹³ as many as 25 people. The sampling technique used is the total sampling technique.

Based on the above definition, the population is a collection of objects that have almost the same characteristics as the object of research, which will assist in obtaining data to test the truth of the hypothesis in this study. 25 people. Based on the above, the sample of this research is Club Gelora, Sinjai Regency. Where in the end the sample will be selected ¹³ as many as 25 people. The sampling technique used is the total sampling technique.

To obtain data from sample data and as one of the research procedures and to determine how to obtain data on the variables studied, a research instrument is used, where the instrument used is a form of test in the form of a speed test, agility test and the ability to dribble in the game. Football (Putra et al., 2020).

RESULTS

Descriptive data analysis is intended to obtain an overview of research data. Data descriptions are intended to be able to interpret and give meaning to the data.

Data Normality Test

One of the assumptions that must be met so that parametric statistics can be used is that the data follows a normal distribution. If the test turns out to be normally distributed, it means that the parametric statistical analysis has been met. normality of the data can be seen in the following table:

Table 1. Summary of the results of the normality test

Variabel	KS-Z	Asymp	Description
Limb explosive power	0.803	0.539	Normal
Concentration	1.560	0.912	Normal
Goal shooting accuracy	1.020	0.249	Normal

The table above shows that the results of the normality test of the data using the Kolmogorov Smirnov test show the following results:

1. The explosive power of the legs is obtained by the Kolmogorov-Smirnov value of 0.803, Asymp. Sig 0.539 ($P > 0.05$), it can be said that the explosive power data of the limbs follows a normal distribution or is normally distributed.
2. The concentration obtained by Kolmogorov-Smirnov value is 1,560, Asymp. Sig 0.912 ($P > 0.05$), it can be said that the concentration data follow a normal distribution or have a normal distribution.
3. The accuracy of goal shooting is obtained by Kolmogorov-Smirnov score of 1.020, Asymp. Sig 0.249 ($P > 0.05$), it can be said that the accuracy of goal shooting data follows a normal distribution or is normally distributed.

Hypothesis Test

Based on the results of the linearity test, it can be seen in the following table:

Table 2. The results of Linearity test

Variabel	lineritas	Description
Explosive leg power-goal shooting accuracy	0.088	There is a linear relationship
concentration-precision goal shooting	0.120	There is a linear relationship

Based on the table above, it can be seen that the results of the linearity test calculation, obtained all values ($P > 0.05$), then H_0 is rejected and H_1 is accepted, meaning there is a linear relationship.



DISCUSSION

The results of data analysis in hypothesis testing ¹¹ need to be studied further by providing an interpretation of the relationship between the results of the analysis achieved and the theories that underlie this assessment.

There is a correlation of limb explosive power to the accuracy of goal shooting in soccer games at Club Gelora, Sinjai Regency

Based on the results of correlation calculations, the obtained value of sig = 0.002 ($P < 0.05$) then H_0 is rejected and H_1 is accepted, meaning that there is a correlation of limb explosive power on the accuracy of goal shooting in soccer games at Club Gelora, Sinjai Regency with an effect of 34.8%. Players who have good explosive power will have a correlation with goal shooting. It is proven that some of the Main Chinese players have good explosive power and it is proven that their shooting kicks are also good and vice versa when the explosive power is less then the shooting kicks are also lacking. explosive power is the ability of muscles to produce maximum strength in a very short time. So the explosive power of the limbs is the ability of the limbs to exert maximum strength when shooting, including the ability to shoot. Likewise with achievement motivation as a psychological manifestation that provides encouragement in achieving a goal.

There is a correlation of concentration on the accuracy of goal shooting in a football game at Club Gelora, Sinjai Regency

Based on the table above, it can be seen that the results of the correlation calculation, obtained a value of sig = 0.039 ($P < 0.05$) then H_0 is rejected and H_1 is accepted, meaning that there is a correlation between concentration and accuracy of goal shooting in the football game at Club Gelora, Sinjai Regency with an effect of 17.2%. It is proven that some of the Main Chinese players have good concentration



and it is proven that their shooting kicks are also good and vice versa when concentration is lacking, shooting kicks are also lacking.

Soccer shooting accuracy is a person's ability to control motion. Free movement towards a target. Accuracy is also a very important component in the game of football, in addition to other elements (Arisman et al., 2021). So the element of accuracy needs to be trained because it is needed in achieving optimal skills. states that accuracy is the ability to direct something motion to the target to be addressed. This target can be a distance or an object that will be hit with one part of the body. Accuracy is needed in soccer games such as when passing, throwing, heading, and shooting.

The joint correlation between limb explosive power and concentration on the accuracy of goal shooting in a football game at Club Gelora, Sinjai Regency

Based on the table above, it can be seen that the results of the regression calculation, obtained the value of R arithmetic (R_o) = 0.001 after the significance test using the F test was obtained, F arithmetic = 9.235 ($P < 0.05$), then H_0 was rejected and H_1 was accepted, meaning there is a joint correlation. There is a significant correlation between limb explosive power and concentration on the accuracy of goal shooting in soccer games at Club Gelora, Sinjai Regency with a determination value (R Square) = 0.456 or a joint correlation of 45.6% While 54.4% is caused by other factors. Thus, if someone has good explosive power and concentration, it will be followed by good goal shooting accuracy. . Players who have good explosive power and concentration will have a correlation with goal shooting and vice versa.

According to (Sajoto, 1995) aspects of physical condition are a unified whole of components that cannot be simply separated both in improving and maintaining physical condition. Physical ability is a biomotor component that is needed in every sport. According to (Harsono, 2015) the elements of physical condition include:



endurance, stamina, flexibility, agility (agility), strength, power, muscle endurance, speed and balance.

Based on the analysis, characteristics, and goals of the football game, namely the ability with one of the goals to become a professional player, then looking at the general and dominant biomotor component in football, the biomotor component is selected according to the characteristics of the motion on the accuracy of goal shooting in the form of limb explosive power, and concentration (Alba et al., 2019).

CONCLUSION

The conclusion is an answer from the results of the research whose data has been analyzed after the implementation of the research.

1. There is a correlation of limb explosive power to the accuracy of goal shooting in soccer games at Club Gelora, Sinjai Regency.
2. There is a correlation of concentration on the accuracy of goal shooting in soccer games at Club Gelora, Sinjai Regency.
3. There is a simultaneous correlation between limb explosive power and concentration on the accuracy of goal shooting in a football game at Club Gelora, Sinjai Regency.

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