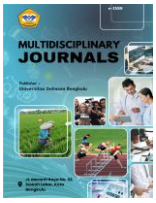

Multidisciplinary Journals
Volume 3 Issue 1, 2026 (29-32)
ISSN (*online*) : **3047-8499**
Homepage : https://jurnalunived.com/index.php/MJ
Doi : https://doi.org/10.37676/mj

The Influence Of The Command Method On The Shooting Skills Of Extracurricular Futsal Students At SMPN 28 Bengkulu Utara

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Received [27-12-2025] Revised [24-02-2026] Accepted [07-03-2026]

Abstract. This study aims to determine the effect of the command method on the shooting skills of futsal extracurricular students at SMPN 28 North Bengkulu. The research employed an experimental method with a one-group pre-test and post-test design. The sample consisted of 19 students selected through total sampling. Data were collected via shooting skill tests before (pre-test) and after (post-test) 16 sessions of command method training. Data analysis included normality (Liliefors), homogeneity (F-test), and hypothesis testing (t-test). Normality test results indicated normal data distribution (Lcalculated < Ltable), and homogeneity was confirmed (Fcalculated < Ftable). The t-test yielded tcalculated=4.32 with ttable=1.752 (df=18) and p=0.00 (<0.05), leading to the rejection of H0. The mean pre-test score of 31.95 increased to 40.26 in the post-test, showing a 40% improvement in shooting skills. The command method significantly enhances the shooting skills of futsal extracurricular students at SMPN 28 North Bengkulu. These findings support the effectiveness of the command method in training basic futsal techniques, particularly shooting.

Keywords: *Command Method, Futsal, Students.*

INTRODUCTION

Research into the effect of the command method on students' shooting skills at SMPN 28 North Bengkulu is needed to identify the method's effectiveness in improving student abilities. The results of this study can serve as a reference for coaches in selecting appropriate training methods for students. Furthermore, understanding the effect of the command method can also aid the development of extracurricular futsal curricula at schools. This way, students will not only be skilled in shooting techniques but also have a good understanding of game strategy.

Good shooting skills will boost students' confidence during matches and improve overall team performance. This will positively impact SMPN 28 North Bengkulu's futsal achievements in various competitions. Therefore, this study aims to explore the effect of the command method on students' shooting skills and provide recommendations for developing teaching methods in extracurricular futsal. By understanding the influence of this method, coaches can hopefully improve training effectiveness and produce competent futsal players.

LITERATURE REVIEW

Futsal is a popular extracurricular activity at SMPN 28 North Bengkulu. Shooting skills are a crucial aspect of futsal, contributing to scoring goals. The command method, which involves direct instruction from the coach, was chosen to improve this skill due to its clarity and precision. This study aims to determine the effect of the command method on students' shooting skills. The command method offers advantages in terms of clarity and precision of instructions. In the

context of futsal, this method can help students understand shooting techniques more deeply. However, implementing this method also requires an appropriate approach to avoid reducing students' creativity and improvisation in playing.

METHODS

This type of research is experimental research with the method used in this research is a quasi-experimental method or pseudo-experiment. The use of this method is adjusted to the research objective, namely to find out the results of the test so that the causal relationship between one group and another will answer the proposed research problem. Arikunto (2007: 207) states that the experimental method is "to find out whether there is an effect from "something" that is imposed on the subject of investigation. From the expert opinion above, this is in line with the researcher's problem, who wants to know the cause and effect of a commando training method on improving shooting skills in extracurricular students at SMPN 28 North Bengkulu with the variables in this study consisting of one independent variable, namely the commando training method.

RESULTS

Description of Research Results

Table 1 Shooting Pretest and Posttest Results

Statistik	Shooting	
	Pretest	Posttest
N	19	19
Std. Deviation	3,70	6,56
Minimum	38	55
Maximum	25	30
Rata – Rata	31,95	40,26

Prerequisite Test Results

This research hypothesis was tested using a t-test. Before conducting the t-test analysis, a normality test was first performed to determine whether the data came from a normally distributed population. In addition to the data normality test, another analysis requirement test, the data homogeneity test, was also performed to determine whether the data came from the same (homogeneous) population. The results of the analysis requirement test are as follows:

Normality Test

Table 2 Summary of Normality Test Results

group		N	L_h	L_t	information
Command Training Method	*Pre Test*	19	0,182	0,195	Normal
	Post Test	19	0,154	0,195	Normal

The table above shows that the test results for the Command Training Method Pre-Test data were Lh 0.182 and Ltable 0.195 with α = 0.05. Therefore, it can be concluded that the data are normally distributed. The post-test data for the Command Training Method were Lh 0.154 and Ltable 0.195 with α = 0.05. Therefore, it can be concluded that the data are normally distributed.

Based on the description above, all data variables are normally distributed. Based on the criteria, if Lcount (Lh) is less than or equal to Ltable (Lt), the population data is normally distributed. Conversely, if Lcount (Lh) is greater than Ltable (Lt), the population data is not

normally distributed. Because the probability variables meet the criterion of Lh < Lt, this can be said to be normal, or the population from the sample data is normally distributed.

Homogeneity Test

The homogeneity test is conducted to test whether several samples are homogeneous or not. The homogeneity test is intended to test the equality of variances between the pretest and posttest. The homogeneity test is useful for examining sample similarity, namely, whether the variances of samples drawn from the population are uniform. This study used the homogeneity of variance test, or F-test, using degrees of freedom (n1-1), (n2-1), and a significance level of α = 0.05. The principle of the homogeneity of variance test, or F-test, is that if F count < F table, then the two variances can be concluded as homogeneous. The results of the F-test data processing yielded data homogeneity figures as shown in the following table:

Table 3 Summary of Data Homogeneity Test Results

group	N	F_{Hitung}	F_{Tabel}	information
Command Training Method	19	0,22	2,17	Homogen

The table above shows that the data values are homogeneous. Based on the criteria, if the calculated F (Fh) is less than the Ftable (Ft), the population data is homogeneous. Conversely, if the calculated F (Fh) is greater than the Ftable (Ft), the population data is non-homogeneous. Because all data are homogeneous, data analysis can be continued with parametric statistics. Complete results are presented in the appendix. The research hypothesis testing was conducted based on the results of data analysis and interpretation of t-test analysis (paired sample test and independent sample test).

Table 4 t-Test Results of Pretest and Posttest Shooting

Shooting	Rata-rata	t_{hitung}	t_{tabel}	Sig	selisih
Pretest	31,95	4,32	1,725	0,00	2,59
Posttest	40,26				

Based on the hypothesis testing, it was found that the command training method had a significant effect on shooting skills. The discussion of the results of this study is intended to provide an overview to facilitate drawing conclusions. This study aims to examine the effect of the command training method. This study aimed to determine the effect of the command training method on the shooting skills of students in the futsal extracurricular program at SMPN 28 North Bengkulu. The results of this study indicate an effect on shooting skill scores between the initial (pre-test) and final (post-test) tests. This is evident in the average score of 31.95 in the initial test, and after the command training method treatment, the average score increased to 40.26. Moston (2014:65) states that "the command method is an approach characterized by the teacher making all decisions regarding the form, tempo, sequence, intensity, assessment, and goal setting for each stage of learning, while students respond to all of these decisions." Therefore, it can be said that all teacher decisions are the same as those of the students.

The t-test results in Table 4.4 above show that the calculated t-value is 4.32 and the t-table (df 18) is 1.752, with a significance value of p <0.00, indicating that H0 is rejected. Therefore, Ha, which states that "There is a significant effect of command training on shooting skills," has been proven. The effect on shooting skills after command training is 40%.

This research hypothesis was tested using a t-test. Before conducting the t-test analysis, a normality test was first performed to determine whether the data came from a normally

distributed population. In addition to the data normality test, another analysis requirement was also tested, namely the data homogeneity test, to determine whether the data came from the same (homogeneous) population. The homogeneity test was conducted to test whether several samples were homogeneous. The homogeneity test was intended to test the equality of variances between the pretest and posttest. The homogeneity test is useful for testing sample similarity, namely whether or not the variances of samples taken from the population are uniform. The homogeneity test in this study used the homogeneity of variance test, or F-test. It used degrees of freedom (n1-1), (n2-1), and a significance level of α = 0.05. The rule for the homogeneity of variance test, or F-test, here is that if Fcount < Ftable, then it can be concluded that the two variances are homogeneous. The results of the homogeneity test data processing using the F-test yielded a homogeneity score of 0.22 and 2.17. Based on the criteria, if the calculated F (Fh) is less than the Ftable (Ft), the population data is homogeneous. Conversely, if the calculated F (Fh) is greater than the Ftable (Ft), the population data is not homogeneous. Because all data are homogeneous, data analysis can be continued with parametric statistics. Complete results are presented in the appendix.

The command method is a method in which the entire content of the material is determined by the teacher/trainer. Students simply imitate and carry out all the teacher's commands and rules. This command method is suitable for mastering simple tasks that do not require decision-making and need to be mastered in a short time. The weakness of this method lies in the students' underdevelopment of movement repertoire, as it is limited by the structure of the assigned task and focuses more on the movements and justification of each movement.

CONCLUSION

Based on the Data Analysis and discussion that has been explained previously, it can be concluded that the Effect of the Command Method on the Shooting Skills of Futsal Extracurricular Students at SMPN 28 North Bengkulu from the results of the t test can be seen that the t count value is 4.32 and t table (df 18) 1.752 with a significance value of p of 0.00 <0.05, meaning H0 is rejected. After conducting Data Analysis using the statistical approach of the arithmetic mean difference test (t test) at a significance level of α = 0.05 for the two proposed research hypotheses, both hypotheses are accepted and can be tested for their truth.

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