

The Effect Of Target Game Training On Shooting Skills In Football Players At SMP Negeri 21 Bengkulu Selatan

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Abstract. This study aimed to determine the effect of target games training on shooting skills of soccer players at SMP Negeri 21 Bengkulu Selatan. The research used an experimental method with a total sampling technique, involving 13 players as the sample. Data were collected through pre-test and post-test shooting skills tests over 16 training sessions. The results showed that the pre-test average score was 9.85 (SD = 1.34), while the post-test average score increased to 11.85 (SD = 1.86). Statistical analysis using paired sample t-test revealed $t_{count} = 4.545 > t_{table} = 1.782$ ($\alpha = 0.05$), indicating a significant effect of target games training on improving shooting skills. These findings suggest that target games can be an effective method to enhance shooting accuracy and performance in junior soccer players.

Keywords: *Target Games; Shooting Skills; Soccer.*

INTRODUCTION

Soccer is a popular sport enjoyed by people worldwide, including in Indonesia. Shooting is a crucial fundamental skill in soccer, as it is the primary means of scoring goals. However, observations at SMP Negeri 21 Bengkulu Selatan indicate that players' shooting skills remain low.

This is due to limited training methods, necessitating a training model that can improve shooting accuracy and precision. One relevant training method is target play, an activity that emphasizes the precision of directing the ball to a specific target. This study aims to determine the effect of target play training on shooting skills in soccer players at SMP Negeri 21 Bengkulu Selatan.

LITERATURE REVIEW

Futsal is a ball game played by two teams, each consisting of five players. The objective of the game is to score as many goals as possible by manipulating the ball with the feet. Futsal uses a ball as the playing medium. Futsal matches can be played outdoors or indoors.

In addition to the five main players, each team is also allowed to have several substitutes. Unlike other indoor soccer games, the futsal field is demarcated by lines, rather than boards or a net. Futsal is also known by various other terms. The term "futsal" is an international term derived from the Spanish or Portuguese words *futbol*, meaning soccer, and *sala*, meaning indoor.

Improving futsal players' passing performance requires numerous training components, including technique and basic biomotor skills (Mashuri, 2017). In general, passing exercises that

involve both components are divided into active passing and passive passing training methods (Farhan, Tomi, & Darmawan, 2023; Kurniawan, 2023).

Exercise is an integral part of everyday human activity, contributing to physical and mental health. To date, exercise has made a positive and tangible contribution to improving public health. Furthermore, it plays a role in enhancing the nation's ability to implement a sustainable development system. Exercise promotes physical and mental health.

Individuals who are serious about becoming athletes must dedicate their lives to pursuing their sport. This demonstrates an athlete's continued commitment to their profession as an individual trusted to defend the nation, government, and other organizations (Guspa & Rahmi, 2017).

METHODS

This research was an experimental study with a one-group pre-test and post-test design. The subjects were all 13 extracurricular soccer players at SMP Negeri 21 Bengkulu Selatan (total sampling technique). The research instrument used a shooting skills test in the form of a target soccer test. The study was conducted in 16 meetings from February to March 2025. Data were analyzed using a paired sample t-test after first conducting normality and homogeneity tests.

RESULTS

Before testing the hypothesis, a normality test was first conducted to determine whether the research data came from a normally distributed population. The normality test was conducted using the Liliefors test with a significance level of 0.05. The analysis results showed that the calculated L value for the pre-test was 0.197, which was smaller than the L table of 0.234. Similarly, the calculated L value for the post-test was 0.159, which was smaller than the L table of 0.234.

Thus, it can be concluded that the research data for both the pre-test and post-test were normally distributed. After the normality test, the next step was the homogeneity test. The homogeneity test aims to determine whether the data from both variables have the same variance, or are homogeneous.

Based on the calculations, the pre-test variance was 1.34 and the post-test variance was 1.86. The F-test results showed an F count of 1.39, while an F table at the 5% significance level was 3.89. Since the F count < F table, it can be concluded that the research data are homogeneous.

By meeting the assumptions of normality and homogeneity, the research data met the requirements for hypothesis testing. Hypothesis testing was conducted using a t-test to examine the differences in shooting skill outcomes before and after target play training. The analysis showed a calculated t-value of 4.545, while the t-table value, with a significance level of 0.05 (dB = n-1), was 1.782.

Based on the results of the hypothesis testing, the calculated t-value was greater than the t-table ($4.545 > 1.782$). This means the null hypothesis (H_0) is rejected and the alternative hypothesis (H_a) is accepted. Therefore, it can be concluded that there is a significant effect of target play training on shooting skills in football players at SMP Negeri 21 Bengkulu Selatan.

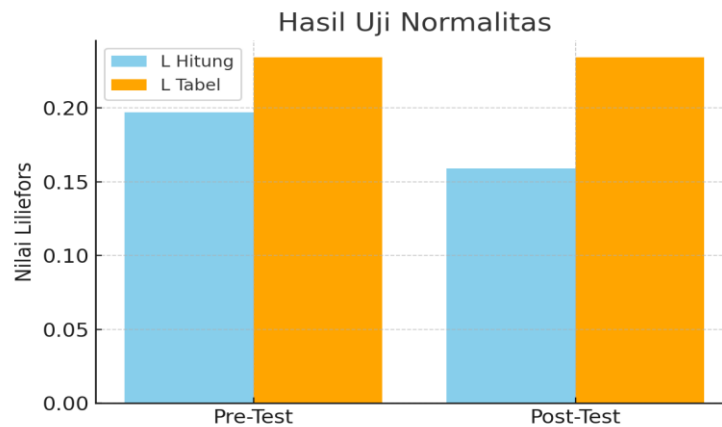


Figure 1 Uji Normalitas

DISCUSSION

The findings of this study indicate that target game training effectively improves shooting skills. This aligns with the theory that target games require accuracy, concentration, and good motor control, thus improving the quality of shots on goal. These results support previous findings, such as the study by Rahmat et al. (2022), which showed that shooting practice with small goals can improve shooting accuracy. Therefore, target game training can be used as an alternative method for training basic soccer techniques, particularly in improving shooting skills in junior high school players.

CONCLUSION

Based on the research results, it can be concluded that target game training significantly improved the shooting skills of football players at SMP Negeri 21 Bengkulu Selatan. The average shooting score increased from 9.85 to 11.85, and the t-test results showed a significant difference. Target game training can be implemented by physical education teachers and extracurricular football coaches at schools as a variation of training methods to improve students' shooting skills.

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