



Analysis of the Shooting Ability of Futsal Extracurricular Students at Budi Murni 3 High School in Medan

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Abstract

The purpose of this study was to determine the level of futsal shooting skills of extracurricular students of SMA Budi Murni 3 Medan. This study was conducted at SMA Budi Murni 3 Medan, Medan City, North Sumatra Province. The method and type of research used in this study were quantitative descriptive. The population in this study were all 10 students of SMA Budi Murni 3 Medan's futsal extracurricular activities. The number of samples in this study was all 10 students who took part in the SMA Budi Murni 3 Medan extracurricular activities. obtained by total sampling technique. The research instrument for data collection with tests and measurements was the Futsal Shooting Accuracy Test. The study was conducted. The research time was carried out for approximately 1 month. In one week, two meetings were held every Monday and Wednesday at 16.00, the meetings were 8 times. To see the shooting ability, survey and test calculations were used. From the results of the test, the level of shooting ability of extracurricular futsal students at SMA Budi Murni 3 Medan was mostly in the sufficient category.

Keyword: Analysis, Ability, Shooting, Futsal

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A. Introduction

Extracurricular activities are educational activities outside of class hours and counseling services to help students develop according to their needs, potential, talents, and interests through activities specifically organized by educators and/or educational staff who are competent and authorized at the school (Asmani 2011). One of the most popular extracurricular activities in schools is futsal.

According to Christian (2021), futsal is one of the sports that has begun to gain popularity among the public because it is excellent for maintaining and improving physical fitness. According to Suryadi (2021), futsal is a game characterized by high speed and dynamism. According to Lhaksana (2011: 29), an important factor in achieving futsal performance is the mastery of basic futsal skills possessed by the player themselves. Forms of futsal playing skills include basic passing techniques, basic ball control techniques, basic chipping techniques, basic dribbling techniques, and basic shooting techniques.

Based on the researcher's observations, the participants' shooting skills in futsal are still lacking. This is evident during games, where the extracurricular participants' shots are too slow and lack direction. Based on this description, the researcher is interested in conducting a study to determine the shooting skills of futsal extracurricular students at SMA Budi Murni. By understanding the level of futsal shooting ability, it will help adjust the training program for participants who are not proficient in shooting, as in futsal, scoring as many goals as possible into the opponent's net is the way to win the game. To score a goal in the final attack, a player must be able to release an accurate shot toward the opponent's net (Scheunemann, 2005:58–59)

Now, futsal is a way to relieve boredom in daily activities, but many people have made futsal a professional sport, as evidenced by the numerous events organized by various institutions such as

government agencies, educational institutions, and national and international organizations. The history of futsal in Indonesia began in the early 21st century or the mid-2000s and was officially recognized by the Indonesian Football Association (PSSI) in 2004. Despite being relatively new, futsal has become a unique attraction for many people due to its similarity to soccer and its ease of play at any time without being constrained by time. This is a significant advantage because individuals who lack sufficient daytime hours to play soccer can instead play futsal in the evenings indoors with the aid of lighting (Adhi & Tommy, 2023).

Shooting is one of the fundamental soccer skills that players must master to effectively participate in the game. According to Soekatamsi (2005:84), one of the individual skills in soccer aimed at scoring a goal is shooting. Meanwhile, Sugiyanto (2007:17) defines shooting as kicking the ball toward the goal with the intention of scoring a goal. According to John D. Tenang (2008: 84), shooting involves kicking the ball with power to score a goal. To score a goal in the final attack, a player must be able to release an accurate shot toward the opposing team's goal (Scheunemann, 2005:58–59). Scoring a goal is the most challenging aspect because it requires maturity and intelligence for the player to kick the ball in a way that cannot be reached or caught by the goalkeeper. According to Justinus Lhaksana (2011: 34), one of the basic techniques that players must master is shooting.

In soccer, kicking is the most common fundamental movement. One can play soccer simply by kicking. Passing, shooting, and sweeping the ball are ways to block the opponent's attack (Sucipto, 2000:17). The offensive goal of soccer is to try to score a goal through a shot. To perform shooting kicks and score goals from various positions on the field, a player must first master the basics of kicking the ball before developing various shooting

tactics (Danny Mielke, 2003:67). A player should start shooting from further away from the goal as their skill level improves. A player must practice dribbling techniques and other ball control techniques, such as receiving passes and heading the ball. Most shooting opportunities pass quickly, so players must be ready to capitalize on them when they arise. A player takes a shot when kicking the ball toward the goalpost (TriSepta Agung Pamungkas, 2008:154).

There are several factors to consider when kicking, including the strength of the kick, its length, and its accuracy. Technique and continuous training are components in this situation that promote all three of these things. The most popular technique in soccer is kicking. A player who does not master kicking technique well will not become a good player, and a good team

consists of players who are all skilled in kicking technique (Sukatamsi, 1984: 44).

B. Methods

The research method and type used in this study is descriptive quantitative research, which is research that determines the accuracy of shooting possessed by players, which can be assessed through numbers so that it can be classified into several categories: very good, good, fair, poor, and very poor. This study aims to highlight facts, conditions, variables, and phenomena that are currently occurring (at the time of the study) and present them as they are.

This study uses a skill test instrument that is useful for measuring shooting skills in students. The image for the shooting accuracy test is as follows:

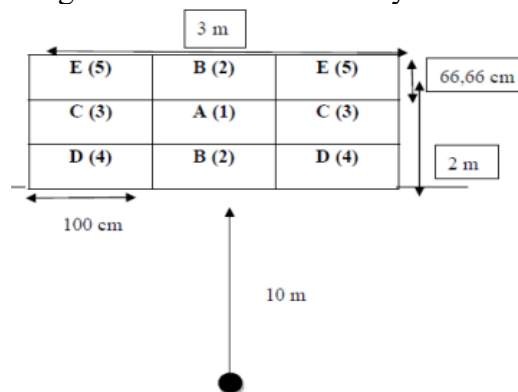


Figure 1. Futsal Shooting Accuracy Test

Source: Arki Taupan Maulana 2009: 36

This test was conducted with a distance of 10 meters to the goal. The validity of this test was examined through content validity, which includes face validity and logical validity. Face validity, or appearance validity, was assessed by examining whether the test was well-designed in terms of its format and appearance, ensuring that it could measure shooting accuracy using the instep and toe.

This is demonstrated by the test design, which shows the accuracy level of each kick. The reliability coefficient for this shooting accuracy test is 0.940. Therefore, it can be concluded that this instrument is reliable (Arki Taupan Maulana, 2009: 37).

The test is conducted as follows:

1. The test involves kicking the ball using proper basic shooting technique.
2. The shot is taken using the best foot.
3. The shot is taken from the second penalty spot, 10 meters from the goal, with the ball kicked toward a futsal goal measuring 2 meters in height and 3 meters in width. The goal is divided into 9 sections, each measuring 66.66 cm in height and 100 cm in width.
4. The scoring for this test is as follows:
 - a. 1 point for target A
 - b. 2 points for target B
 - c. 3 points for target C
 - d. 4 points for target D
 - e. 5 points for target E

5. If the kick hits the goal and does not go in, the kick does not receive a score and cannot be repeated.
6. Each player takes 10 kicks, and each player is given 2 opportunities to take a kick.
7. The highest score from the two opportunities will be determined as the player's shooting accuracy score.

Tabel 1. Norma Penilaian Ketepatan Shooting Futsal

NO	Kriteria Penilaian	Poin yang didapat
1	Sangat Baik	41 – 50
2	Baik	31 – 40
3	Cukup	21 – 30
4	Kurang	11 – 20
5	Sangat Kurang	1- 10

Figure 2. Futsal Shooting Accuracy Assessment Standards

Source: Arki Taupan Maulana (2009: 37-38)

Result

The results of the study are presented as follows.

C. Result and Discussion

Table 1. Description of Shooting Ability Data

Variabel	N	Mean	Median	SD	Min	Max
Kemampuan shooting	10	36,1	36	5,09	28	45

The table above presents the results of descriptive statistical calculations of the shooting skills of students in the extracurricular program at SMA Budi Murni 3 Medan. From the table above, the shooting skills at a distance of 10 meters

can be described as follows: the sample size is 10 students, the mean score is 36.1, the median score is 36, the standard deviation is 5.09, the lowest score is 28, and the highest score is 45.

Table 2. Shooting Percentage Results

No	Nilai	Kategori	Frekuensi	Presentasi
1	41—50	BS	1	10%
2	31-40	B	2	20%
3	21-30	S	4	40%
4	11-20	K	2	20%
5	<10	K S	1	10%
Jumlah			10	100%



Figure 3 Pie Chart of Shooting Skills
Source: Data Processing Results for 2025

Based on the descriptive criteria for shooting skills among extracurricular participants at SMA Budi Murni 3 Medan, the “Excellent” category accounts for 10% (1 person). The “Good” category accounts for 20% (2 people). The “Average” category accounts for 40% (4 people). The ‘Poor’ category accounts for 20% (2 people). The “Very Poor” category accounts for 10% (1 person). This study aims to analyze the shooting skills of extracurricular students at SMA Budi Murni 3 Medan. The shooting skill test results show that most students fall into the “Very Good” category (10%), “Good” category (20%), “Average” category (40%), ‘Poor’ category (20%), and “Very Poor” category (10%). These results indicate that the futsal shooting skills of extracurricular students at SMA Budi Murni 3 Medan are “Average.”

Discussion

Based on the analysis of shooting skills among students at SMA Budi Murni 3 Medan, the futsal shooting skills test showed that most students fell into the “adequate” category, with 4 students (40%) achieving this rating. This result indicates that the shooting skills of futsal extracurricular students at SMA Budi Murni 3 Medan are adequate. Referring to the results of the research conducted and the conclusions drawn, it can be concluded that shooting skills in futsal are in the

“adequate” category. This is influenced by several factors, including the lack of basic theory that can be understood by students at SMA Budi Murni 3 Medan. Therefore, the results of the data collection do not align with the data obtained in the shooting skill test for futsal extracurricular students at SMA Budi Murni 3 Medan.

One of the fundamental skills that players must master is shooting ability, both from long and short distances. Shooting ability is essential for players because it is impossible for them to score goals without it. A team's victory depends on the players' ability to identify opportunities and shoot accurately toward the target. Shooting ability can be supported by proper technique when executing the shot with precise accuracy. As seen in professional players, soccer players who master good shooting techniques with precise accuracy can score goals against the opposing goal. E. Permana (Permana 2021) states that futsal shooting is the most powerful tool for scoring goals.

In futsal, there are many factors that influence achieving success. The factors influencing such success include: physical condition, technique, tactics, and. In addition to mastering good technique and tactics, good physical condition is essential, as without it, an athlete cannot master technique and tactics effectively. Therefore, it is crucial for a coach to understand the physical condition of their

athletes so they can design and implement training programs aligned with their coaching objectives (Fajri and Putra 2022).

Physical condition is very important in futsal; good physical condition is needed both in training and during tournaments. In a study with high school students as the research subjects, who have a very intense schedule from morning to afternoon and still have extracurricular training in the evening, students may not be able to fully absorb the coach's input and tactics in futsal as directed by the coach. Physical condition is an essential prerequisite for improving an athlete's performance; it can even be considered a basic necessity that cannot be postponed or compromised.

D. Conclusion

Based on the results of the study, it can be concluded that the shooting skills of futsal extracurricular students at Budi Murni 3 High School in Medan are mostly in the adequate category. This indicates the need for more focused training and basic shooting techniques.

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F. Conflict of Interest

no conflict of interest

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