

The Influence of Zig-Zag Exercise on Shooting Accuracy in Soccer Games for Class V of SD Negeri Tasa XI Lais, Musi Banyuasin

Yulaili¹, Meilia Rosani², Siti Ayu Risma Putri²

¹SD Negeri Tasa XI, Musi Banyuasin, South Sumatra, Indonesia, ²Universitas PGRI Palembang, South Sumatra, Indonesia

Corresponding author e-mail: laily.cengker@gmail.com

Abstract: The purpose of this study was to determine the effect of zig-zag training on shooting accuracy in a soccer game for children of class V SD Negeri Tasa XI, Lais District. This research was conducted at SD Negeri Tasa XI, Lais District, which is located Tj. Agung Utara, Kec. Lais, Musi Banyuasin Regency, South Sumatra 30757. The method used in this research is the pre-experimental design experimental method. The research design used in this study was a pre-test and post-test one group design. The population of this study was all of class V at SD Negeri Tasa XI, Lais District, with a total of 26 people. The sample in this study is the existing population or is called a saturated sample (census) of 26 people. Data collection was carried out by conducting shooting tests in soccer games. The analytical method used is the t test with SPSS for windows version 23.00. The results of this study are that there is an effect of zig-zag training on shooting accuracy in soccer games for children of class V SD Negeri Tasa XI, Lais District.

Keywords: Exercise, Shooting, Soccer, Zig-Zag

A. Introduction

The development of adult soccer games Football is one of the big ball games that is growing rapidly throughout the world. On April 19, 1930 the Indonesian football organization was born. As a sports organization that was born in the Dutch colonial era, the birth of PSSI was somehow related to political activities against colonialism. If you research and analyze the moments before, during and after its birth, up to 5 years after the Proclamation of Independence on August 17, 1945, it is very clear that PSSI was born, because it was raised by national politicians who, directly or indirectly, opposed colonialism with a strategy of sowing the seeds of nationalism. in the chests of Indonesian youth (PSSI, 2023). PSSI has a dual role, namely managing national football and fostering a spirit of national unity and unity (Bengal, 2020).

Soccer is a physically and mentally challenging game. The game of football is very popular with the people of Indonesia and the world in general (Luxbacher, 2021). The sport of football has determining aspects, as well as sports in general. Soccer is a complex game that requires specific training. Football players must have good aerobic

fitness, speed, strength, skills to play football, understand the basic tactics and strategies for playing football (Dahlan et al., 2020).

In Indonesia, the sport of football is not only carried out for recreational sports and to fill spare time, but is required to achieve optimal performance (Mulyana & Syafil, 2022). To play ball well, players are equipped with good basic techniques. Some of the basic techniques that a soccer player needs to have been kicking, stopping or controlling, dribbling, heading, tackling, throw-in and goal keeping (Kurniawan, 2022). Thus, to be able to improve the game of soccer must go through planned training.

One of the training sequences in the game of soccer is the strengthening or mastery of technical skills in playing soccer, including dribbling skills. Dribbling or carrying the ball is one of the most important basic technical parts in the game of football, because by dribbling the cooperation carried out by both defense and attack teams will be able to run well (Saharullah, 2019).

The lack of achievements obtained by students of SD Negeri Tasa XI, Lais District, especially in the big ball (soccer) branch, shows that students at SD Negeri Tasa XI, Lais District, need to be given various coaching and training programs aimed at improving sports abilities in that branch. SD Negeri Tasa XI, Lais District, does not yet have facilities for playing soccer. If you don't have the facilities or equipment for sports, you won't be able to take part in various competitions or the Olympics. According to the Ministry of Education and Culture (2022), to measure the success of the sports coaching program in sports clubs in elementary schools throughout Indonesia, every year a National Student Sports Olympiad (O2SN) is held. In order to further improve the achievement of elementary student athletes at the international level, O2SN consists of various branches of competition, one of which is football (Ministry of Education and Culture, 2022).

Techniques in soccer games consist of techniques without the ball, namely all movements without the ball and techniques with the ball, namely all movements with the ball, one of which is kicking. Kicking the ball is one of the basic techniques in soccer. states that kicking is the most important and main factor in the game of football. This technique requires the ability to measure distances and directions. Therefore, a player who wants to shoot must be able to measure how far the shot can be achieved and in which direction the ball is going (Muhajir, 2017).

In the game of football shooting skills are needed. In addition, in the shooting results should have the power to strengthen the shooting. Shooting functions to kick the ball into the goal, free kicks, corner kicks, penalty kicks, and so on. Based on the results of observations in class V students at SD Negeri Tasa XI, Lais District, through interviews

with the physical education teacher on January 8, 2023, it was found that students' shooting abilities were still categorized as lacking. This is because student shooting is weak or kicks do not have power so that student shooting distances are not far. In addition, student shooting is also still lacking in direction and always deviates from the goal. They also don't understand the techniques in playing soccer, such as crosses and not bouncing due to the lack of power in the kick. In the technique of kicking the ball, strength and accuracy are needed, so training is needed. Students from SD Negeri Tasa XI, Lais District, also enjoy soccer. Therefore, it is necessary to be given motivation and given a training program to improve the accuracy of their shooting results.

SD Negeri Tasa XI, Lais District, has never been a champion for soccer. One of the factors that causes is the low muscle strength in kicking and agility in dribbling so that the techniques in soccer games are also not mastered. In connection with imperfect shooting in soccer games, a training program should be given so that they are capable of shooting in soccer games. One of them is by giving zig-zag exercises.

B. Methods

The method used in this study is the pre-experimental design experimental method. The research design used in this study was a pre-test and post-test one group design. In this design, observations were made 2 times, namely before the experiment (O1) and after the experiment (O2) (Sugiyono, 2018). The data collection technique used in this study was the soccer shooting test technique (Widiastuti, 2021).

The population of this study were all fifth-grade students at SD Negeri Tasa XI, Lais District. The research sample was taken by means of total sampling, namely all students of class V, totaling 55 people and consisting of two classes, namely class V.A and class V.B.

This study consisted of two independent variables, namely shuttle-run training (X1), zig-zag training (X2), while the dependent variable was ball dribbling ability (Y). The data analysis technique used is inferential data analysis technique. The use of descriptive data analysis techniques to obtain an overview of the characteristics of the distribution of values for each variable studied. In this study, the authors used data analysis techniques with the help of the t-test SPSS version 23.00 for windows.

C. Results and Discussion

The results of this study are that there is an effect of zig-zag training on shooting accuracy in soccer games for children of class V SD Negeri Tasa XI, Lais District. The results supported by Purwanto (2022) there is a significant effect of shooting practice

using the zig-zag and stationary ball methods on shooting accuracy. The silent ball method group was better than the zig-zag method group and the conventional group in increasing shooting accuracy.

Based on results of Putri (2021), it can be seen that the t-count value in the zig-zag method group is 3,490, the silent ball method group is 6,171, the control group is 1,936. The effect obtained from the value of $p = 0.006 < 0.05$ in the zig-zag method group and $p = 0.000 < 0.05$ in the fixed ball method group, which means that the two training methods can improve shooting accuracy in soccer games. The conclusion of this study: there is a significant effect of shooting practice using the zig-zag and stationary ball methods on shooting accuracy. The silent ball method group is better than the zig-zag method group and the conventional group in increasing shooting accuracy (Putri, 2021).

Widodo (2018) stated that the results of the study showed that: (1) There was an effect of one-touch shooting straight running training using the drill method on shooting accuracy, with t-count (16.282) > t-table (2.262) with an increase in the proportion of 36.73%. (2) There is an effect of zig-zag running training with one touch shooting with the drill method on shooting accuracy, with t-count (15.652) > t-table (2.262) with an increase in the proportion of 35.71%. (3) There is a difference between the effect of straight one-touch shooting practice and zig-zag one-touch shooting practice with the drill method in increasing shooting accuracy, but the difference is very small and not significant (Widodo, 2018).

The results of Aritonang (2015) stated that the t-test value showed that: The hypothesis showed that the t-count was 5.57. While the t-table value at the significant level = 2.07 with dk $n-1$ ($22-1 = 21$) obtained a t-table of 2.07, this means that the t-count obtained is greater than the t-table (t-count = 5.57 > t-table 2, 07) means that H_0 is rejected and H_a is accepted. So, the zig-zag running shooting exercise with shooting exercises around the cone has a significant influence on the results of shooting football in athletes aged 12-14 years at Tasbih Medan football school in 2015 (Aritonang, 2015).

The results of the study Nurrachman, (2017) show that there is an effect of shooting practice with walking balls and shooting still balls on the accuracy of kicks at the 11-year-old youth soccer school soccer group. The results of another study by Fajar (2020) also stated that there was a significant effect between shooting practice of stationary balls and moving balls on kick accuracy.

Recommendations for football coaches, when you want to improve shooting accuracy use the zigzag and stationary ball training method, ball practice (BD), other recommendations, further research is needed on the zigzag and stationary ball training method or other training methods.

Based on the results of previous research and the theory above which states that zig-zag training affects the accuracy of shooting in soccer games. Thus, the author's assumption of this study is that zig-zag training has an influence on shooting accuracy in soccer games for children of class V SD Negeri Tasa XI, Lais District.

D. Conclusion

Based on the discussion that has been stated above, it can be concluded that there is an effect of zig-zag training on shooting accuracy in soccer games for children of class V SD Negeri Tasa XI, Lais District.

E. Acknowledgement

We express our deepest gratitude to the Supervisors, Teachers at State Elementary School 34 Talang Kelapa, Banyuasin Regency, Chancellor of PGRI Palembang University, Director of the Postgraduate Program at PGRI Palembang University and the Education Management Study Program at PGRI Palembang University.

References

- Aritonang. (2015). The Effect of Zig-Zag Running Shooting Exercises with Shooting Exercises Surrounding the Cone on Football Shooting Results in Athletes Aged 12-14 Years of Medan Tasbih Football School in 2015. *Doctoral Dissertation UNIMED*.
- Bengal. (2020). *Physical Education, Sport and Health*. Jakarta: Ministry of Education and Culture.
- Dahlan, F., Hidayat, R., & Syahrudin, S. (2020). Effect of Physical Components and Training Motivation on Skills Playing soccer. *Jurnal Keolahragaan*, 8(2), 2020, 126-139. <https://doi.org/10.21831/jk.v8i2.32833>
- Fajar, M. (2020). The Effect of Shooting Exercises with Stationary Ball Positions and Walking Balls on the Accuracy of Kicks on Goal. *Didactic Vehicles*, 1-12. <http://dx.doi.org/10.31851/wanadidaktika.v18i01.3698>
- Kurniawan, F. (2022). *Sports Smart Book*. Jakarta: Warriors of the Letters.
- Luxbacher, J. (2021). *Revised Edition Football*. New York: Rajawali.
- Ministry of Education and Culture. (2022). *National Student Sports Olympiad*. www.kemdikbud.go.id
- Muhajir. (2017). *Physical Education, Sports and Health*. Jakarta: Ministry of Education and Culture.
- Mulyana, R. B., & Syafil, I. (2022). Application of Indonesian Football Philosophy in the Surabaya Region. *Journal of Sports Achievement*, 4(3).
- Nurrachman, M. S. (2017). Effect of Shooting Exercises with Walking Balls and Still Ball Shooting on the Accuracy of Kicks on Goal in the 11 Years Old Group.

- Journal of Sports*, 42-51. Yogyakarta State University,
<https://eprints.uny.ac.id/54337/>
- PSSI. (2023). *History of Football in Indonesia*. <https://www.pssi.org/about/history-description>
- Purwanto, D. (2022). Effect of Shooting Practice with Zig-zag Method and Still Ball on Shooting Accuracy. *Journal of Porkes (Jurnal of Sports Health & Recreation Education)*, 5(2): 510-520 <http://doi.org/10.29408/porkes.v5i2>
- Putri, E. T. (2021). The Influence of Shooting Practice with The Zig-Zag Method and Silent Ball on Shooting Accuracy. *Babasal Sport Education Journal*, 2(1).
- Saharullah. (2019). The Effect of Cross Jump Training on Dribbling Skills in Football Games in Makassar Chemical Analysis High School Students. *ILARA Journal*, II(2), 39 - 44
- Sugiyono. (2018). *Quantitative, Qualitative Research Methods and R&D*. Bandung: Alfabeta.
- Widiastuti. (2021). *Sports Tests and Measurements*. Jakarta: Bumi Timur Jaya.
- Widodo (2018). *The Influence of Straight Running Exercise One Touch Shooting and Zig-Zag Running Practice One Touch Shooting with Drill Method to the Shooting Accuracy of Athletes Aged 11-12 Years of Persiman Football School*. Sports Coaching Education Study Program, Faculty of Sports Science, Yogyakarta State University.