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JUARA: Jurnal Olahraga

E-ISSN 2655-1896 ISSN 2443-1117

<https://doi.org/10.33222/juara.v5i1.1000>



THE RELATIONSHIP BETWEEN PHYSICAL FITNESS AND SHOOTING SKILLS OF PERSELO FC PLAYERS

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Article Info

Article History:

Received (month) (year)
Approved (month) (year)
Published (month) (year)

Keywords:

*Physical Fitness,
Shooting Skills,
Football*

Abstract

Irregular training and lack of time to maintain physical fitness so that it has an impact on the matches that are followed, especially in the finishing which always fails and causes players to experience significant fatigue. The purpose of this study is to determine the physical fitness of the Perselo Fc players' shooting skills. The sample in the study are 18 Perselo Fc soccer players. The method used in this research is quantitative research with correlational research. The results of the research conducted on Perselo Fc soccer players that Shooting skills have a significant relationship with physical fitness. The conclusion is that physical fitness greatly affects a person's physique in shooting skills, if you continue to practice repeatedly it will produce a better shooting technique.

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INTRODUCTION

Sport is an organized and competitive form of play (Nur & Bakar, 2021). Sport is a form of activity carried out by humans to lead a healthier life (Rohmah & Muhammad, 2021). Sport is a physical training activity, namely physical activity to enrich and improve basic capacities and skills as well as movement skills (Jamudin et al., 2021). Sport is a means of

physical and mental development which is very useful for the younger generation (Surohmat & Yudi, 2020). Sport is an integral part of human cultural insight, this is much loved by many people both as actors and as fans (Irawan et al., 2018).

Perselo Fc is a football club in Luwu Regency which was founded in 2003 to be precise in the Noling Village, Bupon District. The coaches for Perselo fc are Saing, S.Pd.I and coach Abdul Wahab. Perselo Fc has participated in various matches held in Luwu

Raya and especially in Luwu Regency. Perselo Fc has won various achievements, including 1st place in the Noling Cup, 2nd place in the Pandoso Cup, 2nd place in the Lobo Cup. The majority of Perselo Fc players are from Luwu Regency, especially the Noling Village. Over time, Perselo fc's performance has decreased due to an irregular training schedule.

Football is a type of sports game that is much-loved by people of all walks of life (Suryadi & Rubiyatno, 2022). Football is a team or team sport played by 2 opposing teams with predetermined rules, each team consisting of 11 players including 1 goalkeeper. (Sanggita & Nurhidayat, 2022). Football is a sport consisting of many and varied complex energy kinesiological activities consisting of a large number of cyclic and acyclic maneuvers. (Trianda et al., 2020). The game of football is a sport of team games or team games, so a team that is able to organize games in a compact manner means having good and strong teamwork. (Dawn, 2017).

Shooting is a kick towards goal with the aim of putting the ball into the opponent's goal. So every soccer player must master the basic techniques of shooting, if you want to put the ball into the opponent's goal (Abdurrahman, 2017). Shooting is an individual kicking skill in a soccer game that aims to put the ball into the goal in order to win the game (Burn, 2020). Shooting is an attempt to move the ball from one place to another using the feet (Mahmuddin & Tarmizi, 2017).

Shooting is a basic football technique that must be mastered by players, especially forward players, because the biggest chance to create a goal is to shoot the ball with leg strength into the opponent's goal accurately (Septra, 2021). Shooting is one of the important elements in playing football, because shooting that produces many goals can make the team win, therefore the players can do a lot of shooting techniques to score goals. (Nur & Bakar, 2021).

Physical fitness is a person's general ability to be able to adapt and respond effectively to a physical activity (Kurniawan &

Jayadi, 2020). Physical fitness can be produced by the body through the fulfillment of regular and measurable physical activities and sports (Rozi et al., 2021). Physical fitness is a series of physical characteristics possessed or achieved by a person related to the ability to perform physical activities (Sukanti, 2016). Physical fitness is defined as the ability of a person's body to carry out daily work tasks without causing significant fatigue (Sulistiono, 2014).

Fitness or physical fitness is a physical test condition that is related to the ability and ability to function optimally and efficiently at work (Judge & Hidayat, 2020). Physical fitness is the ability or ability of a person to carry out activities or activities with high work power without experiencing significant or excessive fatigue (Purnomo & Supriyadi, 2020). Physical fitness is obtained not only with one dominant performance, but is obtained from several supporting elements of physical fitness. The element of physical fitness in humans is very complex (Musythofa, 2018).

Based on the results of field observations on Perselo Fc football players that the average player has different physical fitness and shooting abilities. Irregular training and lack of time to maintain physical fitness impacted on the matches that followed, especially on the final finish which always failed and caused players to experience significant fatigue.

The formulation of the problem in this study is whether there is a relationship between physical fitness and Perselo Fc's football shooting skills. Previous research (Syaputra, 2020) that physical fitness provides a significant relationship to shooting ability. The solution in this research is to conduct research in order to obtain more information about the importance of physical fitness in improving the game of football, especially shooting skills.

METHODS

The method used in this research is quantitative research with correlational

research(Syaputra, 2020). Research design(Sugiyono, 2018)as follows :



Figure 1. Research Design

The population is all Perselo Fc football players. The sample is 18 football players Perselo Fc. The sampling technique is purposive sampling, namely certain considerations by researchers, since the total population is 20 people all of them were sampled in this study. The instrument used is a physical fitness test(Purnomo & Supriyadi, 2020) and shooting skills test(Mushlih, 2021). The research data were analyzed descriptively, the requirements test, namely the normality test, and correlation. All data were analyzed using the SPSS version 23.00 application.

FINDINGS AND DISCUSSION

Findings

Description of the descriptive analysis of Perselo Fc players. Descriptive analysis which includes the mean, median, standard deviation, range, minimum and maximum. Physical fitness test with a mean value of 14.30, a median value of 14.00, a standard deviation value of 2.958, a range value of 12, a minimum value of 8 and a maximum value of 20. Shooting skills test with a mean value of 11.25, the median value 11.00, the standard deviation value is 3.611, the range value is 12, the minimum value is 7 and the maximum value is 19.

The normality test for the significant value of physical fitness is $0.315 > 0.05$. The significant value of shooting skills is $0.076 > 0.05$. Then the two variables follow a normal distribution or normal distribution.

Table 1 Product Moment Correlation Results

Correlation	Physical
-------------	----------

	fitness
Shooting Skills	0.766
Sig.	0.000
N	20

From table 1 it is known that shooting skills have a significant relationship with physical fitness with a significant value of $0.000 > 0.05$. So it was decided that H_a is accepted, which means there is a significant relationship between variables.

Discussion

Physical fitness is necessary for soccer athletes so that their appearance can match the components that must be possessed by soccer players(Ridwan, 2020). Physical fitness is needed by football players, so that they can carry out playing techniques well, especially when shooting(Nurcahyo et al., 2022). Students who practice diligently have a better profile of physical fitness conditions than students who do not practice diligently(Abdullah, 2018).

Physical fitness provides a greater influence in efforts to improve learning outcomes of soccer skills(Fernando, 2015). The fitter/fresher someone is, the greater their physical work ability and the less likely fatigue occurs in playing good and proper football(Purnairawan et al., 2023).

In order to obtain good physical fitness, it is necessary to carry out activities to improve the ability to play soccer for students by carrying out routine activities(Wani & Wea, 2021). Physical fitness is very closely related to movement activities in improving the basic skills of playing football, including dribble, passing, control, shooting and heading exercises (Abdullah, 2018).

Soccer players can have the physical fitness and basic movements of soccer to the fullest through programmed and well-planned exercises and supported by planned matches. It is necessary to hold sit up, vertical jump and 600 m running exercises, in order to increase

endurance and shooting ability to get maximum training results (Kurniawati, 2016).

Good fitness will support the ability and movement skills in the game of football. Football players must have good fitness and also have a good level of playing skills. Because to get good skill results, physical fitness must be good too (Musythofa, 2018). Factors that affect players who do not have good basic soccer technical skills are irregular training programs that are carried out 1 (one) time a week, and poor training support facilities. (Utama et al., 2017).

The superiority of the research lies in the physical fitness variable. Because it can measure the level of physical activity of a soccer player. Aspects of physical fitness consisting of sprinting, pull ups, sit ups, vertical jumps, long distance running of 1000 M.

The minus of this researcher will be used as input, because basically the research carried out has many obstacles related to the sample to be studied. Technically, the research process was carried out during the month of Ramadan, so athletes were difficult to collect, so the research schedule did not match the time specified.

Recommendations from this research will produce a reference material for coaches, how to carry out training programs effectively during the holy month of Ramadan so that they can improve the abilities of Perselo Fc players regarding shooting abilities. For players it can be used as a benchmark related to the level of physical fitness and shooting ability.

CONCLUSION

The contribution of the research conducted will have an impact on the Perselo football team in terms of increasing shooting. The results of research conducted on Perselo Fc soccer players that shooting skills have a significant relationship with physical fitness. Physical fitness greatly affects a person's physique in playing football. With good shooting skills, if you continue to practice

repeatedly it will produce a better basic shooting technique.

ACKNOWLEDGMENTS

Thank you to the Universitas Muhammadiyah Palopo for facilitating research and publication activities, as well as to the supervisors, informants and respondents in this research.

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