

# Analysis of Basic Techniques of Shooting Football School Players Imam Bonjol Padang City

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## ABSTRACT

This research is based on the lack of maximum achievement of football school players Imam Bonjol Padang City and specifically football school Imam Bonjol players Padang City has basic shooting techniques that need to be improved both seen in early phase indicator, main phase, and final phase. The purpose of this research is to know the basic technique capability of shooting football school players Imam Bonjol Padang City. This type of research is a descriptive research that aims to determine the percentage of the level of basic technical skills Shooting football school players Imam Bonjol Padang City. The sample of this research is football school Imam Bonjol U-12 players which amounted to 36 people, but at the time of researching the players studied only amounted to 28 people (77.78%). The sampling technique is purposive random sampling. Descriptive data of this research using technique of statistic persentatif. The descriptive data shows as follows. First, from the average in the initial attitude, the value of 9.11 is categorized well. Second, from the average in the main attitude, the value of 17.39 is categorized well. Third, from the average in the final attitude, the value of 5.75 is categorized well. The average value of basic technique capability of shooting football school players Imam Bonjol Padang City is 32.25 with percentage of 73,30% pertained good. From the results of the above research, the basic technique analysis of shooting football school players Imam Bonjol quite good, while the researchers pre sumptionless good.

**Keywords:** *Football, Basic Technique, Shooting*

## 1. INTRODUCTION

Football is a sport that is most famous in the world. The rapid progress of science and technology also influenced the development of the game of football. When viewed from its development, football from year to year is always developing rapidly and increasingly demands the perfect ability of a football player. To be able to excel in football, one must be able to master the techniques available in the game of football. In football, the technique is divided into two, namely the technique without the ball and the technique with the ball. Darwis (1999: 48) states that: "The basic techniques in football are grouped into two techniques, the technique of movement without the ball consisting of: run, jump, tackling, and rempel, while the technical movement with the ball consists of: kicking, holding, controlling, and dribble.

Based on the opinions that have been stated, basic techniques are really needed for every football player in a football game. Therefore, techniques must be trained in order to achieve high achievement. Furthermore Djazed (1985: 1) revealed; "One important factor in the game of football that is needed and will continue to be needed and needed all the time is the

basics of playing football because without knowing and understanding the basics of the game all the techniques, tactics, and game systems cannot work properly".

One of the most important techniques in football and must be mastered by football players is shooting. Shooting is an attempt to enter the ball into the opponent's goal. Shooting can be done using feet and head. Without shooting a team will not be able to score goals and win a match. Mielke (2007: 67) says that "From the point of view of attack, the goal of football is to shoot at goal. A player must master the basic skills of kicking a ball and then develop a series of techniques shooting that enable him to shoot and score goals from various positions on the field. Meanwhile, Batty (2005: 8) said that "to achieve target shooting a good player must be able to concentrate his concentration on the ball to be kicked without the need to engage in complex and difficult techniques to do". Every player must be able to perform shooting under any circumstances to concentrate on the ball.

Football school Imam Bonjol has been trained well, directed and has gone through programmed and planned training procedures. But besides that, there are still many shortcomings and weaknesses when playing

games, especially those involving basic football techniques such as shooting. Mistakes are often obtained such as incorrect targeting or accuracy of the kick in shooting, so that the failure to create goals. The lack of improvement of Imam Bonjol's football school achievements today is one of the reasons is because he often ignores the basic elements that can support the ability of players such as physical and technical conditions, especially in the accuracy of the football school Imam Bonjol players in shooting towards the goal. This is due to weaknesses, such as the lack of hard shooting so that it is easily captured by the opposing goalkeeper. There was even a penalty kick obtained by football school player Imam Bonjol, Padang City, which was not successfully executed to produce a goal.

Shooting according to Darwis (1999: 51) suggests that "kicking a ball is an attempt to move the ball from one place to another by using the foot or part of the foot. Kicking the ball can be done while the ball is still, rolling or floating in the air ". Darwis (1999: 53) provides an explanation that "to get the desired kick results in accordance with the needs in play need to be considered: the location of the foot fulcrum when kicking, the imposition of the ball on the foot, the point of weight and strength of follow-through". This opinion suggests that it is necessary to pay attention to the position of the foot before making a kick. And also kicking into the goal or also called shooting is an attempt to put the ball into the goal using the feet or the legs. Furthermore, a series of movements shooting according to Widyanto (2007: 27) there are three phases, namely: 1) Preparation Phase / Initial Phase. 2) Implementation Phase / Main Phase 3) Final Phase / Continuing Movement.

Thus, in assessing or analyzing the shooting motion, according to Yanuar Kiram (1999: 5): "In learning motoric understanding of motion is not only seen from changes in place, the position of the speed of the human body in carrying out motor actions in sports, but also motion seen or interpreted as a result or tangible appearance of motor processes. The real appearance means that motion is something that is observed, whereas motoric is a process that cannot be observed and is the cause of motion ". Shooting is an activity of moving the ball from one place to another with the aim of scoring goals. Understanding motion and motor skills often become one. This is because the two terms are very difficult to distinguish. Kibernetik theory is one of the relevant theories to explain the process of occurrence of motion (motor actions). Theibernetik theory is built through the development of the principles of information processing and communication theory. In a movement there is a phase of motion that is always there in carrying out the

movement, namely the initial phase, the main phase and the final phase. Likewise with the movement shooting ball there are several stages, namely: the preparation stage, the implementation stage and the final stage (follow-up movements).

The purpose of shooting motion analysis in this case, analysis of basic techniques shooting is an activity to see the initial phase, main phase, and final phase in techniques shooting. And the usefulness of analyzing motion in this shooting, motion analysis shooting is used to see how far the basic techniques of ability shooting football school player Imam Bonjol Padang and in the end can be used as a reference in making a better exercise program in improving ability. shooting

Relevant research needed to strengthen the theoretical studies above: 1) Research Anton Wijaya, (2012). With the title "Technical Analysis of Shooting Football Player High School 1 Dua Koto Pasaman". The relevance of this study is to equally analyze the ability of basic techniques shooting. This can be seen from the results of research that can be accepted. Namely the level of mastery of techniques shooting football from the initial phase indicator is 67.66%. The level of mastery of techniques shooting football from the main phase indicator is 64.44%. The level of mastery of techniques shooting football from the final phase indicator is 67.99%. Ichsan Maulana Research, (2015). With the title "Analysis of Basic Techniques of Shooting Muspan Football School Player Padang City". Relevance also in this research is to analyze the ability of basic techniques shooting. This can be seen from the results of research that can be accepted. Namely the mastery of techniques shooting in the initial phase indicator of 76.9%. Then in the main phase indicator (implementation) of 66.6%. Then in the final phase indicator (follow-through) of 65.2%. Thus the results of research from 20 Muspan football school players in Padang U-12 obtained a mastery level of techniques shooting at 69.1% and a technique error rate shooting of 30.9% categorized as good.

## **2. RESEARCH METHODS**

This type of research will be conducted is through observation or direct observation of the basic techniques shooting. The purpose of this study was to determine the level of ability of the basic technique of shooting football school player Imam Bonjol, then this study used a descriptive method. Arikunto (2010: 3) defines that: "descriptive research is research intended to investigate the circumstances, conditions or other things that have been mentioned, the results of which are presented in the form of research reports". Based on what has been described above, this study aims to describe the initial phase, the main phase, and the final

phase of the technique shooting of football school Imam Bonjol players who subsequently for the perfection of the football technique movement football school Imam Bonjol players in Padang.

The population in this study was the football school player Imam Bonjol of Padang City who was active and registered in the team totaling 124 people. Based on the population, the technique used for the selection of research samples is purposive sampling technique. So the sampling technique that will be taken in this study is the U-12 year group of 36 people with purposive sampling technique. Sampling was taken with the consideration that the researchers had close relations with the football school players Imam Bonjol, Padang City, especially for the age of 12 years. Which the author has trained in the football school. This research will be carried out on the Imam Bonjol soccer field where football school Imam Bonjol of Padang City conducted the training. When the research was conducted on Sunday, January 14, 2018 in the Imam Bonjol field, Padang City.

Primary data is data taken directly through tests and evaluations of football school Imam Bonjol players through basic techniques of shooting with the inside foot. In accordance with this type of research, the data source is obtained through direct observation in the field through tests and analysis of samples. Its implementation is directly sample perform basic technique shooting with legs in, data retrieval implemented by judgment and competent which has had a coaching license PSSI.

The instrument used in collecting this research data is through observations in the field. The purpose of this observation is to take the level of mastery of techniques shooting football from football school player Imam Bonjol. In terms of measuring the skills and skills of kicks to the target by looking at the movements of the initial phase, main phase, and final phase. Scoring scores for the category of answers given with a range of very good grades = 4, good = 3, enough = 2, less = 1. The rating scale for the basic technical skills of shooting soccer is taken qualitatively from the judge's judgment.

Research using analytical techniques in processing data using the percentage formula. Nasution (1996: 24) states "if a study aims to describe or find something as it is, then the analysis technique needed is enough to calculate the percentage". Furthermore, to guide the calculation of the percentage of the frequency of answers from this study using the formula:

$$P = \frac{f}{n} \times 100\%$$

Description:

P = Percentage

f = Frequency

n = Number of samples or respondents

Source: Usman in Asril (2015: 192)

### 3. RESULTS AND DISCUSSION

#### Results

From the assessment of three (3) judgments by taking the middle value (NT) of twenty-eight (28) samples in the basic technique of shooting football the analysis results obtained with the highest score (42) and the lowest score (24), with a standard deviation (4), 52), the average (mean) level of technical mastery (TPT) amounted (73.30%). While the mean (mean) rate of technical error (TKT) amounted (26.70%).

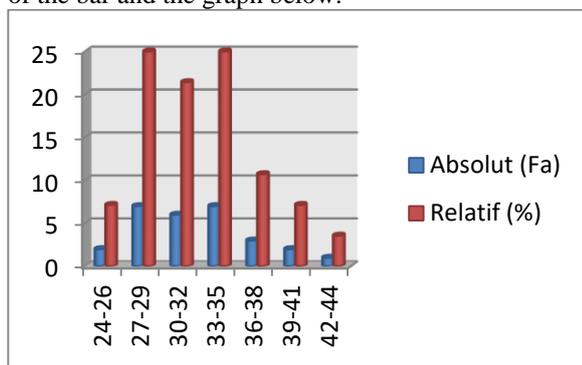
Based on the analysis of data obtained from the assessment of three judgments of 28 samples, each of them judged one sample in the initial attitude (preparation), the initial skill was obtained shooting for the excellent category of 8 people (28.6%) of the sample, 16 people (57.1%) are classified as good, 4 people (14.3%) are classified as sufficient, while for the category of less than 0 people (0%). From the average of the initial attitude (preparation) it is found that the value of 9.11 is categorized as good. If there is a main attitude (implementation), it has obtained the main attitude skills shooting for the very good category 4 people (14.3%) sample, 17 people (60.7%) the sample is classified as good category, 7 people (25%) sample belongs to the sufficient category, while 0 people (0%) belong to the less category. From the average on the main attitude (implementation) it is found that the value of 17.39 is categorized as good. In the late phase (follow through) has acquired a major attitude skills shooting to the very good category 4 (14.3%) samples, 14 (50%) samples belonging to either category, 10 (35.7%) samples classified as category enough, while 0 people (0%) are classified as inadequate category. From the average at the end attitude (follow through), it was found that the value of 5.75 was categorized as good.

From the description above, based on sub-indicators and basic techniques of shooting as a whole on the initial attitude (preparation), the main attitude (implementation), and the final attitude (follow through) it is found that none of the variables are categorized as very good and also none. the implementation of basic skills shooting that are categorized as less seen from the initial, main and final phases. The average basic ability of shooting football player Imam Bonjol in Padang (Mean) = 32.25 with a percentage of 73.30%. For more details, it can be seen in the table that explains the table in accordance with the basic shooting skills of football school player Imam Bonjol, Padang City below:

**Table 1.** Basic school shooting skills of Imam Bonjol shooting school in Padang City

No.	Indicator	Mean	Persentase	Category
1.	Basic shooting skills	32,25	73,30 %	Good

In order to be more clear about the analysis of the basic techniques of *shooting* football school player Imam Bonjol Padang City can be seen in the histogram of the bar and the graph below:



**Fig. 2.** Histogram basic techniques of football school player Imam Bonjol, Padang City

**Discussion**

Based on the analysis conducted by three judgments to one sample of 28 people obtained the level of basic skills shooting overall (mean) 32.25 (73.30%) of the 11 statement items in the basic capability indicators shooting. From the description above, it can be concluded that the indicators of the level of ability of the basic techniques shooting carried out by Imam Bonjol football school players in Padang City are classified as good categories. While researchers' presumptions are still not good.

The basic technique of shooting skills developed by the football school players of Imam Bonjol Padang is still below average. This is due to the poor foot placement of the ball, the leg being less bent, the placement of the foot with the ball and the final movement still imperfect. Therefore, to obtain the best basic techniques shooting required continual training and in the future a proper and scalable training program.

The success of a player in scoring depends on a number of supporting factors including the ability to shoot well and accurately using both feet. Quality such as anticipation, stability and calm under the pressure of the opponent is also of no importance. In attacking football his main goal is to score. In reality, however, players will fail in achieving their goals, as scoring is the most difficult task in football. To score goals,

players must be able to shoot under the pressure of their opponents, physically exhausted and for a limited time.

Furthermore, the performance of an athlete is also independent of both the internal and external factors of the players. Internal factors are factors that come from the individual athlete himself, which is all of the potential that the athlete has that can determine and influence his performance. While external factors are factors that come from outside of the athlete that can influence his performance such as the quality of the coach, facilities and infrastructure, and food consumed. The dominant internal factors that determine a player's performance are the physical and technical factors that the athlete has. The role of the body's muscles, smooth and smooth motor movements and the technical skills they possess play a role in the game of football that is directly and indirectly related to the physical condition, technique and motor movements of the athletes themselves. Therefore, these factors are a key factor to consider in order to get good basic football techniques, especially in basic techniques shooting football.

In fact, the basic techniques of shooting football school players Imam Bonjol already fall into the category. But basic techniques shooting football school players Imam Bonjol's still need to be improved and improved in order to achieve maximum performance, taking into account aspects of the performance itself, such as the physical, technical, tactical and mental aspects of the players. In order to be better, it could even be a great future.

**4. CONCLUSIONS AND SUGGESTIONS**

Based on the results of the analysis it was concluded that the level of mastery of basic techniques shooting, such as the level of mastery of techniques shooting at the initial phase indicator of 75.89% and the technical error rate at the initial phase of 24.11%, then at the main phase indicator (implementation) of 72.47% and the level of technical error in the main phase (implementation) of 27.53%. Then in the final phase indicator (follow through) of 71.87% and error rate final phase technique 28.13%. Thus the results of the research of 28 SSB players Imam Bonjol of Padang U-12 obtained a level of mastery of basic techniques shooting of 73.30% and a basic error rate of booting of 26.70% categorized as good while the initial presumption of researchers was thought to be still not good.

From the conclusions above, the researcher can provide suggestions that in the future can help overcome the problems encountered in the implementation of the basic techniques, shooting namely: 1) The basic skills of shooting the football school player Imam Bonjol, the City of Padang that they have now are classified as

good. But it needs to be further improved so that the level of success and achievement achieved by football school Imam Bonjol Padang City becomes better and more optimal. 2) To the coaches and also the academic community to pay more attention to the training program that has been given, whether it is in accordance with the age level of the athletes and about understanding how to play or the concept of playing football, whether the players have better understood it. 3) The existing football school Imam Bonjol Padang City still needs to be continuously evaluated in order to become a better team, better achievements and more leverage. 4) This research is only limited to football school Imam Bonjol, Padang City, therefore for further researchers to be able to further develop this study to samples from football school or other clubs or also from a wider regional scope. 5) To fellow students who will research about basic technical analysis like this, not only in soccer, it can also be applied to other sports. Researchers suggest, for future research in addition to the assistance of Judgment the retrieval of the data should be recorded using a handycame and made a CD cassette, so that the results of the study can be seen and observed again.

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