

Efforts to Improve Shooting Learning Outcomes in Football Games Using Target Media

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Abstract

The purpose of this study was to improve the learning outcomes of shooting in a soccer game through the target media method in class VII students in the even semester of the 2023/2024 academic year. This research method is classroom action research that follows the Kemmis and Taggart models. This study includes 2 cycles where each cycle includes 4 stages, namely planning (planning), acting (implementation), observing (observation) and reflecting (reflection). The research subject was 25 students, while data was collected through assessment and observation rubric sheets. The results showed that there was a significant increase in shooting learning outcomes in soccer games for students of class VII. This is evidenced by the increase in the average results of the shooting test in each cycle, namely in cycle I=64.00%; cycle II=88.00% and the results of the research conducted concluded that efforts to improve shooting learning outcomes in soccer games using target media are able to improve shooting learning outcomes and are fun for students. This study concluded that efforts to improve shooting learning by using the target media method can improve student shooting learning outcomes.

Keywords: Football, Shooting, Target media.

1 INTRODUCTION

Physical education is a component of education as a whole in the opinion of many groups (Alif & Sudirjo, 2019; Basuki, 2016). However, in practice teaching physical education has not been as effective as expected. Physical education tends to be traditional (Rohman, 2016). The physical learning model does not have to be centered on the teacher but on students. The learning orientation must be adjusted according to the child's development, the content and matters of the material and the method of delivery must be adjusted so that it is interesting and fun, the learning objectives are aimed not only at developing sports skills, but at the complete personal development of the child (Muharram & Kholis, 2018). The basic concepts of physical education and effective physical education teaching models need to be understood by those who want to teach physical education (Hananingsih & Imran, 2020). The 2006 physical education curriculum for sports and health physical education subjects has been implemented from the elementary, junior high and high school levels. In this discussion the authors limit it to physical education because sports and health are part of the subject matter of sports and health physical education.

Physical education is something that is most enjoyable for each individual student (Rithaudin & Prasojo, 2014). The game has many benefits for our body and health, one of the games that is popular is the game of football (Raharjo, Syafrial, & Sugiyanto, 2017). Which is where the game is very easy and very spread throughout the area. If there is a will, it can be done at any time. Playing soccer will be easy if students are able to master the techniques in playing soccer, especially shooting techniques (Safruddin et

al., 2022). Football games are subject matter included in the national curriculum, in the sense that soccer games must be given to students.

In the observations made on class VII students of SMP 20 Mei Raudlatussaaadah Jl. Menport No. 64, Tugu, Kec. Cimanggis, Depok City, West Java. On January 11, 2023. In learning soccer games, especially learning basic shooting techniques, it was found that there were still some students who still had difficulty shooting towards the target precisely, because the movements were still imperfect, namely lack of concentration, foot movement, and foot contact with the ball not quite right. Thus causing the direction of the ball does not match the target. At the time of making observations at school, students' skills in shooting in soccer games were still lacking.

Based on the consideration of students' constraints in shooting in soccer lessons towards the right targets and the importance of shooting skills for soccer game competition, it is also important for researchers to overcome difficulties with an appropriate method.

On the basis of the realities that occur in the field, the authors are motivated to research so that a meaningful picture is obtained about the title "Efforts to improve shooting learning outcomes in football using target media in class VIII students of SMP Mei 20 Raudiatussa'adah.

2 RESEARCH METHODS

The method in this research is a class action research, which is a study developed jointly by researchers and collaborators on manipulated variables and can be used to make improvements.

The action research model used in this study uses the Kemmis and Mc Taggart models. This model is considered appropriate considering the emphasis on dealing with one problem at a time (one problem at a home) . limited to improving learning outcomes (shooting) in soccer games with the target media method. The steps of this research consist of the first stage covering the actions of (1) planning, (2) implementing, (3) observing, and (4) reflecting. While the next stage includes (1) plan revision, (2) action, (observation), (4) reflex.

The subjects of this study were students of class VII SMP 20 Mei Raudlatussa'adah. district Cimanggis, Depok City, with a total of 25 students.

The steps of this research consist of the first stage covering (1) planning, (2) implementing, (3) observing, and (4) reflecting, while the four research steps can be explained as follows.

Cycle 1 has increased, although there are some students who have not achieved completeness due to factors including the condition of students' lack of interest in learning soccer and lack of concentration in carrying out basic kicking techniques (shooting) in soccer games, for students who cannot yet be here researchers provide motivation and training repeatedly and several trymen to students.

Cycle II has increased, although there are some students who have not achieved completeness caused by factors including the condition of students lacking interest, and lack of concentration in carrying out basic kicking techniques (shooting) in soccer games, for students who cannot be here the researcher provides motivation and training repeatedly and several trymen against students.

3 RESULT AND DISCUSSION

Implementation of the class action research process (classroom action research) begins with making initial observations of the implementation of learning to kick (shooting) balls with the learning that has been done. Based on the reflection of the analysis of the collected data, the results of the classroom action research showed that at the end of the

cycle there was an increase in the quality of shooting skills in soccer games using the target media method for class VII SMP 20 Mei Raudlatussaadah by 88%. The data is based on observations made by researchers with collaborators, which are then categorized and calculated based on the number of students in the form of a percentage. In addition, this can be seen in the discussion of each cycle as follows.

In the action in the process of learning to kick (Shooting) in the game of football with the target media method is correct, as evidenced by the increase in kicking skills, the percentage increased from pre-action to cycle I, an increase of 64.00%. In cycle I the researcher used the target media method aiming to improve learning outcomes in kicking (shooting) in a soccer game, in the skill process students were seen to be active in following all the rules and procedures given by the researcher

In cycle II, the learning outcomes of shooting in a soccer game with the target media method in class VII students of SMP 20 Mei Raudlatussaadah were very good and satisfying for all students, seen both in activities and attitudes in learning process research. The action given in cycle II is by using the target media method. With the aim of this method can improve learning outcomes kicking (shooting) in cycle II the learning outcomes munendang (shooting) in a soccer game with target media in class VII students of SMP 20 Mei Raudlatussaadah is getting better. This is evidenced by the results of the evaluation of kicking (shooting) in soccer games with the target media method which reached 88.00% at the end of the cycle. From the two explanations of activities for each cycle, namely cycles 1 and II, it shows that the results of observations of collaborators and researchers on students' learning outcomes in kicking (shooting) in soccer games have increased the good one.

The results showed that there was a significant increase in shooting learning outcomes in soccer games for students of class VII. This is evidenced by the increase in the average results of the shooting test in each cycle, namely in cycle I=64.00%; cycle II=88.00% and the results of the research conducted concluded that efforts to improve shooting learning outcomes in soccer games using target media are able to improve shooting learning outcomes and are fun for students.

Table 1. Results of the shooting test in each cycle

	Total	Category			
		Complete		Incomplete	
		Frequency	%	Frequency	%
Precycle	25	10	40.00	15	60.00
Cycle I	25	16	64.00	9	36.00
Cycle II	25	22	88.00	3	12.00

Table 1 show that in each cycle it has increased, although there are some students who have not achieved completeness caused by factors including the condition of students' lack of interest in learning soccer, especially kicking (shooting) in soccer games. Based on these results, it can be concluded that the learning process of kicking (shooting) in a soccer game with the target media method can be used as a reference for improving shooting skills in class VII SMP 20 Mei Raudlatussaadah Kec. Cimanggis, Depok City, West Java.

4 CONCLUSION

Classroom action research in class VII students of SMP 20 Mei Raudlatussaadah for the 2022-2023 academic year was carried out in II cycles. Each cycle consists of four stages, namely. (1) Planner (2) Implementation (3) Observation, and (4) Reflection. Based on the data analyzer that has been done, it is concluded that the target media method can improve learning outcomes of shooting in a soccer game for students of class VII SMP 20

Mei Raudlatussaadah. The results of the analysis obtained are an increase in the percentage of students shooting ball in cycle I (64%) , cycle II (88%), Based on the results of the study it was concluded that, through the target media method it can improve learning outcomes of shooting in the soccer game for students of class VII SMP 20 Mei Raudlatussaadah. district Cimanggis, Depok City, West Java.

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