

Learning Outcomes in Football Shooting Using the Inside of the Foot Through Colored Target Boards

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Abstract

The objective of this learning is to improve the learning outcomes of students in Physical Education (PJOK) on the topic of shooting with the inside of the foot using colored target boards for eighth-grade students in the odd semester of the 2024/2025 academic year. The research period lasts for two months, from July 2024 to August 2024, with a research subject of 16 students. Data was collected through tests, interviews, and observations. The results indicate an improvement in PJOK learning outcomes among eighth-grade students. This is evidenced by the average PJOK test scores: cycle 1 = 31%, cycle 2 = 56%, cycle 3 = 81%. With an average mastery level of 75%-85%, it can be concluded that the learning outcomes have improved.

Keywords: Shooting, Inside Foot, Physical Education, Colored Target Board.

1 INTRODUCTION

Education is a conscious and planned effort to create a learning atmosphere that allows students to actively develop their potential to possess spiritual strength, religious values, self-control, personality, intelligence, noble character, and skills necessary for themselves and society (based on the Education System Law No. 20 of 2003).

Physical education, sports, and health are integral parts of the overall education system. Specifically, physical education aims to develop aspects of physical fitness, motor skills, critical thinking skills, social skills, reasoning, emotional stability, moral actions, healthy lifestyle practices, and an understanding of a clean environment through physical activities.

Physical education is an interactive training process between students and a controlled environment, systematically involving physical activities on the path to developing individuals since childhood. It is especially important during elementary school years to achieve attainable success. Movement, particularly in the young school days, is crucial for preparing children's physical interests in sports.

In general, physical fitness encompasses many branches of sports, one of the most popular being football (soccer). Football is a sport played with a ball using the feet, executed with agility, quickness, and good ball control, with the aim of scoring as many goals as possible according to the rules set for two halves of 45 minutes each.

"The game of football is played by two teams, each consisting of 11 players. Football also fosters cooperation among players, and sportsmanship is a value that must be upheld. The game continues to evolve and change in terms of rules, technology, and facilities that support the smooth conduct of matches. Equally important is the development and enhancement of modern techniques, tactics, and strategies used by players and coaches during games."

"The goal of modern football is to score by getting the ball into the opponent's goal, emphasizing the ability and solid teamwork to achieve optimal results as expected." "The kicking technique is a fundamental skill in football that must be mastered by every student.

The ability to kick can be differentiated based on the part of the foot that strikes the ball, including kicking with the inside of the foot, outside of the foot, instep, and the inside of the instep." (A. Apri Satriawan Chan, 2021).

"The goal of football is to perform shooting at the goal. A player must master the basic skill of kicking the ball, and then further develop other fundamental techniques that football players need to excel. Players must be proficient in several basic techniques such as passing, controlling, dribbling, heading, shooting, and goalkeeping. The aim of modern football is to get the ball into the opponent's goal by emphasizing strong teamwork and skills, thus achieving optimal results as expected." (Junaidi et al., 2018) The ability to shoot must be trained as effectively as possible, as this is the final execution of the attacking process. Shooting practice should start from the simplest drills and progress to more complex ones. The goal of shooting is to direct the ball toward a target to score points, culminating in a goal. The ball should be aimed at the opponent's goal with power, precision, and high speed, so that the goalkeeper cannot stop it, with the expectation that the ball will enter the goal." (Armando, L.A. 2020)

Media generally creates conditions that enable students to acquire knowledge, skills, and attitudes. Educational media is often understood as graphic or photographic tools used to capture, process, and reorganize visual or verbal information. Media serves as teaching aids to achieve learning objectives, making the educational process more effective and suitable as support tools in the achievement of learning outcomes.

The target board is made to a size of 60 cm in length and 40 cm in width, constructed from plywood and painted in different colors on each board, with each board equipped with a holder to function as a support. The training is applied using the inside foot shooting technique, and the position of the boards will be placed in various different positions in the goal. Through the teacher's instructions, a code will be given corresponding to the color of the board, which will serve as the shooting target.

Color is an important aesthetic, as it allows us to clearly define an object. Color is defined psychologically as a direct understanding derived from visual perception and physical objects as properties of emitted light. Through the use of colored target boards, it is hoped that students can develop their potential and make decisions to achieve their goals by employing the right tactics, ultimately improving learning outcomes in inside foot shooting by 50-80%. Therefore, the researcher also utilizes colored target boards to help enhance learning outcomes at SMP Lamaholot.

2 RESEARCH METHODS

The method used in this research is classroom action research, employing assessment instruments to evaluate the inside foot shooting movements in football. The procedure for this research begins with problem identification, followed by planning, acting, observing, and reflecting. The data collection technique in this study utilizes movement assessment instruments. The researcher used total sampling during the research, where total sampling refers to the entire number of students in class VIII.

The success of learning through the target game method aims to improve learning outcomes in shooting techniques using the inside foot. The researcher explains the process and evaluation results: (1) the objectives can be achieved, the program can be implemented as planned, and the activities align with the learning using the target game method. Students are able to participate in activities according to the established rules. Whether students can understand the material and movements related to shooting will be evident in the implementation of these activities. (2) Through both process and outcome evaluations, if students learn the shooting technique using the inside foot and achieve 75-80%.

3 RESULT AND DISCUSSION

The results from the pretest conducted with eighth-grade students at SMP Lamaholot Jakarta Barat indicate that their ability to perform inside foot shooting techniques in football has not yet reached the minimum passing criteria (KKM) of 70. The pretest results show that the learning outcomes for shooting in football using the inside foot are quite low. This is due to the learning process not being optimal. Therefore, the researcher implemented actions in the football learning process focusing on inside foot shooting techniques using colored target boards in class VIII at SMP Lamaholot. The results of the pretest clearly indicate that the students' learning outcomes in inside foot shooting in football are very low.

Table 3. Pretest, Cycle 1, Cycle 2, and Cycle 3

Instrumen	Number of Students	category			
		Complete		Incomplete	
		amount	percentage	amount	percentage
Pre action	16	4	25%	12	75%
cycle 1	16	5	31%	11	69%
cycle 2	16	9	56%	7	44%
cycle 3	16	13	81%	3	19%

3.1.1 Pre action

It is known that for the pretest scores of eighth-grade students at SMP Lamaholot, the maximum score for inside foot shooting is 65 points. The number of students who passed the pretest is 4, which represents 25%, while the number of students who did not pass is 12, accounting for 75%. The average score is 66 from a total of 16 students in the eighth grade at SMP Lamaholot.

3.1.2 Cycle 1

It can be noted that for the scores in Cycle 1, the data is obtained from the results of the inside foot shooting test with a target board hung or placed in the goal, with a maximum score of 65. From the graph above, the increase in student mastery shows that only 1 student passed, compared to 4 students in the previous test, resulting in a total of 5 students (31%) passing the test. Meanwhile, 11 students (69%) did not pass.

3.1.3 cycle 2

From the data above, it can be observed that for the scores in Cycle 2, the results are obtained from the inside foot shooting test with a colored target board hung or placed in the goal, with a maximum score of 65. According to the graph, the increase in student mastery shows that 9 students (56%) passed, while 7 students (44%) did not pass.

3.1.4 cycle 3

It can be noted that for the scores in Cycle 3, the results are obtained from the inside foot shooting test with a colored target board hung or placed in the goal, with a maximum score of 65. According to the graph, the increase in student mastery shows that 13 students (81%) passed, while 3 students (19%) did not pass.

3.2 Sub discussion

The researcher strives to improve and provide appropriate actions for the students to achieve an increase in learning outcomes in each cycle until surpassing the average mastery score of 75%. Based on the research results from the assessments of the pretest, Cycle 1, Cycle 2, and Cycle 3, the learning process using colored target boards has shown

an increase in the percentage of mastery. The average learning outcomes for the eighth-grade students at SMP Lamaholot have reached a mastery level of 81%, with 13 out of 16 students passing, and only 3 students did not master the inside foot shooting technique in football.

4 CONCLUSION

The application of inside foot shooting learning using colored target boards can improve the learning outcomes of eighth-grade students at SMP Lamaholot Jakarta Barat. The improvement in learning outcomes can be seen from the beginning, Cycle 1, Cycle 2, and Cycle 3, where out of 16 students, 13 students (or 81%) achieved mastery. This improvement is observed with the use of colored target boards among the eighth-grade students at SMP Lamaholot Jakarta Barat for the academic year 2024/2025.

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