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The Effect of Drilling Training Methods on Shooting Results in Extracurricular Football at SMAN 1 Kalijati

Dapit Hidayat^{1*}, Rhama Nurwansyah², Citra Resita³

^{1,2,3} Universitas Singaperbangsa Karawang, Jl. HS.Ronggo Waluyo, Telukjambe Timur, Karawang, West Java 41361

e-mail: dapithidayat8@gmail.com

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Abstract

This study aims to determine the effect of the drilling method on the shooting results in extracurricular football at the State High School 1 Kalijati. This study uses a quantitative approach. If viewed from the type of data presented, the method in this study is an experimental study. The sample used is a total sampling of 30 students. The results of the research on the effect of the drilling method on the shooting results in extracurricular football at the State High School 1 Kalijati obtained a minimum pretest value of 1, a maximum of 12 and a mean of 5.13 and a Standard Deviation of 3.213, while for the post-test the minimum value of 3 was obtained, a maximum of 15 and the Mean is 8.33 with a Standard Deviation of 3.021. Based on the results of calculations with data processing research results, it can be concluded that the drilling method on the shooting results in football extracurriculars at SMAN 1 Kalijati has an effect.

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✉Alamat korespondensi: Jl. HS.Ronggo Waluyo, Telukjambe Timur, Karawang

E-mail: dapithidayat8@gmail.com

INTRODUCTION

Sports education is a teaching model developed from school physical education programs. Teaching sports and game skills in physical education programs is a revolutionary form of teaching (Ramadan et al., 2020; Suherman et al., 2021). Physical education and health, especially in sports, have been carried out properly at all levels, and types of

education have been carried out correctly.

In a broad sense, education is a continuous activity throughout life to develop a personality to acquire intellectual and emotional intelligence, which are not limited by the dimensions of space and time (Anggita et al., 2019; Prasetya et al., 2018). Meanwhile, in a narrow sense, education is a learning activity and teaching that takes place in a formal, controlled, and structured manner with

a limited scope of institutionalization limited to a particular space and period. In other words, in a narrow sense, education is synonymous with schooling (Pavey & Brown, 2019; Ren et al., 2021). Both definitions have their characteristics that explain conceptual differences and dimensions of space and time but have the same goal (Iskandar & Ramadan, 2019; Praja & Yudha, 2021).

Physical education is inseparable, affecting students' affective, cognitive, and psychomotor potential. Through physical activity, children will gain various kinds of valuable experiences for life, such as intelligence, emotion, attention, cooperation, skills, etc. Physical education is an educational process through physical activity that aims to improve physical fitness, develop motor skills, sportsmanship, emotional intelligence, knowledge and healthy and active living behavior (Syafei et al., 2021). Students' understanding of PJOK learning provides convenience in account and performing basic movements during sports activities. Major ball games in PJOK are divided into 4: Basketball, Volleyball, Soccer and Futsal (Iskandar & Ramadan, 2019).

The training method is more focused on developing individual skills, especially creating the potential possessed by students. However, this does not mean that this exercise method cannot be done in groups or classically. The training method is an activity to make the training atmosphere structured or organized and carried out continuously by the training objectives to obtain adequate and

efficient training (Hooper et al., 2020; Bauman et al., 2012). Exercise is an activity carried out so that the abilities and skills of a player can increase. Exercise must be done regularly and thoughtfully, and repeatedly to achieve the goals to be completed (O' Brien et al., 2016).

From the description above, it can be concluded that the training method is the concept of the situation and conditions of the competition that is structured or organized and carried out continuously by the training objectives to obtain adequate and efficient training to improve the athlete's performance to achieve the desired goal (Loprinzi et al., 2015). The training method (drill) is a learning method to train students to hone their physical abilities and knowledge to acquire skills. They go through a repeated learning process until the students understand it (Dexter, 1999; Cohen et al., 2014). Drill exercise is learning that is repeated to acquire specific skills and to instil good habits.

The drill training method is an exercise model that is carried out repeatedly so that it can improve a student's skills. Drill exercise is a model of exercise that is carried out repeatedly, or repeating a skill by students, in the form of movement to adjust the ready position and the hitting distance according to the ball's direction (Kadir et al., 2021). This movement is carried out by stepping or running towards the ball or shifting to adjust the hitting space. By moving forward, backward, right, left, oblique, and so on, this training method can perfect skills that are still

difficult to do (Juniar et al., 2019).

From the description above, the drill training method is carried out repeatedly and continuously to train students' skills to improve and become more proficient in their knowledge to hone their physical abilities in learning. Football comes from two words namely "Football" and "Ball". Soccer or kicking can be interpreted as kicking (using the foot), while "ball" is a game tool with a round shape made of rubber, leather or the like. In the game of football, a ball is kicked or kicked by the players (Ramadan, 2017). So, football is a game carried out by kicking the ball to the player to hit the goal and aiming to get the ball into the opponent's goal. In football, several basic techniques must be mastered, namely juggling, controlling, dribbling, throw-in, heading, shooting, passing (Firmana, 2018).

Football is a team game played by two teams, where each team consists of eleven players, one of which is a goalkeeper, kicking the ball and heading the ball, except the goalkeeper, who can play the ball using his hands in a particular area (Firmana, 2018). Football is a sport given in elementary school physical education lessons. Two groups play this sport, each consisting of eleven people. The goal is that each tries to get the ball into the opponent's goal and keeps the ball from conceding the ball from the opponent (Permadi et al., 2021). From the description above, it can be concluded that football is a game played by two teams where both aim to put the ball into the opponent's goal and then score as

many points as possible and defend the ball so that the opponent cannot score points.

Extracurricular activities are non-formal learning activities by the school or university students, generally outside the standard curriculum learning hours. These activities are available at every level of education, from elementary to university. Extracurricular activities are intended so students can develop their personality, talents, and abilities in various fields outside the academic area. This activity is held independently from the school and the students themselves to initiate activities outside of school hours. Extracurricular at SMA Negeri 1 Kalijati, as a formal educational institution, knows the limitations of formal learning, which does not yet cover social needs and religious mastery skills that are beneficial to social life because the hours of subjects are limited to one week.

Sports extracurricular activities are one of the sports coaching in schools which include: futsal, football, volleyball, basketball and others. Extracurricular activities as a place to accommodate the talents and interests of these students must be adjusted to the school's ability to organize these activities to achieve what they want. The goals of extracurricular activities are health, skills, social and recreation (Jacob et al., 2020). Extracurricular activities are enrichment and improvement activities related to curricular and extracurricular programs. This activity can be used as a forum for students interested in participating in these activities. Through teacher guidance and trainers, extracurricular

activities can form a positive attitude towards the activities that students follow (Kavanaugh et al., 2015).

Extracurricular is where students learn outside of school hours with their respective interests and talents. In addition, it is also a tool to add value to report cards and discounts that will become provisions in life in the community later. In addition, extracurricular activities can be used as a place to socialize and interact directly and regularly because several extracurricular programs are programmed (Keegan et al., 2017). From the description above, it can be concluded that extracurricular activities are activities outside of class hours that aim to hone and develop students' interests, talents and potential through programs held at and outside school.

Based on the results of research observations at SMA Negeri 1 Kalijati in, learning football games have been going according to the soccer learning program plan that the teacher has made. Still, the improvement in the game has been felt trimmed. This can be seen when given the material to play football. Students often get the wrong target when shooting towards the goal; each individual cannot fully control the ball, so it is always the wrong target.

This study was used based on a study entitled "The Effect of Drill Method Practice on Shooting Accuracy to the Goal in Football Extracurricular at St. High School. Paulus Nyarumkop" had the results of taking data either in the initial test or the final test of the research and analyzed through an influence

test where the average score of the students' soccer shooting skills in the pretest was 14.2 while the post-test was 16.9. While the results of the influence test obtained a value of 0.003. This research has the renewability of previous research as the result of the shooting, while previous research uses shooting accuracy.

To overcome the problems above, the teacher must create a training atmosphere that makes students more active in soccer practice so that they master the basic shooting techniques well. Therefore, coaches or teachers need a training model to make students proficient in basic shooting technique skills. From the description above, the author wants to research this problem. Therefore, the author examines: "The effect of the drilling exercise model on the shooting results in extracurricular football at SMA Negeri 1 Kalijati."

METHODS

The process of conducting this research uses experimental methods and quantitative descriptive approaches (Ramadan, Gilang & Juniarti, 2020). The population in this study was football extracurricular students at SMAN 1 Kalijati, amounting to 30 people. Samples were taken using the total sampling method. Says that complete sampling is a technique in which all population members are used as samples. This sample is used if the population is small, namely, no more than 30 people. Total sampling is also called a census, where

all population members are used as samples.

The data collection results from the pretest and post-test contain three experimental tests. The instrument was tested on the sample so that the author could obtain the desired results.

FINDINGS AND DISCUSSION

Based on the table above, it can be

concluded from the pretest and post-test scores that the effect of the drilling exercise method on the shooting results in extracurricular football at SMA Negeri 1 Kalijati with a sample of 30 students, the Mean from the pretest was 5.13. The Standard Deviation was 3.213, while for the post-test, the mean value was 8.33 with a Standard Deviation of 3.021.

Table 4.2 Tests of Normality

Tests of Normality						
	Kolmogorov-Smirnov ^a			Shapiro-Wilk		
	Stat	df	Sig.	Stat	df	Sig.
Pretest	0,147	30	0,099	0,934	30	0,064
Posttest	0,113	30	,200*	0,970	30	0,534

The normality test in this study was used to determine whether or not a distribution was normal. The normality test in this study used the Kolmogorov-Smirnof and Shapiro-Wilk tests. The criteria used to determine whether data is standard or not is if $p > 0.05$ (5%), the information is declared normal, and if $p < 0.05$ (5%), the data is said to be

abnormal. The results of the normality test can be seen in the table above, and it can be seen the effect of the drilling exercise method on the shooting results in football extracurriculars in high school Negeri 1 Kalijati $p > 0.05$, the results can be concluded that the research data is usually distributed.

Tabel 4.3 paired

Paired Samples Test										
		Paired Differences					t	df	Sig. (2-tailed)	
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference					
					Lower	Upper				
Pair 1	Pretest & Posttest	-3,200	2,759	0,504	-4,230	-2,170	-6,352	29	0,000	

Based on the results of the above calculations using the t-test with SPSS24, the results obtained are Sig. (2-tailed) 0.000. This result is less than significant by 0.05. So this hypothesis is accepted, with H0 being rejected or H1 is accepted. Moreover, there is a substantial effect of the drilling exercise method on the shooting results in extracurricular football at SMA Negeri 1 Kalijati.

CONCLUSION

Based on the results of the research, both the initial and final tests, the drilling exercise method on soccer extracurriculars at SMAN 1 Kalijati has a significant effect. This shows that the drilling exercise method effectively improves shooting techniques in football extracurriculars.

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