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Analyze The Level of Goal Shooting Ability with Hit and Push Techniques in Outdoor Hockey Athletes

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Abstract

This type of quantitative descriptive research is definite about the ability of goal shooting with hit and push techniques in outdoor hockey athletes in South Sulawesi, which is suspected to be largely lacking. This study aimed to determine the shooting ability level with the hit and push technique of South Sulawesi outdoor hockey athletes. They use a survey method on a population of all outdoor hockey athletes, with 12 people taken using purposive sampling. Data collection techniques using the goal shooting test include hit and push strategies. The data analysis technique used is descriptive analysis in the form of percentages. The results showed that the goal-shooting ability of South Sulawesi outdoor hockey athletes was in the "Medium" category, with the highest frequency and rate, namely the results showed that the goal shooting ability of South Sulawesi outdoor hockey athletes was in the medium class. With a score between 431.8 to 58.75 points, as many as seven athletes (58.3%) include the ability to hit with a value of 431.07 - 485.88 in the medium category or 75% and the ability to push with a value of 506.66 - 585.75 points in the moderate category.

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INTRODUCTION

Sport is an inseparable activity in every human life and a desire shared by every human. One of the sports that is starting to develop in Indonesia is the sport of hockey. This sport has been contested at the regional and national levels in Indonesia. However, it

has yet to be able to make achievements at the international level. One example of the implementation of sports events that compete in hockey at the national level is National Sports Week (PON). XX National Sports Week was recently held in Papua. From the match, researchers saw that the South

Sulawesi outdoor hockey team needed to catch up regarding facilities and engineering mastery. Therefore, every player/athlete needs to master basic hockey techniques. Basic hockey techniques include push, hit, stop, dribble, flick, and tackle. This is the principal capital for a player to play hockey.

Shooting is one of the abilities that each player must master to determine the outcome in a hockey game: to collect as many numbers as possible by scoring the ball into the opponent's goal. This goal shooting can be done with hit and push techniques.

Based on the results of observations during training with South Sulawesi outdoor hockey athletes, routine activity is carried out six times a week, so it is undeniable that the ability of South Sulawesi outdoor hockey athletes is unquestionable. From the results of observations, researchers see that the power of players in terms of their physique is good. Still, the problem is that some players are not good at goal shooting, including during outdoor hockey matches at the XX National Sports Week (PON) in Papua. During the game, researchers saw many mistakes when shooting goals, so many opportunities were wasted, for example, during the South Sulawesi outdoor hockey team against West Papua. The South Sulawesi, an outdoor hockey team, could only shoot on target three times out of ten shots.

This resulted in losses to the team and the name of South Sulawesi, of course. **Skills.** Amirullah and Budiyono (2014:21) explained, "A skill or skill is an ability to translate

knowledge into practice so that the desired goal is achieved ." Skills are a pattern of purposeful activities that require manipulating and coordinating the information learned (Sudjana, 1996:17). From the above opinions; skill is the ability to do things well, quickly, and precisely. **Goal Shooting.** Goal shooting is a particular skill that requires repeated practice—simultaneously driving the ball into the net and creating goals. Goal shooting in a hockey game consists of a chip shot (raising the ball) and a drag flick shoot (shooting with a strong push). But when inside the circle, the push technique, hit, and tapping can be applied even more effectively because of the spontaneous movement. (Rustandi, 2019) **Hit Technique.** Hit is the technique of hitting the ball hard, aiming to hit the ball at a long distance. One of the essential basic skills in hockey is moving/driving the ball to all corners of the field quickly and target. This is usually done within the hitting technique. (Shahrudin, 2019).

(Nanda Ibnasia Rahman, 2017) Techniques in hockey games are: "individual ball control (grip, vision, and footwork), passing the ball (push, reverse stick push, hit, flick, aerial flick, scoop), receiving and controlling the ball (from in front, from the left and the right), tackling (open side and reverse side), beating an opponent, goalkeeping (saving and clearing and positioning)."

Nanda Ibnasia Rahman, 2017. There are several basic techniques in hockey: M-thumping the ball and scuffing, Holding and holding the ball, refusing, scavenging and

stirring, sending and receiving, dodging snatching, keeping goals, the team plays and position, set pieces".

(Nanda Ibnasia Rahman, 2017) That the basic techniques in the game of hockey to be mastered are: "the grips, moving with the ball - the dribbling skills (close dribble, loose dribble, and Indian dribble), receiving and controlling the ball - the trapping skills, distributing the ball - the passing skills (push, hit, flick, scoop, reverse hit, reverse push), the dispossessions - the tackling skills (lunge or poke tackle, block tackle and reverse tackle), specialist skills (goal shooting and goalkeeping)."

METHODS

This research is a descriptive study (Ramadan & Juniarti, 2020) by collecting data on the ability of goal shooting with the hit and push technique on outdoor hockey athletes in South Sulawesi using a survey method to determine the level of goal-shooting knowledge with the hit-and-push approach in outdoor hockey athletes in South Sulawesi. Involves the independent variable, namely the ability to shoot goals, measured directly on the sample using a standardized test, namely the

test of the ability to shoot at a plane with the push and hit technique (test goal shooting) from Ibrahim, 2008 This research was conducted on the entire population of South Sulawesi outdoor hockey athletes with a sample as many as 12 people were taken using purposive sampling. The data analysis method converts the raw score of the assessment of hitting speed (time) and the intended target score into a typical value (T-score). From the calculation results of the rate (time) t score plus the target score, the results are divided in half so that the final value is obtained for goal-shooting ability. Furthermore, the percentage analysis for determining the category of the goal-shooting knowledge of South Sulawesi outdoor hockey athletes uses the categorization norms provided. Namely "high," "moderate," and "low" (Wardana, 2021).

FINDINGS AND DISCUSSION

Findings

Based on the results of descriptive analysis of group data in the research of shooting ability using hit and push techniques. The results are as follows:

Table 1. Dor goal shooting ability

Variable	N	Min	Max	Mean	Std. Dev
Hit Putra (Seconds)	7	42.00	4892.00	2923.14	1906.02
Hit Putri (Seconds)	5	484.00	4266.00	2339.25	2125.02
Hit Putra (Point)	7	39.00	66.00	50.71	3.58
Hit Putri (Point)	5	34.00	43.00	38.40	9.41
Push Putra (Seconds)	7	42.00	4892.00	2923.14	1906.02

Push Putri (seconds)	5	5207.00	6316.00	5498.00	545.54
Push Putra (point)	7	39.00	66.00	50.71	10.79
Push Putri (point)	5	39.00	45.00	41.60	2.79

Discussion

This study aims to determine the level of goal-shooting ability using hit and push techniques in outdoor hockey athletes in South Sulawesi. The discussion of the results of the analysis of the level of goal shooting ability using the hit and push technique carried out by researchers on 12 sample people will be described in the explanation below.

1. Goal Shooting Ability with Hit Technique

In the analysis of the women's goal shooting ability test results with the hitting technique, the highest percentage value of the athlete's ability level was obtained, which was 75%, with a moderate category obtained from 9 athletes.

From the interview results, she admitted that she was fit and matched the type of stick provided. In contrast, the lowest score with the hitting technique in the women's outdoor hockey athletes From the interview results was caused by not being fit at the time of the test, so she could not shoot quickly.

Then the highest goal-shooting ability with hit techniques in women's outdoor hockey athletes in terms of points obtained is due to match the type of stick used when conducting the test. At the same time, the goal shooting ability with the lowest hit technique of women's

outdoor hockey athletes in terms of points earned by athletes does not match the type of stick provided, so mastery and accuracy are not optimal.

In addition, the highest goal-shooting ability with hit techniques in men's outdoor hockey athletes in terms of points earned by athletes because they match the type of stick used at the test, while the goal-shooting ability with the lowest hit technique of outdoor hockey athletes Putra admitted that rough field conditions constrained him, so he was unable to maximize the accuracy of the shooting carried out.

2. Goal Shooting Ability with Push Technique

From the analysis of the goal shooting ability test results with the push technique, the highest percentage value of the athlete's ability level was 58%, with a moderate category obtained from 7 athletes.

Based on the description of the two indicators, the high criteria for goal shooting are due to the mastery of the correct push technique with stick pliers, according to the athletes who get medium and low scores due to the lack of knowledge of push techniques.

The highest goal-shooting ability with push techniques in men's and women's outdoor hockey athletes is in terms of time speed because they feel fit and match the type of stick

used. The highest goal-shooting ability with push techniques in outdoor hockey athletes, both Men and women, is based on points. From the interview results with him, he knew that they were in a reasonable condition and matched the type of stick used at the time of the test so that they could shoot precisely.

So, the goal-shooting ability of South Sulawesi outdoor hockey athletes is at a moderate level (Ramadan & Samin, 2022). The physical condition influences this and the type of stick used when performing the test. Therefore, improving the ability to perform basic techniques, especially hit and push plans in outdoor hockey sports, is necessary to get optimal results. Mielke Danny, 2007 posits that "If a player wants to be a sniper, he has to take hours to make a shooting shot towards goal." Likewise, in outdoor hockey games.

CONCLUSION

The results showed that the goal-shooting ability of South Sulawesi outdoor hockey athletes was in the moderate category. With a score between 431.8 and 58.75 points, seven athletes (58.3%) include hit ability with a value of 431.07 - 485.88 in the medium category or by 75%, and push power with a weight of 506.66 - 585.75 points in the medium category.

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