

Relations with Foot-Eye Coordination of Shooting Football School Students

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Abstract:-The problem in this research is the result of shooting soccer school students asco Padang Sarai Koto Tengah District Padang City Tengah still low. Many factors lead to low hasiln shooting them is the eye-foot coordination. So the purpose of this study was to determine the relationship of eye-foot coordination with the shooting soccer school students Asco Padang Sarai Koto Tengah District Padang City. This type of research is correlational. The population in this study is a soccer school students Asco Padang Sarai Koto Tengah District Padang City numbering as many as 20 people. The sampling technique used total sampling. Thus the sample in this study amounted to 20 people. To obtain the data eye-foot coordination using test volley soccer wall. While the results of the test results obtained shooting shooting. Data were analyzed using product moment correlation. The research found that eye-foot coordination has a significant relationship and accepted as true by empirical results Asco shooting Football School students Padang Sarai Koto Tengah District, Padang City with the discovery $r_{hitung} 0.531 > 0.444 r_{tabel}$ and accounted for 28.20%.

Keywords: Eye-foot coordination, Shooting

I. INTRODUCTION

In the sport of football, a player must have a physical readiness for the game of football including hard sports category in its implementation. Players must master the techniques in play, such as shooting, passing, dribbling and heading, it may result in injury therefore, the basic techniques must be considered seriously. From some of the basic techniques of the above, one of the basic techniques are important and must be owned by a high skill level by each soccer player is the technique of kicking the ball into the opposing goal (shooting) is an important part of a football game that aims to produce an achievement.

To improve the quality of the game towards the achievement of the basic engineering problems is a requirement that is decisive. Thus a soccer player who did not master the basic techniques and skills to play football would probably not be a good player and leading. All soccer players should master the basic techniques and skills to play football because people will assess the extent to which the techniques and skills of the players. Therefore, without mastering the basics of technique and good football skills to the next will not be able to play football principles, can not do the patterns of the game.

In an attempt to score against your opponent, it is clear that a soccer player required to master some of the techniques, tactics, and has the spirit of play high and no less important is

the need to have a physical fitness or peak physical condition, because somebody soccer player can not play up to the pinnacle of achievement, if not supported by the necessary physical condition to play during the period of the game or more. Many factors influence a person to be able to do the shooting in the game of football as well or right on target as desired by the player Asco soccer school Padang Sarai Koto Tengah District Padang City. Among the factors that affect shooting the ball in a soccer game is endurance, strength, speed, concentration,

Based on the observation and the observation that the author did on the field against players Soccer School Asco Padang Sarai Koto Tengah District Padang City that the shooting is still low, so it does not produce the shooting to obtain the number in a game, meaning that players often fail to shoot the ball into the goal or not making shots perfect (good). Based on information from the new coach of 15% players who can do a good shooting. This is seen when the player shooting SSB often fail to do so the SSB is underachieving in matches. See the above facts, it is on this occasion the authors are interested and want to do some research in the hope of the shooting soccer player at Asco Soccer School Padang Sarai Koto Tengah District Padang City may increase. The low yield writer soccer shooting suspect due to its foot-eye coordination. Thus the title of this research is "Relationships foot-eye coordination by shooting results Soccer School Students Padang Sarai Koto Tengah District Padang City".

II. METHODS

This type of research is a correlation study which is a study to determine whether there is a relationship between the independent variable eye-foot coordination with the dependent variable results school student soccer shooting Football Asco Padang Sarai Koto Tengah District Padang City. The research was conducted in the field Football School Asco TPadang Sarai Koto Tengah District Padang City. While the study period was conducted in January 2014, The population in this study is the player Asco Soccer School Padang Sarai Koto Tengah District Padang City Tengah U-16-17 totaling 20 persons, The sample in this study were taken using total sampling technique. Thus the number of samples in this study were as many as 20 players U-16-17,

Data collection techniques for measuring foot eye coordination player in the move. To measure the level of eye-foot coordination with Soccer Wall Volley Test, test untuk

measure *shooting* namely the test rapid shooting skills and precise ball towards goal, Data analysis techniques performed by correlation analysis to look at the relationship between eye-foot coordination with the shooting football with an alpha level of 0.05. But before analysis previously committed Liliefors normality test by test. Correlation analysis is used to prove the hypothesis of the proposed research.

III. RESULTS AND DISCUSSION

Result

1. Eye-foot coordination

The results of variable data eye-foot coordination of 20 students School Football Asco Padang Sarai Koto Tengah District Padang City, obtained the highest score was 14 and the lowest score is 6. While the range (distance measurement) of the results of eye-foot coordination of data such students is 8.

Based on the results of measurements for variable data eye-foot coordination, the value of the arithmetic mean (mean) is 10.70 and the median value (median) 10. Meanwhile, the standard deviation (standard deviation) was 2.18. Furthermore, the frequency distribution of the data results of eye-foot coordination Soccer School Students Padang Sarai Koto Tengah District Padang City can be seen in Table 1.

Table 1.

Distribution Frequency Coordination Data Results Eye-Legs Asco Football School students Padang Sarai Koto Tengah District Padang City

class interval	frequency Absolut	Relative frequency
≥ 14	2	10
12-13	6	30
10-11	6	30
8-9	5	25
6-7	1	5
total	20	100

Referring to Table 1, it is clear that of the 20 students who have the resulting data eye coordination-foot, for the class interval 6-7 only 1 (5%), grade intervals of 8-9 is 5 people (25%) and grade interval 10-11 is as much as 6 (30%). While the class interval 12-13 also have as many as six people (30%) and grade interval of ≥ 14 is 2 people (10%).

Based on the results of the data of the variable-eye coordination leg students Asco Padang Sarai Koto Tengah District Padang City which has been stated on the previous page, it can be concluded that students who have eye coordination-toe with scores above average group was 8 (40%), and the scores in the group average is 2 people (10%). As for the group scores below average as many as 10 people (50%).

2. Shooting Results

Results of data for variable shooting of 20 students at Asco soccer Padang Sarai Koto Tengah District Padang City, for the variable results obtained shooting the highest score was 17 and the lowest score is 5, while the range (distance measurement) is 12. Based on the data that has been described, then obtained the arithmetic mean (mean) 11.25, the mean (median) was 11, and the standard deviation (standard deviation) 2.84. Furthermore, the distribution of shooting data results can be seen in Table 2.

Table 2.

Frequency Distribution Data Results Shooting Results Soccer School Students Asco Padang Sarai Koto Tengah District Padang City

class interval	frequency Absolut	Relative frequency
15-17	3	15
12-14	6	30
9-11	9	45
6-8	1	5
≤ 5	1	5
total	20	100

Based on Table 2, it can be concluded that of the 20 students at a football Asco Padang Sarai Koto Tengah District Padang City, which has the result of shooting by the class interval ≤ 5 only 1 (5%), grade intervals of 6-8 also found only 1 (5%) and grade interval of 9-11 are as many as 9 people (45%). While the class interval 12-14 is 6 (30%) and the class interval 15-17 is 3 people (15%).

Based on the data that has been stated above, it can be concluded that the Asco Football School students Padang Sarai Koto Tengah District Padang City that have the shooting, with scores above average group was as much as 9 people (45%) and the mean score in the group average is 4 people (20%). While students have the results of shooting with a score below average group of as many as 7 people (35%).

The hypothesis of this study is There is a significant relationship between eye-foot coordination with the shooting Football School students Asco Padang Sarai Koto Tengah District Padang City. To see the magnitude of the correlation coefficient is to use a product moment correlation analysis and to test the truth of (significant) correlation coefficient correlation followed by t-test.

Based on the analysis of correlation between eye-foot coordination (X) with the shooting (Y) obtained $r_{hitung} = 0,531 > r_{tabel} = 0,444$, meaning that there is a relationship between the eye-foot coordination with the shooting Asco Football School students Padang Sarai Koto Tengah District Padang City, To test for significant correlation coefficient between the eye-foot coordination with the shooting Asco Soccer School student Padang Sarai Koto Tengah District

Padang City used *t*-test with the results obtained $t = 2.66 > 1.73$ $t_{table} \alpha = 0.05$. It can be concluded that there is a significant relationship (significant) between eye-foot coordination with the shooting Asco Football School students Padang Sarai Koto Tengah District Padang City, accepted as true by empirical.

Furthermore, to determine the contribution of eye-foot coordination to the shooting, using the formula determinant $r^2 \times 100\% = 0.531^2 \times 100\% = 28.20\%$. This means that the contribution eye-foot coordination (X) to the shooting (Y) Asco Football School students Padang Sarai Koto Tengah District Padang City amounted to 28.20%.

Discussion

The study states that eye-foot coordination have meaningful relationships (significant) with the shooting Soccer School Students Asco Padang Sarai Koto Tengah District Padang City, in accordance with the hypothesis proposed and accepted as true by empirical. This means that the better the eye-foot coordination of a football player, the better the outcome shooting diperolehnya. Hasil with shooting can be interpreted as the results obtained from one attempt to move the ball from one point to the wicket on legs or other body parts except hand. These skills are important owned by football players, because the success of the football team in a game is the top scorer, even the most recognizable soccer players in the world were the scorers. Luxbacher (2011):

Thus it can be interpreted that the skills of a person to make shots or shooting on goal with a powerful and accurate in the use of both legs is the most important factor in creating a goal. The success of shooting on goal with a powerful and accurate or precise targets, so the creation of goals against, would be supported by many factors, among which are the eye-foot coordination. This means that the higher the eye-foot coordination football athlete, the better the ability of kicks at goal which he did. In doing shooting eye-foot coordination merupakan dominant factor needed by a footballer. According to M. Sajoto (1988: 53) eye-foot coordination is: "The movement that occurs from the information that is integrated into the motion of limbs. All motions must be controllable by sight and to be precise, in accordance with the rules planned in mind. Mantulkan ball-bouncing, throwing, kicking and stop it, all require a number of inputs that can be seen, then the input is integrated into the motor movement as output, so the results really coordinated neat and flexible".

Based on the above quote, it can be concluded that the coordination of eye-foot is a collaboration between seeing with the mind and forwarded to the limbs, so that the occurrence of a movement or it can also be said inputs received by the eye because of an order of mind and be integrated in the form of motor movement are well coordinated. In this case the motion dimasud is shooting motion Football School students Asco Padang Sarai Koto Tengah District Padang City. When seen eye-foot coordination level students, according to the results of data

found in only 8 (40%) with a score above the group average. This can be interpreted as much as 11 soccer school students have not had eye-foot coordination properly.

Furthermore Sumosardjono (1990: 125) explains that the function of eye-foot coordination is the "integration between the eyes as the holder of the main function, and legs as the holder of functions that perform a certain movement". In this case, both eyes will tell us when the ball be in a straight leg swing point in order to perform a kick or kick the ball exactly in accordance with the desired goal, which is the goal that resulted in a goal for the victory.

shooting the goal can be done in various ways, among which any shooting off the dribble, do the shooting of operands, from the throw-in and move to pick up the ball. All the way to the shooting on goal membutuhkan eye-foot coordination was good for the implementation of the movement can be accurately.

Furthermore, when viewed result data about the shooting Soccer School Students Asco Padang Sarai Koto Tengah District Padang City, it turns out most of the players do not yet have the skills to wicket with good shooting. Since only 9 (45%) of students who score goal shooting skills above average group. So it is clear that most of the soccer school students are still much lower shootingnya results. Then students who are low-yield his shooting is M. Fajri Anugraha with a score of 5, and Andie Hidalgo with a score of 7. It is possible there are several factors that influence it, among the technical mastery shooting at goal they have not had, like the location of the pivot foot, heeling body, swing legs, legs with a ball perkenaan less precise, and concentration,

In addition, elements such as the physical condition of leg muscle explosive power, because after kicking strong and hard to use instep upper leg muscle requires explosive power. Explosive power is the two elements of the physical condition of the working simultaneously with a high contraction. Further exercises need to kick the ball in the right way, so that the results can be improved shooting on goal.

This is in accordance with the opinion Mielke (2009: 67) that the most appropriate way to develop shooting technique is the "train shot multiple times using the correct technique. If a player wants to be a sniper, he must spend countless hours shooting a shot on goal". So also ought to be done by a soccer player Soccer School Students Asco Padang Sarai Koto Tengah District Padang City, to improve the skills of shooting on goal in a soccer game.

IV. CONCLUSION

Eye-foot coordination has a significant relationship and accepted as true by empirical results Asco shooting Football School students Padang Sarai Koto Tengah District Padang City with the discovery Tangah rhitung $0.531 > 0.444$ t_{table} and accounted for 28.20%.

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