



Original Article

Analysis of the level of penalty shooting ability of the futsal team

Juhanis^{1(*)}, Benny Badaru², Imran Hasanuddin³, Sufitriyono⁴, Retno Farhana Nurulita⁵

^{1,2,3,4,5}Penjaskesrek Fakultas Ilmu Keolahragaan, Universitas Negeri Makassar

juhanis@unm.ac.id^{1(*)}, benny.b@unm.ac.id², m.imran.hasanuddin@unm.ac.id³,

Sufitriyono@unm.ac.id⁴, retno.farhana.nurulita@unm.ac.id⁵

ABSTRACT

This study investigated the level of penalty shooting kick ability of the futsal team in SMA Negeri 3 Bulukumba. this study applied quantitative method investigating the level of penalty shooting ability. Moreover, descriptive is research conducted to determine the existence of the value of an independent variable, either one variable or more (independent) without making comparisons or connecting with other variables. Data collection was obtained from a 6 meter shooting test. The goal is to look carefully at the ability of the players to kick the ball towards the goal (scoring goals), based on the abilities and targets of the players. The tools employed in this study, i.g.: futsal goal, futsal ball, score sheet, rope, form paper, and recorder. As for the population taken, they were all futsal team players at SMA Negeri 3 Bulukumba, totaling 20 people. The research results are outlined in five scopes including (very high, high, medium, low and very low). The results showed that the level of penalty shooting ability of the futsal team of Senior High School 3 Bulukumba was dominant in the medium category. In detail, 1 student (10%) is in the very high category, 4 students (20%) are in the high category, 8 students (40%) are dominate in the medium category, 5 students (25%) are in the low category and 2 students (10%)) are in the very low category. It can be concluded that the level of penalty shooting ability in the Senior High School 3 Bulukumba futsal team is dominant in the medium category.

Keywords: Ability level, Penalty Shoot.

Received: 2023-03-12; Accepted: 2023-06-18; Published: 2023-06-22

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INTRODUCTION

There is a game that is very popular with boys both among children, adolescents, and adults, namely the football game or futsal. It is undeniable that football is not only for male fans but also favoured by some women. Therefore, it can be said that futsal is a community sport. Futsal is under the auspices of an

organization called FFI (Indonesian Futsal Federation) and PSSI (All Indonesian Football Association). Futsal was first played in Uruguay in 1930 when the "five-to-five" version. Futsal is an international terminology for the game, a combination of the Spanish "futbol sala", Futbol and Portuguese "Futebol de salao". If it is translated, it means indoor football. Futsal quickly became popular in South America, especially in Sao Paolo, Brazil. Futsal has always been associated with a small version of football matches (Badaru, 2021).

When playing football on the field, there is a kick called a penalty kick. In a penalty kick, things cause an effect, especially the mental condition of the soccer player. It is because many people watch soccer, so it impacts the player (Sandika, 2021). Besides, it is also influenced by a precise and accurate system where football players kick with their feet, either through the instep or toe by football players. Nowadays, many players are kicking the ball so hard that the ball misses very fast and makes the ball not go into the ball goal. In the soccer game, it is called accuracy showing a value for the result if declared correct and vice versa. If the value is stated correctly, then it is possible to show its accuracy level. (Setiakarnawijaya et al., n.d., 2022; Taufik et al., 2020) Measurement is needed to determine the accuracy of these parameters so that later the accuracy value can be examined and understood. In this case, the football game greatly affects the accuracy level (Shali, 2019). Futsal is also a game relying on stamina meaning that players must have good stamina when competing (Benny, Badaru, Azis, I., & Asyhari, 2022; Badaru, 2021).

If a healthy body condition is not accompanied using a game technique and the right way of finishing, then the results will not be optimal. The difference in playing maturity between big city and village children is not a barrier to being able to play together because the development of playing maturity can be achieved through routine training. Even from villages, it does not rule out the possibility that children from villages can compete with children in big cities. According to Bengkulu (2022) and Prabowo & Banat (2021) in futsal games, the basic shooting technique is the most powerful weapon for scoring goals. In the game of futsal, the most dominant is kicking, called shooting and passing. Shooting is a kick towards the goal. (Bustomi et al., 2020; Lubis et al., 2020;

Okilanda et al., 2018) This technique looks easy to do, but it takes concentration and target accuracy so that the shooting can be a goal. Justinus (cited in Badaru, 2017) argues that the term shooting is known in football games and is said to be the most basic thing, namely the ability of players to score goals, and all players have the right to score goals in a game or match.

Similarly, Winarko (2011) expresses that shooting accuracy is said to be the most basic technique in the game of football. However, it is not easy to understand properly because it takes time, especially for players who are not used to moving a lot and are incapable of scoring goals. (Prabowo yudho et al., 2020; Suherly Dina Saputra & Syamsul taufik, 2019; Taufik et al., 2021) Therefore, shooting in a soccer game is important to learn continuously but must also be accompanied by other movements because the measure of the success of the players scoring goals can be influenced by a habit and mastery of good shooting techniques, whether scoring goals with the back of the foot or inner leg.

METHOD

Referring to the phenomenon, this study applied comparative quantitative research. According to (Sugiyono, 2013), comparative research is a study that provides a comparison of the existence of a variable with two or even more samples that have differences or unequal times. Moreover, quantitative descriptive is a way that is applied to a study. which uses a quantitative method to discuss the level of penalty shooting ability. Relevant to the concept proposed by Sugiyono (2013) this study applied quantitative method investigating the level of penalty shooting ability. Moreover, descriptive is research conducted to determine the existence of the value of an independent variable, either one variable or more (independent) without making comparisons or connecting with other variables.

Data collection was obtained from a 6 meter shooting test. The goal is to look carefully at the ability of the players to kick the ball towards the goal (scoring goals), based on the abilities and targets of the players. The tools employed in this study, i.g.: futsal goal, futsal ball, score sheet, rope, form paper, and recorder. As for the population taken, they were all futsal team players at

SMA Negeri 3 Bulukumba, totaling 20 people. The research results are outlined in five scopes including (very high, high, medium, low and very low).

RESULTS AND DISCUSSION

Result

The data obtained from testing examined the ability to shoot penalties on the futsal team at SMA Negeri 3 Bulukumba. First, the data were tabulated on the data to facilitate the testing process later. The normality of the data was tested. Analyzing data was conducted to get good analysis results inferentially. Using the quantitative descriptive, it described properly related to 6 things, i.e. mean, deviation, variance, range, maximum, minimum, table and graph.

Concerning parametric statistics, a requirement must be met and carried out in data analysis and follow the normal distribution. The data were tested through the Kolmogorov-Smirnov test to investigate whether the data on the ability to shoot penalties on the futsal team at SMA Negeri 3 Bulukumba met a natural distribution. The results of the data normality test are in the following table:

Table 1.
 Results of normality analysis test of penalty shooting ability of the futsal team at SMA Negeri 3 Bulukumba.

One-Sample Kolmogorov-Smirnov Test		
		shooting ability
N		20
Normal Parameters	Means	9.30
	std. Deviation	2,774
Most Extreme Differences	absolute	.107
	Positive	.096
	Negative	-.107
Kolmogorov-Smirnov Z		.478
asymp. Sig. (2-tailed)		.976

Based on the table above, to test the normality of the data using Kolmogorov Smirnov, it shows that the results of the penalty shooting ability data have obtained a value or value $KS - Z = 0.478$ and $P (0.976) > 0.05$. The data was obtained by exploring the ability to shoot penalties following a normal distribution or normally distributed.

Furthermore, statistical analysis of the abilities *shooting* penalty was applied to obtain the results of the data analysis. It is necessary to present the data in numbers, and then a comparison is made to obtain the estimated percentages, and the results are explained descriptively. In this case, it was conducted to make it easier for the researcher to examine the results in the qualifications of the research results as for the overall data from the research carried out.

Table 2 Descriptive Percentage of Ability to Shoot Penalties

No	intervals	Category	Frequency	Percent
1	$X < M - 1,5SD$	Very low	2	10%
2	$M - 1,5SD < X \leq M - 0,5SD$	Low	5	25%
3	$M - 0,5SD < X \leq M + 0,5SD$	Currently	8	40%
4	$M + 0,5SD < X \leq M + 1,5SD$	Tall	4	20%
5	$M + 1,5SD < X$	Very high	1	5%

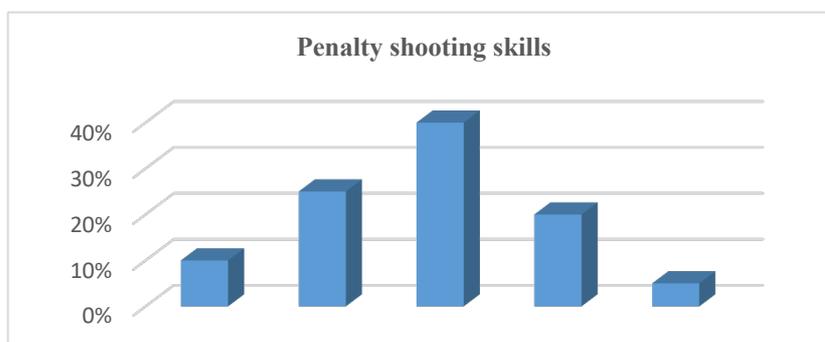


Figure 1 Graph of Ability Frequency Distribution *Shooting* Penalty

The graph above indicates that 10% or two students have the ability to shoot penalties in the very low category, 25% (5 students) of students have the ability to shoot penalties in the low category, 40% (8 students) of students have the ability to shoot penalty in the moderate category, 20% (4 students) of students have the ability to shoot penalties in the high category and 5% (1 student) of students have the ability to shoot penalties in the very high category.

Discussion

In this study, the data obtained through the test adopted from [Arki in Edo \(2017\)](#) reflects a significant distribution of data on the ability to shoot penalties for the futsal team at SMA Negeri 3 Bulukumba. According to [Istofian & Amiq \(2016\)](#), kicking the ball is essential and is the most basic technique in the football game, and every player should have complete knowledge about it. Kicking the ball usually uses the inside of the foot. In the game of football, the technique is conducted to be able to put a goal into the goal past the penalty point. In the game

of futsal, even with little time, the sense that there are limitations makes it more interesting because it does not take up much time in penalty shootouts. Thus, a penalty kick kicks the ball through the back of the leg and the leg on the inside.

The data gained from 20 participants indicate that the highest distribution of data of 40% is in the range of eight people. Moreover, 25% is in the low range of five students, followed by the high category, namely 4 students (20%), then a very low range with a frequency of 2 students (10%), and finally a very high level of 1 person (5%).

In soccer games, the results of the ability to shoot penalties do not affect kicking the ball through the instep. This study showed that players are free to use any penalty kick technique they wanted. It means that the results indicate a significant random distribution of data which affected accuracy. The level of accuracy is the level of strength or accuracy in the game of football and is full of accuracy. Regarding the accuracy of the data, the data were collected repeatedly, and many trials of data were carried out. In this case, the athlete is required to take a test based on the specified accuracy, after which a conclusion is drawn.

Moreover, futsal is also a game that relies on stamina. It means that futsal players should have good stamina when competing. The results of the futsal game for the SMA Negeri 3 Bulukumba team show the accuracy of data when a player kicks a ball, which is called a penalty. It is not affected by kicks from the inside of the leg or the back of the leg. In a futsal penalty, accuracy when kicking the ball can be obtained if athletes continuously practice shooting the ball into the goal. Shooting techniques are crucial in futsal matches because scoring goals is the game's main goal. A player who can shoot well and accurately can score goals easily, especially if he takes a penalty. Mastering good shooting techniques makes scoring goals or putting the ball into the opponent's goal easier. Shooting is a basic technique in carrying out ways to score goals because every player can score goals and develop a game or match. A common problem encountered by athletes is that the accuracy of the shot is low and maximal, so it misses the target and misses the target. It is reflected when athletes kick from the middle of the field and rarely produce goals.

Based on the data gained through observations and interviews involving students of SMA 3 Bulukumba futsal players and physical education teachers at the school, it is concluded that there are several components in futsal games that are rarely performed by players, namely shooting accuracy training with a target. Referring to the evidence, the results show that the accuracy of the dominant shooting ability of the players is in the medium category. Meanwhile, what we expect here is a very good category. It is due to irregular and limited training patterns, considering it is still in a pandemic.

CONCLUSION

Based on a hypothesis, the penalty kick ability of the SMA Negeri 3 Bulukumba futsal team is in the medium category. The reason is that the training pattern provided for the futsal team is very limited, considering it is still in a pandemic.

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