



Design Of Goal Shot Media To Improve Shooting Accuracy In Football Athletes

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ABSTRACT

This study aims to design goal shot media to improve the shooting accuracy of U-15 football players. The research method used is experimental. The population used in this study were experts/trainers at SSB Wira Bangsa Subang, totaling 5 people. The sample that researchers used in this study only amounted to 3 experts/trainers, the sample selection was done by purposive sampling technique. The data processing technique was carried out with statistical validity and reliability tests to analyze the feasibility of the questionnaire distributed to experts and also the formula for calculating the feasibility of the tool after obtaining the questionnaire data distribution. From all this research, it can be concluded that the goal shot media design is declared feasible to be used in shooting research/practice.

Keywords: Football; Shooting; Goalshot.

INTRODUCTION

Football is a sport that is quite popular among the people of Indonesia and the world (Afrizal. S, 2018). Everyone can do football, this is because playing it does not require a high cost (Subandi & Sin, 2018). Regulations in football are also easy to apply and can even be modified according to conditions on the field (Hananto, 2017). Football is also a sport that is very popular with various circles of society (Pasha, 2019) ranging from children, teenagers, and parents, even now football is favored and played by women (Zulwandi & Irawan, 2018). In socializing sports and cultivating the community, football is one of the sports that is prioritized to be fostered (Nasution, 2018). Football is a team game, each of which is a team of 11 people who have the aim of getting as many balls into the opponent's goal (Yulianto & Budiyo, 2021) and defending their own goal so they don't concede the ball and the group that scores the most balls into the net. in the opponent's goal, is declared the winner in the match (Raharjo, 2018).

In football, several basic techniques must be possessed by football players (Mustofa & Adnan, 2019). The basic techniques in football include kicking, stopping, dribbling, heading, tackling, throw-ins, and keeping the goal (Raharjo). , 2018). To get good skills, football players must be given basic technical training from an early age (Yuniarto et al., 2018), so that by having basic techniques players will be able to develop their abilities in the future (Rustanto, 2016). One of the basic techniques that must be mastered by football players is kicking (shooting). Shooting plays an important role in football because a lot of goal creation is influenced by shooting itself (Sandi & Irawadi, 2019).

Shooting can be done with almost any part of the foot (Yoland & Komaini, 2019; Tria & Sepdanius, 2019), but technically so that the ball can be kicked properly (Pala, 2014), shooting or shots are attempted using the instep or turtle foot. (SM Raharjo, 2018), the inner side of the foot, the outer side of the foot, the inner back of the foot, and the outer back of the foot (Syafrial, 2017).

According to Agustinus and Samsudin (2013), accuracy is the skill to move an object so that the suggestion is right so that the goal is achieved properly. Meanwhile, according to Subki (2018), accuracy in sports is a skill to give direction to a movement towards the desired target (K. Raharjo et al., 2018). The target can be a distance or a direct object that can be hit (Sandi & Irawadi, 2019). Accuracy can be defined as precision or surprise (Junaidi et al., 2018).

The results of observations at the 2014 World Cup, it was found that 79% of the goals that occurred in the 2014 World Cup went towards the top, middle or bottom corners of the goal and 21% of the goals that occurred were goals that included accurate kicks that led to the goal. goal (SM Raharjo, 2018).

One of the newest ways to practice shooting accuracy in football (Reflis et al., 2018), is with an additional tool called Goalshot. According to (Siefker, 2008), Goalshot is a football training system that is used to condition football players in shooting the ball towards the goal (Ramadhan, 2008) with the possibility of increasing the score and conditioning football players (Prakarsa, 2020) to aim at the goal. the direction of the goal where it is expected that the shot is more likely to occur (Zulwandi & Irawan, 2018). Goal shot itself has been used by many football players abroad, but the price of goal shot offered in the market is quite expensive (Irawan et al., 2019). Furthermore, in observations made by the author at SSB Wira Bangsa located in Subang, it was found that the shooting accuracy of the 15-year-old players was still not very good and optimal.

In addition, it was also found that there was a perception of U-15 football players in the form of boredom and monotony felt during shooting practice due to the lack of variety in the shooting practice. With the high cost of goal shots offered in the market and the lack of optimal shooting accuracy of the U-15 football players at SSB Wira Bangsa Subang, the researchers created a new goal shot media with the same function but at a more economical price.

This goal shot is made, it is hoped that it can add variety during shooting practice, and the cost of making this goal shot can be affordable by all parties, especially football coaches. Furthermore, based on the findings of existing problems and the goal shot that has been made, the researchers wanted to see the effect of shooting practice using the goal shot media in increasing the shooting accuracy of the U-15 players at SSB Wira Bangsa.

METHOD

This study uses an experimental research method, namely the researcher manipulates a stimulus, treatment, or experimental conditions then observes the effect caused by the treatment or manipulates it. The population in this study were 4 trainers at SSB Wira Bangsa Subang. The sampling technique used for this feasibility test uses the purposive sampling technique, this technique is based on a specific purpose. What is meant by the sample for this feasibility test are: Trainers who are at SSB Wira Bangsa and Trainers who are present at the time of testing. After determining the consideration of the above criteria, the sample that meets the criteria is 3 people. In conducting research, there are steps taken from beginning to end to achieve the objectives of the study. The following is the flow of research that the author will do as follows:

Tool Design

The basic material of the framework to be made is made of Iron (Holo). Holo iron is used because it is easy to find in various building shops, affordable prices, easy to maintain, lightweight and has good durability. For the length and width, which is 40 cm, due to the Fifa regulations, the ball used for football games is 20-23 cm in size (The International Football Association Board, 2018), the author exaggerates 2 cm because it does not fit too well with the size of the ball itself.

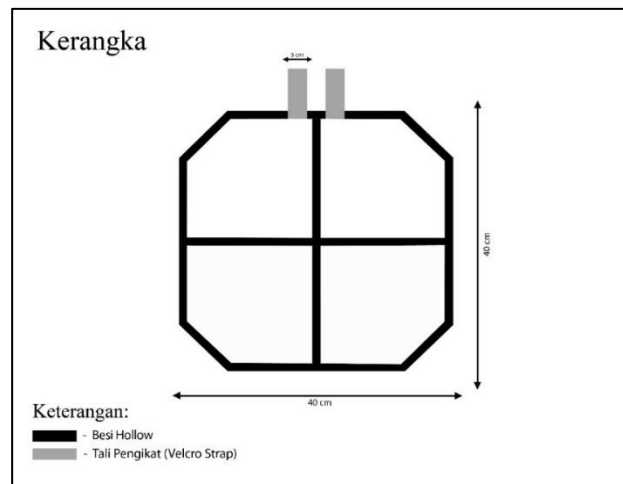


Figure 1.
 Desain Kerangka

The second part is the Cover (wrapping). The initial cover design image can be seen in the following image.

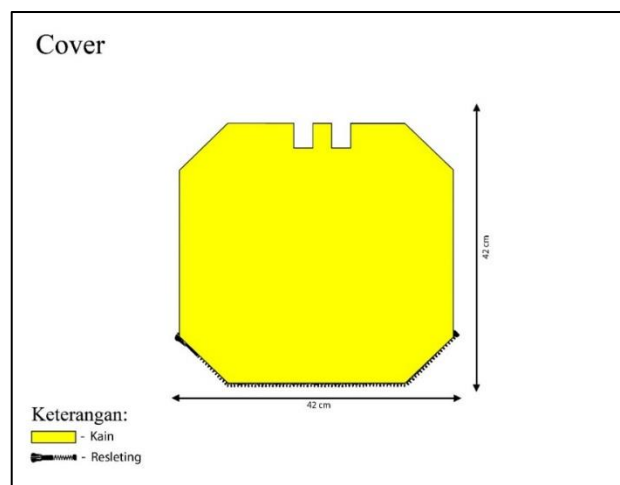


Figure 2.
 Desain Cover

The second part is the Cover (wrapper) the reason the author designed this Cover is intended to cover the framework to make it look more attractive. The main material for making the cover uses a cloth that is sewn in such a way so that the skeleton can be wrapped by this cover. The color of this cover uses a bright yellow color so that it can be seen clearly by the athlete's eyes, besides the yellow color gives the meaning of warmth and a feeling of happiness as if it creates a desire to play. In other words, this color also contains the meaning of optimism, enthusiasm, and cheerfulness. From a psychological point of view, the presence of yellow can stimulate mental and mental activity (Patrycia, 2013). For the size itself following the previously described framework. Then this cover

can be easily put on and removed because there is a zipper that aims to make the cover washable when needed.

The last part is the bag, the initial design image of the bag is in the following picture:

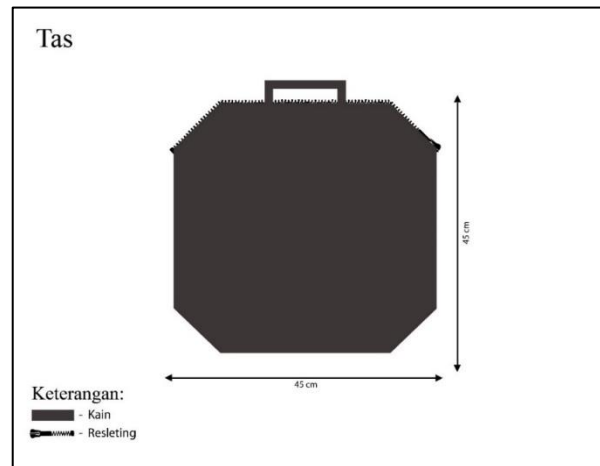


Figure 3.
Desain Tas

The last part is the Bag. The bag itself is optional but here the author will make the bag which aims to make it easier to carry the target tool.

Tool Validation

After the product design stage, it is necessary to test the validation of Goalshot media products to be developed, assessed, and given input by the trainers who will use this tool, namely the trainers at SSB Wira Bangsa. The assessment includes several aspects, namely: appearance aspects, material aspects, usability aspects, and practical and economic aspects. The assessment is expected to know the quality of the tool.

Feasibility Test Questionnaire

The feasibility test questionnaire is an assessment medium for the tool to be used, namely the goal shot. This questionnaire will be distributed and filled out by experts (trainers) at SSB Wira Bangsa Subang. The feasibility test questionnaire consists of several aspects, namely aspects of appearance, material aspects, usability aspects, and practical economic aspects. This questionnaire has 4 rating scales, namely from a score of 1 to 4. The feasibility test questionnaire can be seen as follows:

Display Aspect

The display aspect questionnaire consists of 6 indicators where this aspect is

intended to assess the visual or physical side of the goal tool design used.

Table 1.
Display Aspect Questionnaire

No.	Indicator	Scoring scale			
		1	2	3	4
A.	Display Aspect				
1.	The shape of the target shooting tool				
2.	Color selection of target shooting tool				
3.	Target clarity on the device at a distance				
4.	Material of target shooting tool				
5.	Size of target shooting tool				
6.	Weight of target shooting tool				

Material Aspect

The material aspect questionnaire consists of 5 indicators where this aspect is intended to assess whether there is knowledge or knowledge from the goal shot tool design that will be used or not.

Table 2.
Material Aspect Questionnaire

No.	Indicator	Scoring scale			
		1	2	3	4
B.	Material Aspect				
7.	This target shooting tool supports and supports the course of shooting practice				
8.	Target shooting equipment according to the athlete's ability				
9.	Target shooting tools according to the needs of players in the field				
10.	This target shooting tool is following the training material you want to achieve				
11.	This target shooting tool has the aim of increasing focus and accuracy in shooting				

Usability Aspect

The usability aspect questionnaire consists of 9 indicators where this aspect is intended to assess the function side of the goal shot tool design that will be used.

Table 3.
Usability Aspect Questionnaire

No.	Indicator	Scoring scale			
		1	2	3	4
C.	Usability Aspect				
12.	Target shooting tools are safe to use in practice				
13.	The tool can be used in any weather				
14.	Increase athlete motivation for shooting practice				

15. Attracts athletes
16. Makes it easy to increase focus on the target
17. The shooting practice given is more varied
18. Effective for use in training
19. Improve the athlete's sense of competitiveness in shooting practice

Practical and Economical Aspects

The practical and economical aspect of the questionnaire consists of 5 indicators where this aspect is intended to assess the effectiveness and efficiency of the goal shot tool design that will be used.

Table 4.
Practical and Economical Aspect Questionnaire

No.	Indicator	Scoring scale			
		1	2	3	4
D.	Practical and Economical Aspects				
21.	Easy to install tools				
22.	Easy to carry anywhere				
23.	Cheap tool prices				
24.	The type/material of the tool used is durable				
25.	Needed in football practice				

Eligibility Calculation Formula

To determine the feasibility of a tool required testing and calculations. The formula for calculating the feasibility according to (Sugiyono, 2007), is as follows::

$$\text{Formula} = \frac{SH}{SK}$$

Information:

SH = Score Count

SK = Criteria Score or Ideal Score

The result of the next data calculation is made in the form of a percentage multiplied by 100%. After obtaining the percentage with this formula, then the feasibility of developing the kick target tool in this development research is classified into four feasibility categories using the following scale:

Table 5.
Category Eligibility Percentage

No	Score in Percentage	Eligibility Category
1	< 40%	Not Good/Not Worthy
2	40% - 55%	Not good / not worth it
3	56% - 75%	Good Enough/Decent Enough

4	76% - 100%	Good/Decent
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RESULTS AND DISCUSSION

Questionnaire Validity and Reliability Test Results Data

The validity test of the questionnaire and the tool's feasibility test were carried out to determine whether the question items/questionnaire attributes were valid or not. This test was conducted using a significant level of 5% or 0.05, while the reliability test of the questionnaire was conducted to determine whether the question items/questionnaire attributes were consistent or not. This test is carried out using a significant level of 5% or 0.05.

Table 6.
Questionnaire Validity Test Results 1

Attribute	Score R-count	R-table	Conclusion
1	0,991	0,8783	Valid
2	0,991	0,8783	Valid
3	0,991	0,8783	Valid
4	0,991	0,8783	Valid
5	0,991	0,8783	Valid
6	0,610	0,8783	Invalid
7	0,991	0,8783	Valid
8	0,991	0,8783	Valid
9	-0,610	0,8783	Invalid
10	0,991	0,8783	Valid
11	0,991	0,8783	Valid
12	0,991	0,8783	Valid
13	0,991	0,8783	Valid
14	0,610	0,8783	Invalid
15	0,991	0,8783	Valid
16	0,991	0,8783	Valid
17	0,991	0,8783	Valid
18	0,610	0,8783	Invalid
19	0,991	0,8783	Valid
20	0,991	0,8783	Valid
21	-0,991	0,8783	Invalid
22	0,991	0,8783	Valid
23	0,610	0,8783	Invalid
24	0,991	0,8783	Valid
25	0,991	0,8783	Valid

The results of the validity test of the questionnaire, there are 6 invalid question attributes, then the question will be deleted/removed, then the validity test is carried out

again on the 19 questions. The reliability test was not carried out because there were invalid questions.

Table 7.
Questionnaire Validity Test Results 2

Attribute	Score R-count	R-table	Conclusion	Aspect
1	1,000	0,8783	Valid	Display
2	1,000	0,8783	Valid	Display
3	1,000	0,8783	Valid	Display
4	1,000	0,8783	Valid	Display
5	1,000	0,8783	Valid	Display
6	1,000	0,8783	Valid	Material
7	1,000	0,8783	Valid	Material
8	1,000	0,8783	Valid	Material
9	1,000	0,8783	Valid	Material
10	1,000	0,8783	Valid	Usability
11	1,000	0,8783	Valid	Usability
12	1,000	0,8783	Valid	Usability
13	1,000	0,8783	Valid	Usability
14	1,000	0,8783	Valid	Usability
15	1,000	0,8783	Valid	Usability
16	1,000	0,8783	Valid	Practical and Economical
17	1,000	0,8783	Valid	Practical and Economical
18	1,000	0,8783	Valid	Practical and Economical
19	1,000	0,8783	Valid	Practical and Economical

In the display aspect, there is 1 invalid question, then for the material aspect, there is also 1 invalid question, while for the usability aspect as well as practical and economic aspects there are 2 invalid questions each.

Table 8.
Questionnaire Reliability Test Results

Score R-count	Alpha-Cronbach	Conclusion
0,8783	1,000	Reliable / Consistent

The results of the validity and reliability tests on 19 attributes have shown valid and reliable results. Then the 19 attribute questions in the product feasibility test questionnaire can be forwarded to be further distributed to 3 trainers/experts.

Tool Feasibility Test Results Data

The feasibility test of the tool is carried out by people who are experts in their fields, the sampling technique used for this feasibility test uses a purposive sampling technique, this technique is based on a specific purpose. What is meant by the sample for this feasibility test are: Trainers who are at SSB Wira Bangsa and Trainers who are present at the time of testing. After determining the consideration of the criteria above, the sample that meets the criteria is 3 people.

In the feasibility test, several aspects are assessed, the following are the results of the data that have been processed:

Display Aspect

The display aspect assessment includes 5 statement items, each of which has a rating scale of 1-4. The following is the result of the validation of the display aspect.

Table 9.
Display Aspect Validation

Subject	Display Aspect					Total Score
	1	2	3	4	5	
P1	4	4	4	4	4	20
P2	4	4	4	4	4	20
P3	3	3	3	3	3	15
Total Score	11	11	11	11	11	55
Percentage	91,667	91,667	91,667	91,667	91,667	91,667
Results	Good	Good	Good	Good	Good	Good

Based on the table above, the assessment of the trainers regarding the appearance aspect of this goal shot tool design is good/feasible with a percentage of 91.667%.

This aspect is intended to assess the visual or physical side of the goal tool design used. Ulrich & Eppinger (2001) explained that there are 5 important goals in the product design process, one of which is appearance, which means that the appearance of the product must be unique and beautiful to become an attractive product.

Material Aspect

Assessment of material aspects includes 4 statement items, each question has a rating scale from 1-4. The following are the results of the validation of the material aspect.

Table 10.
Material Aspect Validation

Subject	Material Aspect				Total Score
	6	7	8	9	
P1	4	4	4	4	16
P2	4	4	4	4	16
P3	3	3	3	3	12
Total Score	11	11	11	11	44
Percentage	91,667	91,667	91,667	91,667	91,667
Results	Good	Good	Good	Good	Good

Based on the table above, the assessment of the trainers regarding the material aspects of this goal shot tool design is good/feasible with a percentage of 91.667%.

This aspect is intended to assess whether there is knowledge or knowledge from the goal shot tool design that will be used or not.

Usability Aspect

The usability aspect assessment includes 7 statement items, each of which has a rating scale of 1-4. The following are the results of the validation of the usability aspect.

Table 11.
Usability Aspect Validation

Subject	Usability Aspect							Total Score
	10	11	12	13	14	15	16	
P1	4	4	4	4	4	4	4	28
P2	4	4	4	4	4	4	4	28
P3	3	3	3	3	3	3	3	21
Total Score	11	11	11	11	11	11	11	77
Percentage	91,667	91,667	91,667	91,667	91,667	91,667	91,667	91,667
Results	Good	Good	Good	Good	Good	Good	Good	Good

Based on the table above, the assessment of the trainers regarding the usability aspect of this goal shot tool design is good/feasible with a percentage of 91.667%.

This aspect is intended to assess the function side of the goal shot tool design that will be used. Ulrich & Eppinger (2001) explain that there are 5 important goals in the product design process, one of which is utility, which means that the product used must be safe and easy to use.

Practical and Economical Aspects

The assessment of practical and economic aspects includes 3 statement items, each of which has a rating scale of 1-4. The following are the results of the validation of practical and economical aspects.

Table 12.
Validation of Practical and Economical Aspects

Subject	Practical And Economical Aspects			Total Score
	17	18	19	
P1	4	4	4	12
P2	4	4	4	12
P3	3	3	3	9
Total Score	11	11	11	33
Percentage	91,667	91,667	91,667	91,667
Results	Good	Good	Good	Good

Based on the table above, the assessment of the trainers regarding the practical

and economical aspects of this goal shot tool design is quite feasible with a percentage of 91.667%.

This aspect is intended to assess the effectiveness and efficiency of the goal shot tool design that will be used. Ulrich & Eppinger (2001) explained that there are 5 important goals in the product design process including easy maintenance, which means that product design must be designed to be easy to maintain and repair, this goal is in line with practical understanding, while for economics there is also The purpose of the product design process is low cost (low cost) which means that the product design must be produced at a low cost to compete.

CONCLUSIONS AND SUGGESTIONS

From the results of data processing that has been carried out using formulas and also mathematical calculations, it is concluded that the design of the tool/goal shot is suitable for use in research/shooting practice.

Suggestions from this research are for coaches and readers, in general, to try to do shooting exercises using goal shot in football because it can provide new variations in shooting practice, then for fellow students who will do similar research, it is recommended to develop a goal shot tool into more modern, such as adding sensor-based technology.

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