Effectiveness of shooting training model based drill of shooting product in youth soccer

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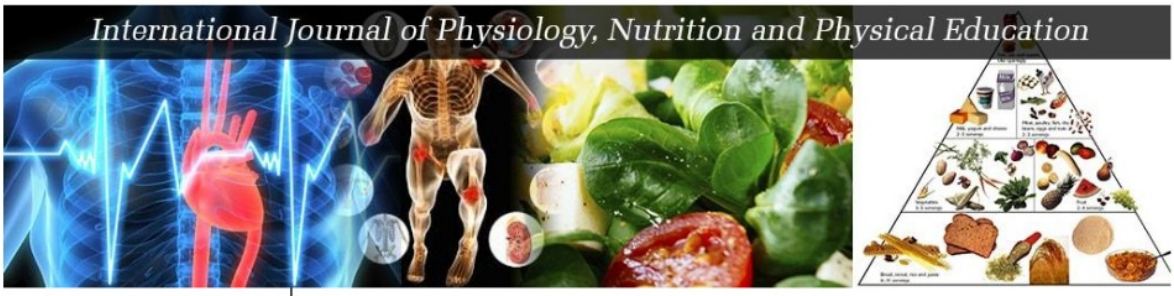

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Abstract
Purpose of this study is to know and learning the effectiveness of shooting training model based drill on increase product of shooting in youth soccer. This type of research is experimental, using a quantitative approach. The design of this study used rondomized control group pretest-posttest, The population in this study were U-16 year old players consisting of 70 players divided into 2 groups namely the experimental group and the control group divided randomly. Shooting test capability collected through shooting skill test instrument. Shooting instrument that will be used in this research have validity level of 0.808 and reliability of 0.902, while data analysis technique using t-test (Paired t-test).
The Result of the research (p = 0,000 <0.05) which means that there is influence of drill-based shooting drills on shooting ability. So it can be concluded that drill-based drill training model is effective to improve shooting results in the soccer branch of the student level.

Keywords: Effectiveness, Model, Training, Shooting, Drill, Soccer, Youth

1. Introduction

Soccer is a simple and secret game of good soccer is doing simple things and done in the best way (Batty, C Eric, 2007) [1] in soccer games, scoring goals and winning is the goal of the game, shooting the goal is different from the passing. The difference between shooting and passing is that it passes the ball's direction to someone (your team) while shooting is directed towards the goal. To score a team must have a player on duty to score a goal or also called a "stricker". But not only the stricker who is in charge of scoring goals, the other players must also have the ability to create chances for his friend or even score goals for his team.To score in a game requires the ability to kick (shoot) from players, especially attackers, and to keep chances of winning the game. that the offensive team during the game by doing a lot of kicks on the target will have a chance to score and win the game, then in a final attack is how a player can shoot into the opposing goal so well that it will create a goal (Kellis and Katis, 2007) [4]. The concept can be used as a parameter for all players and trainers from the highest level or professional level up to Sport School in indonesia.
Shooting the most explosive explosive forms in soccer, just look at player Roberto Carlos, who can shoot on a free kick with a close range of 25 meters to the right and harsh goal (Wegayo, 2015) [15]. It can be ascertained the role of quality training and repeatedly so as to form the motion of automation. Therefore every player in the shooting needs to know how to open up good space and time to get a shot position (Miller, 2014) [10]. Qualities such as anticipation, steadiness, and calm under opponent pressure are important when shooting (Luxbacher, 2008) [6] a good shoot is having to pay attention to some principles about the time for execution: there is space for shooting, there is enough time to shoot, and there is no player who has a more profitable position. Time is the core factor (Scheuneman, 2005) [11]. Every player must know or understand the situation when want to do a shooting because when it is getting the right momentum then shooting will be more effective.
The importance technical training in soccer mastery of basic techniques then other elements can be developed such as felling, intelligence feel and speed of action (Peter Hyballa& Hans-Dieter tePoel, 2013) [8]. Can be concluded when wanting soccer players to do the action in high tempo and have a high ability of the basic techniques must have been mastered perfectly. To trainning so as not to use models or examples of elite athlete techniques, because their

techniques may not beophysially physiologically qualified, while explained that in conducting trainer technique training to identify the type of skills required in training techniques (Tangkudung and Puspitorini, 2012) [13]. Three stages in doing the exercises taught them, Mental stage,Practice Stage and Timing, Automatic (Martens, 2007) [9].

Soccer sport practice training developed by the there are several stages in between, Fundamental Stage: No pressure from opponent, begin at slow speed and work towards execution at top speed, reduced strength and power. Match Related: Introduce pressure of an opponent, incrementally add pressure based upon the player's level of success, Match conditions: All restrictions taken off the opponents, does not have to be 11 v 11 or an eve numbered exercise, important of small-sides games for technical training. (United States Soccer Federation : 2007. Expands the training model based on: Technical training, technical skills and skill practice and followed by small-sides games. The above model has been socialized in every seminars and coaching courses both organized by FIFA, AFC, AFF and National itself with foundamental terms, game related and game situation (AFC in Emral 2013). Training techniques starting with basic trainning and continuing in the form of simplified play then proceed into play situations. The concept of developing the shooting practice model used in this research is described in the form of the following flow chat:

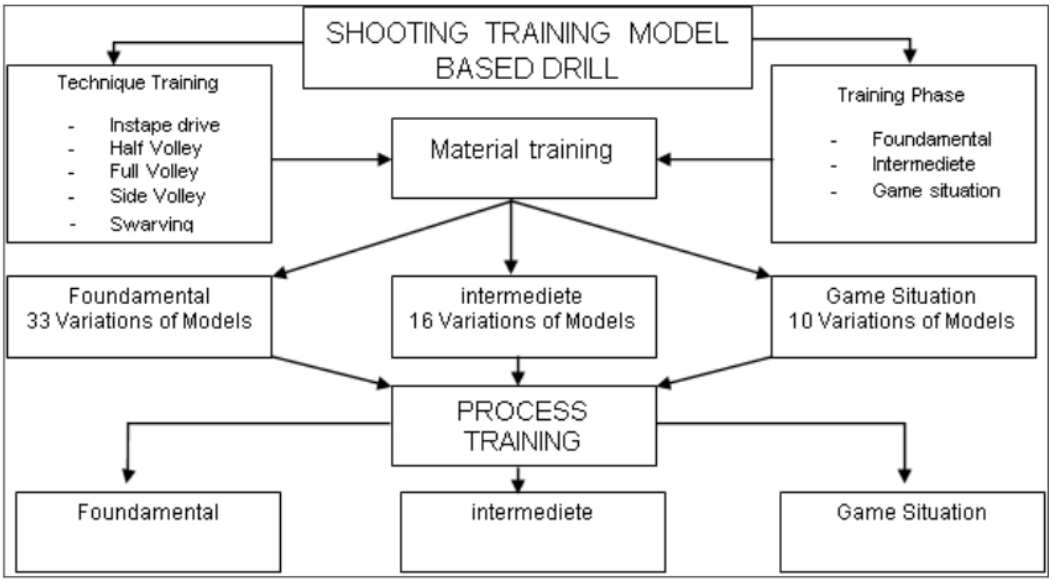

Fig 1: Drill-Based Shooting Model Development Design (Source: Prepared By Researcher)

2. Materials And Methods

In this research is using quantitative approach, quantitative approach in research is characterized by hypothesis testing and use of standard test instruments (Maksum: 2009) [7] While the type in this study is experiment, experiment is a way to express a relationship between two or more variables and Also to find the influence of a variable to other variables (Maksum, 2009) [7]. The design in this study is using rondomized control group pretest-posttest.

2.1 Participants

The population in this study were players under the age of 16 years consisting of 70 players divided into 2 groups at random.

2.2 Procedure

Shooting test capability collected through test instrument shooting skills. The shooting instrument that will be used in this research has a validity level of 0.808 and reliability of 0.902. Data analysis techniques in this study is using SPSS21.0 for windows with steps according to Sugiono (2008) [12], Test Prerequisite analysis of the normality test is using Kolmogorove-Semirnov test, homogeneity test is using levenes's test test. While statistical hypothesis test is using T-test (Pairedt-test).

3. Result And Discussion

3.1 Result

Table 1. Description of Shooting Results Data

Group Training	Mean		
	Pre-Test	Post-Test	Gain Score
Eksperiment	99,86	117,71	17,86
Control	100,06	108,57	8,51

Shooting changes after drill-post shooting drills have an average change of 17.86, while the shooting after conventional training (post-test) has an average change of 8.51. The results indicate that training-based on shooting Drill can provide a better shooting change of 17.86. The magnitude of differences in the shooting ability of each group can be described in the following histogram form:

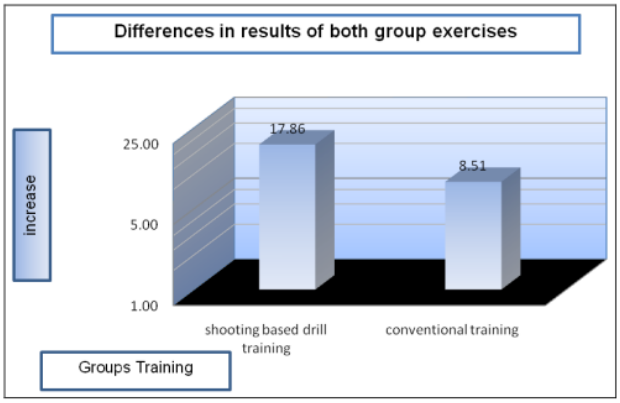

Fig 1: Differences in Results of Both Group Exercises

To find out how much percentage to increase in explosive muscle limb power of each exercise group can be seen in the table below:

Table 2: Percentage of Shooting Capability Increases

Group	Increase
EksperimenT	25,44 %
Kontrol	14,91 %

From the above table it can be seen that drill-based shooting drills turned out to provide a great shooting ability increase of 25.44%, while the conventional exercise provides increased shooting ability of 14.91%.

Table 3: Normality Test Results

One-Sample Kolmogorov-Smirnov Test				
	Pre-test L.S.B.D	Post-test L.S.B.D	Pre-test KONV	Post-tets KONV
N				
Kolmogorov-Smirnov Z	0.552	0.879	0,731	0.724
Asymp. Sig. (2-tailed)	0.920	0.423	0.659	0.670
a. Test distribution is Normal.				

Based on the normality testing table of the two groups above shows that the value of Asymp. Sig (2-tailed) of both groups is greater than 0.05. It can be said that the distribution of data from both groups of both pre-test and post-test data of the whole population is normally distributed. So it can be used to analyze the research results.

Table 4: Homogeneity Test Results

Test of Homogeneity of Variances			
Dependen variabel: Shooting Product			
Groups	**Levene Statistic**	**Sig.**	
Eksperiment	0.142	0.707	Homogen
Control	0.019	0.892	

From the homogeneity test results table above, it can be seen that the levance statistic value in the experimental group is 0.142 and the Sig value (p = 0.707) because the value of Sig. (P = 0.707> 0.05) and in the control group of 0.019 and the Sig value. (P = 0.892) because the value of Sig. (P = 0892> 0.05), according to the decision criteria, it can be said that the data distribution from both groups have the same variant (homogeneous). Therefore, for the purposes of the mean differences test between groups is taken from the Equal Variances Assumed value, because the data obtained homogeneous.

Table 5: The Differential Test Results of Paired Samples

Groups		Mean	Mean Differences	t	Df	Sig (2-tailed)
Eksperiment	Posttest	17,86	25,44	4.784	34	0.000
	Pre-test					
Control	Posttest	8.514	14.91	2.706	34	0.011
	Pre-test					

Based on the results of statistical hypothesis testing on the experimental group above obtained value $t_{arithmetic}$ is 4.784 and t_{table} is 1.690. to Use hypothesis testing criteria then it can be said that Ho rejected Ha accepted because the value of $t_{arithmetic}$ 4.784 > t_{table} 1,690. In other words there is the effect of Drill-Based on Shooting exercise on Shooting ability. While the

results of statistical hypothesis testing on the above control group obtained t value $t_{arithmetic}$ is 2.706 and t_{table} of 1690. In using hypothesis testing criteria then it can be said that Ha rejected Ho accepted because the value of $t_{arithmetic}$ 2.706 > t_{table} 1.690. In other words there is influence of conventional exercise effect on shooting ability.

3.2 Discussion

Youth athletes have a bad habit since the beginning of a career in terms of shooting on goal, they believe that strength is more important than accuracy (Cook, 2009) [2]. From these statements can be made sure that the player will origin kick hard without predicting the target or target. Given the results of this study proving that drill-based drill training model is effective for improving shooting results in the student-level soccer field, so this model can be used by trainers to add creativity while training shooting techniques. In the developed training model has many variations, as well as in using clear target targets, training areas, shooting techniques are appropriate, because in every technical exercise can be ensured the estuary lies in the results of motion of automation, in the exercise to occur motion of automation hence the need for some processes that must On the way, it means that the technique training methodology starts from the basic stage of technical training and continued with skill training or play situation that is simplified then the technique training is continued in the form of play situation with the same number of players.

When doing the technique of shooting on the goal is in need of several stages that must be done by every player, According to Koger (2005) [5] the method of teaching various techniques and skills there are three categories of techniques called FIG namely: (1) (F) Foundation or Basic Technique. Techniques classified as foundation (base) is the most basic training menu or the lowest level. (2) Intermediate (I) or Advanced Technique. This technique is an advanced technique or intermediate level required to create relevance between basic skills and actual playing skills. (3) Game (G) or Playing Techniques. The real football skills required by each player before they actually compete against another team, while according to AFC in emral (2013) also expands the practice model based on: Technical training and technical skills training (skill practice) And continued with a small field game form with the same number of players (small-sides games). The above model has been socialized in every seminar and coaching course both organized by FIFA, AFC, AFF and National itself with foundamental terms, game related and game situation.

The above opinion explains that technical training at Foundation level to develop the basic skills required by all players, but this training menu is not shown to face the real game conditions. Building a solid foundation is a must. Just like people build houses, the stronger the foundations, the bigger and more varied the size and shape of buildings that can be erected on it. So such basic skills are obviously needed by players. Intermediate training or advanced engineering is not training actual play techniques, but it is the foundation needed to develop actual playing skills. While the Game or playing technique is the game techniques show how to bring themselves in the real game. Based on the opinions of experts, the above can be taken as a foundation when formulating the exercise model, the researcher recommends that the technique skills begin with basic techniques (foundamental) And then proceed with a skill game technique and end with a game situation. This means that every train basic techniques such as shooting start from foundamental, game related to the game situation we focus on shooting techniques. From the explanation of the theory of technical exercises in general and specifically for soccer soccer can be taken a common thread that shooting technique training course must be gradual, It is also empirically proven, since the results show drillefektiv-based drill-shooting models to improve shooting results in the student-level soccer branch.

4. Conclusion

In accordance with the results of the analysis and discussion above can be concluded that drillefektiv drill-based draft model to increase shooting results on the soccer branch of the youth level.

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