

ABSTRAK

Wandi Dedi Saputra (2019) : Pengaruh Kekuatan Otot Tungkai, Koordinasi Mata Kaki, Dan Konsentrasi Terhadap Kemampuan Shooting Pemain SSB Universitas Riau U-15

Dalam proses tercapainya kemampuan *shooting* pemain SSB Universitas Riau U-15. masalah yang muncul *shooting* ke gawang yang tidak akurat dan kurang tenaga atau kurang keras serta tidak mengarah ke gawang. meskipun ada juga yang memiliki tendangan yang keras dan akurat tetapi salah dalam menggunakan bagian kaki yang digunakan untuk *shooting*.

Jenis penelitian ini adalah kuantitatif asosiatif, tujuan penelitian ini untuk mengetahui pengaruh kekuatan otot tungkai, koordinasi mata kaki, dan konsentrasi secara langsung maupun tidak langsung terhadap kemampuan *shooting*. populasi dalam penelitian ini adalah atlet SSB Universitas Riau U-15 yang berjumlah 21 orang. Data dikumpulkan dengan tes lapangan, *leg Dynamometer* untuk mengukur kekuatan otot tungkai, tes menendang bola ke dinding untuk tes koordinasi mata kaki, *grid concentration* untuk mengukur konsentrasi dan tes menembak bola sasaran untuk tes kemampuan shooting.

Hasil analisis data menunjukkan bahwa: 1) terdapat pengaruh langsung kekuatan otot tungkai terhadap kemampuan *shooting* 18,66%. 2) terdapat pengaruh langsung koordinasi mata kaki terhadap kemampuan *shooting* 18,40%. 3) terdapat pengaruh langsung konsentrasi terhadap kemampuan *shooting* 16,72%. 4) terdapat pengaruh tidak langsung kekuatan otot tungkai melalui konsentrasi terhadap kemampuan *shooting* 35,28%. 5) terdapat pengaruh tidak langsung koordinasi mata kaki melalui konsentrasi terhadap kemampuan *shooting* 33,75%.

Kata Kunci : Kekuatan Otot Tungkai, Koordinasi mata Kaki, Konsentrasi Dan Kemampuan *Shooting*

ABSTRACT

Wandi Dedi Saputra (2019) : The Effect Of Leg Muscle Power, Ankle Coordination, And Concentration Toward The SSB Players' Shooting Skill Of U-15 Universitas Riau

In term of achievement process of the SBB players' shooting skill of U-15 Universitas Riau, the problem appeared in this research was shooting to the goal which is inaccurate, less power or strong, and directing to the goal. Although there has also a strong kick and inaccurate but it is wrong in using the foot section that is used to shoot.

The design of this research was a quantitative-associative research. The aim of this research was to find out the effect of the power of the leg muscle, ankle coordination, and the concentration either directly or indirectly toward shooting skill. The population of this research was the SBB athletes of U-15 Universitas Riau which has a number of 21 players. The data were collected by practicing in the field. Leg dynamometer is to measure the power of leg muscle. The test of shooting ball to the wall is to test ankle. Grid concentration is to measure the concentration. And the test of shooting ball towards the target is to test the shooting skill.

The data analysis of this research showed that: 1) there was a direct effect of leg muscle power toward shooting skill which was 18.66%, 2) there was a direct effect of ankle coordination toward shooting skill which was 18.40%, 3) there was a direct effect of concentration toward shooting skill which was 16.72%, 4) there was an indirect effect of leg muscle power through the concentration toward shooting skill which was 35.28%, and 5) there was an indirect effect of ankle coordination through the concentration toward shooting skill which was 33.75%.

Keywords: The Power of Leg Muscle, Ankle Coordination, the Concentration, and Shooting Skill