CHAPTER I

PRELIMINARY

A. Background of the Problem

Soccer is popular and loved by almost all level of society in Indonesia, either in city or village. The development of soccer in Indonesia is so rapidly that not only man who can play soccer, but also woman already contribute to the development of soccer. Evidences by many women's football club that has been established in several cities in Indonesia. One of the main purpose in playing football is to reach the highest achievement, both individual and accomplishments. Thus, to reach the achievement, a football player must master the basic techniques of playing football. Basic techniques is the most important thing that should be mastered by a football player. After mastering the basic techniques of football, then tactic and strategies will be more easily implemented.

Another thing that will determine the career of football player is a good physical condition. If physical condition good, it will increased in strength, flexibility, stamina, speed, and another components of physical condition. When playing football, physical condition is indispendable, including power and coordination. According Harsono (1988:153) power is the ability of muscles to exert maximum force in a very short time, while coordination is a very complex biomotorik ability.

Soccer school is a way to achieve these things. Basic techniques, tactics and strategies, as well as physical condition will be trained in soccer school. There

are a lot of soccer school spawned a great player, both Indonesia and abroad. Perfect Unimed Soccer School is one of them. This soccer school is already known by most of the city of Medan and the academic community of State University of Medan. The researcher found a problem while the player did shoot, many kicks weren't effective and even remotely bounced over the crossbar. It is proved by the result of pretest of shooting test conducted at Unimed Multiporpuse field with 15 peoples sample. Therefore, from the pretest, researcher found a problem when the player did shooting training. Therefore, from the case above the researcher aim to search about the effect of leg muscle power and eye-foot coordination toward the accuracy of shooting at Perfect Unimed Soccer School.

B. The problem of the Research

Based on the description of the background of the problems above, it can be identified with the following issues:

a. What factors that Affect Inaccuracy Shooting done by the players while doing the Exercises ?
b. Is there any effect of Leg Muscle power toward the Shoot Accuracy ?
c. Is there any effect of eye-foot coordination toward the Shoot Accuracy ?
d. Is there any effect of Leg Muscle power and eye-foot coordination toward the Shoot Accuracy ?
e. How the Leg Muscle power affect the Shoot Accuracy ?
f. How the eye-foot coordination affect the Shoot Accuracy ?

C. The Limitation of the Problem

Based on the identification of issues that have been raised and because of the limited ability of the researchers, problem in this study is limited to the effect of leg muscle power and the eye-foot coordination toward the shoot accuracy at Perfect Unimed Soccer School.

D. The Objective of the Research

Based on the background of the research, the problem of the research, and the limitation of the problem, then the objective of the research is:

Is there any effect of the leg muscle power and eye-foot coordination toward the shoot accuracy at Perfect Unimed Soccer School?

E. The Purpose of the Research

1. To know about the effect of Leg Muscle Power toward the accuracy of Shooting at Perfect Unimed Soccer School.
2. To know about the effect of Eye-foot Coordination toward the Accuracy of Shooting at Perfect Unimed Soccer School.
3. To know about the effect of Leg Muscle Power and Eye-foot Coordination toward the Accuracy of Shooting.

F. The Implication of The Research

The results of the study are expected to be useful for:

1. For another researcher can be used as a reference to complete the research about the effect of leg muscle power and eye-foot coordination.
2. For Perfect Unimed Soccer School, this research expected to be useful, so that it can be used as part of a varied for shooting practice.
3. For the player, this research expected to increase ability of shooting. So that, when doing shooting training the accuracy will be better.