ABSTRACT

TYSON FERNANDO LUMBAN GAOL. NIM: 6132210007. The Effect of Leg Muscle Power and Eye-foot Coordination toward the Accuracy of Shooting at Perfect Unimed Soccer School age group 12-14 years old 2017.
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This study aimed to determine the effect of leg muscle power and eye-foot coordination toward the accuracy of shooting. The population in this study are all players of Perfect Unimed Soccer School age-group 12-14 year 2017. Samples are 15 players of Perfect Unimed Soccer School 2017 which obtained by purposive sampling technique, instrument used in this research is standing broad jump test, soccer wall volley test, and the accuracy of shooting test.

Hypothesis in this research is (1) there's an effect of leg muscle power toward the accuracy of shooting at Perfect Unimed Soccer School 2017. (2) There's an effect of eye-foot coordination toward the accuracy of shooting at Perfect Unimed Soccer School 2017. (3) There's an effect of leg muscle power and eye-foot coordination toward the accuracy of shooting at Perfect Unimed Soccer School 2017.

The result of first hypothesis testobtained by value t = 2.274 with 0.041 significance less than 5% alpha ($p < 0.05$), the Ha accepted and H_0 rejected. From the results of statistical calculations can be concluded that there is a significant effect between leg muscle power (X1) toward the accuracy of shooting (Y) at Perfect Unimed Soccer School. The coefficient of determination of 28.4% explained that the leg muscle power (X1)give 28.4%effect to the accuracy of shooting (Y).

The result of second hypothesis test obtained by value t = 3,022 with 0,010 significance less than 5% alpha($p < 0.05$), the Ha accepted and H_0 rejected. From the results of statistical calculations can be concluded that there is a significant effect between eye-foot coordination (X1) toward the accuracy of shooting (Y) at Perfect Unimed Soccer School. The coefficient of determination of 41.3% explained that eye-foot coordination (X2) have 41.3% positive effect toward the accuracy of shooting (Y).

The results of third hypothesis test obtained F-count equal to 9.840 with 0.003 significance less than 5% alpha ($p < 0.05$), which means there is a significant effect of leg muscle power and eye-foot coordination toward the accuracy of shooting at Perfect Unimed Soccer School. The coefficient of determination of 0.621, meaning that 62.1% rise and fall of the accuracy of shooting capability at Perfect Unimed Soccer School participants is determined by a combination of leg muscle power, and eye-foot coordination.

Keywords: Leg Muscle Power, Eye-foot Coordination, Accuracy Shooting