

## ABSTRAK

**Agusto Sinurat . NIM. 6143321004. Hubungan Daya Ledak Otot Tungkai, Panjang Tungkai Dan Keseimbangan Terhadap Kemampuan *Shooting* Pemain Futsal Bersama Fs Medan Tahun 2021 (Pembimbing: Imran Akhmad) Skripsi Medan : Fakultas Ilmu Keolahragaan UNIMED 2021.**

Berdasarkan observasi atau pengamatan secara langsung pada tim Futsal Bersama Fs Medan dari beberapa kali tim Futsal Bersama Fs Medan melakukan pertandingan ataupun latihan sering terjadi kesalahan dalam melakukan shooting, sehingga setiap melakukan shooting banyak yang tidak tepat sasaran atau tidak sesuai dengan tujuan yang diinginkan, sehingga didalam pertandingan sering mengalami kekalahan, teknik shooting ini merupakan kelemahan yang mendasar yang sering terjadi pada anak- anak Futsal Bersama Fs Medan. Tujuan dalam penelitian ini adalah untuk melihat seberapa besar Hubungan daya ledak otot tungkai, panjang tungkai dan keseimbangan terhadap kemampuan shooting Futsal Bersama Fs Medan Tahun. Populasi dalam penelitian ini adalah Seluruh tim sepakbola Futsal Bersama Fs Medan yang berjumlah 10 orang.

Berdasarkan populasi yang tidak begitu besar dan dalam batas kemampuan maka peneliti menetapkan seluruh populasi dijadikan sampel (total sampling). Dengan demikian sampel yang diteliti adalah tim sepakbola Futsal Bersama Fs Medan sebanyak 10 orang. Instrumen penelitian yang digunakan tes data daya ledak otot tungkai dan hasil shooting. Data yang diperoleh di analisis dengan korelasi product moment,.

Berdasarkan hasil penelitian, maka dapat diambil kesimpulan sebagai berikut: korelasi Daya Ledak Otot Tungkai terhadap Kemampuan *Shooting* sebesar  $r_{x1.y} = 0,924 > r_{tabel} 0,632$  maka koefisien korelasi dinyatakan signifikan, Nilai  $r^2$  sebesar 0,853 sumbangan variabel Daya ledak Otot tungkai sebesar 85,3% , korelasi Panjang Tungkai dengan Kemampuan *Shooting* sebesar 0,852.  $r_{x1.y} = 0,852 > r_{tabel} 0,632$  maka koefisien korelasi dinyatakan signifikan. Nilai  $r^2$  sebesar 0,727 besarnya sumbangan variabel Panjang Tungkai sebesar 72,7%., korelasi Keseimbangan dengan Kemampuan *Shooting* sebesar 0,874. antara  $r_{x1.y} = 0,874 > r_{tabel} 0,632$ . Nilai  $r^2$  sebesar 0,764, sumbangan variabel Keseimbangan 76,4%. koefisien korelasi Daya Ledak Otot Tungkai, Panjang tungkai, Keseimbangan dan Kemampuan *Shooting* sebesar 15,50.  $F_{tabel}$  sebesar 4,35 karena nilai  $F_{hitung} = 15,50 > F_{tabel} 4,35$  maka dinyatakan terdapat hubungan

**Kata Kunci : Ledak Otot Tungkai, Panjang Tungkai, Keseimbangan, *Shooting*, Futsal**

## **ABSTRACT**

**Augusto Sinurat, NIM. 6143321004. Correlation of Limb Muscle Explosive Power, Leg Length and Balance on Shooting Ability of Futsal Players with Fs Medan in 2021 (Supervisor: Imran Akhmad) Thesis Medan : Faculty of Sports Science, UNIMED 2021.**

Based on direct observations or observations on the Medan Fs Joint Futsal team from several times the Medan Fs Joint Futsal team conducted matches or exercises, there were often errors in shooting, so that every shooting many times they were not on target or not in accordance with the desired goal, so that in Matches are often lost, this shooting technique is a fundamental weakness that often occurs in Futsal Together Fs Medan children.

The purpose of this study was to see how big the relationship between leg muscle explosive power, leg length and balance to the shooting ability of Futsal with Fs Medan Tahun. The population in this study was the entire Futsal soccer team with Fs Medan, totaling 10 people. Based on a population that is not so large and within the limits of ability, the researchers set the entire population as a sample (total sampling). Thus, the sample studied was the Futsal Football Team with Fs Medan as many as 10 people.

The research instrument used was a leg muscle explosive power test and shooting results. The data obtained were analyzed by product moment correlation. Based on the results of the study, it can be concluded as follows: the correlation between the Explosive Power of the Limb Muscles and the Shooting Ability is  $r_{x1.y} = 0.924 > r_{table} 0.632$ , the correlation coefficient is significant, the  $r^2$  value is 0.853, the contribution of the variable Explosive Power to the limbs is 85.3%, correlation between Leg Length and Shooting Ability is 0.852.  $r_{x1.y} = 0.852 > r_{table} 0.632$  then the correlation coefficient is declared significant. The value of  $r^2$  is 0.727, the contribution of the Leg Length variable is 72.7%, the correlation between balance and shooting ability is 0.874. between  $r_{x1.y} = 0.874 > r_{table} 0.632$ . The value of  $r^2$  is 0.764, the contribution of the Balance variable is 76.4%. the correlation coefficient of Limb Muscle Explosive Power, Leg Length, Balance and Shooting Ability is 15.50.  $F_{table}$  of 4.35 because the value of  $F_{count} = 15.50 > F_{table} 4.35$ , it is stated that there is a relationship

*Keywords: Limb Muscle Explosion, Leg Length, Balance, Shooting, Futsal*