

HUBUNGAN KECEPATAN LARI 20 METER, KOORDINASI MATA KAKI, DAN DAYA LEDAK OTOT TUNGKAI TERHADAP KEMAMPUAN AKURASI SHOOTING ATLET FUTSAL PUTRI ACADEMY FUTSAL FAMILY HULU SUNGAI SELATAN

Helna Defiyanida*, Hegen Dadang Prayoga¹, Muhammad Habibie²
Pendidikan Olahraga, 89201.Fkip, Uniska 18240006
Pendidikan Olahraga, 89201.Fkip, Uniska 1103089102
Pendidikan Olahraga, 89201.Fkip, Uniska 1122110101

ABSTRAK

Helna Defiyanida 2023. Hubungan Kecepatan Lari 20 Meter, Koordinasi Mata Kaki, Dan Daya Ledak Otot Tungkai Terhadap Kemampuan Akurasi Shooting Atlet Futsal Putri Academy Futsal Family Hulu Sungai Selatan. Skripsi, Program Studi Pendidikan Olahraga Fakultas Keguruan dan Ilmu Pendidikan Universitas Islam Kalimantan Muhammad Arsyad Al-Banjari Banjarmasin. Pembimbing I : Hegen Dadang Prayoga, S.Pd, M.Pd. Pembimbing II : Muhammad Habibie, S.Pd, M.Pd.

Penelitian ini bertujuan untuk mengetahui hubungan kecepatan lari 20 meter, koordinasi mata kaki dan daya ledak otot tungkai serta akurasi shooting atlet futsal putri academy futsal family kabupaten hulu sungai selatan. Metode penelitian yang digunakan dalam penelitian ini adalah survei dengan teknik pengumpulan data menggunakan tes dan pengukuran. Populasi penelitian ini adalah Atlet Futsal Putri Academy Futsal Family Kabupaten Hulu Sungai Selatan sebanyak 30 atlet. Adapun yang menjadi sampel penelitian berjumlah 17 orang. Teknik pengambilan sampel menggunakan teknik *Purposive Sampling*.

Kesimpulan dalam penelitian ini terdapat hasil yaitu $F_{hitung} (5,18) > F_{tabel} (3,41)$ yang artinya memiliki hubungan yang signifikan antara kecepatan (X_1), koordinasi mata kaki (X_2), dan daya ledak otot tungkai (X_3) terhadap kemampuan akurasi shooting atlet futsal putri academy futsal family hulu sungai selatan (Y).

Kata Kunci : Hubungan, Kecepatan 20 Meter, Koordinasi Mata Kaki, Daya Ledak Otot Tungkai, Akurasi Shooting.

ABSTRACT

Helna Defiyanida 2023. The Relationship between 20 meter running speed, Foot Eye Coordination, and Leg Muscle Explosive Power on the Shooting Accuracy Ability of Female Futsal Athletes at Hulu Sungai Selatan Family Futsal Academy. Thesis, Sports Education Study Program, Faculty of Teacher Training and Education, Islamic University of Kalimantan Muhammad Arsyad Al-Banjari Banjarmasin. Supervisor I: Hegen Dadang Prayoga, S.Pd, M.Pd. Supervisor II: Muhammad Habibie, S.Pd, M.Pd.

This study aims to determine The relationship between 20 meters running speed, eye-foot coordination and leg muscle explosive power and shooting accuracy of female futsal athletes at Academy Futsal Family, Hulu Sungai Selatan Regency

, Hulu Sungai Selatan Regency. The research method used in this research is a survey with data collection techniques using tests and measurements. The population of this study was 30 Female Futsal Academy Futsal Family Athletes, Hulu Sungai Selatan Regency. The research sample consisted of 17 people. The sampling technique uses Purposive Sampling technique.

The conclusion in this research is that the results are $F_{count} (5,18) > F_{table} (3,41)$ which means there is a significant relationship between speed (X1), ankle coordination (X2), and leg muscle explosive power (X3) on the shooting accuracy ability of female futsal athletes Family Futsal Academy Hulu Sungai Selatan (Y)

Keywords: Relationship, running speed 20 meters, Foot Eye Coordination, Explosive Power of Leg Muscles, Shooting Accuracy