

ABSTRAK

Dian Kenedi. 2018. Kontribusi Kekuatan Otot Tungkai dan Koordinasi Mata dan Kaki Terhadap Akurasi Tendangan Ke Gawang (*Shooting*) Permainan Sepakbola Klub Belibis FC Kota Pekanbaru.

Masalah dalam penelitian ini adalah kontribusi kekuatan otot tungkai dan koordinasi mata dan kaki terhadap akurasi tendangan ke gawang (*shooting*) permainan sepakbola Klub Belibis FC Kota Pekanbaru. Tujuan penelitian ini dilakukan untuk mengetahui apakah terdapat kontribusi kekuatan otot tungkai dan koordinasi mata dan kaki terhadap akurasi tendangan ke gawang (*shooting*) permainan sepakbola Klub Belibis FC Kota Pekanbaru sebanyak 21 orang. Penarikan sampel adalah teknik *total sampling*, yang berjumlah 21 orang. Instrumen yang digunakan adalah tes kekuatan otot tungkai, tes koordinasi mata kaki dan tes *shooting* kegawang. Analisis data menggunakan *korelasi product moment* dan untuk mencari sumbangan setiap variabel menggunakan rumus koefisien determinasi. Berdasarkan hasil penelitian yang dilakukan, maka dapat disimpulkan bahwa terdapat kontribusi kekuatan otot tungkai dan koordinasi mata dan kaki terhadap akurasi tendangan ke gawang (*shooting*) permainan sepakbola Klub Belibis FC Kota Pekanbaru. Dimana terdapat kontribusi sebesar 21,89%.

Kata kunci : Kekuatan Otot Tungkai , Koordinasi Mata Kaki dan Akurasi Tendangan Ke Gawang.

ABSTRACT

Dian Kenedi. 2018. Contribution of Limb Muscle Strength and Eye and Foot Coordination Against Accuracy of Kick Goalkeeper (Shooting) Football Game Club Belibis FC Pekanbaru City.

The problem in this study is the contribution of leg muscle strength and eye and foot coordination to the accuracy of kick into the goal (shooting) football game Club Belibis FC Pekanbaru City. The purpose of this study was conducted to determine whether there is contribution of leg muscle strength and eye and foot coordination to the accuracy of kick into the goal (shooting) football game FC Club Pekanbaru Pekanbaru as many as 21 people. Sampling is a total sampling technique, which amounts to 21 people. The instruments used were leg muscle strength tests, eye-to-eye coordination tests and shooting tests. Data analysis using product moment correlation and to find the contribution of each variable using formula coefficient of determination. Based on the results of research conducted, it can be concluded that there is contribution of leg muscle strength and coordination of the eyes and feet to the accuracy of kick into the goal (shooting) football game Club Belibis FC Pekanbaru City. Where there is a contribution of 21.89%.

Keywords: Limb Muscle Strength, Foot Coordination and Accuracy of Goalkeeping Kicks.