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Shooting Accuracy of Hippermaku Futsal Team in Palopo City: The Role of Physical Conditions

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Abstract

Futsal is one of the most popular sports in Palopo City. Various problems faced by Hippermaku futsal athletes in Palopo that during practice, many players are lazy for training, so only a few players participated in the exercise, and the shooting result was off target. This research aims to discover the relationship between physical conditions towards shooting accuracy. The method used is correlational descriptive quantitative. Based on the findings show that there is a significant relationship between physical condition towards shooting accuracy. The conclusion of this research is to contribute positively to the Hippermaku Futsal Team of Palopo.

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INTRODUCTION

Sport is part of human life (Budiman, 2017). Sport is currently essential not only for improving the quality of life but also for increasing the achievement of a country (Septiana, 2016). Sport is a unifying tool for the nation that can shape individual or collective character (Agus et al., 2020). Sport is not just an ordinary necessity in everyday life. Not only a necessity but exercise has also been considered a lifestyle (Subarkah et al.,

2017). Sport is a physical activity within a specific intensity period carried out routinely to improve one's physical performance, fitness, and health (Andi et al., 2016).

Hippermaku FC is a futsal club in the city of Palopo. Initially, the Hippermaku futsal team was formed in 2021 due to the harmony between North Kolaka students and youth in Palopo City. The structure of the Hippermaku futsal team consists of Hasrul Wijaya as the head coach and Muh. Haider as an assistant coach. This team is overseen by a North

Kolaka student youth organization/association (Hippermaku). While the coordinator in the field of sports, who was directly elected by the general chairman of Hippermaku, is Muh. Joseph. The Hippermaku futsal team has carried out and held various activities, such as conducting team sparring with various futsal teams in Palopo City.

Futsal is a team game sport that requires individual skills or techniques closely related to the self-confidence of each individual (Rosita et al., 2019). Futsal is a team sport, using a high collectivity that will raise achievements (Sutiana et al., 2020). Futsal is a ball game played by two teams, each consisting of five people (Hidayat & Riswanto, 2021). Futsal is a complex sport requiring excellent game techniques and strategies (Hidayat et al., 2021). Futsal is a ball game, almost the same as a soccer game, played indoors by two teams, each consisting of five leading players and reserve players. (Hulfian, 2020).

Shooting accuracy can affect the outcome of the shot, and of course, it will be very profitable and make it easier to score goals against the opponent's goal (Mahanani & Indriarsa, 2021). Shooting is a basic technique that must be mastered by every player (Narlan & Juniar, 2017). Shooting is kicking the ball hard and accurately (Buya et al., 2021). The basic technique of kicking (shooting) the ball is also often used as the most effective weapon for scoring goals through the penalty spot (Risyanto et al., 2020). Shooting is one of the individual abilities in football to put the ball in the goal (Utomo, 2017).

Futsal sports require all players to have excellent physical conditions to support achievement (Mashud et al., 2019). Physical condition is essential in the preparation period for a team to achieve optimal performance (Yusuf & Zainuddin, 2020). Physical condition is one of the indispensable requirements to increase a player's performance and can even be said to be a non-negotiable necessity. (Supriady, 2021). Physical condition is a prerequisite necessary to increase an athlete's achievement (Saputra & Kusuma, 2019). Physical condition is the aspect that most influence players' field performance (Widodo, 2020).

Dynamic balance is the body's ability to try to stabilize the body during moving conditions (Muhammad et al., 2022). Balance has a relative ability to control various aspects (Jusran S & Hariadi, 2020). Balance is a complex interaction of sensory system integration/interaction that is modified/regulated in response to changing internal and external conditions (Lutfia Hakim et al., 2022). Balance makes a person stay stable when moving or not moving (Herlambang et al., 2022). Balance means a person's ability to control the nerves of his muscles (Iqbal & Arif, 2019).

One component of the physical condition that is important to be trained by futsal players is eye-foot coordination (Hasbillah et al., 2021). Ankle coordination integrates the eyes as the primary holder and the feet as the function holder who performs specific movements (Samsul et al., 2018). To achieve maximum results in training, ankle

coordination is essential and must be done by a futsal player (Prasetyo & Sahri, 2021). Ankle coordination is needed in kicking the ball and dribbling skills (Hartati & Ryansyah, 2019).

The observations on the Hippermaku futsal team showed that many players were lazy to come to practice during practice, so players who did not participate in the practice often made mistakes during matches, such as the shooting that was not on target. Futsal players must master the basic techniques of playing futsal (shooting) so that the game can take place properly and player achievements can develop.

Previous research (Utomo, 2017) that the magnitude of the contribution of the level of student concentration to the accuracy of shooting in futsal games for futsal extracurricular participants at SMP PGRI 7 Sedati. The research's novelty is adding the physical condition variables of eye-foot coordination and balance.

METHODS

This study uses a correlational descriptive quantitative method to determine the relationship between physical condition and shooting accuracy. The population in this study were Hippermaku Futsal athletes from Palopo City. The sampling technique is purposive sampling with specific considerations by the researcher. The futsal athletes involved in this study totaled 13 people; all athletes were sampled. In this study, you want to examine the shooting ability of the Futsal Hippermaku

athletes from Palopo and is supported by the role of physical condition. The test instruments used in this study were physical condition tests (eye-foot coordination and balance) and shooting accuracy tests. Physical condition data using the T-Score test. The research data were analyzed descriptively; the requirements test was the data normality test, correlation, and regression tests. So the entire statistical data analysis was processed via a computer in the SPSS version 23.00 program.

FINDINGS AND DISCUSSION

Findings

The descriptive analysis includes the mean, median, standard deviation, range, minimum and maximum. The physical condition data can be stated with a mean value of 100,000, a median value of 96.3900, a standard deviation value of 17.13525, a range value of 62.48, a minimum value of 78.08, and a maximum value of 140.56. Shooting accuracy data with a mean value of 10.46, a median value of 10.0, a standard deviation value of 3.479, a range value of 11, a minimum value of 5, and a maximum value of 16.

The significant value of physical condition is $0.208 > 0.05$ or normally distributed. The significant value of shooting accuracy is $0.511 > 0.05$ or normally distributed.

Table 1 Product Moment Correlation Results

Correlation	Condition Physique
Shooting accuracy	0.835
Sig.	0.000
N	13

Based on Table 3, it can be stated that physical condition has a significant relationship with shooting accuracy, with a significant value of $0.000 > 0.05$. The conclusion is that there is a significant relationship between physical condition variables on shooting accuracy.

Discussion

Shooting is critical in futsal because it is considered a target that must be achieved to win (Mahanani & Indriarsa, 2021). Shooting is an essential skill in futsal; accurate shooting will support success in Futsal (Rizki, 2021).

Physical condition is very dominant in the game of futsal, and to improve physical condition, it is necessary to do frequent training systematically and adequately (Litardiansyah & Hariyanto, 2022). Excellent physical condition supports the appearance of a player. Physical preparation is essential thing in the preparation period for a team to achieve optimal performance (Yusuf & Zainuddin, 2020).

Balance is also essential because when shooting, the player rests on one leg while the other leg is used to kick the ball, and the hand balances the body so it does not fall. (Wijanarko, 2021). Talking about the problem of shooting, it is necessary to develop body balance; the perfect dynamic balance will prevent someone from falling and get the right moment to shoot at the goal with direction

because movement patterns change unexpectedly (Augustiawan, 2018). Ankle coordination is very influential in carrying out shooting movements in the direction of the ball's speed (Mardiansah et al., 2020).

CONCLUSION

Based on the study's results, the physical condition variable positively relates to the athlete's shooting accuracy in Futsal Hippermaku Palopo City. This research is expected to positively contribute to the overall physical condition of the Hippermaku futsal sport in Palopo City.

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