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The Relationship Between Physical Fitness and Shooting Skills of Perselo FC Players

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Abstract

Irregular training and lack of time to maintain physical fitness so that it has an impact on the matches that are followed, especially in the finishing, which always fails and causes players to experience significant fatigue. This study aims to determine the physical fitness of the Perselo Fc players' shooting skills. The sample in the survey is 18 Perselo Fc soccer players. The method used in this research is quantitative research with correlational study. The research results on Perselo Fc soccer players showed that Shooting skills are significantly related to physical fitness. The conclusion is that physical fitness greatly affects a person's physique in shooting skills; if you continue to practice repeatedly, it will produce a better shooting technique.

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INTRODUCTION

Sport is an organized and competitive form of play (Nur & Bakar, 2021). Sport is a form of activity carried out by humans to lead healthier life (Rohmah & Muhammad, 2021). Sport is a physical training activity, namely physical activity to enrich and improve essential capacities and skills as well as movement skills (Jamudin et al., 2021). Sport is a means of physical and mental

development which is very useful for the younger generation (Surohmat & Yudi, 2020). Sport is integral to human cultural insight; many actors and fans love this (Irawan et al., 2018).

Perselo Fc is a football club in Luwu Regency, founded in 2003, to be precise, in the Noling Village, Bupon District. The coaches for Perselo fc are Saing, S.Pd.I and coach Abdul Wahab. Perselo Fc has participated in various matches held in Luwu Raya, especially

in Luwu Regency. Perselo Fc has won multiple achievements, including first place in the Noling Cup, second place in the Pandoso Cup, and second place in the Lobo Cup. Most Perselo Fc players are from Luwu Regency, especially the Noling Village. Over time, Perselo FC's performance has decreased due to an irregular training schedule.

Football is a type of sports game that is much-loved by people from all walks of life (Suryadi & Rubiyatno, 2022). Football is a team or team sport played by two opposing teams with predetermined rules, each consisting of 11 players, including one goalkeeper (Sanggita & Nurhidayat, 2022). Football is a sport composed of many and varied complex energy kinesiological activities comprised of a large number of cyclic and acyclic maneuvers (Trianda et al., 2020). Football is a sport of team games or team games, so a team that can organize games in a compact manner means having good and strong teamwork (Dawn, 2017).

Shooting is a kick towards a goal to put the ball into the opponent's goal. So every soccer player must master basic shooting techniques to put the ball into the opponent's goal (Abdurrahman, 2017). Shooting is an individual kicking skill in a soccer game that aims to put the ball into the plan to win the game (Burn, 2020). Shooting is an attempt to move the ball from one place to another using the feet (Mahmuddin & Tarmizi, 2017).

Shooting is an essential football technique that players, especially forward players, must master because the most significant chance to create a goal is to

accurately shoot the ball with leg strength into the opponent's goal (Septra, 2021). Shooting is one of the essential elements in playing football because shooting that produces many goals can make the team win. Therefore, the players can do many shooting techniques to score goals (Nur & Bakar, 2021).

Physical fitness is a person's general ability to adapt and respond effectively to physical activity (Kurniawan & Jayadi, 2020). The body can produce physical fitness by fulfilling regular and measurable physical activities and sports (Rozi et al., 2021). Physical fitness is a series of physical characteristics possessed or achieved by a person related to the ability to perform physical activities (Sukamti, 2016). Physical fitness is defined as the ability of a person's body to carry out daily work tasks without causing significant fatigue (Sulistiono, 2014).

Fitness or physical fitness is a physical test condition related to the ability to function optimally and efficiently at work (Judge & Hidayat, 2020). Physical fitness is a person's ability to carry out activities with high work power without experiencing significant or excessive fatigue (Purnomo & Supriyadi, 2020). Physical fitness is obtained with one dominant performance and several supporting elements of physical fitness. Physical fitness in humans is very complex (Musyithofa, 2018).

Based on the results of field observations on Perselo Fc football players, the average player has different physical fitness and shooting abilities. Irregular training and lack of time to maintain physical fitness impacted the matches that followed, especially

on the final finish, which always failed and caused players to experience significant fatigue.

The formulation of the problem in this study is whether there is a relationship between physical fitness and Perselo Fc's football shooting skills. Previous research (Syaputra, 2020) showed that physical fitness significantly relates to shooting ability. The solution in this research is to obtain more

information about the importance of physical fitness in improving the game of football, especially shooting skills.

METHODS

The method used in this research is quantitative research with correlational research (Syaputra, 2020). Research design (Sugiyono, 2018) as follows:



Figure 1. Research Design

The population is all Perselo Fc football players. The sample is 18 football players Perselo Fc. The sampling technique is purposive sampling, namely specific considerations by researchers; since the total population is 20 people, all of them were sampled in this study. The instrument used is a physical fitness test (Purnomo & Supriyadi, 2020) and shooting skills test (Mushlih, 2021). The research data were analyzed descriptively, the requirements test, namely the normality test, and correlation. All data were analyzed using the SPSS version 23.00 application.

FINDINGS AND DISCUSSION

Findings

Description of the descriptive analysis of Perselo Fc players. The descriptive analysis

includes the mean, median, standard deviation, range, minimum, and maximum. Physical fitness test with a mean value of 14.30, a median value of 14.00, a standard deviation value of 2.958, a range value of 12, a minimum value of 8, and a maximum value of 20. The shooting skills test has a mean value of 11.25, a median value of 11.00, a standard deviation value of 3.611, a range value of 12, a minimum value of 7, and a maximum value of 19.

The normality test for the significant value of physical fitness is $0.315 > 0.05$. The significant value of shooting skills is $0.076 > 0.05$. Then the two variables follow a normal distribution or normal distribution.

Table 1 Product Moment Correlation Results

Correlation	Physical fitness
Shooting Skills	0.766
Sig.	0.000
N	20

Table 1 shows that shooting skills have a significant relationship with physical fitness, with a significant value of $0.000 > 0.05$. So it was decided that H_a is accepted, which means there is a significant relationship between variables.

Discussion

Physical fitness is necessary for soccer athletes so that their appearance can match the components that soccer players must possess (Ridwan, 2020). Physical fitness is needed by football players so that they can carry out playing techniques well, especially when shooting (Nurcahyo et al., 2022). Students who practice diligently have a better profile of physical fitness conditions than students who do not practice diligently (Abdullah, 2018).

Physical fitness significantly influences efforts to improve learning outcomes of soccer skills (Fernando, 2015). The fitter/fresher someone is, the more excellent their physical workability and the less likely fatigue occurs in playing good and proper football (Purnairawan et al., 2023).

In order to obtain good physical fitness, it is necessary to carry out activities to improve students' ability to play soccer by carrying out routine activities (Wani & Wea, 2021). Physical fitness is closely related to movement activities in improving the basic

skills of playing football, including dribble, passing, control, shooting, and heading exercises (Abdullah, 2018).

Soccer players can have the physical fitness and basic movements of soccer to the fullest through programmed and well-planned exercises supported by planned matches. Holding sit-ups, vertical jumps, and 600 m running exercises are necessary to increase endurance and shooting ability to get maximum training results (Kurniawati, 2016).

Good fitness will support the ability and movement skills in football. Football players must have good fitness and also have a good level of playing skills. Because to get good skill results, physical fitness must be good too (Musythofa, 2018). Factors that affect players who need better basic soccer technical skills are irregular training programs that are carried out 1 (once) time a week and poor training support facilities (Utama et al., 2017).

The superiority of the research lies in the physical fitness variable. Because it can measure the level of physical activity of a soccer player. Physical fitness consists of sprinting, pull-ups, sit-ups, vertical jumps, and long-distance running of 1000 M.

The minus of this researcher will be used as input because the research carried out has many obstacles related to the sample to be

studied. Technically, the research process was carried out during Ramadan, so athletes were challenging to collect, so the research schedule needed to match the time specified.

Recommendations from this research will produce reference material for coaches on how to carry out training programs effectively during the holy month of Ramadan to improve the abilities of Perselo Fc players regarding shooting abilities. It can be used as a benchmark for physical fitness and shooting ability for players.

CONCLUSION

The research contribution will impact the Perselo football team in terms of increasing shooting. Research conducted on Perselo Fc soccer players showed that shooting skills are significantly related to physical fitness. Physical fitness dramatically affects a person's physique in playing football. With good shooting skills, if you continue to practice repeatedly, it will produce a better basic shooting technique.

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