



Analysis of Basic Shooting Skills in Soccer Among Extracurricular Participants at SMA Muhammadiyah Klaten

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Abstrak

Penelitian ini bertujuan untuk mengetahui dan mendeskripsikan tingkat keterampilan teknik dasar shooting siswa yang mengikuti kegiatan ekstrakurikuler sepak bola di SMA Muhammadiyah Klaten. Penelitian ini menggunakan pendekatan deskriptif kuantitatif untuk memberikan gambaran objektif mengenai kemampuan shooting siswa berdasarkan data numerik yang diperoleh melalui pengujian di lapangan. Penelitian dilaksanakan di SMA Muhammadiyah Klaten, Jawa Tengah, dengan melibatkan seluruh 34 siswa yang mengikuti kegiatan ekstrakurikuler sepak bola menggunakan teknik total sampling. Pengumpulan data dilakukan menggunakan instrumen tes shooting sepak bola yang diadaptasi dari Sepdanius et al. (2019), dengan memberikan tiga kesempatan kepada siswa untuk melakukan shooting dari jarak 16,5 meter menuju area target yang telah ditentukan pada gawang. Penilaian dilakukan berdasarkan aspek ketepatan sasaran, pelaksanaan gerakan, kontrol bola, dan konsistensi teknik. Data dianalisis menggunakan statistik deskriptif kuantitatif dengan bantuan IBM SPSS Statistics untuk memperoleh distribusi frekuensi dan persentase. Hasil penelitian menunjukkan bahwa tingkat keterampilan teknik dasar shooting siswa secara umum berada pada kategori sedang. Dari 34 siswa yang mengikuti tes, sebanyak 3 siswa (8,82%) berada pada kategori sangat baik, 11 siswa (32,36%) berada pada kategori baik, 15 siswa (44,12%) berada pada kategori sedang, 5 siswa (14,70%) berada pada kategori kurang, dan tidak terdapat siswa yang berada pada kategori sangat kurang. Temuan tersebut menunjukkan bahwa program latihan ekstrakurikuler sepak bola telah memberikan kontribusi positif terhadap perkembangan kemampuan shooting siswa, khususnya pada aspek ketepatan, koordinasi gerak, dan kontrol shooting. Oleh karena itu, diperlukan latihan yang berkelanjutan dan terstruktur untuk meningkatkan keterampilan shooting siswa sehingga dapat mendukung pencapaian performa sepak bola yang lebih optimal.

Kata kunci: Sepak bola, kegiatan ekstrakurikuler, shooting, teknik dasar, siswa.

Abstrak

This study aims to identify and describe the level of basic shooting technique skills among students participating in the football extracurricular activity at SMA Muhammadiyah Klaten. The study employed a quantitative descriptive approach to provide an objective description of students' shooting abilities based on numerical data obtained through field testing. The research was conducted at SMA Muhammadiyah Klaten, Central Java, involving all 34 students participating in the football extracurricular activity using a total sampling technique. Data collection was carried out using a football shooting test instrument adapted from Sepdanius et al (2019), by providing three opportunities to perform a shot from a distance of 16.5 meters toward predetermined target areas on the goal. The assessment was conducted based on the aspects of target accuracy, movement execution, ball control, and technique consistency. The data were analyzed using quantitative descriptive statistics with the assistance of IBM SPSS Statistics to obtain frequency distributions and percentages. The results showed

that the level of students' basic shooting technique skills was generally in the moderate category. Of the 34 students who participated in the test, 3 students (8.82%) were classified in the very good category, 11 students (32.36%) in the good category, 15 students (44.12%) in the moderate category, 5 students (14.70%) in the poor category, and no students were classified in the very poor category. These findings indicate that the football extracurricular training program has made a positive contribution to the development of students' shooting abilities, particularly in the aspects of accuracy, movement coordination, and shooting control. Therefore, continuous and structured training is required to further improve students' shooting skills so that they can support the achievement of more optimal football performance.

Keywords: Football, Extracurricular Activity, Shooting, Basic Technique, Students.

INTRODUCTION

Football is one of the sports that has the highest level of popularity and influence in the world. This sport is widely played in various countries and has become an important part of people's lives regardless of age, culture, or social background (Indarto et al., 2019). The high popularity of football is not only reflected in the large number of competitions organized at the local, national, and international levels, but also in the enthusiasm of the community in following matches, supporting clubs and national teams, and actively participating as players (Nugroho et al., 2025). Data reported by the Federation Internationale de Football Association (FIFA) indicate that football has developed in more than 200 countries, with the number of players and spectators exceeding those of other sports (Susanto, 2016). Furthermore, various studies have stated that more than half of the world's population has an interest in football, both as a form of entertainment and as a sports activity performed regularly (Aziz & Wahyu Sitasari, 2022). This condition indicates that football is no longer regarded merely as a recreational activity, but has developed into a competitive sport and a professional industry that possesses substantial social, educational, and economic value (Larasati et al., 2023).

Conceptually, football is played by two teams, each consisting of eleven players, with the primary objective of scoring as many goals as possible against the opposing team. To achieve this objective, each player is required to possess good mastery of basic techniques in order to demonstrate optimal performance during the match. The basic techniques in football include passing, dribbling, controlling, heading, and shooting, which are interrelated in developing an effective team playing pattern (Indarto et al., 2018). Mastery of basic techniques serves as the primary foundation for improving the quality of play because the success of a team is greatly influenced by the individual players' ability to control the ball, understand game situations, and make decisions quickly and accurately. Therefore, the process of developing basic techniques needs to be carried out in a planned, systematic, and continuous manner so that players' abilities can develop optimally.

Among the various basic techniques that must be mastered by players, shooting is one of the skills that plays a very important role because it is directly related to the goal-scoring process. Shooting can be defined as the action of kicking the ball toward the opponent's goal with the aim of scoring (Sinatriyo et al., 2020). The success of performing a shooting action is not only determined by the power of the kick, but is also influenced by the level of accuracy, movement coordination, body balance, concentration, and the ability to make decisions within a short period of time (Subroto et al., 2021). In match situations, opportunities to perform shooting may arise under various conditions, either from set-piece situations such as penalty kicks and free kicks or from open-play situations that occur rapidly and dynamically (Nugroho et al., 2026). Therefore, shooting ability is frequently regarded as an indicator of attacking effectiveness and the overall quality of team performance. The higher the level of shooting ability possessed by players, the greater the likelihood of a team scoring goals and achieving victory.

In the educational context, football is one of the sports subjects and activities that is highly favored by senior high school students. In addition to providing benefits for improving physical fitness, football is also capable of developing cognitive, social, and affective aspects in an integrated manner. Through football activities, students not only learn to develop movement skills and physical abilities, but also gain experience in teamwork, communication, sportsmanship, responsibility, and the application of discipline in various game situations. The development of football abilities in the school environment is generally carried out through Physical Education, Sports, and Health (PJOK) learning and extracurricular activities. Extracurricular programs have a highly strategic role because they provide



students with opportunities to train more intensively, systematically, and continuously in accordance with their interests and talents (Supiati et al., 2021).

One of the schools that actively promotes football development through extracurricular activities is SMA Muhammadiyah Klaten. The football extracurricular program at the school attracts considerable student interest and is designed to enhance the mastery of fundamental football techniques, particularly shooting skills. In addition to improving technical proficiency, shooting training also contributes to the development of students' self-confidence, strengthens cooperation among players, and fosters the values of sportsmanship and discipline within sports activities (Najib et al., 2019).

Based on the results of the preliminary observation conducted at SMA Muhammadiyah Klaten, differences were found in the shooting abilities of students participating in the football extracurricular activity. Some students have demonstrated good shooting abilities, both in terms of target accuracy and kicking power. However, there are still students who experience difficulties in directing the ball accurately toward the target. These differences in ability are presumed to be influenced by various factors, such as training intensity, training frequency, coaching methods implemented by the coach, individual motivation, playing experience, and the availability of adequate training facilities and infrastructure (Bompa et al., 2019). This variation in shooting ability is important to investigate because shooting skill is one of the primary indicators of a player's success in football. Nevertheless, to date, there has been no study specifically examining the level of shooting skills among participants in the football extracurricular activity at SMA Muhammadiyah Klaten.

Based on the aforementioned description, this study was conducted to identify and comprehensively describe the level of basic shooting technique skills among students participating in the football extracurricular activity at SMA Muhammadiyah Klaten. The results of the study are expected to provide an objective description of students' shooting abilities so that they can be used as a basis for evaluation in the preparation and development of more systematic, directed, and effective training programs. In addition, this study is also expected to provide a theoretical contribution to the development of Physical Education knowledge, particularly in relation to the development of fundamental football techniques within the school environment. Practically, the findings of this study may serve as a reference for Physical Education teachers, coaches, and school administrators in designing appropriate coaching strategies to improve students' shooting abilities and support the sustainable achievement of sports performance.

METHOD

This study employed a quantitative approach with a descriptive method aimed at objectively describing the level of basic football shooting technique skills based on numerical data obtained from field measurements. This approach was selected because it is capable of providing a systematic, measurable, and objective description that is consistent with the actual conditions of the research subjects without any specific treatment being administered to the respondents (Sutama et al., 2022). According to Jariono et al (2025), quantitative descriptive research functions to describe a phenomenon based on numerical data, thereby providing factual and accurate information regarding the level of ability possessed by research participants. The study was conducted at SMA Muhammadiyah Klaten, located at Jalan Sersan Sadikin No. 89, Klaten, Central Java, with data collection carried out on April 28–29, 2026. The population in this study consisted of all students participating in the football extracurricular activity at SMA Muhammadiyah Klaten, totaling 34 students. Considering that the population size was relatively limited, this study employed a total sampling technique, in which all members of the population were included as research samples, resulting in a total sample of 34 students. The variable investigated in this study was the fundamental football shooting skill, defined as a player's ability to perform a shot toward the goal accurately, effectively, and in a controlled manner with the objective of scoring a goal. The measurement of shooting skill was conducted through several assessment aspects, including the preparation phase, the execution of the kicking movement, and the final outcome in terms of target accuracy and the time required for the ball to reach the target. Based on

these indicators, students' shooting abilities could be assessed more objectively and comprehensively in accordance with the principles of proper shooting technique. The research instrument used in this study was adapted from the football shooting test developed by Sepdanius et al (2019). The test was administered by requiring participants to perform shots from a distance of 16.5 meters toward predetermined target areas on the goal, with three attempts provided for each participant. The assessment was conducted based on the level of accuracy in hitting the designated target areas. Data were collected through direct testing and measurement methods conducted in the field using supporting equipment in the form of footballs and a goal equipped with predetermined assessment criteria, enabling the measurement results to be obtained objectively and quantitatively. Furthermore, the data obtained were analyzed using quantitative descriptive statistics to provide a systematic description of the students' shooting skill levels. The test results were subsequently classified based on the assessment norms proposed by Sepdanius et al (2019) and calculated in the form of percentages using the following formula $P = \frac{F}{N} \times 100\%$, where P represents the percentage, F represents the frequency, and N represents the total number of research samples. The entire data processing procedure was carried out using IBM SPSS Statistics software, enabling the frequency distribution and percentage of students' shooting skill levels to be obtained more accurately, systematically, and in a manner that is easier to interpret.

RESULTS AND DISCUSSION

Results

Data collection in this study was conducted through a shooting skill test and direct observation of 34 students participating in the football extracurricular activity at SMA Muhammadiyah Klaten. The observations were carried out to obtain a factual description of students' abilities in applying fundamental shooting techniques during training sessions. Meanwhile, the shooting test was used to measure the level of students' skill mastery based on several assessment aspects, namely target accuracy, quality of movement execution, shooting control, and technique consistency. The use of these two methods was intended to obtain more objective and comprehensive data regarding the shooting abilities of extracurricular participants.

Based on the measurement results, variations in shooting ability were identified among the research participants. Of the 34 students who participated in the test, the highest score achieved was 19, while the lowest score was 9. The results of the descriptive statistical analysis showed that the mean score of students' shooting skills was 12.12, with a standard deviation of 2.42. The mean value indicates that the students' shooting abilities were generally at a fairly good level, whereas the standard deviation value indicates differences in ability levels among students, although the data distribution remained relatively homogeneous. The measurement instrument used in this study was based on the football shooting test developed by Sepdanius et al (2019), thereby ensuring that the results obtained were considered capable of validly and objectively describing the level of students' fundamental shooting technique skills. To provide a more detailed overview of the distribution of shooting skill levels among the research participants, the measurement results are subsequently presented in the form of a frequency distribution in Table 1. Shooting Test Results.

Tabel 1. *Shooting Test Results*

Class Interval	Description	Frequency	Percentage
≥16	Verry Good	3	8.82%
13-15	Good	11	32.36%
11-12	Moderate	15	44.12%
9-10	Low	5	14.70%
≤8	Verry Low	0	0%
Amount		34	100%

Based on Table 1, Shooting Test Results, it can be seen that the majority of students were classified in the moderate category, comprising 15 students (44.12%). Furthermore, 3 students (8.82%) were classified in the very good category, 11 students (32.36%) in the good category, and 5 students (14.70%) in the poor category. No students were classified in the very poor category. These findings indicate that most participants in the football extracurricular program have acquired an adequate level of shooting ability, although several students still require further skill improvement through more targeted training programs.



When the shooting test results are presented in the form of a bar chart, the distribution of students' skill levels can be observed more clearly and comprehensively. The visual presentation of data is intended to facilitate the analysis and interpretation of the research findings, enabling the distribution pattern of abilities, differences in skill levels among students, and the most dominant category to be identified more effectively. Through this visualization, readers can obtain a more comprehensive understanding of the shooting abilities of students participating in the football extracurricular program at SMA Muhammadiyah Klaten.

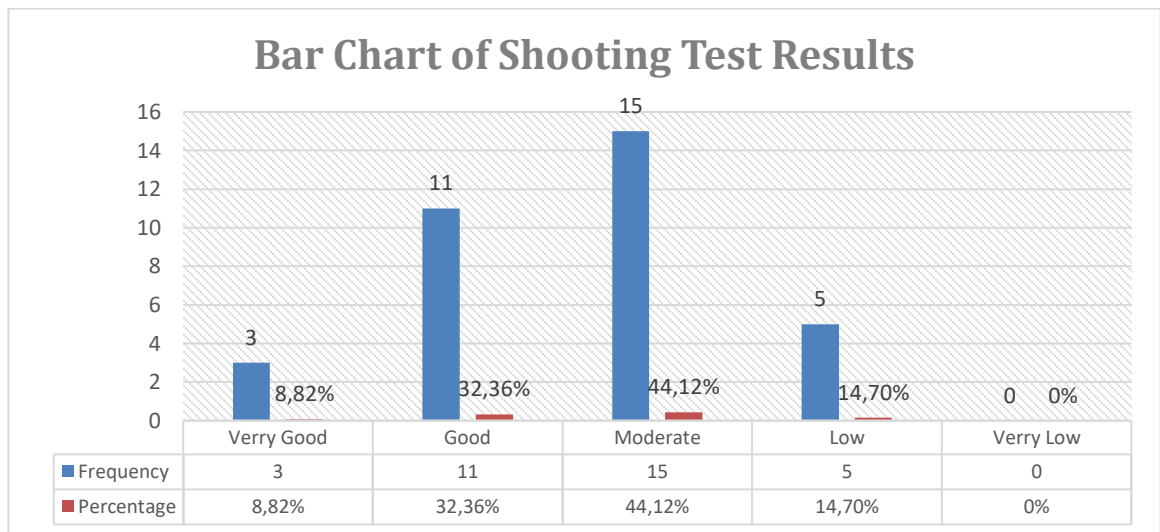


Figure 1. Bar Chart of Shooting Test Results

Based on the results of the data analysis that has been conducted, it can be concluded that the level of fundamental shooting technique skills among students participating in the football extracurricular program at SMA Muhammadiyah Klaten is generally classified in the moderate category. The predominance of the good and moderate categories indicates that students' shooting abilities have developed positively as a result of the training process that has been implemented. Nevertheless, more structured, continuous, and improvement-oriented coaching and training programs are still required to enhance shooting accuracy, power, and consistency so that students' abilities can develop optimally and support the achievement of higher performance outcomes.

Discussion

The results of the study indicate that the fundamental shooting skills of students participating in the football extracurricular program at SMA Muhammadiyah Klaten were generally classified in the moderate category. This finding is reflected in the predominance of the good and moderate categories in the distribution of test results, with 15 students (44.12%) classified in the moderate category, 3 students (8.82%) in the very good category, and 11 students (32.36%) in the good category. Meanwhile, only 5 students (14.70%) were classified in the poor category, and no students were included in the very poor category. These conditions indicate that the majority of extracurricular participants have acquired relatively good shooting abilities in terms of target accuracy, movement coordination, body balance, and control of kicking power. The predominance of the good and moderate categories also suggests that the fundamental technique training program implemented during extracurricular activities has made a positive contribution to the development of students' shooting skills.

The findings of this study are consistent with the results of previous research conducted by Anam (2013) which explained that systematic and repetitive shooting accuracy training is capable of improving shooting performance among school-aged players. Training conducted in a structured manner helps

students develop more effective movement patterns, thereby enhancing their ability to direct the ball toward predetermined targets. Therefore, the quality of training implementation and the consistency of coaching programs are important factors that support the improvement of shooting skills among football extracurricular participants.

In addition, the findings of this study are also supported by the results of research conducted by Pamungkas (2022) which stated that variations in penalty kick accuracy training using supporting media such as tires, balls, and hanging bottles can improve the shooting accuracy of players aged 14–15 years. The use of target-oriented training media has been proven to enhance players' focus on the target, thereby improving shooting accuracy. Similar findings were also reported by Aji et al (2023) which explained that training using goal targets and motorcycle tire media had a positive effect on improving the penalty kick accuracy of football school students. Therefore, the implementation of innovative and target-oriented training variations may serve as an effective alternative strategy for improving the shooting quality of students participating in football extracurricular activities.

In the context of this study, the predominance of the moderate category, represented by 15 students (44.12%), and the good category, comprising 11 students (32.36%), indicates that the coaching process implemented at SMA Muhammadiyah Klaten has been reasonably effective in developing students' shooting abilities. However, this study offers a novel contribution compared with previous research because it does not focus on the effects of a particular training method; rather, it provides an empirical description of the level of fundamental shooting skills among students participating in the football extracurricular program within the school environment. Therefore, this study presents a realistic overview of students' shooting abilities that can serve as a basis for evaluating and designing more targeted training programs.

Good shooting ability is not only influenced by technical aspects but is also closely related to psychological factors, particularly the player's level of concentration. Najib et al (2019) stated that there is a significant relationship between concentration level and shooting accuracy in football. The higher the level of concentration possessed by a player, the better the ability to direct the ball toward the intended target. The results of this study indicate that most students were able to perform shooting actions with relatively consistent accuracy, suggesting a fairly good level of focus during the test implementation. Therefore, successful shooting is determined not only by the mastery of technique but also by the player's ability to maintain concentration while executing a shot.

Another factor that contributes to successful shooting performance is movement coordination, particularly eye–foot coordination. Subroto et al (2021) explained that eye–foot coordination is closely related to shooting ability in football. Good coordination helps players determine the point of contact with the ball accurately, enabling the direction and power of the shot to be controlled more effectively. The results of this study indicate that the majority of participants possessed relatively good movement coordination, as reflected in the predominance of the good and moderate categories in the shooting test results. These findings suggest that coordination ability is one of the important factors supporting students' success in performing shooting effectively.

In addition to concentration and coordination, another psychological factor that influences shooting ability is the player's level of anxiety. Wibowo (2020) explained that anxiety level is related to the results of penalty kick accuracy tests in football. Players who are able to control their anxiety tend to demonstrate better accuracy levels than those who experience high mental pressure. The predominance of the moderate category in this study indicates that most students possessed a reasonably good level of mental readiness during the shooting test, enabling them to execute shots with greater confidence and control.

The successful development of shooting skills is also inseparable from environmental support, particularly the role of parents and family. Pakpahan (2021) explained that parental support makes an important contribution to the achievement of sports performance among football school students. Such support may take the form of motivation, attention, provision of training facilities, and emotional encouragement that motivates students to train more optimally. These findings are reinforced by studies conducted by Syafi'i (2021), Taufiqurahman and Yusfi (2022), and Supriyanto (2023), which stated that family attention and support play a role in enhancing children's motivation, discipline, and enthusiasm to participate in training on a continuous basis. With strong support from the family environment, students have greater opportunities to develop their football technical skills optimally.



On the other hand, differences in shooting ability among students may also be influenced by playing experience and playing position within the team. Cahyono dan Syaukani (2023) explained that differences in shooting ability exist among forwards, midfielders, and defenders. Forwards generally possess better shooting abilities because they are more frequently involved in finishing situations during matches. This finding may explain why, in the present study, there were still 5 students (14.70%) classified in the poor category and 15 students (44.12%) in the moderate category. Differences in the intensity of involvement in attacking situations, as well as variations in playing experience, have resulted in uneven development of shooting abilities among participants.

Overall, the results of the study indicate that the fundamental shooting skills of students participating in the football extracurricular program at SMA Muhammadiyah Klaten were classified in the good category. These abilities are influenced by various factors, including the quality of the training program, level of concentration, eye-foot coordination, mental readiness, playing experience, as well as support from family and the surrounding environment. This study provides a novel contribution in the form of a comprehensive overview of students' shooting skill levels through technical, psychological, and environmental perspectives within the context of school sports development. Therefore, the findings of this study may serve as a basis for Physical Education teachers and coaches in designing shooting training programs that are more varied, systematic, and aligned with the characteristics of extracurricular participants, thereby enabling the development of fundamental football skills to occur more optimally and sustainably.

CONCLUSION

Based on the results of the study involving 34 students participating in the football extracurricular program at SMA Muhammadiyah Klaten, it can be concluded that the level of fundamental shooting skills was classified as fairly good. This was indicated by the predominance of students in the good and moderate categories, as well as the absence of students in the very poor category. These findings suggest that students' shooting abilities, particularly in terms of accuracy, movement coordination, and shooting control, have developed relatively well. Therefore, the football extracurricular program at SMA Muhammadiyah Klaten has made a positive contribution to the improvement of students' fundamental shooting skills.

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