ABSTRAK

MICAEL G SILAEN. *Comparison of Solid Training Methods and Distribution Training Methods on Shooting Skills of the Jakarta Football School, 2019*

The purpose of this study was to determine the comparison between the solid training method (X1) and the distribution training method (X2) against the shooting skills (Y) of the Tunas Soccer School Jakarta.

Data collection was carried out in February 2019 at the South Jakarta Block S field. Retrieval of data using experimental methods and research population Members of the Jakarta Tunas Soccer School consisting of 60 people. The sample of researchers was 30 people with purposive sampling data collection techniques. The test instrument used is the shooting skills test. The analysis technique used is a simple correlation technique and multiple correlation and continued with the t test at the significance level α = 0.05.

From the results of the dense training method tests on Shooting Skills the average initial data was 28.87 and the standard deviation was 3.721 and the final data average was 31.40 and the standard deviation was 3.179. From the average results obtained by comparing the initial data and final data in the form of tcount of 7.54 while the ttable with a significant level of 0.05 with n-1 = 14 is 2.145, then tcount (7.54)> ttable (2.145), means that there is a significant improvement in shooting practice results with the Solid Training method of Shooting Skills in the initial test and the final test at SSB Tunas Jakarta.

From the test results of the training method distribution of Shooting Skills the average initial data is 29.27 and the standard deviation is 3.768 and the final data average is 35.07 and the standard deviation is 4.203. From the average results obtained the results of comparison of initial data and final

data in the form of tcount of 17.02, while ttable with a significant level of 0.05 with n-1 = 14 is 2.145, then tcount (17.02)> ttable (2.145), means that there was a significant increase in the results of shooting practice with the distribution training method of Shooting Skills at the initial and final tests at SSB Tunas Jakarta.

From the results of the two groups of training methods namely the solid training method and the distribution training method of the Jakarta Shoot SSB Shooting Skills, it can be obtained the initial test data score of 28.87 and the final test of 31.40 for the solid shooting training method, with the difference between the initial test and the final test were 2.53 for the distribution practice method and the average value of the initial test data was 29.27 and the final test was 35.07 for the shooting distribution practice method, with the difference between the initial test and the final test was 5.8 for the distribution training method.

From the average results obtained by comparing the initial data and final data in the form of tcount of 2.603 while ttable with a significant level of 0.025 with n-2 = 28 is 2.048, then tcount (2.603)> ttable (2.048), means there is a significant comparison from the results of the shooting skills test with solid training methods and distribution training methods.