

ABSTRAK

Agung Nopitra. Effect of Drill Exercise Method and Tactical Exercise Method on Shooting Skill of Football Team of Universitas Negeri Jakarta. Thesis. Sport Education Coaching Program. Faculty of Sport Sciences Jakarta State University, June 2017.

This study aims to determine : (1) the influence of drill practice method to improve shooting skills of football team of Universitas Negeri Jakarta. (2) the influence of tactical exercise methods to improve the shooting skills of the football team of Universitas Negeri Jakarta. (3) Which method is greater influences the drill practice method than the tactical exercise method to improve the shooting skills of football team of Universitas Negeri Jakarta.

The study was conducted at the State University Football Club Jakarta and the data was collected from April 6, 2017 to May 25, 2017 at Don Bosco Pulomas Football Field, East Jakarta. The method used in this research is design two pre-test and post-test group. In this study the population is a student Football Club State University of Jakarta, amounting to 150 people. Then do technique of sampling with purposive sampling method, as for which become sample in this research is 30 person. Technique of data retrieval is done with initial test and final test with test instrument that is Test Shooting. Technique of data analysis using t-test statistic at level of trust (significant) = 0,05.

From the results of the study that the group given the drill practice method has increased significantly. With the result of comparison of preliminary and final data in the form of t_{hitung} 3.50, while t_{tabel} with significant level 0,05 with $n-1 = 14$ is 1,76, $t_{hitung} (3,50) > t_{tabel} (1,76)$, group Given the method of tactical exercise has increased significantly. With the result of comparison of preliminary data and final data of method of training and tactical exercise in the form of t-count is -2,698 whereas t_{tabel} with significant level 0,025 with $n-2 = 28$ is 2,048, $t_{hitung} (-2,698) \leq t_{tabel} (2,048)$ T concluded

that the result of the drill practice method and the tactical exercise method has been improved but not statistically significant, H_0 is accepted and H_1 is rejected. So the results of this research data processing can be concluded that after doing football shooting training program, shooting results of each group are equally improved, but there is a significant effect of shooting skill test results with group of tactical exercise methods.