

ABSTRACT

**BUDI TRIATMOJO : FUTSAL SHOOTING SKILLS IMPROVEMENT
THROUGH TRAINING APPROACH DRILL
(*Extrakurikuler Futsal Junior High School Studens in North Jakarta 2016*)**

This research is measure designed to improve outcomes in the futsal shoot ekstrakurikuler futsal in grade 7,8 dan 9 SMP Sejahtera Koja Jakarta Utara. The research was conducted using drill training aprouch through several cycles. The research was conducted in the academic year 2015/2016 in the 1st half.

The purpose of this study was to determine how far the increase in student shooting extracurricular futsal smp prosper through drill practice approach . In this action research , penelitian use Kemmis and TAGGART design consisting of two cycles.

Before being given a workout drill (before sycle), student who received grades under 50 – 59 are 6 students (15%). Students who received grade 60 – 69 are 26 students (65%). Students who received grade 70 – 79 are 6 students (15%), Students who received grade 80 – 89 are 2 students (10%). After being given drill up to cycle 1, student who received grades 60 - 69 are 22 students (55%). Students who received grade 70 – 79 or more are 14 students (35%). Students who received grade 80 – 89 or more are 4 students (10%). After being given drill up to cycle 2, students who received score under 60 - 69 are 5 students (12,5%), students who received score 70 – 79 or more are 24 students (60%). Students who received grade 80 – 89 or more are 11 students (27,5%). By comparing the acquisition value or score in cycle 1 to cycle 2, drill training approach is proven to increase the ability to shoot.

This drill training approach proved convincingly can improve the desired motion pattern , especially in performing futsal sport shooting .

Keywords : Drill , enhancement , futsal shooting skills .