



## The Influence of Hip Joint Fitness, Eye-Foot Coordination and Confidence on Accuracy Shooting Football Aged-17 Athletes

doi <https://doi.org/10.53905/inspiree.v5i01.127>

\* Jufrianis<sup>1abcde</sup>, Vigi Indah Permatha Sari<sup>1abde</sup>, Elfera Riski<sup>1bcd</sup>

<sup>1</sup>Universitas Pahlawan Tuanku Tambusai.

### ABSTRACT

### ARTICLE INFO

**The purpose of the study.** This research aims to find out how much influence confidence and confidence have on accuracy shooting football.

**Materials and methods.** Sample size of 23 people, U-17 athletes from the Pahlawan Football Club University. The research method used in this research is a survey method with non-test techniques. The analysis technique used is the path analysis approach (path analysis) with the research results there is a direct positive influence of hip joint flexibility on accuracy shooting in football games for U-17 FC Pahlawan University athletes, with a percentage of 20.00%.

**Results.** There is a direct positive influence of Confidence on Accuracy Shooting in football games for U-17 FC Pahlawan University athletes, with a percentage of 40.00%.

**Conclusions.** It can be concluded that hip joint flexibility and self-confidence play an important role in accuracy shooting in a football game. thus accuracy shooting in the game of football can be maximized through increasing hip joint flexibility, eye-foot coordination and self-confidence.

**Keywords:** *hip joint flexibility; eye-foot coordination; confidence; accuracy shooting in a football.*



#### Article History:

Received: December 31, 2023

Accepted: January 27, 2023

Published: January 27, 2024

### INTRODUCTION

The basic aspects of the game of football itself cannot be separated from coaching and improving performance, apart from adequate facilities and infrastructure it also requires supervision and guidance from coaches and trainers. Apart from that, trainers must be able to understand the development of their students both physically and psychologically. Achieving the best performance in football, there are two factors that influence achieving an achievement, these factors are internal factors and external factors. These internal factors are the student's physical, technical, tactical and mental

\* Corresponding Author: Jufrianis, e-mail: [jufrianis93@gmail.com](mailto:jufrianis93@gmail.com)

<sup>abcde</sup> Authors' Contribution: a-Study design; b-Data collection; c-Statistical analysis; d-Manuscript preparation; e-Funds collection.



skills, and external factors are those that arise from outside the student, such as trainers, facilities and infrastructure, family, organization, climate, weather, nutritious food and so on (Nasution and Suharjana 2015).

One of the influencing factors is internal factors, such as technique, which is the main factor in the success of implementing playing concepts. Without good technique, it is difficult for every student to master and develop the game in the field. The basic technique is fundamental which must be mastered by all students in order to be able to play football skillfully based on movement skills. The exercises that need to be developed in young children are correct basic technical skills. Players who have good basic football technical skills will be able to use them in various situations, thus making it easier to apply tactics, then being able to create good cooperation as a group and team to achieve victory (Sulistio, Sugiyanto, and Defliyanto 2019). One of the basic techniques with the ball is Accuracy Shooting in a football game. Accuracy Shooting Goal requires maturity and skill in itself. This is because the process of this series of movements requires the support of physical components to support the movement. These physical components include flexibility, Eye-Foot Coordination and Confidence which are one link in the chain of motion when carrying out movements Shooting towards the goal exactly according to the intended target (Junaidi et al. 2019). The physical components of flexibility and Eye-Foot Coordination and Confidence are important factors that play a role in Accuracy Shooting into the goal. Therefore, the author tries to raise the title *The Influence of Hip Joint Flexibility, Eye-Foot Coordination and Self-Confidence on Accuracy Shooting In a Football Game* (Rahmat, Nursasih, and Risma 2023).

## MATERIALS AND METHODS

### *Study participants*

The sample in this study was the entire population consisting of 23 UP FC U-17 athletes. This research will be carried out at the Tuanku Tambusai Stadium, Bangkinang City.



### *Study Organization*

The research method used in this research is a non-experimental survey method. While the analysis technique uses path analysis techniques (path analysis) namely research that will study or analyze the relationship between research variables, as well as measure the direct influence of one variable on other variables.

### *Test and measurement procedures*

The Eye-Foot Coordination factor has a very important role in sports performance, including sports games such as football. In the game of football, eye-foot coordination is needed when dribbling the ball, controlling the ball, kicking the ball, heading the ball, jumping and running, whether done while still (static) or moving (dynamic) (Jumaking 2020). Coordination is also defined as an individual's ability to maintain the neuromuscular system in a static condition for a dexterity response or to control it in a specific dexterity during a moving posture. The human nervous system also influences eye-foot coordination when carrying out movements that are seen, heard and requested. To maintain coordination in kicking the ball, there are two things that must receive attention, namely (1). Kicker's position when in static condition, (2). The kicker's position when taking the kick is in a dynamic state. (Nurwiyandi 2019) states that in a simpler way it can be explained that Eye-Foot Coordination is the body's ability to react to any change in body position in a stable and controlled state. Eye-Foot Coordination referred to in this research is the dynamic Eye-Foot Coordination ability of body parts when performing a movement skill. Shooting or kicking the ball into the goal in a soccer game.

In sports, the psychological aspect of self-confidence is very influential. Self-confidence is the main asset for an athlete to be able to advance in achievements, because achieving high achievements must begin with believing that he can and is able to surpass the achievements he has previously achieved. Athletes who have self-confidence always think positively to show the best and allow themselves to believe that they are able to do it so that their performance remains good (Rustendi, Hamdy, and Hakim 2014). There are several characteristics of self-confidence, namely: (1) always calm in doing everything, (2) having potential and abilities that emerge in



various situations, (3) being able to neutralize tension that arises in various situations, (4) ) able to adapt and communicate in situations, (5) have sufficient intelligence, (6) always react positively in facing various problems (Suryadi 2022). To grow proportional self-confidence, individuals must start from within themselves. Self-confidence is also influenced by several factors, namely self-concept, self-esteem, experience and education (Sarifudin et al. 2023). This is very important to overcome the lack of self-confidence that is being experienced. Self-confidence does not just appear in a person so that a feeling of trust occurs. In general, the formation of a strong sense of self-confidence occurs through the following process: (1) the formation of a personality that is in accordance with the development process that gives birth to one's strengths, (2) a person's understanding and positive reaction to the advantages he has and gives birth to strong beliefs. to be able to do everything by utilizing one's strengths, (3) a person's understanding and positive reaction to weaknesses so as not to give rise to feelings of inferiority or difficulty adapting, (4) experience in connecting various aspects of life by using all the advantages that is in him (Istofian and Amiq 2016).

## RESULTS AND DISCUSSION

The description of the data presented is a description of the data from the research variables studied consisting of four variables, with details of three independent variables (exogenous) and one dependent variable (endogenous). The independent variables consist of Hip Joint Flexibility, Eye-Foot Coordination and Self-Confidence, while the dependent variable is Accuracy Shooting in a football game. The data description describes each variable sequentially. Starting from the dependent variable as follows: Results of statistical analysis of the direct influence of hip joint flexibility on accuracys shooting football views path analysis test. Based on the results of path analysis of the influence of hip joint flexibility on accuracys shooting For football, the T-calculated path coefficient value is greater than 20.00 from the significance of 0.031, so H0 rejected, H1 accepted. Thus it can be concluded that the flexibility of the hip joint has a direct positive effect on shooting accuracy. It can be interpreted that the influence of hip joint flexibility on UP FC U-17 football shooting accuracy is 20.00%.



*The Influence of Hip Joint Fitness, Eye-Foot Coordination and Confidence on Accuracy Shooting Football Aged-17 Athletes.**Table 1. Unstandardized Coefficients Standardized Coefficients MOof the Eye Coordination Feet Dependent Variable: AccuracyShooting Football 1 (Constant).*

| Unstandardized Coefficients |            | Standardized Coefficients |      | t     | Say. |
|-----------------------------|------------|---------------------------|------|-------|------|
| B                           | Std. Error | Beta                      |      |       |      |
| 22.367                      |            | 19.93                     |      | 40.00 | .130 |
| .173                        |            | .095                      | .612 | 23.01 | .000 |

Results of statistical analysis of the direct influence of eye-foot coordination on accuracys shooting football views path analysis test. Based on the results of path analysis, the influence of eye-foot coordination on accuracys shooting For football, the T-calculated path coefficient value is greater than 40.00 from the significance of 0.312, so H<sub>0</sub> rejected, H<sub>1</sub> accepted. Thus it can be concluded that eye-foot coordination has a direct positive effect on shooting accuracy. It can be interpreted that the influence of eye-foot coordination on UP FC U-17 football shooting accuracy is 40.00%.

*Table 2. statistical analysis of the direct influence of confidence on accuracy shooting football views path analysis test*

| Unstandardized Coefficients |            | Standardized Coefficients |      | t     | Say. |
|-----------------------------|------------|---------------------------|------|-------|------|
| B                           | Std. Error | Beta                      |      |       |      |
| 22.367                      |            | 19.93                     |      | 40.00 | .13  |
| .173                        |            | .095                      | .612 | 23.01 | .00  |

Results of statistical analysis of the direct influence of confidence on accuracy shooting football views path analysis test. Based on the results of path analysis of the influence of self-confidence on accuracys shooting For football, the T-calculated path coefficient value is greater than 40.00 from the significance of 0.130, so H<sub>0</sub> rejected, H<sub>1</sub> accepted.

## CONCLUSION

Thus it can be concluded that self-confidence has a direct positive effect on accuracys shooting. It can be interpreted that the influence of hip confidence on UP FC U-17 football shooting accuracy is 40.00%.



**REFERENCES**

- Ade Prasetyo, K. ., & Henjilito, R. (2020). Ketepatan Shooting Sepakbola Pada Siswa Sma Melihat Dari Kontribusi Daya Ledak Otot Tungkai. *INSPIREE: Indonesian Sport Innovation Review*, 1(2), 81–89. <https://doi.org/10.53905/inspiree.v1i2.8>
- Ahmad Pratama, S. (2020). Perbandingan Ketepatan Menendang Kearah Gawang: Kura-Kura (Dalam Vs Luar): Comparison Of Accuracy Shooting: Turtle Technique Analysis (Inside Vs Outside). *INSPIREE: Indonesian Sport Innovation Review*, 1(1), 47–56. <https://doi.org/10.53905/inspiree.v1i1.3>
- Alficantra, A., Yani , A., & Thomas , A. (2022). The Influence of Moving and Fixed Target Training Methods, Eye-Foot Coordination on the Accuracy of Passing Soccer (UIR Football School Age-16). *INSPIREE: Indonesian Sport Innovation Review*, 3(02), 118–127. <https://doi.org/10.53905/inspiree.v3i02.84>
- Habibie, Muhammad, Widiastuti Widiastuti, and Sri Nuriani. 2019. "The Influence of Training Methods and Eye-Foot Coordination on Shooting Skills in Football." *Multilateral Journal of Physical Education and Sports*18(1): 25–31.
- Imelda, and Dewi Anazelina. 2019. "Student Responses to Problem Based Learning in Improving Higher Order Thinking Skills." *Jurnal of Mathematics Education and Science* 5(1): 11–19.
- Istofian, Robi Syuhada, and Fahrial Amiq. 2016. "Drill Method for Improving Ball Kicking Techniques (Shooting) in Football Games for 13-14 Year Olds." *Journal of Sports Coaching*1(1): 1–9. <http://journal2.um.ac.id/index.php/jko/article/download/912/537>.
- Jumaking, Jumaking. 2020. "The Influence of Leg Explosive Power, Ankle Coordination and Confidence on the Ability to Shoot at Goal in Football Games among Students at Sman 2 Kolaka." *Kinesthetic*4(1): 122–31.
- Junaidi, Ade, Tono Sugihartono, Ari Sutisyana, and Defliyanto Defliyanto. 2019. "The Effect of Shooting Variation Training towards the Goal on Shooting Accuracy in Football Games for U-14 SSB Tunas Muda Bengkulu Players." *Kinesthetic*2(2): 126–32.



- Kristian Pratiko, L., Razali, & Iqbal, M. (2021). Improving Football Shooting Learning Outcomes Through Target Practice Modifications. *INSPIREE: Indonesian Sport Innovation Review*, 2(2), 143–155. <https://doi.org/10.53905/inspiree.v2i2.44>
- Nasution, Ilham Efendi, and Suharjana Suharjana. 2015. "Development of an Agility-Based Soccer Training Model Using a Playing Approach." *Sports Journal* 3(2): 178–93.
- Nurwiandi, Dedi. 2019. "The Effect of Shooting Practice on Football Penalty Kick Accuracy." *Journal of Physical Education and Sport Science* 1(1): 14–25.
- Raharjo, Komplit, Syafrial Syafrial, Sugiyanto Sugiyanto, and Defliyanto Defliyanto. 2018. "Efforts to Improve Shooting Accuracy Results in Football Sports Using Rubber Tire Circles in Class Xi Ips 2 Students of State High School 03 Central Bengkulu." *Kinesthetic* 2(2): 233–39.
- Rahmat, Mamat, Isna Daniyati Nursasih, and Risma Risma. 2023. "The Effect of Shooting Practice Using Small Goals on Shooting Accuracy in the Sport of Football." *Sports Journal* 8(2): 87.
- Rustendi, Edi, M. Rif'at Hamdy, and Ari Fauzi Hakim. 2014. "Efforts to Improve Shooting Skills in Soccer Games Using Game Modification Methods for Class VIII Students of SMP Negeri 05 Sayan in the 2011/2012 Academic Year." *Journal of Health and Recreation Physical Education* 1(1): 75–78.
- Sarifudin, Adi Imam et al. 2023. "Concentration Level and Leg Muscle Power on Football Shooting Accuracy." *Jambura Health and Sport Journal* 5(1): 56–65.
- Sihasale, G. G., Setyadji, S. ., & Hufron. (2021). Legal Protection of Fundamental Rights In Indonesian Footballers. *INSPIREE: Indonesian Sport Innovation Review*, 2(1), 17–28. <https://doi.org/10.53905/inspiree.v2i1.28>
- Sulistio, Dadang, Sugiyanto Sugiyanto, and Defliyanto Defliyanto. 2019. "Analysis Basic Technical Skills of Passing, Dribbling and Shooting in SSB Boys Soccer Players U 10-12 Years in Kaur Regency." *Kinesthetic* 3(2): 241–48.
- Suroyo, Bijak Adhi, and Sasmita Christina Yuli Hartati. 2014. "The Effect of Implementing the Student Teams Achievement Division (Stand) Type Cooperative Learning Model on Football Shooting Learning Outcomes." *Journal of Sports and Health*



Education2(1): 56–60. <http://ejournal.unesa.ac.id/index.php/jurnal-pendidikan-jasmani/issue/archive>.

Suryadi, Didi. 2022. "Improving Shooting Ability in Football Games Through Leg Muscle Strength Training." *Journal of Recreational Health Education*8(2): 237–46.

Taheri Akhbar, by M. 2017. "The Contribution of Waist Flexibility and Explosive Power of the Leg Muscles to the Shooting Accuracy of Football Athletes at SMA N 3 South Bengkulu." *Rokania Education Journal*1(1): 66–78.





## APPENDIX

---

### Information About The Authors:

#### **Jufrianis, Universitas Pahlawan.**

Email: [jufrianis93@gmail.com](mailto:jufrianis93@gmail.com); Department of Physical, Health and Recreation Education, Faculty of Teacher Training and Education, Universitas Pahlawan Tuanku Tambusai; Address No.23, Bangkinang, Kec. Bangkinang, Kabupaten Kampar, Riau 28412.

#### **Vigi Indah Permatha Sari, Universitas Pahlawan.**

Department of Physical, Health and Recreation Education, Faculty of Teacher Training and Education, Universitas Pahlawan Tuanku Tambusai; Address No.23, Bangkinang, Kec. Bangkinang, Kabupaten Kampar, Riau 28412.

#### **Elfera Riski, Universitas Pahlawan.**

Department of Physical, Health and Recreation Education, Faculty of Teacher Training and Education, Universitas Pahlawan Tuanku Tambusai; Address No.23, Bangkinang, Kec. Bangkinang, Kabupaten Kampar, Riau 28412.

