

The Effect Of Kicking Training Using The Inside Of The Foot On The Accuracy Of Shooting On Goal Of Extracurricular Football Participants At Mts Negeri 6 Kerinci

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ABSTRACK

This study aimed to examine the effect of inside-foot kicking training on shooting accuracy among participants in the soccer extracurricular activity at MTS Negeri 6 Kerinci. The total sample size was 15. The population used in this study was the 15 soccer players at MTS Negeri 6 Kerinci. This study was an experimental study. It used a one-group pretest and posttest design. The effect of the treatment was determined by comparing the pre-treatment test results with the post-treatment test results. The results of this study revealed a significant change in the soccer extracurricular activity participants at MTS Negeri 6 Kerinci, as evidenced by the difference in the average pre-test score of 90.66 points and the post-test score of 158 points. The conclusion is supported by significant results, namely $t_{count} > t_{table}$, as proven by the calculated t and percentile values of the t -distribution, for a significance level of $\alpha = 0.05$. With degrees of freedom ($d.f$) = $(n-1 = 14)$, the calculated t (5.88) $>$ t_{table} (1.70) is obtained. This means that the research hypothesis can be accepted at a 95% confidence level.

Keyword : *Kicking practice using the inside of the foot to improve shooting accuracy on goal*

INTRODUCTION

Soccer is one of the most popular sports and is enjoyed by many people worldwide. Besides serving as a means of recreation and physical fitness, soccer also serves as a platform for developing athletic performance. To achieve optimal performance, a soccer player must master various basic techniques, such as passing, controlling, dribbling, heading, and shooting.

Shooting is a crucial basic technique in soccer because it is directly related to scoring goals. A team's success in winning is greatly influenced by the player's ability to shoot accurately and precisely towards the opponent's goal. Therefore, shooting accuracy is a skill component that must be continuously improved through programmed and ongoing training.

Shooting accuracy is influenced by various factors, both internal and external. Internal factors include mastery of technique, coordination, balance, leg muscle strength, and the ability to anticipate movements. Meanwhile, external factors include field conditions, the quality of the ball used, and the training method used. One form of training that can be used to improve shooting accuracy is kicking with the inside of the foot.

Using the inside of the foot to kick the ball has the advantage of a wider contact area, allowing players to better control the direction of the ball. This technique is often used to produce more accurate and targeted kicks than other kicking techniques. Therefore, training with the inside of the foot is thought to have a positive impact on improving shooting accuracy in soccer players.

Based on observations conducted among soccer extracurricular participants at MTs Negeri 6 Kerinci, it was found that their shooting ability on goal was still relatively low. Many players experienced difficulty directing the ball on target, made errors in contact with the ball, and were inaccurate in positioning their supporting foot when kicking. This condition indicates that the shooting accuracy of soccer extracurricular participants at MTs Negeri 6 Kerinci still needs to be improved through an appropriate training program.

Based on this description, this study aims to determine the effect of training with the inside of the foot on shooting accuracy in soccer extracurricular participants at MTs Negeri 6 Kerinci. The results of this study are expected to serve as a reference for coaches and physical education teachers in developing effective training programs to improve soccer players' shooting ability.

METHOD

This study employed an experimental method with a One Group Pretest–Posttest Design. This design was used to determine the effect of inside-foot kicking training on shooting accuracy by comparing results before and after the treatment.

The study was conducted at the Tanjung Pauh Football Field from February to March 2026. The study population consisted of 25 extracurricular soccer participants at MTs Negeri 6 Kerinci. The sample size of 15 participants was selected using purposive sampling, specifically players with relatively low shooting accuracy based on initial observations.

The independent variable in this study was inside-foot kicking training, while the dependent variable was shooting accuracy. The treatment was administered over 16 sessions, with training sessions occurring four times a week: Monday, Wednesday, Friday, and Sunday. Each session lasted 70 minutes.

Data collection was conducted using the Bobby Charlton Shooting Test developed by Danny Mielke. The test involves kicking a ball toward a goal divided into six scoring

zones. Each participant attempted four kicks from a distance of 17 meters, each taking 15 seconds. Scores were awarded based on the target area the ball reached, with the highest score in the bottom corner of the goal and the lowest in the bottom center of the goal.

The research data were analyzed descriptively and inferentially. Descriptive analysis was used to obtain the mean, highest score, lowest score, and standard deviation. Prior to hypothesis testing, the data were examined using the Liliefors normality test and the homogeneity test. Next, the hypothesis was tested using a t-test at a 5% significance level to determine the effect of inside-foot kick training on shooting accuracy among extracurricular soccer participants at MTs Negeri 6 Kerinci.

RESULTS AND DISCUSSION

RESULT

This study aimed to determine the effect of inside-foot kick training on shooting accuracy among extracurricular soccer participants at MTs Negeri 6 Kerinci. Data were obtained through shooting accuracy tests conducted before and after treatment (pretest) over 16 sessions.

The descriptive analysis showed an increase in shooting accuracy after the inside-foot kick training program. In the pretest, the highest score was 150, the lowest score was 20, with a mean score of 90.66, and a standard deviation of 43.99. After treatment, the posttest showed a highest score of 200, a lowest score of 100, a mean score of 158.00, and a standard deviation of 33.42.

Table 1 presents a summary of the results of the descriptive analysis of the study.

Table 1. Descriptive Statistics of Shooting Accuracy

Variabel	N	Minimum	Maximum	Mean	SD
Pretest	15	20	150	90.66	43.99
Posttest	15	100	200	158.00	33.42

Based on these results, it can be seen that the average shooting accuracy increased by 67.34 points after participants took part in kicking exercises using the inside of the foot.

1. Normality Test

Normality testing was performed using the Liliefors test at a significance level of 0.05. The analysis results showed that the calculated L value for the pretest was 0.1147 and the posttest was 0.1056. Both values were lower than the L table value of 0.220.

Table 2. Results of Normality Test

Variable	Lcount	Ltabel	Conclusion
Pretest	0.1147	0.220	Normal
Posttest	0.1056	0.220	Normal

These results show that the pretest and posttest data are normally distributed and thus meet the requirements for parametric analysis

2. Homogeneity Test

A homogeneity test was conducted to determine the similarity of variance between the pretest and posttest data. The analysis results showed an F-value of 1.73.

Table 3. Results of Homogeneity Test

Data	Variance	Pcount	Conclution
Pretset	1935.23	1.73	Homogeneous
Posttest	1117.14		

Based on these results, the research data is declared homogeneous so that it can be continued with hypothesis testing.

3. Hypothesis Testing

The hypothesis was tested using a t-test to determine the effect of inside-foot kicking training on shooting accuracy.

The analysis showed a calculated t-value of 5.88, while the t-table value at a significance level of 0.05 with 28 degrees of freedom (dB) was 1.70.

Table 4. Results of Hypothesis Testing

Variable	Tcount	Ttable	Decision
Shooting Accuracy	5.88	1.70	Accepted

4. Percentage Improvement and Effect Size

To provide a clearer interpretation of the practical significance of the training program, the percentage increase and effect size were calculated. The mean shooting accuracy score increased from 90.66 in the pretest to 158.00 in the posttest, resulting in an increase of 67.34 points.

The percentage increase was calculated using the following formula:

$$\begin{aligned}\text{Percentage Increase} &= ((\text{Posttest Mean} - \text{Pretest Mean}) / \text{Pretest Mean}) \times 100\% \\ &= ((158.00 - 90.66) / 90.66) \times 100\% \\ &= 74.27\%\end{aligned}$$

These results indicate that the participants' shooting accuracy improved by 74.27% following the inside-foot kicking training program.

Furthermore, the practical significance of the treatment was evaluated using Cohen's d effect size. The calculation yielded a Cohen's d value of 1.72, which is categorized as a **very large effect** according to Cohen's criteria. This finding suggests that the training program not only produced statistically significant improvements but also generated substantial practical benefits in improving shooting accuracy.

Table 5. Percentage Improvement and Effect Size

Indicator	Value
Mean Pretest	90.66
Mean Posttest	158.00
Score Increase	67.34
Percentage Increase	74.27%
Cohen's d	1.72
Effect Category	Very Large

DISCUSSION

The results of the study showed that training with the inside of the foot significantly improved shooting accuracy. This finding was evidenced by the increase in participants' average score from 90.66 in the pretest to 158.00 in the posttest. Furthermore, the hypothesis testing results showed a calculated t-value of 5.88, which was greater than the t-table value of 1.70, thus confirming the research hypothesis.

The improvement in shooting ability can be explained by the principles of sports training, which emphasize the importance of repetition in developing motor skills. During

the training process, participants continuously kicked with the inside of the foot, improving eye-foot coordination and body balance. Systematic repetition allowed participants to refine their basic kicking technique, resulting in more accurate and targeted kicks.

Biomechanically, the inside of the foot has a larger contact area than the rest of the foot. This larger contact area provides better control over the direction and speed of the ball when kicked. Therefore, using the inside of the foot is very effective in improving shooting accuracy, especially when players are required to direct the ball to specific areas of the goal. The results of this study demonstrate that training focused on using the inside of the foot can help participants optimize their shooting technique.

The improvement in post-test results also indicated that participants had improved in several aspects of shooting technique, such as the position of the supporting foot, the point of contact between the foot and the ball, body balance when kicking, and the direction of the foot swing towards the target. These aspects are crucial components in producing accurate and effective shots. When these basic techniques are performed correctly and consistently, players' chances of directing the ball to their intended target are increased.

In addition to the increase in average scores, the results also showed a decrease in the standard deviation from 43.99 in the pre-test to 33.42 in the post-test. This decrease indicates that participants' shooting abilities have become more even after participating in the training program. In other words, the training provided not only improved the abilities of certain individuals, but also had a positive impact on the majority of the study participants.

The findings of this study support Bompa's training theory that planned, systematic, and continuous training will result in better skill adaptation. The results also support Danny Mielke's opinion that using the inside of the foot is an effective technique for producing accurate kicks because it provides better control of the ball.

In addition to statistical significance, the present study demonstrated substantial practical significance. The percentage increase of 74.27% and Cohen's *d* value of 1.72 indicate that the training intervention produced a very large effect on shooting accuracy. These findings suggest that inside-foot kicking exercises are highly effective and can be recommended as a practical training strategy for improving shooting performance among school-age soccer players

Based on research results and existing theoretical studies, it can be concluded that kicking exercises using the inside of the foot are an effective method for improving shooting accuracy. Therefore, this training method can be recommended to soccer coaches and physical education teachers as an alternative training program for developing shooting skills in school-age players.

Nevertheless, this study has several limitations. The use of a One Group Pretest-Posttest Design without a control group limits the ability to attribute all observed improvements solely to the training intervention. The improvement may also have been influenced by practice effects, participant maturation, and other uncontrolled external factors. Therefore, future research should employ a control group and a more rigorous experimental design to provide stronger evidence regarding the effectiveness of inside-foot kicking training.

CONCLUSION

Based on the research results and discussion, it can be concluded that kicking exercises using the inside of the foot have a significant effect on increasing shooting accuracy on goal among extracurricular soccer participants at MTs Negeri 6 Kerinci. The results showed an increase in the average shooting accuracy score from 90.66 in the pretest to 158.00 in the posttest, representing an increase of 74.27%. The results of the hypothesis testing showed that the calculated t value of 5.88 was greater than the t table of 1.70 at a significance level of 0.05. These findings prove that kicking exercises using the inside of the foot are effective in improving players' shooting accuracy. The improvement in shooting ability that occurred indicates that training carried out in a programmed, systematic, and repeated manner can improve mastery of basic kicking techniques, especially in the aspect of kicking accuracy. Practically, the results of this study imply that inside-foot kicking training can be used as a recommended training method for soccer coaches and physical education teachers to improve the shooting ability of school-age players. Future research is recommended to involve a larger sample size, use a control group, and examine the effect of training on other components of soccer technique to obtain more comprehensive results.

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