

ABSTRACT

ARMANDO, LEO ALDO. 2020. *The Effect Of Exercise Shooting A Ball To A Target From Various Distance To Futsal Game Shooting Skills*. Department of Physical Education, Faculty of Teacher Training and Education, Siliwangi University, Tasikmalaya

The purpose of this study was to obtain information about the effect of the practice of kicking the ball to the target from various distances on shooting skills against the futsal game on futsal extracurricular players at the 5th High School in Tasikmalaya City. The research method used is an experimental method. The population in this study amounted to 20 people with the sample used in this study were 20 people. Data collection techniques using total sampling. Based on the results of research, data processing, data analysis, and hypothesis testing, it was found that a significant effect was the practice of kicking the ball to the target from various distances on shooting skills in the futsal game futsal extracurricular players of the State High School 5 Tasikmalaya City.

Keywords: skill, shooting, target