

Survey Ability Futsal Shooting Accuracy of Ramayana Futsal Athletes

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Abstract: This study aims to assess the shooting accuracy of athletes at the Ramayana Futsal Club using quantitative descriptive research methods combined with survey techniques. The study focused on a total population of 25 athletes who participated in training sessions at the club. A total sampling approach was employed, meaning all 25 athletes were included in the study sample to ensure comprehensive data collection and analysis. The primary objective was to evaluate the shooting accuracy levels among these athletes and categorize their performance. The results of the research revealed that a significant portion of the athletes demonstrated vital shooting accuracy. Specifically, 40% of the participants achieved shooting accuracy within the outstanding category, indicating a high level of proficiency. Another 48% of the athletes fell into the excellent category, reflecting a solid but slightly less optimal shooting performance. However, 12% of the athletes were categorized as having poor shooting accuracy, suggesting areas that need improvement. From these findings, it can be concluded that while the overall shooting accuracy of the Ramayana Futsal athletes is generally good, there is room for improvement. The results highlight the need for a thorough analysis of shooting accuracy factors and suggest that a specialized training model should be developed. Such a model would aim to address the specific deficiencies and enhance the shooting skills of athletes, thereby improving their overall performance on the field.

Keywords: Futsal, Shooting Accuracy, Surveying

A. Introduction

Sports activities are a powerful medium for channelling energy, fostering physical and spiritual health, and cultivating a disciplined character. Engaging in sports goes beyond enhancing physical fitness; it plays a pivotal role in personal development and can significantly impact individual and collective character. By promoting teamwork and perseverance, sports activities contribute to the growth of resilience and discipline, which are essential for success in various areas of life (Newman, 2020; Super et al., 2018).

One of the primary ways sports contribute to personal growth is through the development of resilience and perseverance (Holt et al., 2020). Athletes frequently encounter challenges and setbacks during their training and competitions, which require them to push through adversity and remain focused on their goals. These experiences teach valuable life skills such as grit and determination, which are crucial for overcoming obstacles and achieving success in life. Navigating and overcoming these difficulties builds physical strength and fortifies mental resilience, providing athletes with the tools to tackle life's challenges with confidence and determination (Husain et al., 2024).

Additionally, participation in sports has a profound impact on mental well-being and social skills. The commitment required in sports fosters a sense of responsibility and discipline, contributing to overall character development. Through sports, individuals learn the importance of teamwork, communication, and cooperation as they work together towards common goals (Opstoel et al., 2020). Research has shown that sports participation can positively impact mental well-being by reducing stress, improving mood, and increasing self-esteem. Additionally, engaging in sports can enhance social skills such as teamwork, communication, and leadership. Physical activity and social interaction in sports can contribute to a healthier mind and stronger interpersonal relationships (Andersen et al., 2019).

Furthermore, research has demonstrated that regular participation in sports can significantly contribute to the development of resilience and effective coping mechanisms for managing life's various challenges and setbacks. Engaging in sports often requires individuals to confront and overcome obstacles, whether they be related to physical performance, competition, or personal growth (Morgan et al., 2019). This process of facing and addressing difficulties can foster a robust sense of mental fortitude, helping individuals to navigate better and handle stressful situations in their everyday lives. The skills and strategies learned through sports, such as perseverance, problem-solving, and adaptive thinking, can translate into greater mental well-being and enhanced overall satisfaction with life (Martín-Rodríguez et al., 2024).

In addition to the personal benefits, sports also play a crucial role in fostering a sense of community and belonging. Participating in sports creates opportunities for individuals to connect with others with similar interests and passions, building social networks and support systems. These interactions can lead to the formation of strong, supportive relationships and a collective sense of camaraderie among teammates and peers. The social environment provided by sports settings offers a space for mutual encouragement and shared experiences, which can enhance an individual's social support and emotional connection (C. J. Brown et al., 2018)

Overall, the positive impact of sports on mental well-being reaches far beyond individual gains, extending into broader social and emotional realms. Engaging in sports can significantly enhance personal growth and resilience, fostering individual development, a sense of community, and shared purpose. By participating in sports, individuals can cultivate essential life skills such as perseverance, adaptability, and problem-solving. These skills are developed through the continuous challenges and experiences faced in sports. Furthermore, being part of a sports team or community provides individuals the added benefit of a supportive network. This dual impact – enhancing both personal capabilities and social connections – demonstrates the profound value of sports in contributing to overall mental health and satisfaction on both individual and collective levels (Kumar et al., 2018; Martín-Rodríguez et al., 2024).

The camaraderie and teamwork fostered by sports are precious during difficult times. Sports create inherently supportive and encouraging environments, offering a space where individuals can rely on one another for support and motivation (Scotto di Luzio et al., 2020). This supportive environment is crucial for reducing feelings of isolation and loneliness, providing individuals with a robust social network to turn to in times of need. The benefits of sports extend well beyond physical health, encompassing significant improvements in mental well-being (Belcher et al., 2021). The sense of belonging and mutual support that sports foster makes them a critical component of a healthy and fulfilling life (Caddick & Smith, 2014; Delle Fave et al., 2018).

Additionally, the collaborative nature of sports plays a crucial role in developing strong interpersonal skills and enhancing social interactions (Opstoel et al., 2020; Zhou & Kaplanidou, 2018). Working together towards common goals helps individuals build relationships, improve communication, and develop empathy. Achieving goals in sports also has a profound effect on self-confidence and self-esteem. Witnessing one's progress and successes in sports can provide a deep sense of accomplishment, reinforcing self-belief and motivating individuals to pursue further challenges both within and outside the realm of sports (D. J. Brown & Arnold, 2019). The skills and attributes gained from sports – such as setting and achieving goals, perseverance, and resilience – are not confined to the sports arena but translate into other areas of life, shaping individuals into more determined and capable individuals.

Futsal is a highly dynamic indoor sport that shares similarities with soccer but is distinguished by several unique characteristics that set it apart (Spyrou et al., 2020). Unlike soccer, which is typically played on grass or artificial turf, futsal is played on a hard-court surface that demands a different style of play. The futsal ball is smaller and heavier than a traditional soccer ball, which affects its behavior and handling during the game (Volker et al., 2023). This design encourages players to develop

exceptional ball control and dribbling skills, as the heavier ball requires a more precise technique to maneuver effectively. In Futsal, the emphasis is placed heavily on skill, technique, and rapid decision-making. The confined court space and faster pace of the game require players to make quick, strategic decisions and execute highly skilled maneuvers under pressure. The smaller playing area necessitates close ball control and precise passing, as there is less room for error and fewer opportunities to rely on physical strength alone.

Consequently, futsal players must excel in intricate footwork, quick thinking, and maintaining possession while navigating a high-intensity (Cherappurath, 2018). Developed in the 1930s in Uruguay as a way to keep soccer players in peak physical condition during the winter months, Futsal has since gained significant popularity across the globe (Fahey, 2022). Today, it features prominently in various leagues and tournaments worldwide, reflecting its widespread appeal and the excitement it generates among players and spectators alike.

The sport's distinctive playing conditions, characterized by a smaller playing area and a fast-paced game environment, necessitate players to develop exceptional skills. The reduced size of the court means that players have less time and space to execute their movements, which demands superior footwork and close ball control. The confined playing area intensifies the need for precise and accurate passing, as there is less room for error and fewer opportunities for recovery if mistakes occur. This setup results in a highly engaging and exhilarating experience for participants and spectators. The constant movement and rapid transitions between offence and defense require players to maintain high alertness and creativity throughout the game. The dynamic nature of futsal, with its frequent shifts in play and the necessity for swift reactions, fosters an environment where technical skills are continuously honed. Players are compelled to think quickly and adapt their strategies in real time, which significantly enhances their overall game performance. The requirement for innovative play due to the restricted space encourages players to develop creative solutions and techniques, further advancing their technical abilities. As a result, futsal's fast-paced, high-intensity conditions make the game thrilling and drive players to continuously improve their skills and strategic thinking, contributing to a more exciting and skillful sport.

As futsal continues to grow in prominence, it has garnered official recognition from FIFA. It now boasts its own World Cup tournament, showcasing players' immense talent and passion worldwide. The sport's smaller team size facilitates individual skill development and fosters teamwork and camaraderie, as players must collaborate closely to outmaneuver their opponents and secure victories. This unique blend of continuous action, strategic depth, and team cohesion highlights the universal appeal of futsal, making it an excellent avenue for soccer enthusiasts to

hone their abilities while enjoying the fast-paced and exhilarating nature of the game.

Futsal is a popular game with Indonesian people, including children, teenagers, and older people. Futsal games can be played anywhere, both in big cities and remote villages; the most important thing is that there is a field as a means for playing. Futsal, a variant of association football played on a smaller indoor court, has gained popularity in Indonesia over the past few decades. The sport was first introduced to the country in the 1980s, with the Indonesian Futsal Association (IFA) being established in 1998 to oversee and promote the development of the sport. Since then, futsal has become a widely played and highly competitive sport in Indonesia, with numerous clubs and leagues operating nationwide (Borges, 2019).

The sport's fast-paced nature and emphasis on skill and technique have increased popularity in Indonesia in recent years. This can be attributed to the accessibility of futsal facilities, the ease of organizing games in smaller spaces, and the ability to develop players' technical skills in a more controlled environment. Furthermore, the rise of social media and digital platforms has also significantly promoted futsal in Indonesia, allowing fans to connect, share highlights, and follow their favorite teams and players more quickly. Additionally, the success of the Indonesian national futsal team in international competitions has sparked interest and inspired more young athletes to take up the sport. As a result, futsal has become a key component of Indonesia's football culture, providing opportunities for players of all ages to hone their skills and compete at various levels (Fitri et al., 2020).

The rise in popularity of futsal in Indonesia can be attributed mainly to its fast-paced and skillful nature, which makes it both an exhilarating and accessible sport for participants of all ages and skill levels. The sport's dynamic play, characterized by rapid ball movement and quick decision-making, captivates players and spectators alike, providing an engaging and challenging experience. The smaller court size, which significantly reduces the playing area compared to traditional soccer fields, combined with fewer players on each team, facilitates a more inclusive environment. This setup makes it easier for individuals to join and participate and allows for more frequent touches of the ball, enhancing their technical abilities and overall game proficiency.

Furthermore, the popularity of futsal in Indonesia has been significantly bolstered by the achievements of the Indonesian national futsal team on both regional and international stages. Their successes in various competitions have captured the public's imagination and generated substantial interest in the sport. The impressive performances of these teams have inspired a new generation of players, motivating them to engage with and excel in futsal. As a result, futsal has become a prominent fixture within the Indonesian sporting landscape, offering ample opportunities for

recreational enthusiasts and aspiring professionals to demonstrate their skills and passion for the game. This widespread enthusiasm for futsal reflects its growing importance and influence within Indonesian sports culture.

Futsal is one of the most popular sports people across various regions of the world enjoy. This popularity can be attributed to its ability to foster a sense of camaraderie and unity among individuals within a team. Futsal provides an excellent platform for players to bond and collaborate closely, enhancing team spirit and mutual support throughout the game (Roels et al., 2022). In addition to promoting teamwork and togetherness, Futsal cultivates a competitive atmosphere among teams. The sport's structure and rules create an environment where teams can engage in intense, high-energy matches, driving them to improve and compete at their best. Futsal is characterized by its simplicity compared to traditional soccer. It features fewer players on the field, a smaller playing area, and a less bouncy ball, which simplifies the game and makes it more accessible. These aspects contribute to a more straightforward and faster-paced game, allowing players of varying skill levels to participate and enjoy the sport without the complexities often associated with full-scale soccer.

Futsal is played on a considerably smaller court than a traditional soccer field, which significantly alters the game's dynamics (Rigon et al., 2023). Each team comprises fewer players, usually five per side, further differentiating Futsal from standard soccer. This smaller scale facilitates a more rapid and intricate style of play, emphasizing individual skill, quick reflexes, and strategic decision-making. The reduced playing area and fewer players lead to a fast-paced and highly engaging game, offering frequent opportunities for players to showcase their technical abilities and creative play. Futsal is recognized as an exhilarating sport characterized by its speed and skillful play (Al-Sultani, A, S, O, 2024). The game's indoor nature provides several advantages, including protection from unpredictable weather conditions that can disrupt outdoor sports. This controlled environment enhances the game's quality and contributes to a vibrant and energetic atmosphere. Spectators and players benefit from the consistent conditions, which help maintain high excitement and entertainment throughout the match.

The origins of Futsal can be traced back to Montevideo, Uruguay, in 1930, where Juan Carlos Ceriani pioneered the sport. Futsal emerged when global attention was focused on the World Cup hosted in Uruguay, marking a significant moment in the sport's history. Originally named "futebol de salão" in Portuguese or "football sala" in Spanish, these terms translated to "indoor soccer," reflecting the sport's focus on indoor play. Over time, these terms evolved into the more streamlined and universally recognized term "futsal". This evolution in nomenclature encapsulates the essence of the sport, emphasizing its indoor nature and distinguishing it from

traditional soccer while maintaining its core principles of fast-paced and skillful play.

The unique appeal of futsal has garnered considerable attention across South America, with Brazil emerging as a prominent centre for the sport. The development of skills within futsal is particularly evident in the renowned style of play exhibited by Brazilian players on both futsal courts and larger soccer fields. Brazil's rich futsal heritage has produced many of the world's top soccer players, showcasing how the sport's techniques and tactics can significantly influence and enhance performance in traditional soccer. For instance, Pelé, one of the most celebrated figures in soccer history, honed his exceptional skills by playing Futsal, illustrating how the sport has been instrumental in developing talent at the highest levels.

Brazil's enduring reputation as a hub for futsal is reflected in its continued dominance and influence within the sport. Futsal's reach has expanded globally, with the game now being played under the auspices of the Fédération Internationale de Football Association (FIFA). This international oversight has facilitated the growth of futsal in diverse regions, including Europe, Central and North America, Africa, Asia, and Oceania. The sport's spread across these continents highlights its universal appeal and adaptability, bringing Futsal's excitement and technical demands to a global audience.

Fundamental techniques are crucial for success in Futsal, and mastering these basics is essential for effective play. Among these, the method of shooting is particularly important. Proper shooting technique in Futsal involves precise control, accurate aim, and effective use of the foot to strike the ball, which collectively contributes to a player's ability to score goals and impact the game positively. Developing these fundamental skills enhances individual performance and contributes to the team's overall success in competitive matches.

Shooting in Futsal involves a specific set of movements and techniques that are crucial for effective play. When preparing to shoot, players typically adopt a stance where one foot is positioned in front of the other, allowing for better balance and control. During the execution of the shot, the body is generally relaxed, with the foot that will strike the ball placed firmly on the ground. The shooting leg is swung forward, and the ball is struck with the appropriate part of the foot, whether it be the instep, the laces, or the heel, depending on the desired effect. The non-shooting arm is often extended backwards for balance, while the shooting arm may be opened wide to help stabilize the body's movement. This technique is crucial for creating a goal-scoring opportunity and requires precise execution to be effective.

Shooting is a fundamental technique that every player must master. It is the primary method for creating goal-scoring chances and can significantly impact the outcome

of a match or game (Gonzalez-Rodenas et al., 2020). Players proficient in shooting can capitalize on scoring opportunities and contribute to their team's success. Developing a range of shooting techniques, such as using the inside of the foot for accuracy, the laces for power, or the heel for unexpected angles, can give players a distinct advantage in front of the goal.

Moreover, players need to be adept at placing their shots accurately in tight spaces and under pressure from defenders. The ability to shoot effectively under these conditions can be the difference between scoring and missing an opportunity. Regular practice of shooting drills and honing finishing techniques are essential for improving goal-scoring ability. Mastering these skills can make a player an invaluable asset on the futsal court and set them apart from their competition. Shooting in futsal demands power, precision, and quick decision-making. The compact size of the futsal court means that shooting opportunities often present themselves suddenly, requiring players to be prepared to act swiftly. Strong shooting skills can greatly enhance a player's effectiveness and significantly contribute to their team's ability to secure victories.

Shooting in Futsal can be classified into two main techniques: the instep kick and the toe kick, each with specific execution and strategic use. The instep kick is the more commonly employed technique due to its effectiveness in delivering power and precision. To execute the instep kick, start by positioning your supporting foot next to the ball, with the toes of this foot pointed straight towards the goal. This alignment helps stabilize your body and ensures proper balance during the shot. The key to a successful instep kick is using the instep (the top part of the foot) to strike the ball. Focus intently on the ball, particularly its center, to ensure accurate contact. As you make contact with the ball using the instep, it is crucial to lock or strengthen your heel to channel more force into the shot, resulting in a more powerful strike. After the ball is struck, continue the motion of your kicking leg through the shot, enhancing both the speed and accuracy of the trajectory. The instep kick is especially effective for long-range shots and situations requiring precision, making it the preferred choice for many players (Hunter et al., 2018).

In contrast, the toe kick technique, while less frequently used, has its distinct applications and can be helpful in specific scenarios. When performing a toe kick, it is essential to position your body in a slightly forward-leaning stance. This forward lean helps to keep the ball from soaring too high, which can occur if the body is not adequately inclined. The toe kick involves using the toe or the end of the shoe to strike the ball. The approach is similar to the instep kick in that it requires the player to contact the ball, but the difference lies in the point of contact. During a toe kick, the foot strikes the ball with the very tip of the toe or the end of the shoe rather than the instep. After making contact with the ball, it is essential to follow through with the kicking motion but avoid abruptly stopping the swing of your leg, as this can

affect the ball's trajectory. While the toe kick may be helpful for quick, unexpected shots or when the ball is in a less favorable position, it generally needs more power and precision than the instep kick. Therefore, players often favor the instep kick for its superior effectiveness and accuracy. Mastery of both techniques allows players to adapt their shooting strategies based on the game's specific demands and the ball's positioning, ultimately enhancing their performance on the futsal court.

Shooting plays a critical role in the outcome of futsal matches, as it can determine a team's victory or defeat. Shooting accuracy is a crucial aspect of Futsal, influencing a team's ability to score goals and ultimately decide the match's result. Therefore, gathering comprehensive data regarding the shooting accuracy of athletes within a futsal club is essential to understand better and enhance their performance. The West Sumatra Ramayana Futsal Club is a prominent team preparing to compete in several high-level tournaments, including regional and national championships. Given the competitive nature of these matches, it becomes imperative for the coaching staff and team management to have detailed knowledge of their players' shooting accuracy.

This data is crucial for developing targeted training programs, identifying areas for improvement, and formulating effective strategies to increase the team's chances of success in these prestigious competitions. In light of the importance of shooting accuracy, Based on the explanation above , the researcher wants to do a study to know the ability accuracy of Futsal shooting by Ramayana Futsal West Sumatra athletes.

B. Methods

This study employs a descriptive quantitative research methodology, specifically using a survey approach, to examine the futsal athletes of the West Sumatra Ramayana Futsal Club. The study is designed with dual objectives: first, to assess the current status of various symptoms experienced by the athletes, and second, to evaluate how these symptoms compare to established standards. By utilizing a survey method, the research seeks to gather numerical data on the prevalence, severity, and impact of symptoms affecting the athletes, providing a detailed overview of their health and performance status. In addition to assessing the symptoms, the study aims to determine the alignment of these symptoms with predefined benchmarks or standards, as outlined by (Arikunto, 2019). This comparative analysis is crucial for identifying any significant discrepancies or areas of concern that may require attention. Data collection will involve administering a structured questionnaire to the athletes, including closed-ended and open-ended questions to capture a wide range of information regarding their symptoms and overall health. The collected data will be subjected to statistical analysis to compute the mean, frequency, and distribution of symptoms and then compared against

established standards to assess conformity. The ultimate goal of this research is to provide actionable insights into the health and performance status of the athletes, thereby informing future strategies for health management and performance enhancement.

The population in this study were all athletes of Futsal Ramayana West Sumatra, totaling 25 people. While the sample taken in this study used total sampling, namely 25 people. The collection of research data was carried out by a futsal shooting accuracy test. The data analysis technique used in processing research data is data analyzed using descriptive statistical techniques in the form of mean, mode, standard deviation, and variance coefficient.

C. Results and Discussion

The aim of this study is to know the accuracy of shooting Ramayana Futsal Club athletes. Results data measurement ability accuracy shooting the obtained and served on the table below this:

Table 1. Results Test Ability Accuracy Shooting Ramayana Futsal Club Futsal Athlete

No	Category	Amount	Percentage
1	Very Good	10	40%
2	Good	12	48%
3	Not enough Good	3	12%

Based on the results of the study, it can be concluded that the average shooting accuracy ability of Ramayana Futsal Club athletes is good. Athletes still need to do special method training in order to improve their futsal shooting accuracy ability and become very good. Shooting accuracy ability is very important for athletes to be able to compete in futsal so that they have good achievements.

In summary, the role of sports in personal development is profound and multifaceted. Sports enhance physical health by promoting resilience, discipline, and teamwork while contributing significantly to mental well-being and character development. The valuable lessons learned through sports, including overcoming adversity, building self-confidence, and fostering social skills, are essential for shaping well-rounded individuals who are equipped to handle challenges and achieve success in various aspects of their lives. Futsal is among the sports currently gaining widespread popularity.

D. Conclusions

Conclusions obtained in the study namely: (1) Ability accuracy shooting Ramayana Futsal Club athlete is at on category sound, (2) Necessary exists analysis lack in do shooting like several influencing components ability accuracy shooting in futsal game, (3) Necessary exists method exercise precisely for increase ability accuracy shooting Ramayana Futsal Club athlete.

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