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

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ABSTRACT

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 accuracyShooting 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 AccuracyShooting 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 accuracyshooting in a football game. thus accuracyshooting 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.*

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INTRODUCTION

The foundational aspects of the game of football are inseparable from coaching and performance enhancement(Sahinler et al., 2023). Beyond just adequate facilities and infrastructure, effective coaching and guidance from trainers are essential(Emral & Setiawan, 2020). Trainers must be able to understand and support the holistic development of their student-athletes, both physically and psychologically(Docheff & Gerdes, 2015). Achieving optimal performance in football involves navigating a complex interplay of factors. These can be broadly categorized as internal and

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external(Boutcher & Rotella, 1987). The internal factors include the physical, technical, tactical, and mental skills of the student-athlete. The external factors encompass the influence of coaches, facilities, infrastructure, family, organization, climate, weather, and nutrition(Rahschulte, 1999)(Howard-Hamilton & Sina, 2001)(Gayles, 2009).

One particularly influential internal factor is technique, which is central to the successful implementation of gameplay concepts(Hawkins et al., 2015)(Hastie et al., 2013). Without sound technical skills, it becomes challenging for student-athletes to truly master and develop their game on the field(Parkes & Subramaniam, 2015)(Timmerman et al., 2019). The mastery of fundamental technical skills is a prerequisite for skillful football performance(US, 2023). Through targeted training, young players can develop their correct basic technical abilities(Wijaya et al., 2020)(Sridadi et al., 2021).

Players who possess strong foundational football techniques can leverage these skills in various game situations, facilitating the application of tactics and enabling effective teamwork and collaboration to achieve victory(Soniawan et al., 2022)(Li & Zeng, 2021)(Sridadi et al., 2021). One such fundamental technique is accuracy shooting in a football game(Ali et al., 2007). Accuracy shooting at the goal requires maturity and specialized skills(Engler et al., 2023). This is because the series of movements involved in shooting demands the support of specific physical components, including flexibility, eye-foot coordination, and confidence(Netolitzchi, 2014). These physical attributes are critical links in the chain of motion when executing accurate shots towards the intended target(Ridwan & Putra, 2021).

The physical components of flexibility, eye-foot coordination, and confidence are essential factors that contribute to the overall accuracy of shooting in football(Saputra et al., 2020)(Ridwan & Putra, 2021)(Sigerseth & Haliski, 1950)(Young & Rath, 2010). Therefore, the author seeks to investigate The Influence of Hip Joint Flexibility, Eye-Foot Coordination and Self-Confidence on Accuracy Shooting in a Football Game.

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 neomuscular 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

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 AccuracyShooting 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 accuracyshooting football views path analysis test. Based on the results of path analysis of the influence of hip joint flexibility on accuracyshooting 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%.

Table 1. Unstandardized Coefficients Standardized Coefficients MOof the Eye Coordination Feet Dependent Variable: AccuracyShooting Football 1 (Constant).

Unstandardized Coefficients		**Standardized Coefficients**	**t**
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 accuracyshooting football views path analysis test. Based on the results of path analysis, the influence of eye-foot coordination on accuracyshooting For football, the T-calculated path coefficient value is greater than 40.00 from the significance of 0.312, so H0 rejected, H1 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**
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 confidence on accuracy shooting football views path analysis test. Based on the results of path analysis of the influence of self-confidence on accuracyshooting For football, the T-calculated path coefficient value is greater than 40.00 from the significance of 0.130, so H_0 rejected, H_1 accepted.

DISCUSSION

The results of this study provide important insights into the multifaceted factors that contribute to accuracy in shooting performance in football. The findings indicate that hip joint flexibility, eye-foot coordination, and self-confidence are all significant predictors of shooting accuracy, each playing a critical role in the overall development of this fundamental skill(Sin & Aprinanda, 2020)(Engler et al., 2023)(Gardašević & Bjelica, 2019)(Purnomo & Yendrizal, 2020). The flexibility of the hip joint was found to have a direct positive effect, accounting for 20% of the variance in shooting accuracy. This flexibility is essential for generating the necessary power and control during the shooting motion(Delextrat & Goss-Sampson, 2010)(Ball et al., 2003). Players with greater hip flexibility are able to generate more force through their lower body, which can then be effectively transferred to the ball for accurate and powerful shots(Hong et al., 2013). This improved range of motion and joint mobility allows for better control and precision in the execution of the shooting action(Delextrat & Goss-Sampson, 2010).

In addition, eye-foot coordination was identified as a direct positive influence, contributing 40% to this critical football skill. Accurate shooting requires players to precisely time and direct their shooting action, and the ability to smoothly and accurately coordinate the visual information from the eyes with the motor movements of the feet is crucial for consistently hitting the intended target(Nagano et al., 2006)(Oliveira, 2016). Players with superior eye-foot coordination can more effectively adjust the power, trajectory, and placement of their shots, giving them a significant advantage in game situations(Sirnik et al., 2022).

The study also highlighted the importance of self-confidence, indicating that a player's belief in their own shooting ability can positively influence their accuracy. Confident shooters are more likely to commit to their shots and execute them with conviction, rather than hesitating or second-guessing themselves(Silva et al., 2021). This self-assurance can translate into improved decision-making, technical execution, and overall shooting performance, as players are able to trust their abilities and execute their shots with conviction.

These findings emphasize the multifaceted nature of developing effective shooting skills in football(Engler et al., 2023)(Ridwan & Putra, 2021), requiring the integration of physical, technical, and psychological components(Gardašević & Bjelica, 2019). Coaches and trainers should focus on holistically developing these key attributes, working to improve players' hip flexibility, eye-foot coordination, and self-confidence, in order to help them become more accurate and confident shooters on the field(Purnomo & Yendrizal, 2020). By addressing these interrelated factors, players can unlock their full potential and elevate their shooting performance to new heights.

CONCLUSION

This research has provided a comprehensive examination of the key factors influencing shooting accuracy in junior high school football players. The results demonstrate that hip joint flexibility, eye-foot coordination, and self-confidence all play significant and interrelated roles in determining shooting accuracy, with each variable contributing a unique and important element to this critical skill.

The flexibility of the hip joint enables players to generate greater power and control during the shooting motion, allowing them to strike the ball with more force and precision. Similarly, exceptional eye-foot coordination allows players to time and direct their shooting actions with remarkable accuracy, ensuring the ball reaches the intended target. Furthermore, the role of self-confidence cannot be overstated, as players who believe in their shooting abilities are more likely to commit to their shots and execute them with conviction, rather than hesitating or second-guessing themselves.

These findings underscore the multifaceted nature of successful shooting in football, highlighting the need for a holistic approach to player development. By focusing on improving these interconnected physical, technical, and psychological attributes, coaches and trainers can help their players maximize their shooting potential and excel on the field. Future research should continue to explore the complex interplay of these factors, as well as investigate additional variables that may contribute to the refinement of shooting accuracy in the sport of football.

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APPENDIX

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