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EXTENDED ABSTRACT

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Methods to Improve Shooting Ability in Soccer: A Systematic Literature Review

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I. INTRODUCTION

This review article aims to identify and analyze various training methods used to improve shooting skills in soccer. The study focuses on the effectiveness of various training approaches in helping students or young players improve shooting accuracy, strength, and decision-making skills. This study is expected to contribute to physical education teachers, coaches, and sports practitioners in implementing shooting training methods that are effective, engaging, and tailored to the characteristics of their students.

II. METHODS

This journal uses the PICO method as a guideline for article screening. PICO (Population, Intervention, Comparison, and Outcomes) is used in this article to ensure the search meets its objectives [1]. The PICO method is one method to facilitate journal reference searches.

III. RESULTS AND DISCUSSION

After conducting an in-depth analysis of all selected articles, the authors identified several articles that met the eligibility criteria to serve as the primary data source for this study. These articles discussed various training methods focused on improving shooting skills in soccer. Some studies focused on target-based shooting drills, others on the use of small-sided games, and others on specific technique drills and match simulations. To provide a clearer picture of the literature screening process, the figure below displays a detailed flowchart of the article selection stages used in this study.

The review results from each article presented in Table 1 show that various learning and training methods are applied in physical education to improve shooting skills in soccer. These articles emphasize the use of structured training methods, such as shooting technique drills, modified games, and both drill-and game-based approaches, designed to develop students' accuracy, strength, and movement coordination. Overall, the research findings indicate that the application of systematic and continuous methods contributes positively to improving shooting skills in soccer among students.

TABLE I
METHOD TO IMPROVE SHOOTING ABILITY IN SOCCER

No	Judul & Nama Penulis	Metode	Hasil
1	The Effectiveness of Training Using Targets on Football Shooting Accuracy	Experimental research with a pretest-posttest design on sports students, using shooting practice targeting the goal as an intervention.	There was a significant improvement in shooting accuracy after training with targets, indicating that the method is effective in enhancing shooting technique skills in soccer players.
2	The Influence of Plyometric Training on Increasing the Shooting Accuracy	Quantitative experimental research with plyometric training on 558 players, assessing shooting accuracy before and after the intervention.	Plyometric training has been shown to significantly improve soccer players' shooting accuracy (significance value 0.000), indicating that this exercise training is effective for developing shooting techniques.
3	The Effect Of Spinning Shooting Training Model Management On Shooting Ability In Soccer	Experimental research with a one-group pretest-posttest design on 20 soccer players, using the Spinning Shooting training model (shooting technique with body rotation) over 12 training sessions.	There was a significant improvement in shooting ability after the implementation of the training model, with a p-value of 0.000, indicating that the training model is effective in enhancing players' shooting techniques.

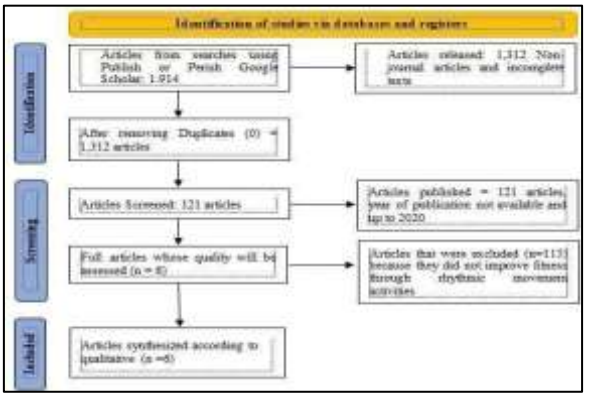


Fig. 1 Prisma Flowchart

IV. CONCLUSION

Based on the reviewed literature, it can be concluded that structured, varied, and game-related training methods significantly improve students' shooting ability in soccer. Integrating technique drills, target practice, and small-sided games is highly recommended in physical education and youth soccer training.

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