**ABSTRAK**

**HABIB. 2013** Perbandingan Latihan *Instep Drive* Dan *Inside of the Instep* Terhadap Ketepatan Menendang Bola Ke Gawang Pada Permainan Futsal Ekstrakurikuler SMKN 3 Makassar (dibimbing oleh Hasmiyati dan Djen Djalal)

Penelitian ini bertujuan untuk mengetahui Perbandingan latihan Instep Drive dan latihan Inside of the Instep terhadap ketepatan menendang bola ke gawang pada permainan futsal ekstrakurikuler SMKN 3 Makassar. Jenis penelitian ini adalah eksperimen lapangan. Populasi dalam penelitian ini adalah Semua sisiwa SMKN 3 Makassar yang tergabung kedalam tim futsal ekstrakurikuler SMKN 3 Makassar dengan sampel berjumlah 30 orang. Menggunakan instrumen berupa tes. Data tersebut dianalisis dengan menggunakan analisis statistik deskriptif dan uji t pada taraf signifikan 95% atau α 0.05.

Hasil penelitian menunjukkan bahwa: 1) ada pengaruh yang signifikan latihan *Instep Drive* terhadap ketapatan menendang bola ke gawang terbukti nilai t-hitung 3.551>ttabel 2.228. 2) ada pengaruh yang signifikan latihan *Inside of the Instep* terhadap ketepatan menendang bola ke gawang terbukti nilai t-hitung 6.880 >ttabel 2.228. 3) ada perbedaan pengaruh yang signifikan antara *latihan Instep Drive* dengan *Inside of the Instep* terhadap ketepatan mendangan bola ke gawang pada permainan futsal ekstrakurikuler SMKN 3 Makassar nilai thitung sebesar 2.498> ttabel 2.086 dan *latihan Inside of the Instep* lebih baik dibandingkan dengan latihan *Instep Drive*.

**ABSTRACT**

HABIB.2013. Comparason between Instep Drive Practice And Inside Of The Instep toward The Accuracy Of Kicking The Ball To Goal Gate on Extracurricular of Futsal Game at SMKN 3 Makassar ( supervised by hasmiyati and djen djalal ).

The study aims at examining the Comparason between Instep Drive Practice And Inside Of The Instep Practice toward The Accuracy Of Kicking The Ball To Goal Gate on Extracurriculur of Futsal Game at SMKN 3 Makassar. The stady is a fieldexperiment research. The populations of the stady were all students of SMKN 3 Makassar who joined extracurricular of futsal game with as many as 30 students. The instrument used in the study was a test. Data were analyzed using descriptive statistics analysis an to test on the level of significant 95% or α 0.05.

The results of the study reveal that (1) there is significant influence on the Instep Drive practice toward the accuracy of kicking the ball to goal gate, proved by the tcount 3.551>ttable 2.228; (2) there is significant influence on the Inside of the Instep practice toward the accuracy of kicking the ball to goal gate, proved by the tcount 6.880>ttable 2.228; (3) there is significant influence between Instep Drive practice and Inside of the Instep Practice toward the accuracy of kicking the ball to goal gate on extracurriculur of futsal game at SMKN 3 Makassar by 2.498>ttable 2.086 and inside of the Instep practice is better than Instep Drive practice.