

The Effect of a Tactical Approach on Improving Shooting Skills among Youth Football Players at Persisam Junior Taliwang Club

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Abstract

Objectives: This study aimed to determine the effect of a tactical approach on improving shooting skills among youth football players at Persisam Junior Taliwang Club.

Materials and Methods: This study used a quasi-experimental method with a pre-test and post-test control group design. The sample consisted of 24 football players aged 14–17 years who were divided into two groups: an experimental group and a control group, with 12 players in each group. The experimental group received football training using a tactical approach for four weeks, consisting of 12 training sessions, while the control group received conventional training. Shooting skills were measured using a standardized shooting test based on accuracy, power, and decision-making speed. Data were analyzed using the Shapiro–Wilk normality test, paired sample t-test, and independent sample t-test.

Results: The results showed that the tactical approach significantly improved players' shooting skills. The experimental group showed a clear increase from pre-test to post-test, with a mean improvement of 2.667 points and a significance value of $p < 0.001$. Meanwhile, the control group showed no significant improvement, with $p = 0.166$. The independent sample t-test on post-test scores also showed a significant difference between the experimental and control groups, with $p < 0.001$.

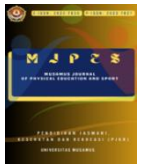
Conclusions: The tactical approach was effective in improving shooting skills among youth football players. This method helped players develop not only shooting technique but also tactical understanding, decision-making, and the ability to apply shooting skills in real game situations.

Keywords: basic football skills; elementary school students; physical education; football learning; motor skills

Introduction

Football is one of the most popular sports among children, adolescents, and adults. In addition to being a competitive sport, football also serves as an important medium for developing physical fitness, teamwork, discipline, responsibility, and sportsmanship. For youth players, football training should not only focus on physical and technical development but also on tactical understanding and decision-making during play.

One of the most important technical skills in football is shooting. Shooting is directly related to the main objective of football, namely scoring goals. A player with good shooting ability can contribute more effectively to team performance. However, shooting is not only about kicking the ball toward the goal. It also requires accuracy, timing, power, body position, tactical awareness, and the ability to make



quick decisions under pressure.

In many football clubs, training is still often dominated by conventional technical drills. These drills usually focus on repetitive technical movements, such as passing, dribbling, and shooting, without sufficient connection to real game situations. Although this approach may improve basic technique, it may not fully develop players' ability to apply skills in actual match contexts.

A tactical approach offers an alternative training method. This approach emphasizes learning through game-like situations, small-sided games, tactical problems, and decision-making activities. Through this approach, players are encouraged to understand when, where, and how to use a skill effectively. Therefore, technical skills such as shooting are developed together with tactical awareness.

Previous studies have shown that tactical approaches can improve football learning outcomes. Agustian (2012) reported that a tactical approach improved students' mastery of basic football techniques. Hoedaya (2001) also stated that tactical learning helps players understand game situations and apply techniques more appropriately. Similarly, Griffin and Butler (2005) emphasized that game-based tactical learning encourages decision-making, tactical awareness, and meaningful skill application.

Based on observations at Persisam Junior Taliwang Club, some youth players still showed limited shooting ability, especially in terms of accuracy, decision-making, and applying shooting skills in game situations. Therefore, this study was conducted to examine the effect of a tactical approach on improving shooting skills among youth football players at Persisam Junior Taliwang Club.

Materials and Methods

Study Design

This study used a quasi-experimental method with a pre-test and post-test control group design. This design was used to compare the effect of tactical training and conventional training on players' shooting skills.

Group	Pre-test	Treatment	Post-test
Experimental group	T1	Tactical approach	T2
Control group	T3	Conventional training	T4

Participants

The participants were 24 youth football players from Persisam Junior Taliwang Club, West Sumbawa Regency, West Nusa Tenggara. The players were aged 14–17 years and actively participated in regular football training. The participants were divided into two groups: 12 players in the experimental group and 12 players in the control group.



Treatment

The experimental group received training using a tactical approach for four weeks, with a total of 12 training sessions. The training activities emphasized game-like situations, small-sided games, tactical decision-making, positioning, and shooting in realistic match contexts.

The control group received conventional training, which focused mainly on technical repetition and standard shooting drills without specific tactical game-based situations.

Instrument

Shooting skills were measured using a standardized shooting test. The assessment focused on three main indicators: shooting accuracy, shooting power, and decision-making speed. The score ranged from 0 to 10.

Data Analysis

Data were analyzed using the Shapiro–Wilk normality test because the sample size was less than 50. After the data were confirmed to be normally distributed, paired sample t-tests were used to analyze differences between pre-test and post-test scores within each group. An independent sample t-test was used to compare post-test results between the experimental and control groups.

Results

Experimental Group Shooting Scores

Table 1. Pre-test and Post-test Scores of the Experimental Group

Player	Pre-test	Post-test
A1	6	8
A2	6	9
A3	5	8
A4	7	9
A5	6	9
A6	5	8
A7	6	9
A8	5	8
A9	6	9
A10	7	9
A11	6	8
A12	5	8

The experimental group showed a clear improvement in shooting scores after receiving tactical approach training.

Control Group Shooting Scores

Table 2. Pre-test and Post-test Scores of the Control Group

Player	Pre-test	Post-test
B1	6	6
B2	6	6
B3	5	5
B4	6	6
B5	6	6
B6	5	6
B7	6	6
B8	5	6
B9	6	6
B10	6	6
B11	5	5
B12	6	6

The control group showed only small descriptive changes, and the improvement was not statistically significant.

Normality Test

The Shapiro–Wilk normality test showed that all pre-test and post-test data were normally distributed. The significance value for the experimental group pre-test was 0.115, the experimental group post-test was 0.115, the control group pre-test was 0.115, and the control group post-test was 0.112. Since all values were greater than 0.05, the data met the assumption for parametric analysis.

Hypothesis Testing

The paired sample t-test showed a significant improvement in the experimental group, with $p < 0.001$. The mean improvement was 2.667 points. In contrast, the control group did not show a significant improvement, with $p = 0.166$.

The independent sample t-test on post-test scores showed a significant difference between the experimental and control groups, with $p < 0.001$. These findings indicate that the tactical approach was more effective than conventional training in improving shooting skills.



Discussion

The results of this study showed that the tactical approach significantly improved shooting skills among youth football players at Persisam Junior Taliwang Club. The experimental group experienced a greater improvement than the control group, indicating that tactical training was more effective than conventional technical training.

The improvement in the experimental group may be explained by the nature of the tactical approach. In this method, players do not only repeat shooting movements mechanically. They also learn to understand game situations, identify shooting opportunities, select appropriate shooting angles, and make quick decisions under pressure. This makes shooting practice more realistic and closely related to actual match conditions.

This finding is consistent with Hoedaya (2001), who stated that the tactical approach improves players' awareness of game situations and helps them apply technical skills appropriately. In football, shooting success depends not only on technique but also on the ability to recognize space, timing, opponent position, and goalkeeper movement.

The results also support Agustian (2012), who found that the tactical approach improved students' mastery of basic football techniques. Through tactical learning, players are more actively involved in solving game problems. This process helps players understand not only how to perform a skill, but also when and why the skill should be used.

Similarly, Griffin and Butler (2005) emphasized that tactical learning through game-based activities improves decision-making and meaningful skill application. In this study, the use of small-sided games and tactical situations likely helped players transfer shooting skills into more realistic playing contexts.

The control group, which received conventional training, did not show a significant improvement. This may be because conventional training tends to emphasize repeated technical execution without enough tactical variation. Although repetition is important, technical practice without tactical context may limit players' ability to use shooting skills effectively during matches.

The findings are also in line with Dzihni Syakhisk et al. (2022), who reported that tactical methods can improve shooting accuracy in football. This supports the argument that tactical training is highly relevant for developing shooting skills because it combines technical execution with decision-making.

Overall, the tactical approach can be considered an effective training model for youth football players. It provides a more meaningful, enjoyable, and game-relevant learning experience. For coaches,



this method can be used to improve shooting skills while also developing tactical awareness and decision-making ability.

Conclusions

This study concluded that the tactical approach had a significant effect on improving shooting skills among youth football players at Persisam Junior Taliwang Club. The experimental group showed a significant improvement after receiving tactical training, while the control group that received conventional training did not show a significant improvement.

There was also a significant difference in post-test shooting skills between the experimental and control groups. Therefore, the tactical approach was more effective than conventional training in improving shooting skills.

The tactical approach is recommended as an effective training method for youth football coaches because it integrates technical skill development, tactical understanding, and decision-making in realistic game situations.

Referencess