

ABSTRACT

ANDIKA PRAMASHA WIGUNA, NPM 190104007: (2023), Research has been conducted on "The Effect of *Leg Crul* and *Leg Extension* Training on Shooting *Ability* in the Saka Fc Futsal Team". Sports, Health and Recreation Education Study Program, Faculty of Education, Hamzanwadi University 2023.
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The purpose of this study was to determine the effect of leg crul and leg extension training on SAKA FC's futsal team shooting ability. The number of samples in this study was 12 people. Data obtained in this study, with t_{table} 2.201, while t_{count} obtained from research data in experimental group I was t_{count} 3.63, while t_{value} table obtained in experimental group II is t_{count} 5.29. This data proves that there is an increase in shooting ability on SAKA FC futsal team by doing leg crul and leg extension exercises.

Keywords: *Ability, Shooting, leg crul, leg extention*

