

THE EFFECTS OF EXPLOSIVE LIMB MUSCLE STRENGTH, EYE-FOOT COORDINATION AND SELF-CONFIDENCE IN SHOOTING SKILLS

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Abstract

This path analysis analysis aims to obtain information about the effects of explosive limb muscle strength, eye-foot coordination and self-confidence in shooting skills in soccer athletes in the Middle School / Ragunan State High School (TRADU) and athletes in DKI Jakarta Sport Achievement Center Jakarta. This study uses a quantitative approach, survey method. The subjects in this study were Soccer Athletes at the Ragunan Middle School / Middle School High School Education Center (Special for Sportsmen) and as many as 40 Academic Development Centers for DKI Jakarta. Sampling is done by using Purposive Sampling techniques. Based on the hypothesis test, this study concludes that there is a positive influence between Leg Muscle Explosion Power on Shooting Skills in Soccer Athletes in the Middle School / Ragunan Public High School Education Center (Special For Sportsmen) and DKI Jakarta Achievement Sports Center Athlete at 8.50%. There was a positive influence between Eye-Foot Coordination with Shooting Skills on Soccer Athletes in the Middle School / Ragunan Public Education and Training Center (Special For Athletes) and DKI Jakarta Achievement Sports Center Athlete at 6.24%. There is a positive influence between Confidence and Shooting Skills on Soccer Athletes in the Middle School / Ragunan Public Education and Training Center (Special for Athletes) and Jakarta's Achievement Sports Center Athlete at 7.30%. There is a positive influence between the Explosive Power of the Leg Muscles to Self-Confidence in Soccer Athletes in the Middle School / Ragunan Education and Training Center (Special for Athletes) and the DKI Jakarta Achievement Sports Center Athlete 4.94%. There is a positive influence between Foot-Eye Coordination on Self-Confidence in Soccer Athletes in the Middle School / Ragunan National Education and Training Center (Special for Athletes) and DKI Jakarta's Achievement Sports Center Athlete at 5.76%. There is a positive influence between Leg Muscle Explosion Power on Eye-Foot Coordination in Soccer Athletes in the Middle School / Ragunan Middle School Education and Training Center (Special For Sportsmen) and DKI Jakarta's Achievement Sports Center Athlete at 3.94%.

Keywords: *Limb Muscle Power, Eye-Foot Coordination, Confidence, and Football Shooting Skills*

The development of sports achievements is part of increasing the quality and quantity of humans, besides that it can also foster character, personality, sportsmanship and thinking abilities and the development of sports skills, therefore sports development must be considered at this time in the development and development of the future. come, because sports can lift the rank and make the nation's name on the regional and international stage.

In accordance with the mandate written in Law No. 3 of 2005 concerning the national sports system in article 1 paragraph 13, "Sport achievement is a sport that fosters and develops sportsmen in a planned, tiered and sustainable manner through competition to achieve achievements with the support of science and sports technology".

Sports achievements are the maximum results that can be done by individuals (athletes) or groups (teams / teams) in the field of sports. Improving sports performance is needed a good and

directed cooperation in paying attention to various aspects that play a role in improving athletes' achievements. Several factors that influence athletes' achievement are internal factors and external factors. Achieving a glorious achievement is indeed not easy. The achievements of athletes will be realized if there is good and sustainable cooperation between athletes and individuals and groups who play a role in increasing the ability of athletes, namely the government, the community, and the elements that support sports development in a club.

Soccer as one of the sports that includes events or championships, is one of the sports that must be observed in its development. The football game is played by eleven players in one team by kicking, holding, herding, heading, blocking and catching. Easy to play and infrastructure facilities are also easily available. So, it can be said that the development of football is seen from very large community participation and experiencing rapid development.

Implementation of the coaching process carried out at the Indonesian Football Association, which is focused on fostering sports clubs, especially football sports, of course, needs to be conditioned by a strategy guidance system, so that it can make a positive contribution to high achievement. Coaching carried out by trainers who refer to the theories of experts has been considered good, but in reality, when the event takes place at the national level and in the area between clubs is not encouraging because at the competition there are some basic techniques in soccer games not trained properly and consistently one of them is Shooting. Findings on the pitch during football matches often make mistakes in passing the ball and even more so when shooting the ball towards the goal is often far from the target.

Each player is required to have good individual technical abilities, and a strategy to play that must also be good. But no less important is the physical aspect which is sometimes a problem in the competition for the highest achievements in the field of sports in Indonesia in general and football in particular. No matter how great a player is in terms of technique and strategy, but without being based on good physical condition, the achievements that will be achieved are not the same as players who have the ability of technique, strategy and of course good physical condition. The components of the physical condition needed, such as: leg muscle explosive power, coordination, speed, agility, strength, endurance, reaction, flexibility, balance and accuracy.

The athlete's ability to make accurate kicks towards the goal must continue to be developed. This is important so that every match is able to utilize dead balls / free kicks so as to produce goals. Based on the results of the above analysis it can be concluded that Shooting is performed poorly because the Leg Muscle Explosion Power and ankle coordination have not been trained in a good series of movements. Even though an athlete has good physical and technical skills without being mentally challenged ie self-confidence, the ball that is being shot is easy to read by the opponent. A player to be able to play well and perfectly, must be able to master the techniques that exist, have excellent physical condition, and tactics that are brilliant and have high confidence. By mastering it all well, a player can play effectively and efficiently without draining excessive energy and time. Therefore, it needs to be scientifically proven, through a study entitled "Effect of explosive limb muscle strength, ankle coordination, and confidence in ball shooting skills in soccer athletes. Education and Training Center, Ragunan Middle / High School and Athletes Achievement Sport Development Center DKI Jakarta".

1. Shooting Skills in Soccer Games

Skills are a person's ability to carry out planned movements against a specified target or target. Skills can be known if someone has done physical activities such as shooting, archery, hitting, kicking or throwing. As the opinion of Widiastuti (2015: 233) which states that the movement of skills is motion that follows a pattern or a certain form that requires coordination and control of part or all of the body that can be done through the learning process.

Harsono (2015: 57) states that even though a person ultimately has a particular skill specialty, at the beginning of the study he should be involved first in various aspects of the activity so that he has more solid foundations to support his future specialist skills. Therefore we need to encourage young athletes to develop the motion abilities and motion skills needed to succeed in the chosen sport.

Whereas according to Tudor O. Bompas (29: 65) said the Skill: The learning of new skill sets has been suggested to be a process part, which may not always be broken into discrete parts because of the first part of being blended, during the first part of learning a new skill, the athlete should receive detailed skills and observe the skill being performed. The point is that in essence learning the skills of athletes can be mastered well if a process is arranged and programmed in a long time, the skills possessed by athletes will peak.

A skill if it is not supported by physical fitness, the athlete will experience difficulties in the process of achieving the highest achievement. As Achmad Sofyan (2015: 114) says, that is, it is needed by athletes for the basic components for the development of skills according to the characteristics of athletes of football including, coordination, balance, speed, reaction speed, agility, accuracy and power.

Therefore the background of some of the opinions of the experts is that in this study the views and investigations of limb muscle explosive power factor, ankle coordination and self-confidence affect the Shooting skills in accordance with the criteria for the assessment of Shooting skill tests determined.

2. Explosive Power of Leg Muscles

Explosive Power of Leg Muscles is the result of a combined work motion of power and Speed. Whereas according to James Tangkudung (2006: 69) says strength (power) is also called elastic strength which is a type of power that is very necessary where muscles can move quickly to a prisoner and a combination of the speed of contraction and speed of motion is called power. reinforced by the opinion of Nicholas Ratamess (2012: 13) explosive power is "assessed by the time needed to reach a threshold of the level of force produced per second". It can be interpreted that the time needed to reach the threshold level of power or the maximum amount of power produced is as fast as possible (per second). Thus it can be concluded that explosive power is the speed of muscle contraction when overcoming the load explosively with the shortest possible time. Based on the opinions of many experts above, the authors draw the red thread that the Explosive Power of the Leg Muscles has an effect as one of the physical components that are needed in Shooting balls in soccer games.

3. Eye-Foot Coordination

Coordination is the body's ability to carry out various movements quickly and effectively in general sports activities. Toho Cholik Mutohir et al (2005: 21) states that almost all sports activities require coordination, ankle coordination, hand eye coordination, for example the game of throwing and catching the ball, kicking and stopping the ball, and reflecting the ball to the wall or floor.

A reliable and qualified soccer player will need special skills. These skills include a variety of basic techniques of soccer games such as individual skills in dribbling, kicking a ball, stopping the ball, heading the ball, and most importantly, the ability to coordinate these various movements in mastering and controlling the ball. These important factors are needed by a soccer player.

A soccer player must have eye coordination with the foot that is good at protecting the ball from the opponent's attack as well as possible. Coordination of ankles is considered important and must have in order to support the activities in the football game that they live. The skill and skill of the player to master the ball well can be developed with ankle coordination training methods. As stated by Sukadiyanto and Dangsin Muluk (2010: 148) that, Coordination is needed by almost all

sports competitions and competitions, because the basic elements of motion techniques in sports involve synchronization of several abilities. For this reason, by increasing coordination capabilities, the legs can also improve other abilities.

So many tests of the basic skills of playing football made by experts, football must be inseparable from the items that test the skills of Shooting skills on goal in soccer games. Basic Shooting skills are the skills of a player with one touch Shooting on goal to score a goal. Coordination of the ankle is an important factor to help a soccer player to improve optimal ball mastery skills.

4. Confidence

Confidence is a person's belief in everything he has and that belief makes him feel able to achieve various goals in his life. According to Britton W. Brewer (2009: 51) self-confidence is: "the belief that one has internal resources, particularly abilities, to achieve success. Self-confidence is rooted in beliefs and expectations, and although there are multiple definitions of self-confession, they refer to individuals' beliefs about their abilities and / or their expectations about achieving success based on these abilities"

It can be interpreted that self-confidence is a self-confidence that has strength in oneself, especially ability, to achieve success. Confidence comes from beliefs and expectations, and it can be concluded that self-confidence is an individual's belief in their abilities and / or hopes for achieving success based on one's own abilities.

METHOD

The research method used in this study is a quantitative approach, a survey method with test and measurement techniques. While the analysis technique uses the path analysis approach (path analysis) Ridwan and Engkos Achmad kuncoro (2015: 2), namely research that will examine or will analyze the interrelationship between research variables by measuring the direct influence between endogenous variables (dependent variable) is Y with exogenous variables (free) are X1, X2, and X3. This study involved three independent variables (exogenous) and one dependent variable (endogenous), exogenous variables consisting of: Explosive Power of Leg Muscles, Eye-Foot Coordination and Confidence. The endogenous variable is the result of shooting the ball on athletes at the Ragunan Middle School / Middle School Education and Training Center and Athletes for the DKI Jakarta Achievement Sports Center.

The relationship pattern between variables is shown in the following figure:

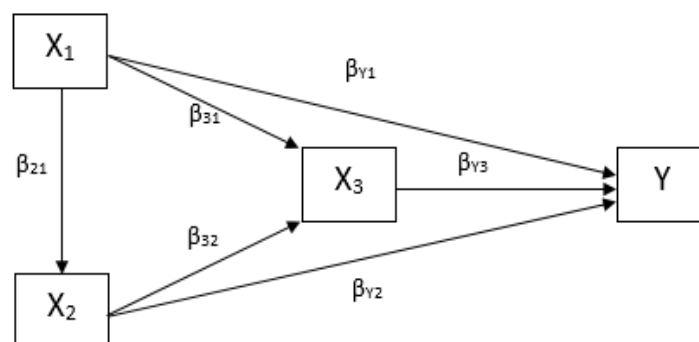


Figure 1: Causal constellations between variables x1, x2, x3, and Y

Source: Ridwan, engkos achmad kuncoro, How to Use and Mean Path Analysis, (Bandung: Alfabeta, 2012), p.6

Information

X1: Explosive Power of the Leg Muscles

X2: Eye-Foot Coordination

X3: Confident

Y: Shooting Skills

RESULTS AND DISCUSSION

Based on the results of research and data processing using statistics, the results of this study can be described as follows:

1. Shooting Skills (Y)

Based on the data from the research on Shooting Skills (Y), the lowest score was 32.54, the highest score was 67.39 so that the range of 34.85 was obtained. amounting to 72.59 To provide an overview of raw data Shooting Skills (Y) frequency distributions can be arranged as follows:

Table 4.1 Shooting Skill frequency distribution list (Y)

Interval Class	Absolute Frequency	Relative Frequency	Cumulative Frequency
32,54 – 38,34	5	10,0%	10,00%
38,35 – 44,15	4	13,3%	23,3%
44,16 – 49,96	7	20,0%	43,3%
49,97 – 55,77	12	36,7%	80,0%
55,78 – 61,58	6	10,0%	90,0%
61,59 – 67,39	6	10,0%	100%
Total 40	40	100%	

From 40 people in the study sample if the results of each respondent were compared with the average, it turned out that those who got Shooting Skills (Y) above the average group were 12 people (28.35%), below the average group of 16 people (43.3%), and 12 people (28.35%) were in the average group.

2. Explosive Power of Leg Muscles (X1)

Based on the data from the results of research on the Explosive Power of Leg Muscles (X1) the lowest score was 29.61, the highest score was 62.36 so that the range was 32.75. From the statistical calculation obtained an average value of 50.00 standard deviation (s) of 10.00 and a variance of 100.00. To provide an overview of the raw data of Leg Muscle Explosion Power (X1) the frequency distribution can be arranged as follows:

Table 4.2 Frequency List of Leg Muscle Explosion Power Distribution

Interval Class	Absolute Frequency	Relative Frequency	Cumulative Frequency
29,61 – 35,06	3	6,7%	6,7%
35,07 – 40,52	8	20,0%	26,7%
40,53 – 45,98	7	16,7%	43,4%
45,99 – 51,44	2	3,3%	46,7%
51,45 – 56,90	8	20,0%	66,7%
56,91 – 62,36	12	33,3%	100%

Total 40	40	100%	
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From 40 people in the study sample if the results of each respondent were compared with the average, it turned out that those who had Leg Muscle Explosion Power (X1) above the average group of 20 people (53.3%), were below the average group as many as 18 people (43.4%), and 2 people (3.3%) were in the average group.

3. Eye-Foot Coordination (X2)

Based on data from the results of research on Mata-Kaki Coordination (X2) the lowest score was 19.05, the highest score was 63.47, so that the range was 44.42. From the statistical calculation obtained an average value of 50.00, standard deviation (s) of 10.00 and variance of 100.00. To provide an overview of the raw data of Mata-Kaki Coordination (X2) the frequency distribution can be arranged as follows:

Table 4.3 List of Eye-Foot Coordination frequency distributions (X2)

Interval Class	Absolute Frequency	Relative Frequency	Cumulative Frequency
19,05 – 26,66	3	3,3%	3,3%
26,67 – 34,28	0	0,0%	3,3%
34,29 – 41,90	10	20,0%	23,3%
41,91 – 49,52	11	10,0%	33,3%
49,53 – 57,14	6	36,7%	70,0%
57,15 – 64,76	10	30,0%	100,0%
Total 40	40	100%	

From 40 people in the study sample if the results of each respondent were compared with the average, it turned out that those who received Eye-Foot Coordination (X2) above the average group were 16 people (66.7%), below the average group as many as 13 people (23.3%), and 11 people (10.0%) were in the average group.

4. Confident (X3)

Based on data from research on Confidence (X3), the lowest score was 31.87, the highest score was 64.16 so that the range was 32.29. From the statistical calculation obtained an average value of 50.00, standard deviation (s) of 10.00 and variance of 100.00. To provide an overview of Confidence raw data (X3) the frequency distribution can be arranged as follows:

Table 4.4 Confidence frequency distribution list

Interval Class	Absolute Frequency	Relative Frequency	Cumulative Frequency
31,87 – 37,25	4	10,0%	10,0%
37,26 – 42,64	6	13,3%	23,3%
42,65 – 48,03	8	16,6%	39,9%
48,04 – 53,42	9	26,7%	66,6%
53,43 – 58,81	4	6,7%	73,3%
58,82 – 64,20	9	26,7%	100%

Total 40	40	100%	
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From 40 people in the study sample if the results of each respondent were compared with the average, it turned out that those who got Confidence (X3) above the average group were 13 people (32.14%), below the average group of 18 people (39.9%), and 9 people (26.7%) were in the average group.

DISCUSSION

Based on the results of data analysis and hypothesis testing above, the following will be discussed an explanation for each conclusion obtained.

1. Direct Influence of Explosive Power of Leg Muscles (X1) Against Shooting Skills (Y)

There is a significant influence on Leg Muscle Explosion Power on Shooting skills. After testing hypotheses, it was proved individually significantly influential on Shooting Skills in Soccer athletes in the Middle School / Ragunan State High School (Special For Athletes) and Achievement Sports Development Athletes in DKI Jakarta Structural equation from the path analysis of Leg Muscle Explosion Power to Shooting Skills is $X_2 = 0.425 \rho_{21} + 0.762 \varepsilon_1$.

The effect of the Direct Limb Muscle Power variable on Shooting Skills is $0.425 \times 100\% = 0.850$ or 8.50%. From this description, it can be seen that the effect of the Leg Muscle Explosion Power variable directly on the Shooting Skill is the influence of other variables other than the Leg Muscle Explosion Power variable. Other variables that can influence Shooting Skills are exercise, biomotoric and other physical conditions.

From the results of the description above, we can see the results of research on the effect of Limb Muscle Power on Shooting Skills in Football Athletes in the Middle School / Ragunan Middle School Education and Training Center (Special For Sportsmen) and Athletes for DKI Jakarta Achievement Sports Center. These findings indicate that to improve the performance of soccer athletes, an athlete must have good limb muscle explosive power, of course, where this variable has a direct influence in improving the achievements of soccer athletes in the Middle School / Ragunan State High School (Special For Athletes) and Athletes In the future, Private Sports In DKI Jakarta.

2. Direct Effect of Eye-Foot Coordination (X2) on Shooting Skills (Y)

There is a significant effect of Eye-Foot Coordination on Shooting Skills. After testing hypotheses, it was proved individually significantly influential on Shooting Skills in Soccer athletes in the Middle School / Ragunan State High School (Special For Athletes) and Academic Sports Development Athletes in DKI Jakarta Structural equation from the path analysis results from Eye-Foot Coordination on Shooting Skills is $X_2 = 0.312 \rho_{21} + 0.852 \varepsilon_1$.

The effect of the direct Eye-Foot Coordination variable on Shooting Skills is $0.312 \times 100\% = 0.624$ or 6.24%. From this description, we can see the direct effect of the Eye-Foot Coordination variable on Shooting Skills, the remainder is the influence of other variables other than the Eye-Foot Coordination variable. Other variables that can influence Shooting Skills are exercise, biomotoric and other physical conditions.

From the results of the description above, we can see the results of the study of the effect of Eye-Foot Coordination on Shooting Skills in Football Athletes in the Middle School / Ragunan State High School Education and Training Center (Special Athlete) and DKI Jakarta Achievement Sports Center Athlete. This finding shows that to improve the performance of soccer athletes, an athlete must have good Eye-Foot Coordination, of course, where this variable has a direct influence in improving the achievements of soccer athletes in the Middle School / Ragunan State High School (Special For Athletes) and Athletes In the future, Private Sports in DKI Jakarta.

3. Direct Confidence of Influence (X3) on Shooting Skills (Y)

There is a significant influence on Confidence in Shooting skills. After testing hypotheses, it was proved individually significantly influential on Shooting Skills in Soccer athletes in the Middle School / Ragunan State Senior High School (Special For Athletes) and Athletes for DKI Jakarta Achievement Sports Development Center. The structural equation of the path analysis of Confidence in Shooting Skills was $X_2 = 0.365 \rho_{21} + 0.882 \epsilon_1$.

The direct influence of Confidence variables on Shooting Skills is $0.3652 \times 100\% = 0.730$ or 7.30%. From this description, we can see the effect of the variable Confidence directly on Shooting Skill, the rest is the influence of other variables other than the Confidence variable. Other variables that can influence Shooting Skills are exercise, biomotoric and other physical conditions. From the results of the description above, we can see the results of research on the influence of Confidence in Shooting Skills on Soccer Athletes in the Middle School / Ragunan State Senior High School Education and Training Center (Special for Sportsmen) and DKI Jakarta's Achievement Sports Athlete Center. These findings indicate that to improve the performance of soccer athletes, an athlete must have good self-confidence, of course, where this variable has a direct influence in improving the achievements of soccer athletes in the Middle School / Ragunan State High School (Special For Athletes) and Athletes for Achievement Sports Development Center DKI Jakarta in the future.

4. The Direct Effect of Explosive Muscle of the Legs (X1) Against Confidence (X3)

There is a significant influence on the Explosive Power of the Leg Muscles on self-confidence. After testing hypotheses it was proved individually significant effect on Confidence in soccer athletes in the Middle School / Ragunan Public High School (Special For Athletes) and Athletes in the DKI Jakarta Achievement Sports Development Structural equation from the path analysis results from the Explosion of Leg Muscle Power to Confidence is $X_2 = 0.247 \rho_{21} + 0.780 \epsilon_1$.

The effect of the Direct Limb Muscle Power variable on Confidence is $0.2472 \times 100\% = 0.494$ or 4.94%. From this description it can be seen the effect of the Leg Muscle Explosion Power variable directly on Confidence in football, the rest is the influence of other variables apart from the leg muscle explosive power variable. Other variables that can affect Confidence are exercise, biomotoric and other physical conditions.

From the results of the description above, we can see the results of research on the effect of Limb Muscle Power on Confidence in Soccer Athletes in the Middle School / Ragunan Middle School Education and Training Center (Special for Sportsmen) and DKI Jakarta's Achievement Sports Athlete. These findings indicate that to improve the performance of football athletes, an athlete must have good self-confidence, of course, where this variable has a direct influence in improving the achievements of soccer athletes in the Middle School / Ragunan State High School (Special For Athletes) and Athletes DKI Jakarta's Achievement going forward.

5. Direct Effect of Eye-Foot Coordination (X2) Against Confidence (X3)

There is a significant influence of Mata-Kaki Coordination on Confidence in soccer games. After testing hypotheses, it was proved individually significant effect on Confidence in football games in athletes of Football and Training Center for Middle School / Ragunan Public High School (Special For Sportsmen) and Athletes for DKI Jakarta Achievement Sports Development Center. The structural equation from the results of the path analysis from Eye-Foot Coordination to Confidence in soccer is $X_2 = 0.288 \rho_{21} + 0.682 \epsilon_1$.

The direct effect of the Eye-Foot Coordination variable on Confidence in football games is $0.2882 \times 100\% = 0.576$ or 5.76%. From this description, we can see the direct effect of the Eye-Foot Coordination variable on Confidence in soccer games, the rest is the influence of other variables other than the Eye-Foot Coordination variable. Other variables that can influence Confidence in soccer games are training, biomotoric and other physical conditions.

From the results of the above description, we can see the results of research on Eye-Foot Coordination on Confidence in football games for soccer athletes in the Middle School / Ragunan Public High School (Special For Sports) and Athletes for DKI Jakarta's Achievement Sports Development Center. These findings indicate that to improve the performance of soccer athletes, an athlete must have good Eye-Kaki Coordination, of course, where this variable has a direct influence in improving the achievements of soccer athletes in the Middle School / Ragunan Public High School (Special For Athletes) and Center Athletes In the future, Development Of Achievement Of DKI Jakarta Sports.

6. Direct Influence of Limb Muscle Power (X1) Against Eye-Foot Coordination (X2)

There is a significant influence on the Explosive Strength of Leg Muscles in Eye-Leg Coordination. After testing hypotheses it was proven individually to have an effect on the Eye-Foot Coordination of Football / Junior High School Ragunan Senior High School Education and Training Centers (Special Athletes) and DKI Jakarta Achievement Sports Development Athletes. The structural equation from the results of path analysis from Leg Muscle Explosion Power to Eye-Foot Coordination is $X_2 = 0.197 p_{21} + 0.582 \epsilon_1$.

The effect of Direct Limb Muscle Power variables directly on Eye-Foot Coordination was $0.1972 \times 100\% = 0.394$ or 3.94%. From this description, it can be seen that the effect of the Leg Muscle Explosion Power variable directly on football Foot-Eye Coordination is the influence of other variables apart from the leg muscle explosive power variable. Other variables that can influence Mata-Kaki Coordination are exercise, biomotoric and other physical conditions.

From the results of the description above, we can see the results of research on the effect of Leg Muscle Explosion Power on Eye-Foot Coordination in Football Athletes of the Middle School / Ragunan Middle School Education and Training Center (Special Athlete) and DKI Jakarta Achievement Sports Center Athlete. These findings indicate that to improve the performance of soccer athletes, an athlete must have good Eye-Kaki Coordination, of course, where this variable has a direct influence in improving the achievements of soccer athletes in the Middle School / Ragunan Public High School (Special For Athletes) and Center Athletes In the future, Development Of Achievement Of DKI Jakarta Sports.

CONCLUSION

Based on the results of testing the hypothesis, it turns out that all the hypotheses that were proposed significantly can be accepted. Based on the results of testing hypotheses and discussing research, conclusions can be drawn as follows:

1. There is a significant direct effect of Limb Muscle Power (X1) on Shooting Skills (Y)
2. There is a significant direct effect of Eye-Foot Coordination (X2) on Shooting Skills (Y)
3. There is a significant direct effect of Confidence (X3) on Shooting Skills (Y)
4. There is a significant direct effect of Limb Muscle Power (X1) on Confidence (X3)
5. There is a significant direct effect of Eye-Foot Coordination (X2) on Confidence (X3)
6. There is a significant direct effect of Limb Muscle Power (X1) on Eye-Foot Coordination (X2)

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