

**PERBANDINGAN PENGARUH LATIHAN *LIVE PITCHING* DENGAN  
*LIVE MACHINE PITCHING* TERHADAP *BATTING PERFORMANCE*  
DALAM CABANG OLAHRAGA *SOFTBALL***

Skripsi

Ditujukan sebagai bagian dari persyaratan untuk mendapatkan gelar S1 Program  
Studi Pendidikan Kepelatihan Olahraga



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*PERBANDINGAN PENGARUH LATIHAN LIVE PITCHING DENGAN LIVE MACHINE PITCHING TERHADAP  
BATTING PERFORMANCE CABANG OLAHRAGA SOFTBALL*

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Sebuah Skripsi yang diajukan untuk memenuhi salah satu syarat memperoleh  
gelar Sarjana Pendidikan (S. Pd.) Program Studi Pendidikan Kepelatihan  
Olahraga

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## ABSTRAK

*Batting* adalah usaha yang dilakukan seorang *batter* untuk memukul bola yang dilemparkan oleh seorang *pitcher* ke arah zona pukul. Dalam *batting*, seorang *batter* memukul bola dari lemparan pelempar di mana kecepatan lemparan, putaran bola, *batter* diharuskan untuk bisa memukul dalam waktu kurang dari setengah detik. Kemampuan *batting* dalam *softball* sangatlah penting. Jika atlet kurang dalam hal *batting*, maka strategi tim tidak akan berjalan dengan baik. Permasalahan dalam penelitian ini adalah 1. Apakah *Live Machine Pitching* berpengaruh secara signifikan terhadap *batting performance* dalam cabang olahraga *softball*? 2. Apakah *Live Pitching* berpengaruh secara signifikan terhadap *batting performance* dalam cabang olahraga *softball*? 3. Apakah terdapat perbedaan pengaruh yang signifikan antara *Live Machine Pitching* dengan *Live Pitching* terhadap *Batting performance* dalam cabang olahraga *softball*? Metode yang digunakan dalam penelitian ini adalah kuasi eksperimen dikarenakan keadaan yang kurang memungkinkan untuk membuat kelompok kontrol. Hasil analisis dari perbandingan Latihan *Live Pitching* dan *Live Machine Pitching* bahwa menunjukkan ada perbedaan yang signifikan. Nilai dari Latihan *Live Pitching* adalah  $2.00 < 3.25$ , sedangkan Latihan *Live Machine Pitching* adalah  $2.00 < 2.38$ , artinya Latihan *Live Machine Pitching* lebih disarankan untuk meningkatkan *Batting Performance*. Maka peneliti menyimpulkan bahwa terdapat perbedaan yang signifikan antara *Live Pitching* dan Latihan *Live Machine Pitching*.

*Kata Kunci:* *Softball, Batting, Live Pitching, Live Machine Pitching, Performance*

## ABSTRACT

*Batting is an attempt made by a batter to hit a ball thrown by a pitcher towards the hit zone. In batting, a batter hits the ball from the pitcher's throw where the speed of the throw, the spin of the ball, the batter is required to be able to hit in less than half a second. Batting ability in softball is very important. If the athlete is lacking in batting, then the team's strategy will not work well. The problems in this study are, 1. Does Live Machine Pitching significantly affect batting performance in softball? 2. Does Live Pitching significantly affect batting performance in softball? 3. Is there a significant difference in the effect between Live Machine Pitching and Live Pitching Practice on Batting performance in softball? The method used in this study was quasi-experimental due to circumstances that made it impossible to create a control group. The results of the analysis from the comparison of Live Pitching Exercises and Live Machine Pitching that show there is a significant difference. The value of Live Pitching Practice is  $2.00 < 3.25$ , while Live Machine Pitching Practice is  $2.00 < 2.38$ , meaning that Live Machine Pitching Practice is more recommended to improve Batting Performance. So researcher concluded that there is a significant difference between Live Pitching and Live Machine Pitching Exercises.*

*Keyword:* *Softball, Batting, Live Pitching, Live Machine Pitching, Performance*

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