

ABSTRAK

PERBANDINGAN TEKNIK *WINDMILL* DAN *WINDMILL JUMPING* TERHADAP AKURASI DAN KECEPATAN LEMPARAN *PITCHER* DALAM OLAHRAGA SOFTBALL

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Dalam olahraga softball *pitcher* mempunyai peranan yang sangat tinggi dalam mematahkan serangan lawan, dalam melakukan tugasnya *pitcher* harus memiliki kecakapan kemampuan gerak yang tinggi. Tujuan dalam penelitian ini adalah untuk mengetahui perbandingan teknik lemparan *windmill* dan *windmill jumping* terhadap akurasi dan kecepatan lemparan *pitcher* dalam olahraga softball. Metode penelitian yang digunakan yaitu deskriptif komparatif dengan rancangan desain factorial 2x2. Sampel yang digunakan sebanyak 10 orang *pitcher* dari UKM Softball UPI yang diambil menggunakan teknik *purposive sampling*. Instrumen yang digunakan berupa tes keterampilan yaitu *Pitching Accuracy* dan *Pitching Speed*. Teknik analisis yang digunakan adalah *Multivariate Analysis of Varians* (MANOVA). Hasil penelitian menunjukkan nilai signifikansi $0,037 \leq 0,05$ maka terdapat perbedaan yang signifikan antara teknik *windmill* dan *windmill jumping* terhadap akurasi dan kecepatan lemparan *pitcher* dalam olahraga softball.

Kata kunci : *pitcher, windmill, windmill jumping, pitching accuracy, pitching speed, softball.*

ABSTRACT

COMPARISON WINDMILL TECHNIQUE AND WINDMILL JUMPING TO ACCURACY AND SPEED PITCHER THROW IN SOFTBALL

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In softball *pitcher* has an important role for break increase of opponent, on the side of *pitcher* must have high skill of movement. The purposes on this research is for know comparison windmill technique and windmill jumping to accuracy and speed pitcher throw in softball. Method in this research is use descriptive comparative with factorial design 2x2. In this research use 10 pitcher's for sample from UKM Softball UPI which take use with technique purposive sampling. Instrument in this research is use form test of skill that is pitching accuracy and pitching speed. Analysis technique which use is *Multivariate Analysis of Varians* (MANOVA). The results of research shows significant value $0,037 < 0,05$ then there comparison which significant between windmill technique and windmill jumping to accuracy and speed pitcher throw in softball.

Kata kunci : *pitcher, windmill, windmill jumping, pitching accuracy, pitching speed, softball.*