

ABSTRAK

PERBANDINGAN EFEKTIVITAS SHOOTING (*STANDING, JUMP, DIVE, FALL, SIDE, FLYING, DAN REVERSE*) DALAM 3 AREA PADA PERMAINAN BOLA TANGAN

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Penelitian ini berawal dari kurang efektivitasnya *shooting* pada Tim A UPI dalam permainan bola tangan. Hal itu dapat ditunjukkan dari hasil persentase *shooting* Tim A UPI melawan Tim UNJ yang hanya sebesar 45%. Berdasarkan hal itu, rumusan masalah dalam penelitian ini meliputi: 1) manakah teknik *shooting* yang paling efektif antara *standing, jump, dive, fall, side, flying* dan *reverse* dalam permainan bola tangan di area kiri?; 2) Manakah teknik *shooting* yang paling efektif antara *standing, jump, dive, fall, side, flying* dan *reverse* dalam permainan bola tangan di area tengah?; 3) Manakah teknik *shooting* yang paling efektif antara *standing, jump, dive, fall, side, flying* dan *reverse* dalam permainan bola tangan di area kanan? Tujuan penelitian ini adalah: 1) *shooting* yang paling efektif antara *standing, jump, dive, fall, side, flying* dan *reverse* di area kiri; 2) *shooting* yang paling efektif antara *standing, jump, dive, fall, side, flying* dan *reverse* di area tengah; 3) *shooting* yang paling efektif antara *standing, jump, dive, fall, side, flying* dan *reverse* di area kanan. Penelitian ini menggunakan metode deskriptif. Sampel dalam penelitian ini adalah Tim A UPI yang berjumlah 10 orang dengan pengambilan sampel menggunakan teknik sampel jenuh. Instrumen yang digunakan dalam penelitian ini adalah *front throw skill test of Zinn team handball skill battery* di tiga area dengan validitas sebesar 0,77 dan Realibilitas sebesar 0.89. Berdasarkan hasil pengolahan dan analisis data, dapat disimpulkan bahwa. 1) hasil *shooting* melalui teknik *flying shoot* dari area kiri memberikan hasil yang signifikan sebesar 46.8%; 2) hasil *shooting* melalui teknik *flying shoot* dari area tengah memberikan hasil yang signifikan sebesar 53.5%; 3) hasil *shooting* melalui teknik *flying shoot* dari area kanan memberikan hasil yang signifikan sebesar 46%.

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ABSTRACT

COMPARISON EFFECTIVENESS OF SHOOTING (STANDING, JUMP, DIVE, FALL, SIDE, FLYING AND REVERSE) ON 3 AREA OF THE HANDBALL GAME

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This study started from lack of effectiveness shooting on Team A UPI in handball games. It can be shown from the results shooting percentage UPI Team A against Team UNJ only 45%. Accordingly, the problem in this study include: 1) Which are the most effective shooting technique between standing, jump, dive, fall, side, flying and reverse in hand ball game on the left area ?; 2) Which are the most effective shooting technique between standing, jump, dive, fall, side, flying and reverse in hand ball game on the middle area ?; 3) Which are the most effective shooting technique between standing, jump, dive, fall, side, flying and reverse in hand ball game on the right area?; The purpose of this study were: 1) the most effective shooting between standing, jump, dive, fall, side, flying and reverse on the left area; 2) The most effective shooting between standing, jump, dive, fall, side, flying and reverse on the middle area; 3) The most effective shooting between standing, jump, dive, fall, side, flying and reverse on the right area. This research uses descriptive method. Sample in this study is Team A UPI with 10 people sampling using total sample. The instrument used in this study is front throw skills of Zinn team handball test battery skill in three areas with a validity of 0.77 and reliability of 0.89. Based on the results of data processing and analysis, we can conclude that. 1) the shooting through the technique of flying shoot from the left area give significant gains by 46.8%; 2) the shooting through the technique of flying shoot from the middle area give significant gains by 53.5%; 3) the shooting through the technique of flying shoot from the right area yielded significant results by 46%.

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