

ABSTRACT

RACHMATIA BAJI, "Development of Shooting Training Model in Handball Game." Thesis: Jakarta, Sport Coaching Education, Faculty of Sport Science, Jakarta State University, 2018.

This study aims to develop a model of shooting practice in a handmade game suitable for the level of students and beginners.

The study was conducted from October to January. Research method used in this research is Research and Development (R & D) method, that is by developing shooting practice model with validation test and field test. The population used in the trial study is the athlete of the Princess Ball Club of the State University of Jakarta, amounting to 20 people.

Trial conducted by giving 20 models of exercises that have been made by researchers to be analyzed by filling in questionnaires by expert judgment, get 17 models of exercises that are considered feasible and then tested. The data taken for athletes is the attractiveness and ease of 17 shooting practice models they have previously done. For the experiment obtained the attractiveness with the percentage of 83.38% and the percentage of ease by the small group obtained 80.22%.

Final conclusion obtained through this research is 17 model shooting exercise that researcher make interesting and easy to do and proper to be used for hand ball practice process.