Abstract

Diki Dirgantara , Comparison of Methods Exercise And Training Methods Overall Part Of Long Passing High Accuracy Ball On Students SSB Kizara Cikarang Age 13-14 Years. Thesis , Department of Sports Coaching Education . Department of Sports Performance . Faculty of Sport Science. State University of Jakarta , January 2016.

This study aims to determine 1) the increase in training methods section of the accuracy of long passing high ball , 2) improving training methods the overall accuracy of the long passing high ball , 3) which method is better between training methods section compared training methods entirety on students SSB Kizara Cikarang Age 13-14 Years to increase the accuracy of the passing of long high ball.

The research was conducted from November to December 2016 Mini Soccer Field Stadium Cikarang . The method used in this study is an experimental method using pre and post test design . In this study , the population is students SSB Kizara Cikarang which numbered 20 people . As for the sample in this study were 20 students by age 13-14 years . Techniques of data retrieval is done with the initial test and final test passing long high ball . Data were analyzed using statistical t-test at the level of (significant) = 0.05

From the results of data analysis are as follows: 1) the test results obtained by methods of practicing the average baseline of 1.80 and standard deviation of 0.632 and an average of the final data of 3.10 and a standard deviation of 0.738. Of the average yield obtained initial data comparison results and the final data in the form thitung 4.993, while ttable with significance level of 0.05 with df (n-1) = 9 is 2.26, then thitung (4.993)>

(2 , 26), means Ho rejected, which means there is a significant increase in training methods section. 2) the results of the test method exercises overall average baseline of 1.6 and a standard deviation of 0.843 and an average of the final data of 2.2 and a standard deviation of 0.632. Of the average yield obtained initial data comparison results and the final data in the form thitung 2.714, while ttable with significance level of 0.05 with df (n-1) = 9 is 2.26, then thitung (2,714)> (2 , 26), means Ho rejected, which means there is a significant increase in overall training methods. 3) From the results of the two test groups: group training methods training methods section and overall training method group gained an average value of the final data of 3.10 and 2.20 and standard deviation of 1.886 and 0.400. Based on the results obtained from the data on average the highest in the group training methods training methods section than the group overall.

To know the difference between group and group training methods training methods section a whole is determined by using the t test is thitung 2.929 and ttable at significance level of 0.05 and df (n - 2) = 18 is 2.10. Then thitung (2.929) > t table (2,10) so Ho rejected, which means there are significant differences between the methods and the methods of practicing the exercises overall at an average value of 3.10 and 2.20. And it can be concluded that practicing the method is better than the overall training methods .