ABSTRAK

EGA Margaretha Elfira, Effectiveness Training Model Motion And Visual Media Visual Media Training Model Capabilities Against Silence Hit Ball Softball Players Softball At SMPN 74 Jakarta Timur Year 2015.Skripsi: Program Cor Marines, Department of Sports Performance, Faculty of Sport Science, State University of Jakarta, January 2016.

The purpose of this study is; 1) to examine the effectiveness of media training model of visual motion on the ability to hit a softball; 2) to determine the model of visual media workout silent on the ability to hit a softball as well; 3) to determine the effectiveness of the model of motion exercises visual media and visual media practice models silent on the ability to hit the softball players SMPN 74 Jakarta Timur 2015.

The method used in this research is the method eksperimen. With using the technique of "Pre-Test and Post-Test Two Group Design / pretest-posttest randomized group design" is to determine the effectiveness of the model of motion exercises visual media and visual media practice models silent on the ability hitting a softball on the softball players SMPN 74 Jakarta Timur Year 2015. As a research instrument used test batting softtoss by 20 strokes.

The population in this study is a softball player SMPN 74 Jakarta Timur 2015 consisting of 30 people. Sampling Sampling was conducted denganTottal. Data obtained from the results of tests batting as much as 20 times the initial test and final test after being given treatment in the form of

exercise on two different exercise groups: group practice model of motion visual media and visual media practice models silent. From the data of the test results late model group exercise motion visual media and visual media practice models silent thitung values obtained were further tested with ttable 3.289 at significance level of 5% and degrees of freedom (N1 + N2) -2 = 28 obtained ttable 2 , 16 which means tcount <ttable thus concluded that the results of the t test models of motion exercises visual media and visual media silent practice models there is a difference (significant), then H0 rejected H1 diterimadan. Berdasarkanhasil tesakhir the data obtained and once counted in the statistical t-test, the results obtained there is no significant difference between the exercise or the results of using the model of motion exercises visual media is more effective than an exercise using stationary visual media training models.

Based on the results of initial tests and the final test of the two exercises, exercises using the model exercises visual media motion and a model exercise visual media silence are equally increased, but the group Training Methods using a model exercise visual medium of motion to get improved results blow more of the group practice model of visual media silence.