

Fandi Achmad, Correlation In Explosive Power And Flexibility Waist With Throw 5 Meter (*Penalty Shoot*) On Team Water Polo Women Pelatda DKI Jakarta.

ABSTRACT

The research aim is to be able to know (1) correlation in explosive power with throw 5 Meter (*Penalty Shoot*) (2) correlation in flexibility waist with throw 5 Meter (*Penalty Shoot*) and (3) Correlation In Explosive Power And Flexibility Waist With Throw 5 Meter (*Penalty Shoot*) On Team Water Polo Women Pelatda DKI Jakarta together.

The research commenced on 22 December 2015 in Swimming Pool Gelora Bung Karno Senayan and data processing at Universitas Negeri Jakarta, Using research methods deskriptif kuantitatif with technic korelasi. Sampling in this research is team Water Polo Women Pelatda DKI Jakarta which amounts to 15 people, Because of the limited number with population, overall meaning of the members of the study population sampled. Thus, the samples in this study using sampling techniques with saturated or solid samples (*total sampling*).

The instrument of this research that :

1. Explosive power measurements performed with arm muscles Throw Ball *Overhead/Overhead Medicine Ball Throw (forwards)*.
2. Flexibility waist measurement by using Flexometer and
3. Measurement throw distance of 5 meters with a throw of counting points.