

ABSTRACT

MARCELL DIANTAKA. ANALYSIS OF THE EFFECTIVENESS OF WOMEN HANDBALL TEAM DEFENSE SYSTEM JAKARTA ON NATIONAL CHAMPIONSHIP HANDBALL 2015 IN Samarinda. Thesis, Jakarta: Faculty of Sport Science, State University of Jakarta, January 2015.

This study aims to determine the percentage of success and failure of defense systems on Women Team Handball Jakarta at the National Handball Championship 2015 in Samarinda. The research was conducted in Samarinda. Retrieval of data held in GOR Segiri, WR. Monginsidi street, Gg. Polite RT 19 No. 42 Samarinda, On November 24th to 27th, 2015. This research method using descriptive analysis techniques. The population in this study were all women's handball team that competed in the National Handball Championship 2015 in Samarinda. The sample was women's handball team of Jakarta who competed in the National Handball Championship 2015 in Samarinda. The research result that the overall number of defense systems by a team handball women's Jakarta defense system with 6: 0, ie as many as 204 times. With the success as much as 103 times with a percentage of 50.49% success and failure as much as 101 times with a percentage of 49.51%. SWOT analysis in this study is that the entire success Strength in the championship defense system can be said to be good, the players can be disciplined to keep the movement of the opponent and keep the defense zone well and communicate between the players well. Weakness is by the application of the same defense system constantly be easily read by the opponent, so the distance between defenders that can provide space for the opponent to attack. Opportunity is able to take advantage of mistakes made by opponents well by doing intercept when the opponent to attack. Threat is the opponent can be attacked easily to the defense of the territory due to the inconsistency of the players in conducting defense system which applied.