RINGKASAN

BINTANG PURNAMA AJI, Efektivitas Metode Latihan *Solo Practice* Dengan Metode Latihan *Drill* Terhadap Akurasi Pukulan *Backhand Drive* Pada Atlet *Squash Club* Rawamangun. Skripsi: Jakarta, Program Studi Pendidikan Kepelatihan Olahraga, Fakultas Ilmu Olahraga, Universitas Negeri Jakarta, Januari 2019.

Penelitian ini bertujuan untuk mengetahui: (1) Efektivitas metode latihan *solo practice* terhadap akurasi pukulan *backhand drive* pada Atlet *Squash Club* Rawamangun. (2) Efektivitas metode latihan *drill* terhadap akurasi pukulan *backhand drive* pada Atlet *Squash Club* Rawamangun. (3) Efektivitas metode latihan *solo practice* dibandingkan metode latihan *drill* terhadap akurasi pukulan *backhand drive* pada Atlet *Squash Club* Rawamangun.

Penelitian ini menggunakan metode eksperimen dengan desain "*Two Groups Pre-test Post-test Design*". Penelitian dilakukan dari tanggal 22 September sampai tanggal 10 Oktober 2018. Populasi yang digunakan adalah *Squash Club* Rawamangun yang berjumlah 10 Atlet. Teknik *sampling* yang digunakan dalam penelitian ini adalah *total sampling*. Analisis data menggunakan uji t.

(1) Dari data yang sudah dianalisis diperoleh nilai *pre-test* dan *post-test* metode latihan *solo practice* diketahui nilai t_{hitung} 2,878 > t_{tabel} 2,776. Sehingga disimpulkan bahwa metode latihan *solo practice* efektif terhadap akurasi pukulan *backhand drive* pada Atlet *Squash Club* Rawamangun.

(2) Sedangkan *pre-test* dan *post-test* metode latihan *drill* diperoleh nilai t_{hitung} 3,453 > t_{tabel} 2,776. Sehingga disimpulkan bahwa metode latihan *drill* efektif terhadap akurasi pukulan *backhand drive* pada Atlet *Squash Club* Rawamangun.

(3) Dari data hasil tes akhir kelompok metode latihan *solo practice* dengan metode latihan *drill* dilakukan analisis data menggunakan uji *independent sample test* dan diperoleh nilai t_{hitung} 0,360 < t_{tabel} 2,306. Dari data di atas dapat disimpulkan bahwa H_0 diterima dan H_a ditolak, berarti metode latihan *solo practice* tidak efektif dibandingkan metode latihan *drill* terhadap akurasi pukulan *backhand drive* pada Atlet *Squash Club* Rawamangun.

Adapun hal yang menyebabkan ditolaknya hipotesis nomor 3 dikarenakan metode latihan *solo practice* ini lebih menekankan latihan secara individu. Berbeda dengan metode latihan *drill*, pelatih memberikan umpan kepada Atlet dengan pengulangan yang banyak sehingga membuat

kemampuan respon Atlet menjadi otomatisasi. Gerak yang dilakukan secara berulang-ulang akan tersimpan dalam memori Atlet yang sewaktu-waktu akan muncul bila ada stimulus yang sama, tentunya hal ini sesuai dengan teori yang telah di bahas pada bab 2. Itulah yang sekiranya menyebabkan hipotesis nomor 3 yaitu metode latihan *solo practice* efektif dibandingkan metode latihan *drill* terhadap akurasi pukulan *backhand drive* pada atlet *squash club* Rawamangun, ditolak.

ABSTRACT

BINTANG PURNAMA AJI, *The Effectiveness of the Solo Practice Training Method with Drill Exercise Method on Accuracy of Backhand Drive Blows in Rawamangun Squash Club Athletes. Thesis: Jakarta, Sports Coaching Education Study Program, Faculty of Sports Science, Jakarta State University, January 2019*

This study aims to find out: (1) Effectiveness of the solo practice training method on the accuracy of backhand drive in the Rawamangun Squash Club Athlete. (2) Effectiveness of drill training method on the accuracy of backhand drive in the Rawamangun Squash Club Athlete. (3) Effectiveness of the solo practice method compare to drill training method on the accuracy of backhand drive in the Rawamangun Squash Club Athlete.

This study use an experimental method with the design of "Two Groups Pre-test Post-test Design". The study was conducted from September 22 to October 10, 2018. The population used was the Rawamangun Squash Club, which numbered 10 athletes. The sampling technique used in this study is total sampling. Data analysis using t test.

(1) From the data that has been analyzed obtained the value of pre-test and post-test solo practice training methods known value of t arithmetic 2,878 > t table 2,776. So it was concluded that the solo practice training method was effective on the accuracy of the backhand drive in the Rawamangun Squash Club Athlete.

(2) While the pre-test and post-test drill training methods obtained the value of t count 3,453 > t table 2,776. So it was concluded that the drill training method was effective on the accuracy of the backhand drive in the Rawamangun Squash Club Athlete.

(3) From the data of the final test results of the group practice solo practice method with the drill training method, the data analysis was performed using the independent sample test and the value of t arithmetic was 0,360 < t table 2,306. From the above data it can be concluded that Ho is accepted and Ha is rejected, meaning the solo practice method no effective than the drill training method on the accuracy of backhand drive in the Rawamangun Squash Club Athlete.

The thing that causes the rejection of hypothesis number 3 is because the practice method of solo practice emphasizes individual training. Unlike the drill training method, the trainer provides feedback to athletes with a lot of repetition so that the athlete's response ability becomes automation. Motion

done repeatedly will be stored in the memory of athletes who at any time will appear if there is the same stimulus, of course this is in accordance with the theory discussed in chapter 2. That is what would cause hypothesis number 3 namely the method of practicing solo practice effective compared to drill training methods on the accuracy of backhand drive in Rawamangun squash club, rejected.