

ABSTRACT

MELA ANGGRISA, Effectiveness Model and Model Training Exercise Wall Feed Feed Results Against Individual Passing Game sepakakraw In South Jakarta Metropolitan Club athletes. Thesis: Study Program Cor Marines, Department of Sports Performance, Faculty of Sport Science, State University of Jakarta, June 2016.

This study aims to determine skill enhancement bait with this type of training bait wall, to know the skill enhancement bait with this type of training bait passing people, to find out which one is more effective in models of practice feeds the wall and workout feedback passing individual against the bait game sepakakraw in athletes Clubs Metropolitan South Jakarta. This research was conducted at the Sports Youth Keb. Peninggaran Lama South Jakarta. This study started from March 2016 to May 2016 and training schedules Monday, Wednesday, and Sunday at 16:00 to 18:00. This study starts from the date of March 13, 2016 until May 6, 2016. This study used an experimental method, with a population of 18 athletes Metropolitan Club South Jakarta and taken 18 people as sample using total sampling, then from the initial test results are shared and obtained 9 people to exercise individual passing bait and 9 to exercise bait wall. Sample set of the entire population of athletes sepakakraw South Jakarta Metropolitan Club. Data analysis techniques used in this research is the analysis technique t-test at significance level $\alpha = 5\%$.

From the data of the test results late model group and Exercise Exercise Wall Feed Feed Passing Individual values obtained thitung 8.464 ttable further tested with the significant level of 5% and degrees of freedom $(N1 + N2) - 2 = 16$ obtained ttable 2,120, which means $t_{count} > t_{table}$ thus concluded that the results of the t test Model training and Exercise Wall Feed Feed Passing Individual differences (significant), then H_0 rejected and H_1 accepted. Based on the results of the final test data obtained and once counted in the statistical t-test, the results obtained there is no significant difference between the results of the exercise or wall bait is more effective than individual passing drills bait.