

SUMMARY

MUHAMMAD NUR ramdhani. Comparison Exercise Methods Section Methods Overall Against Free Throw Shooting Results In Extracurricular Activities Basketball Binakarya Mandiri SMK Kota Bekasi, June 2016.

This study aimed to compare the exercises and training methods section of the overall method results free throw shooting in basketball extracurricular vocational Binakarya Mandiri Bekasi city.

This study was conducted from 26 April 2016 until 15 May 2016 held at the vocational school basketball court Binakarya Mandiri berkasi city. Retrieving data using the experimental method with pre and post test design. In this study, students were given tests before and after treatment of each group. Sample of 20 people with data retrieval technique total sampling technique. With this initial test is expected to obtain data on prior knowledge of the child and after being given the treatment, the final test was conducted to determine the final result of the treatment that has been given.

In this case the researchers menggunakan two experimental groups: group A as the experimental group, while the experimental group method part B as a group overall methods.

The results of data analysis showed that the hypothesis of the two groups using the t - test between the final test results section method group (X1) and the end of the overall method group (X2) end.

Testing the hypothesis of the two groups using t-test between the results of the final test methods portion exercise group (X1) and group

exercise Methods Overall (X2). Methods Part of the exercise group diperoleh average (MX2) with a standard deviation of 6.70 (SDX2) of 4.01 and standard error (SDMX2) 1.34. for group exercise method gained an average overall (MY2) 4.90 With standard deviation (SDY2) of 5.18 and standard error (SDMY2) 1.73.

Of the two groups of data are obtained depending mean standard error (SDMXMY) of 0.691. From the results of these calculations obtained t 2,604. selanjutnya ttable at 5% confidence level and degrees of freedom ($N1 + N2 - 2 = 18$ Retrieved table = 2,10

From the calculation it is concluded that the hypothesis (Ha) is accepted. Prove statistically that practicing the part on the results of free throw shooting is more effective than the method in Extracurricular Basketball Overall SMK Binakarya Mandiri bekasi