

SUMMARY

MUHAMMAD RIZKI. SIDE EFFECTS OF EXERCISE throws (WRIST PASS) WITH RUBBER ON THE IMPROVEMENT OF MEDIA SKILLS throw-SIDE (WRIST PASS) ATHLETE SPORTS CLUB PERFORMANCE HAND BALL STATE UNIVERSITY JAKARTA

ABSTRACT

Thesis Jakarta: Sport Coaching Concentration, Sport Achievement, Faculty of Sport, Jakarta State University.

This study aims to determine the effect of exercise throw-side (wrist pass) using the media to increase the skill-throw rubber side (wrist pass) on athlete health club handball achievement Jakarta State University. The data was collected at the State University of Jakarta's multipurpose building, a sportsman athlete of the Jakarta State University sports achievement with a sample of 20 people.

The research method used is experiment with one group pretest posttest design model. To obtain upgraded skill (wrist pass) skill data is used Wall Pass test instruments.

The results of the initial test calculations and test end-throw side (wrist pass) on the side throw (wrist pass) obtained by the average difference (M) = 4.7 with a standard deviation of the differences (SD) $(SD) = 1.559$ and standard error of the mean difference Average (SE_{MD}) = 0.358. In the next calculation obtained t value 13.128 and t table value 1.729 at a significant level of 0.05. Thus the value of t count > t table which shows that the hypothesis of nil (H_0) is rejected and the alternative hypothesis (H_1) is accepted. It can be concluded, side throws exercises (wrist pass) using the media to improve the skills of the throw rubber side (wrist pass) on athlete health club handball public university accomplishments Jakarta.

Keywords: Influence, wrist pass exercise using rubber medium, hand ball athlete to increase the ability of side throw (wrist pass)