

SUMMARY

SARAH MANZILINA, Effectiveness of Jumping Shot Training and Flat Shot Training Against 5 Meters Shooting Penalty Shot for DKI Jakarta Women Water Polo Team, Final Project : Jakarta, IKOR KKO Sport Science Faculty State University of Jakarta, May 2017.

The purpose of the research is for knowing effectiveness of Jumping Shot Training against 5 meters shooting Penalty Shot, effectiveness of Flat Shot Training against 5 meters shooting Penalty Shot.

This research is held on February until May 2017, the data were collected on May 1, 2017 and May 15, 2017 at Soemantri Brodjonegoro swimming pool, Kuningan, South Jakarta. The sample used for the study amounted to 10 people athletes by using descriptive method with correlation analysis techniques. Data retrieval uses a way of recording the results obtained after the test.

The instrument of this study is a shooting test at a distance of 5 meters Penalty Shot by using a goal-marked goal, noted on the blank that has been provided. This study used experimental method, in the population number of 10 athletes as a sample by using purposive sampling, then from the initial test is divided into 2 groups of exercise, after which got 5 people athletes for jumping shot exercise and 5 athletes for flat shot exercise. The sample is determined from the entire population of water polo athletes of DKI Jakarta daughters who are still incorporated in the regional training camp.

The analysis in this study using t-test analysis technique at significant level = 5%. From the data that is generated from the final test group of jumping shot exercise and flat shot training group obtained the value of 0.0041 t count is further tested with ttable at 5% significant level and degrees of freedom $(N1 + N2) - 2 = 8$ obtained ttable of 3.128 Which means $t_{hitung} < t_{table}$ value thus t test concludes that the result of jumping shot and flat shot exercise there is no difference (significant), then H_0 is rejected and H_1 accepted.

Based on the results of the final test data obtained and after being calculated in the t test statistic, the results obtained did not differ significantly or the result of the jumping shot exercise was more effective than the flat shot exercise.