

PENGEMBANGAN MODEL LATIHAN TEKNIK DASAR
PASSING REVERSE EKSTRAKULIKULER *HOCKEY* SMA
NEGERI 4 KOTA BOGOR

RINGKASAN

Penelitian ini bertujuan untuk mengembangkan Model Latihan Teknik Dasar Passing Reverse Ekstrakurikuler Hockey SMA Negeri 4 Kota Bogor. Penelitian ini dilakukan dengan metode *research and development* untuk mendapatkan model latihan teknik dasar *passing reverse* yang sesuai dengan tujuan pengembangan model, dimana berdasarkan teori biomekanika, Skripsi. Jakarta: Program Studi Pendidikan Kepelatihan Keolahragaan Fakultas Ilmu Olahraga Universitas Negeri Jakarta, Desember 2019. Penelitian ini bertujuan untuk mengembangkan model latihan teknik dasar Passing Reverse pada permainan Hockey di SMA Negeri 4 Kota Bogor. Penelitian dilakukan terhitung dari Bulan Desember 2019 s.d Bulan Januari 2020. Penelitian dilaksanakan terhadap 10 orang siswa SMA Negeri 4 Kota Bogor yang mengikuti Ekstrakurikuler Hockey, menggunakan metode Research & Development (R & D) yaitu mengembangkan dan memvalidasi produk berupa pengembangan model latihan teknik dasar passing reverse. Hasil penelitian menunjukkan bahwa perkembangan model latihan Teknik dasar Passing Reverse sesuai dengan Permainan Hockey.

Kata Kunci: Passing Reverse, Ekstrakurikuler Hockey, Pengembangan Model Latihan.

*DEVELOPMENT OF MODELS BASIC PASSING REVERSE
EXTRACULICULAR HOCKEY EXPORT VOCATIONAL SCHOOL
OF SMA NEGERI 4 KOTA BOGOR*

ABSTRACT

Development of Basic Technical Training Models for Reverse Hockey Extracurricular Passing at SMA Negeri 4 Bogor City. Thesis. Jakarta: Sports Training Education Study Program, Faculty of Sports, Jakarta State University, December 2019. This study aims to develop a basic technical training model for Reverse Passing in Hockey games in SMA Negeri 4 Kota Bogor. The study was conducted from December 2019 to January 2020. The study was conducted on 10 high school 4 Bogor City students who participated in Extracurricular Hockey, using the Research & Development (R&D) method, namely developing and validating the product in the form of developing a basic reverse passing technical training model. The results showed that the development of the basic Reverse Passing Technique training model in accordance with the Hockey Game.

Keywords: Reverse Passing, Hockey Extracurricular, Exercise Model Development.