

SPIN PASS EXERCISE MODEL ON RUGBY GAME

David Afriansyah¹, Iman Sulaiman², Iwan Hermawan³

Pendidikan Olahraga, Universitas Negeri Jakarta Jl. Rawamangun Muka Jakarta
Timur 13220, Indonesia

afriansyahxiaomi150@gmail.com, david_damianrugby@yahoo.co.id

ABSTRACT

This study aims to develop a spin pass exercise model in rugby game to obtain empirical data about the effectiveness of the spin pass training model on rugby game. The method which is used in this study is Research and Development method of Borg and Gall which consists of ten steps. The subject of the research is Universitas Negeri Jakarta Rugby Club athlete. The final result of this study is a model guidebook and a spin pass training video model on rugby games at Universitas Negeri Jakarta Rugby Club with a total of 18 final models that have gone through expert evaluation, trial and revision, and effectiveness has been tested. The effectiveness of the spin-pass training model in rugby game at Universitas Negeri Jakarta Rugby Club uses the "t-test" technique. Data from the results of the pretest and posttest spin-pass exercise on rugby games with a significance level of 0.05. Data on pretest and post-test results were 3.93 with a post-test of 5.63, then it shows that the results of the increase in posttest class are higher compared to athletes pretest group. Thus it can be stated that, the spin pass training model in rugby game at the Universitas Negeri Jakarta Rugby Club is effectively used to improve the results of the spin pass.

Keywords : *exercise model, spin pass, rugby game*