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MANAGEMENT GAME FRESBEE THROWS WITH METHOD FOR IMPROVING PRECISION DRILL

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Abstract

This research aims of this study were: (1); to determine the accuracy of the throw in the freebee game. (2); to know there is an increase in exercise using drill accuracy of the throw. (3); To know there is influenced by the attitude of the foot at the time of the throwing freebee. The population was 128 primary school students in Palembang of 40 people. Determination of the sample used is purposive sampling of 40 people. Data collection techniques are used to test and measurement consists of two variables with muscle and time as the measurement accuracy is the accuracy of the throw. To gauge the appropriateness of using the target throws. The data analysis technique used is the pre-test and final test. Based on the results of this study concluded: (1) there are 20 people doing the throw, which is enters the target by using freebee. And to improve the results of the study, researchers gave final test using the throw with the specified target and results in improved accuracy of the throw by 50% so that it can be concluded with the influence of muscle and produce a well-throw accuracy.

Keywords: Throwing Games Management Management is Freebee and Methods Drill

1 INTRODUCTION

Training drill using the right hand requires the support of dynamic muscular endurance, repetition and long term. Dose muscle endurance training, dynamic, maximum reps, sets a bit, low-intensity, aerobic and continuously. Reason freebee election is as follows: 1) The game freebee not commonly played in Indonesia in particular in Palembang, 2) low freebee price, 3) A variety of age groups can play freebee, 3) Men and women can play, 4) Number berfaransi players, 5) Playtime can be done during the day or night, because there freebee glowing, 6) playground can be done in the room or outside the room, 7) type the target varies, 8) type freebee diverse. On the backhand throw will cross the vertical plane of the body and stimulates the activity of the right hemisphere function. Selection of class IV and V as growth hormone is still a lot, use the left and right hemispheres are still ongoing. Not yet reached puberty so that the physical ability of men and women are still relatively balanced and memories about the throwing motion movement freebee is empty.

1.2 IDENTIFICATION OF PROBLEMS

Based on the background of the problems in this research can be identified are:

- 1) the accuracy of the throw is low, it is often not about accuracy.
- 2) method when the throw is not varied.
- 3) not dipenuhnya drill method of grade IV and V in the throws freebee.
- 4) Management of particular sports game throws freebee with drill method is not optimal

1.3 Definition of Management

According to Henry Fayol December 18, 2014 : Mention five management functions , namely designing , organizing , commanding , mengordinasi and control . While the function manajemen basic elements that will always exist and are inherent in the management process will be made in reference to managers in conducting time goals

1.4 Definition Drill Method

Definition drill method is a way of teaching by providing training on what has been learned so that learners acquire a certain skill . Said that in the drill is a re - re . This method to teach students the skills training directly (Ramayulis , 2005) .

Drill method is a way to : 1. Stimulating the basic motor abilities , 2. Stimulating and mental habits so that students can learn better , precise , and useful . The success of this method if the students understand the context of the whole , and the benefits for themselves . This method can be done individually or in groups . The purpose of this method so that learners have the motor skills .

2 RESEARCH METHODOLOGIES

2.1 Types and Design Research

2.1.1 Types of Research

This research is a quantitative and qualitative research with an experimental approach through the formulation explanation throws .

2.2 Population and Sample

2.2.1 Population

Population is the whole subject of research . According Arikunto (2006) . The population of this study were students of class IV and V Palembang 128 public elementary schools .

2.2.2 sample

The sample is part of the population and the true sample of this study were 60 people or 65 % of the population of 40 people (Sujana , 2005) sampling technique purposive random sampling . According Sugiyono (2006) is purposive random sampling is a sampling technique with consideration of the homogeneity of the individual members of the samples in each group . This dilakuka channeled through the consideration that the subject commensurate have the same kondisi

2.3 Place and Time Research

Place Elementary School 128 penelitian in Palembang , street address Sriyaya km 5.5 Palembang . When the study for two months starting from April 29 until June 29, 2014 .

2.4 Data Collection Techniques and Tools

2.4.1 Data Collection Procedures

Data collection procedures as follows :

1. Method drill an independent variable
2. Class is a variable attribute in the manipulation consists of a class of students , grade IV and V.
3. Durability arm muscles are manipulated variable attributes consist of (a) long endurance (b) short durability .
4. Accuracy throw fresbee is the dependent variable .

Is the dependent variable in the manipulation of attributes consisting of (a) male and (b) women .

Data collection in this study is the recording name of the class sample is then performed measurements , body mass index fresbee reps the ability to throw the maximum individual , arm muscle endurance . Data collection is carried out with the help of an assistant to record the data in the data collection of variables used different instruments

2.5 Data Analysis Techniques

The data analysis technique is to obtain or seek the result of the data obtained, according to (Arikunto, 2006). The analysis aims at truth hypothesis has been formulated.

1.5.1 Test data normality

Normality test was conducted to test the normality of the data, it is necessary to list the frequency distribution to determine the average, standard deviation, and mode

To test whether the data is normally distributed, then the slope of the curve is used to test the formula coefficients person

3 RESULTS AND DISCUSSION

Referring to the notion of management, physical education teacher as manager (manager) must have the ability to manage a special danketerampilan activity (exercise) both dilakukan oleh yourself, with others, or through others in achieving a goal. By yourself for example:

Capabilities and special skills in:

1. Merencanakan are:

Assembles an exercise program so that students can carry out the detailed and neatly arranged.

2. organize Adala:

Formatting an agency structure that student participants are able to know what will be at work.

3. carry out are:

In accordance with the plan that's been made on the above number one and number two so that implementation can be run according to plan and organize them. Researchers provide sarana and infrastructure in the research activities so that students do not feel charged with the student, the student would perform well.

4. Assessing are:

Researchers after carrying out the exercise, the student assessment tests carried out so that it can be seen from the results of the exercise. From these results we can conclude the research. Do the exercises can increase the throw.

5. and to develop sports programs in school activities:

Teachers participating in school sports and develop permaian fresbee especially with the throw.

Factors increasing success throwing accuracy is measured from some of the variables used in this study, the method of training based on muscle power and time, gender of students and accuracy of the throw.

From the analysis of these three variables and produce training methods as follows:

a. With that hand muscle exercises, swinging arm (throwing motion) with the load being pinned on the wrist and holding the weight fresbee 1/50 of individual body weight in kilograms.

b. The position of the right leg bent forward, the body slightly inclined, and eyes kesasaran throws.

c. With the current training schedule, 2 times a week, Tuesday and Saturday.

d. By taking a sample of five girls who are underweight

1. An average of 30 kg - 35 kg, 3 students succeed and 2 students did not succeed.

2. The same fresbee given his training as much as 10 pieces weighing 0.6 grams fresbee.

e. It turns out successful, they do engineering and the actual movement and do good throws. While improper conduct tosses, turns throwing technique given researchers are not implemented properly

4 CONCLUSION

4.1 Conclusions

Overall this study has been successful. So it can be concluded that this fresbee game development could be developed further at another elementary school. Because the model of the development of this game has never existed and developed in elementary school, this game is a model of the new model was first modified in fresbee game.

This game model changes. Changes fresbee game is done, with the aim that elementary students can play with any physical limitations in accordance with its growth and development

4.2 Suggestions

Fresbee development model is a product that has been produced from this research can be used for education and sport, as well as an alternative delivery of learning materials sports fresbee choice for elementary students by teacher PE.

fine motor skills.

- a) This study encourages students to develop motor skills, attitudes, and knowledge to solve problems in achieving team goals or team.
- b) Model fresbee game inidapat Penjasorkes teachers use to assess cognitive, affective aspects, and psychomotor students together through authentic penilaaqn play call
- c) Products of this study provide direct experience of the students to the techniques, tactics, and strategy play fresbee. The weakness in this fresbee game is too simple technique used because it uses only throwing and catching techniques.

Suggestions can be submitted relating to the purpose of product use are :

- a. This game products can be used to study media motion elementary school students.
- b. The products can be used on all categories of schools, both in excellent schools, normal schools, or schools is limited.
- c. Utilization of the product should adhere to the objective. Early recognition fresbee sports game
- d. For further research in order to further develop rules and playing techniques

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