

LAMPIRAN

Lampiran 1.

Tabel 3.2 Jadwal Latihan Club Ponrang FC

Hari	Waktu	Tempat
Senin	15.30-selesai	Lapangan Sepak Bola Desa Tirowali
Rabu	15,30-selesai	
Sabtu	15.30-selesai	

Tabel 3.3 Program Latihan Club Ponrang FC

Pertemuan	Program Latihan
1-2-3	<p><u>Persiapan</u></p> <p><u>Doa 1 menit</u></p> <p><u>Pengantar Materi Latihan 1 menit</u></p> <p><u>Pemanasan Statis/Dinamis 3 menit</u></p> <p><u>Joggingm 3 menit</u></p> <p><u>Latihan Inti</u></p> <p><u>Fisik</u></p> <p><u>Sprint Pendek 3 kali 10 menit</u></p> <p><u>Shuttle run (lari bolak-balik) 3 kali 15 menit</u></p> <p><u>Zig-zag run 3 kali 15 menit</u></p> <p><u>Teknik</u></p> <p><u>Latihandribbling figure eight selama 1 menit</u></p> <p><u>Latihan dribbling 15-yard turn drill</u> masing-masing atlet selama 1 menit</p> <p><u>Penanganan</u></p> <p><i>Colling down</i> dan berdoa</p> <p><u>Total Durasi : 60 menit</u></p>

<p style="text-align: center;">4-5-6</p>	<p><u>Persiapan</u> <u>Doa 1 menit</u> <u>Pengantar Materi Latihan 1 menit</u> <u>Pemanasan Statis/Dinamis 2 menit</u> <u>Joggingm 3 menit</u></p> <p><u>Latihan Inti</u></p> <p><u>Fisik</u> <u>Sprint Pendek 4 kali 10 menit</u> <u>Shuttle run (lari bolak-balik) 4 kali 15 menit</u> <u>Zig-zag run 4 kali 15 menit</u></p> <p><u>Teknik</u> <u>Latihan <i>dribbling figure eight</i> selama 1 menit</u> <u>Latihan <i>dribbling 15-yard turn drill</i> masing-masing atlet selama 1 menit</u></p> <p>Penanganan <i>Colling down</i> dan berdoa</p> <p>Total Durasi 60 menit</p>
<p style="text-align: center;">7-8-9</p>	<p><u>Persiapan</u> <u>Doa 1 menit</u> <u>Pengantar Materi Latihan 1 menit</u> <u>Pemanasan Statis/Dinamis 2 menit</u> <u>Joggingm 3 menit</u></p> <p><u>Latihan Inti</u></p> <p><u>Fisik</u> <u>Sprint Pendek 5 kali 10 menit</u> <u>Shuttle run (lari bolak-balik) 5 kali 15 menit</u> <u>Zig-zag run 5 kali 15 menit</u></p>

	<p><u>Teknik</u> <u>Latihan dribbling figure eight selama 1 menit</u> <u>Latihan dribbling 15-yard turn drill</u> masing-masing atlet selama 1 menit</p> <p>Penanganan <i>Colling down</i> dan berdoa</p> <p>Total Durasi 60 menit</p>
<p>10-11-12</p>	<p><u>Persiapan</u> <u>Doa 1 menit</u> <u>Pengantar Materi Latihan 1 menit</u> <u>Pemanasan Statis/Dinamis 2 menit</u> <u>Joggingm 3 menit</u></p> <p><u>Latihan Inti</u></p> <p><u>Fisik</u> <u>Sprint Pendek 5 kali 10 menit</u> <u>Shuttle run (lari bolak-balik) 5 kali 15 menit</u> <u>Zig-zag run 5 kali 15 menit</u></p> <p><u>Teknik</u> <u>Latihan dribbling figure eight selama 1 menit</u> <u>Latihan dribbling 15-yard turn drill</u> masing-masing atlet selama 1 menit</p> <p>Penanganan <i>Colling down</i> dan berdoa</p> <p>Total Durasi 60 menit</p>
	<p><u>Persiapan</u> <u>Doa 1 menit</u> <u>Pengantar Materi Latihan 1 menit</u></p>

<p style="text-align: center;">13-14-15-16</p>	<p><u>Pemanasan Statis/Dinamis 2 menit</u></p> <p><u>Joggingm 3 menit</u></p> <p><u>Latihan Inti</u></p> <p><u>Fisik</u></p> <p><u>Sprint Pendek 5 kali10 menit</u></p> <p><u>Shuttle run (lari bolak-balik) 5 kali 15 menit</u></p> <p><u>Zig-zag run 5 kali 15 menit</u></p> <p><u>Teknik</u></p> <p><u>Latihandribbling figure eight selama 1 menit</u></p> <p><u>Latihan dribbling 15-yard turn drill</u> masing-masing atlet selama 1 menit</p> <p>Penanganan</p> <p><i>Colling down</i> dan berdoa</p> <p>Total Durasi 60 menit</p>
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Lampiran 2. Lembar penilaian

No	Nama	<i>Dribbling Figure Eigh</i>		<i>Dribbling 15-Yard Turd drill</i>	
		<i>Pretest</i>	<i>Posttest</i>	<i>Pretest</i>	<i>Posttest</i>
1.	Yogi	15	16	12	14
2	Uddi	16	17	14	16
3	Manis	17	18	16	17
4	Seling	16	17	15	16
5	Mufli	14	15	13	15
6	Amma	13	14	14	16
7	Wahyu	17	18	12	14
8	Ferdi	15	16	13	15
9	Angga	14	16	11	12
10	Issang	16	18	12	13
11	Andika	14	16	12	14
12	Riang	15	17	15	17
13	Upa	14	16	13	15
14	Alam	15	18	12	14
15	Hasanuddin	15	17	14	16
16	Lutfillah	14	16	13	15
17	Okan	13	15	10	12
18	Abi	16	17	13	15

Lampiran 3. Uji Deskriptif

Descriptive Statistics

	N	Range	Minimum	Maximum	Sum	Mean
	Statistic	Statistic	Statistic	Statistic	Statistic	Statistic
pretest dribbling figure eigh	18	4	13	17	269	14.94
posttest dribbling figure eigh	18	4	14	18	297	16.50
pretest dribbling 15-yard turd drill	18	6	10	16	234	13.00
posttest dribbliing 15-yard turn drill	18	5	12	17	266	14.78
Valid N (listwise)	18					

Descriptive Statistics

	Mean	Std. Deviation	Variance
	Std. Error	Statistic	Statistic
pretest dribbling figure eigh	.286	1.211	1.467
posttest dribbling figure eigh	.271	1.150	1.324
pretest dribbling 15-yard turd drill	.352	1.495	2.235
posttest dribbliing 15-yard turn drill	.348	1.478	2.183
Valid N (listwise)			

Lampiran 4. Uji Normalitas

Case Processing Summary

	Cases					
	Valid		Missing		Total	
	N	Percent	N	Percent	N	Percent
pretest dribbling figure eigh	18	100.0%	0	0.0%	18	100.0%
posttest dribbling figure eigh	18	100.0%	0	0.0%	18	100.0%
pretest dribbling 15-yard turd drill	18	100.0%	0	0.0%	18	100.0%
posttest dribbling 15-yard turn drill	18	100.0%	0	0.0%	18	100.0%

Descriptives

		Statistic	Std. Error	
pretest dribbling figure eigh	Mean	14.94	.286	
	95% Confidence Interval for Mean	Lower Bound	14.34	
		Upper Bound	15.55	
	5% Trimmed Mean	14.94		
	Median	15.00		
	Variance	1.467		
	Std. Deviation	1.211		
	Minimum	13		
	Maximum	17		
	Range	4		
	Interquartile Range	2		

	Skewness		.118	.536	
	Kurtosis		-.761	1.038	
posttest dribbling figure eigh	Mean		16.50	.271	
	95% Confidence Interval for Mean	Lower Bound	15.93		
		Upper Bound	17.07		
	5% Trimmed Mean		16.56		
	Median		16.50		
	Variance		1.324		
	Std. Deviation		1.150		
	Minimum		14		
	Maximum		18		
	Range		4		
	Interquartile Range		1		
	Skewness		-.391	.536	
	Kurtosis		-.257	1.038	
	pretest dribbling 15-yard turd drill	Mean		13.00	.352
		95% Confidence Interval for Mean	Lower Bound	12.26	
Upper Bound			13.74		
5% Trimmed Mean			13.00		
Median			13.00		
Variance			2.235		
Std. Deviation			1.495		
Minimum			10		
Maximum			16		
Range			6		

	Interquartile Range	2	
	Skewness	.119	.536
	Kurtosis	.045	1.038
posttest dribbling 15-yard turn drill	Mean	14.78	.348
	95% Confidence Interval for Mean	Lower Bound 14.04 Upper Bound 15.51	
	5% Trimmed Mean	14.81	
	Median	15.00	
	Variance	2.183	
	Std. Deviation	1.478	
	Minimum	12	
	Maximum	17	
	Range	5	
	Interquartile Range	2	
	Skewness	-.432	.536
	Kurtosis	-.301	1.038

Tests of Normality

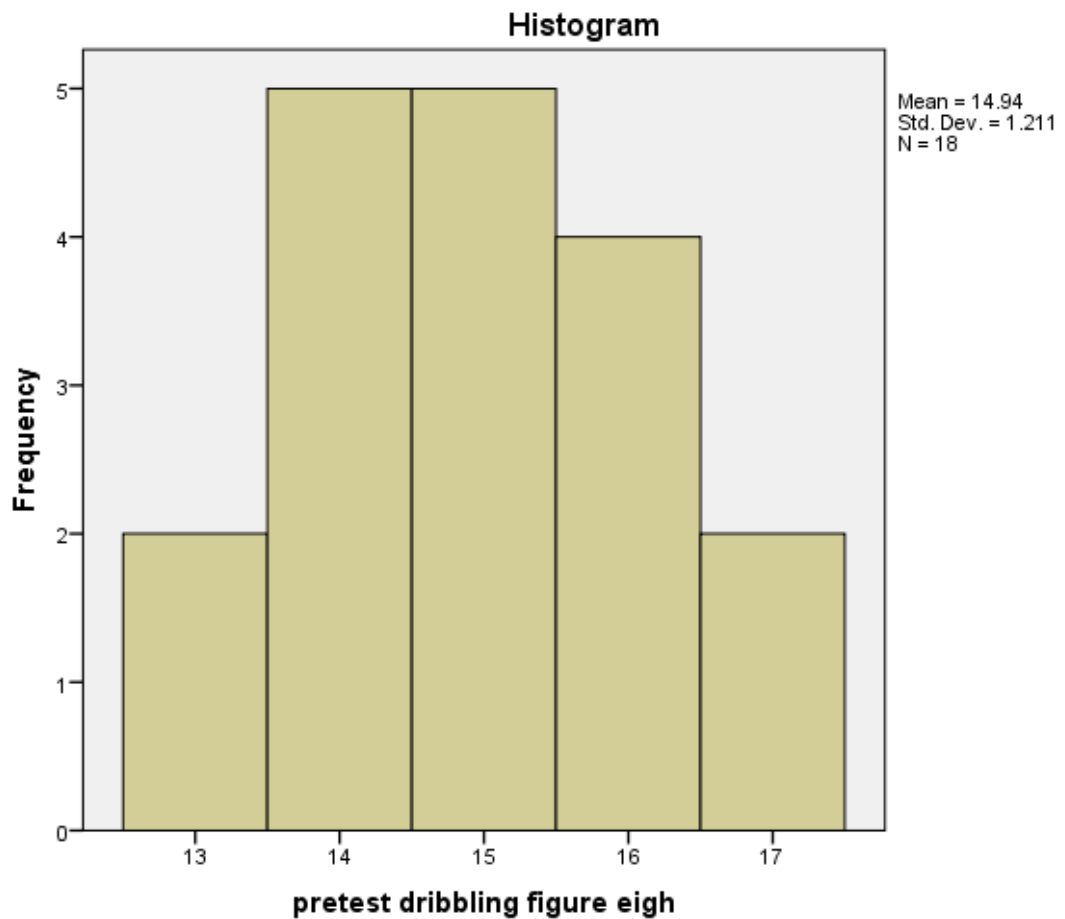
	Kolmogorov-Smirnov ^a			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
pretest dribbling figure eigh	.171	18	.174	.929	18	.184
posttest dribbling figure eigh	.168	18	.193	.912	18	.092
pretest dribbling 15-yard turd drill	.167	18	.200*	.961	18	.630

posttest dribbling 15-yard turn drill	.171	18	.176	.932	18	.212
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*. This is a lower bound of the true significance.

a. Lilliefors Significance Correction

pretest dribbling figure eigh



pretest dribbling figure eigh Stem-and-Leaf Plot

Frequency	Stem & Leaf
2,00	13 . 00
5,00	14 . 00000

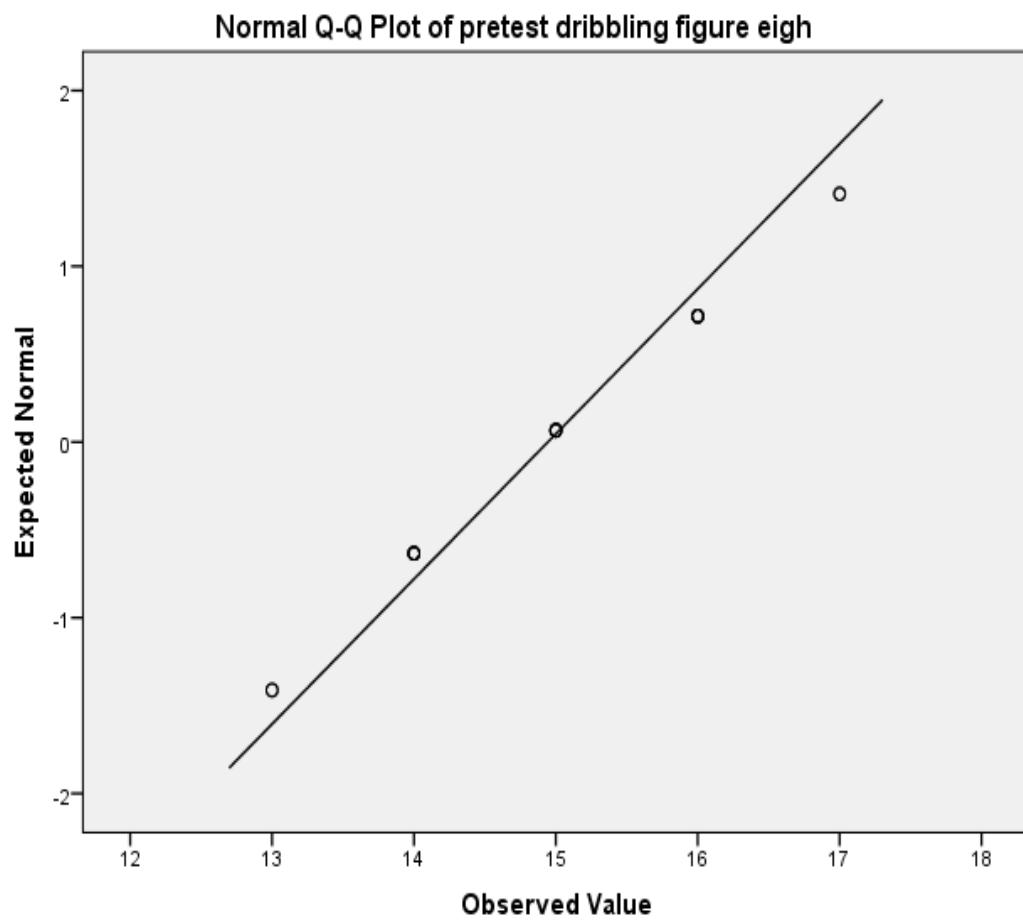
5,00 15 . 00000

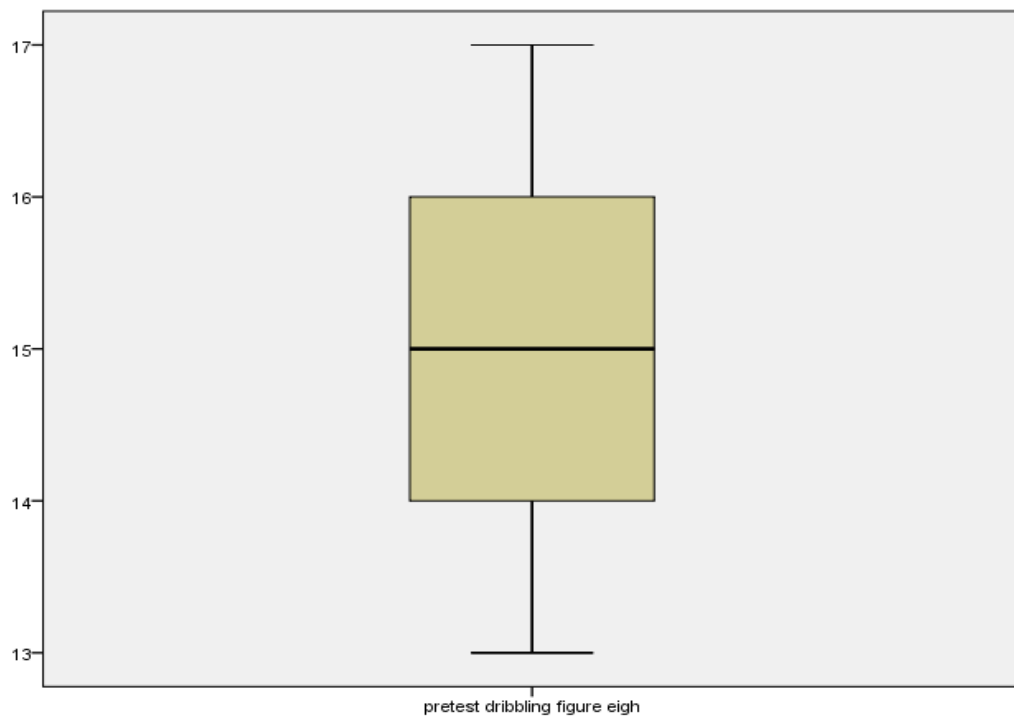
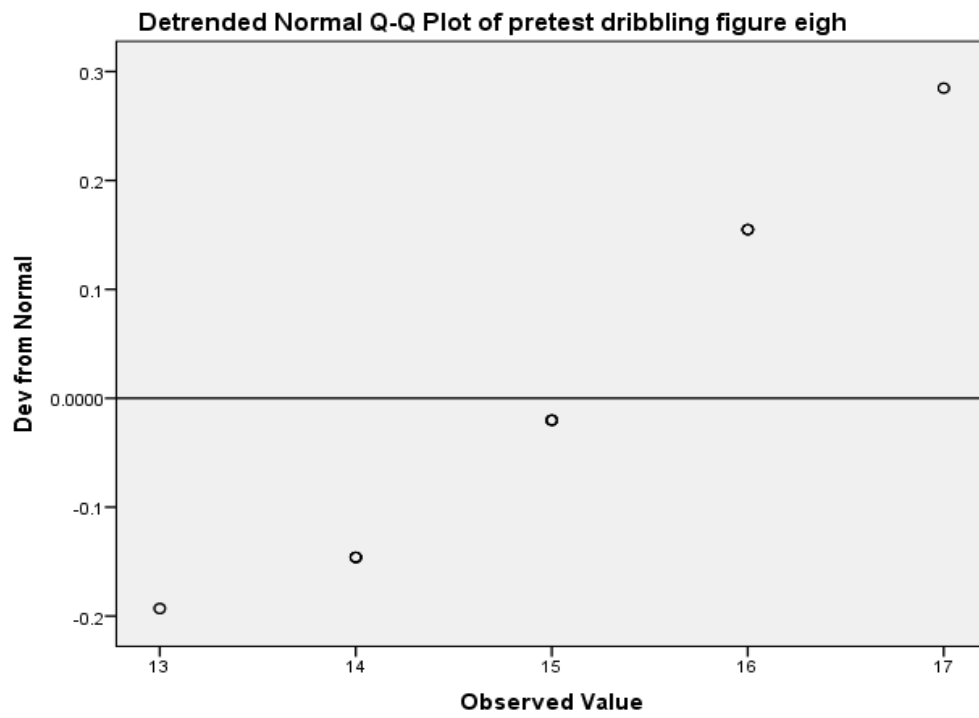
4,00 16 . 0000

2,00 17 . 00

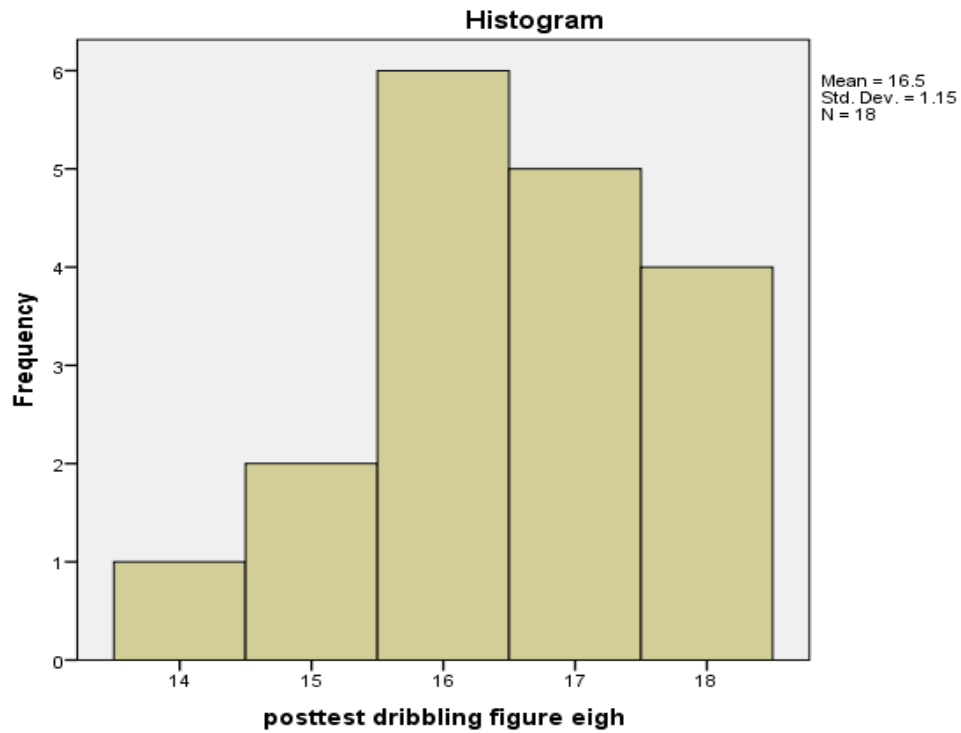
Stem width: 1

Each leaf: 1 case(s)





posttest dribbling figure eigh



posttest dribbling figure eigh Stem-and-Leaf Plot

Frequency Stem & Leaf

1,00 Extremes (= <14,0)

2,00 15 . 00

,00 15 .

6,00 16 . 000000

,00 16 .

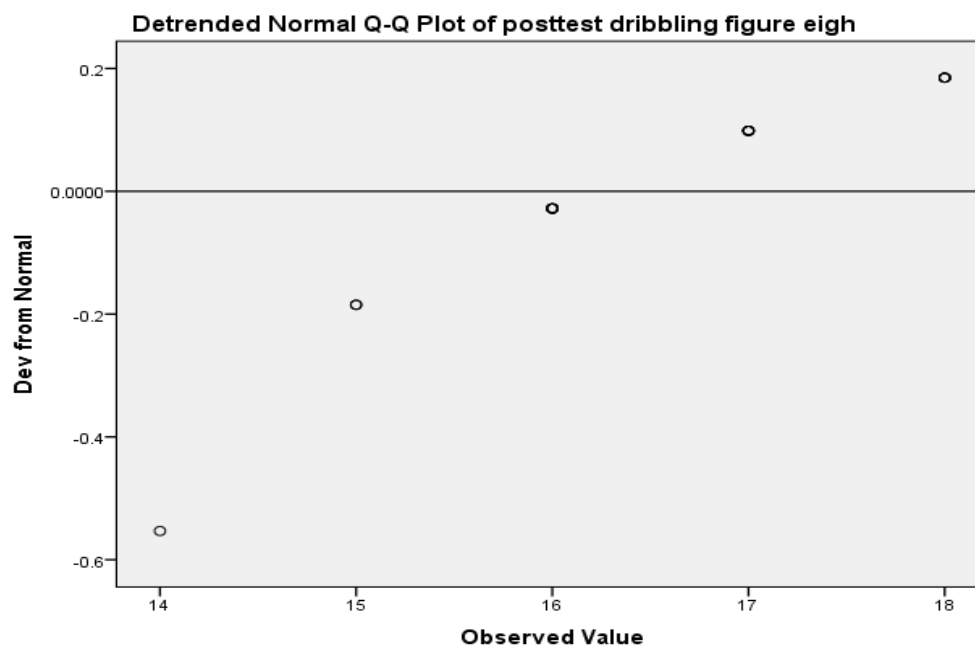
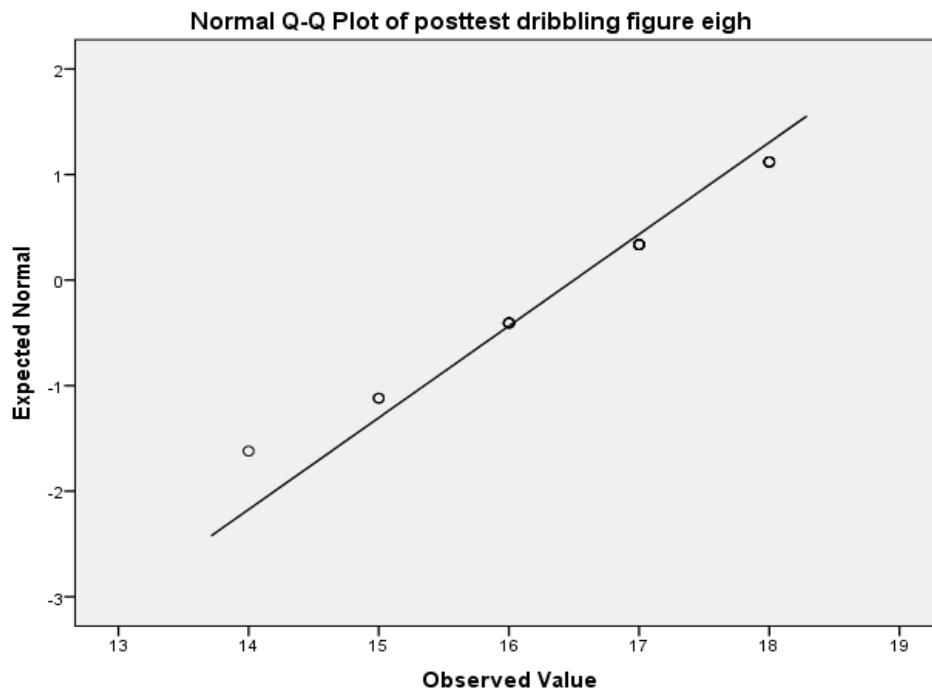
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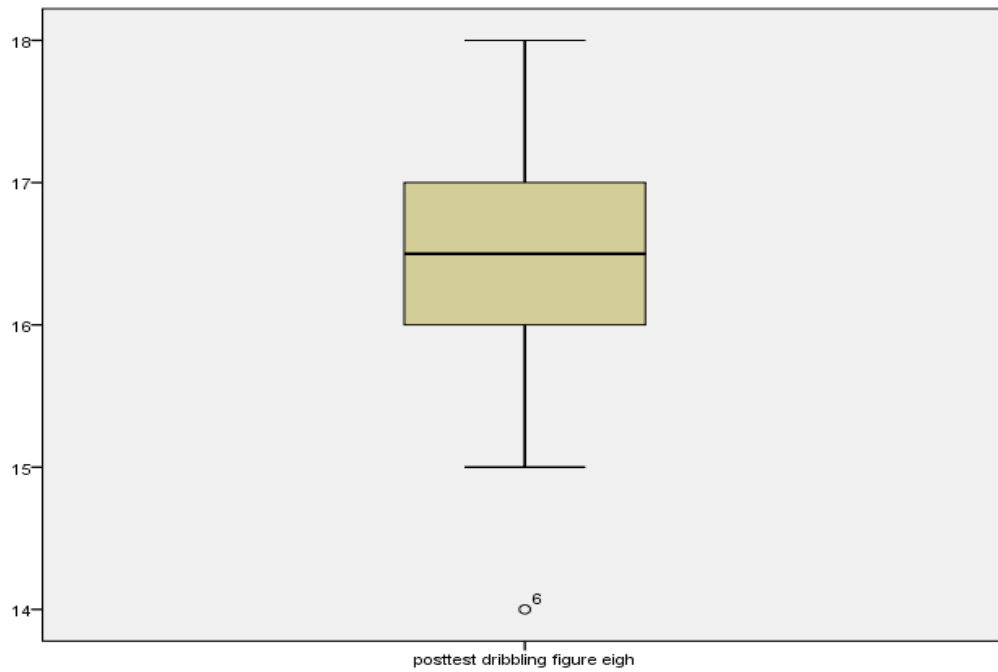
,00 17 .

4,00 18 . 0000

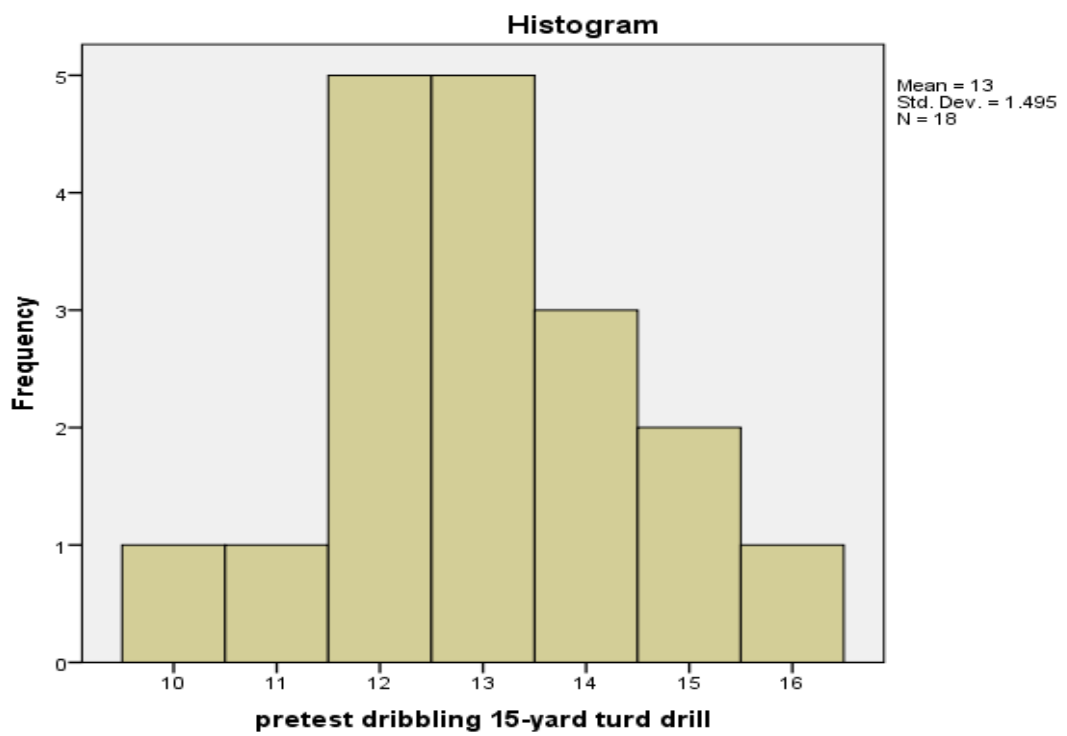
Stem width: 1

Each leaf: 1 case(s)





pretest dribbling 15-yard turd drill



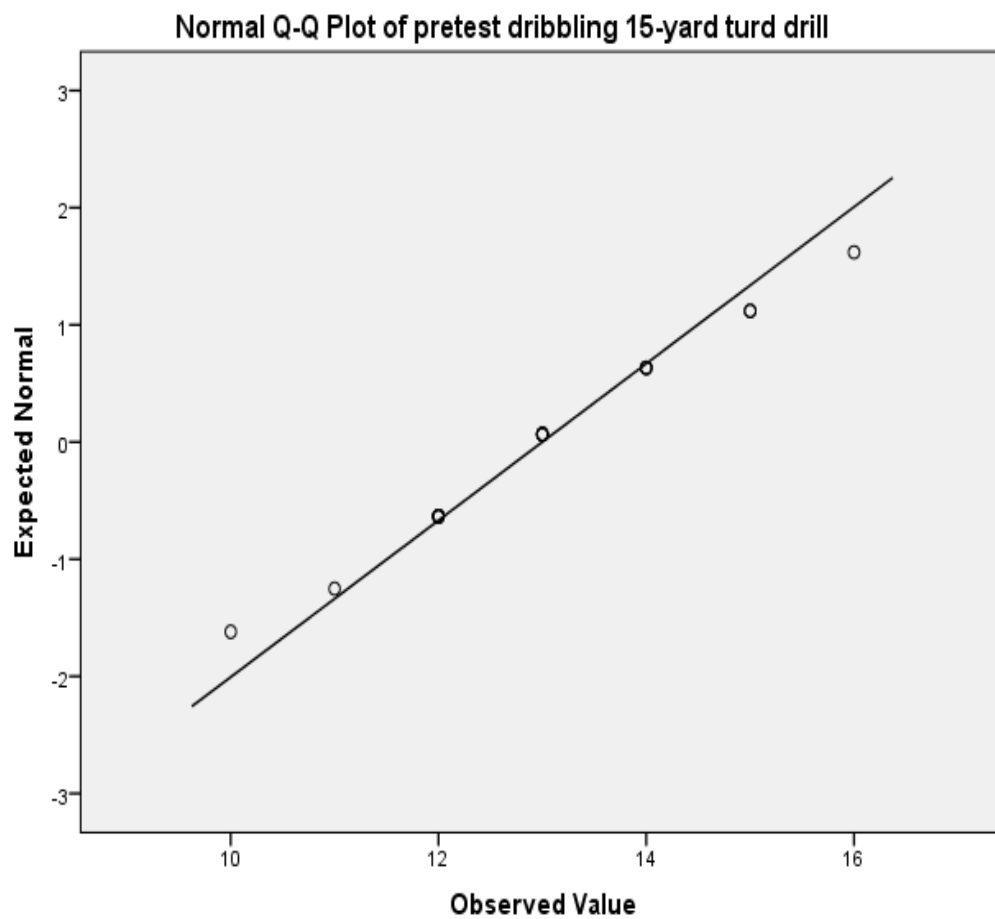
pretest dribbling 15-yard turd drill Stem-and-Leaf Plot

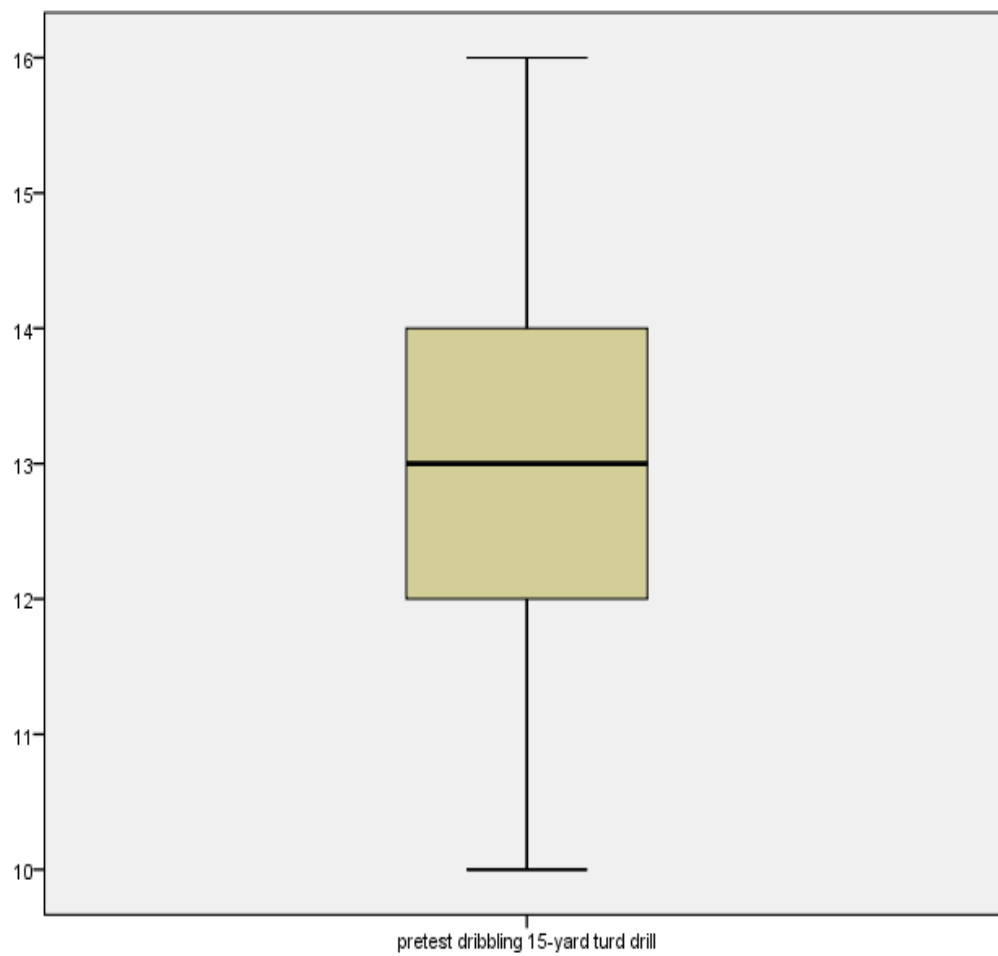
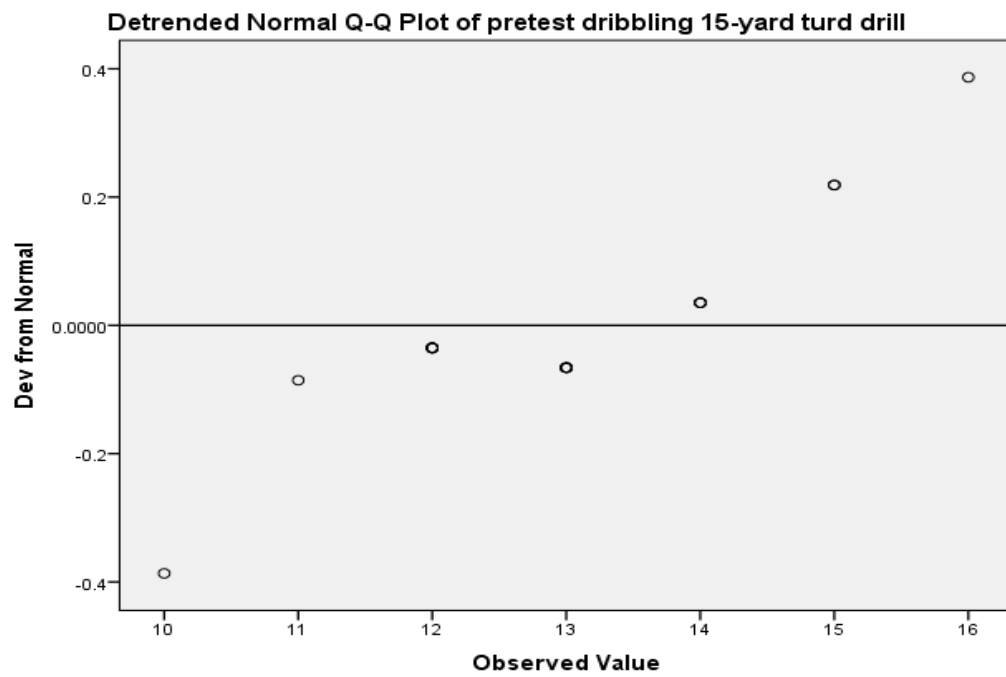
Frequency Stem & Leaf

1,00	10 . 0
1,00	11 . 0
5,00	12 . 00000
5,00	13 . 00000
3,00	14 . 000
2,00	15 . 00
1,00	16 . 0

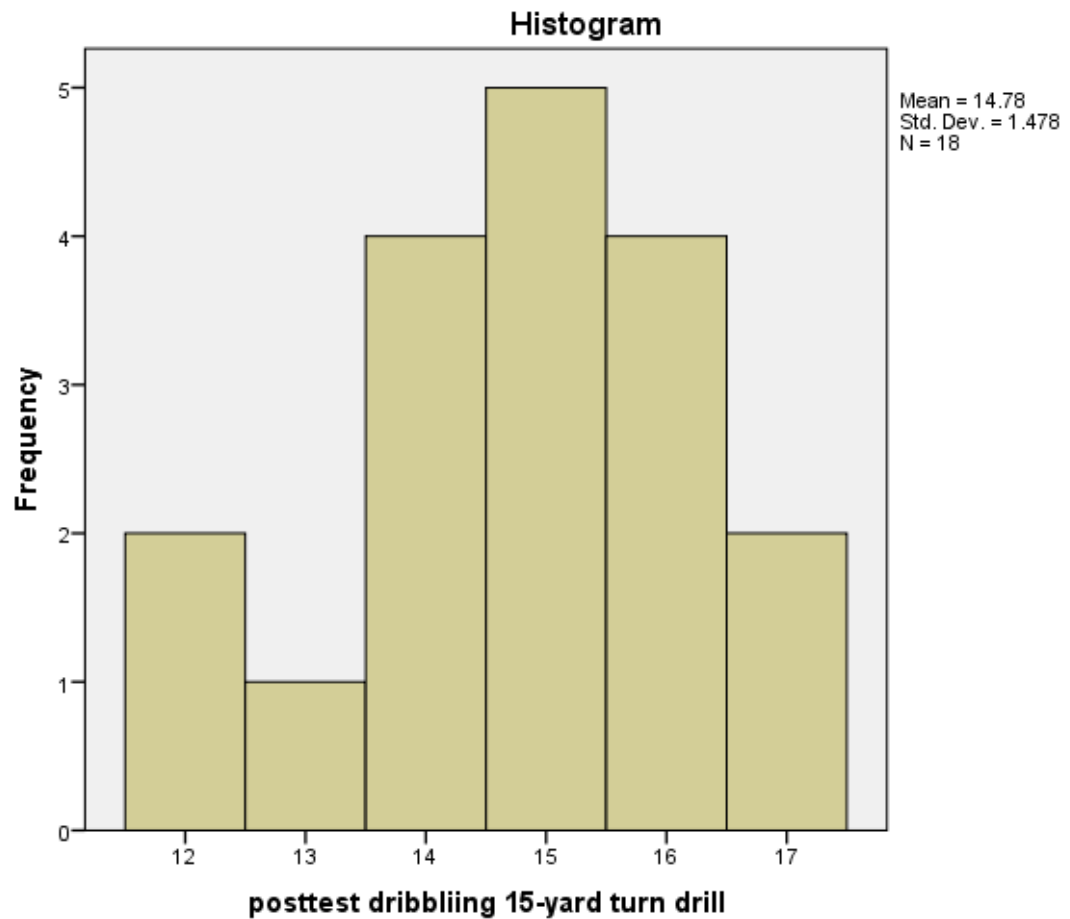
Stem width: 1

Each leaf: 1 case(s)





posttest dribbling 15-yard turn drill



posttest dribbling 15-yard turn drill Stem-and-Leaf Plot

Frequency Stem & Leaf

2,00 12 . 00

1,00 13 . 0

4,00 14 . 0000

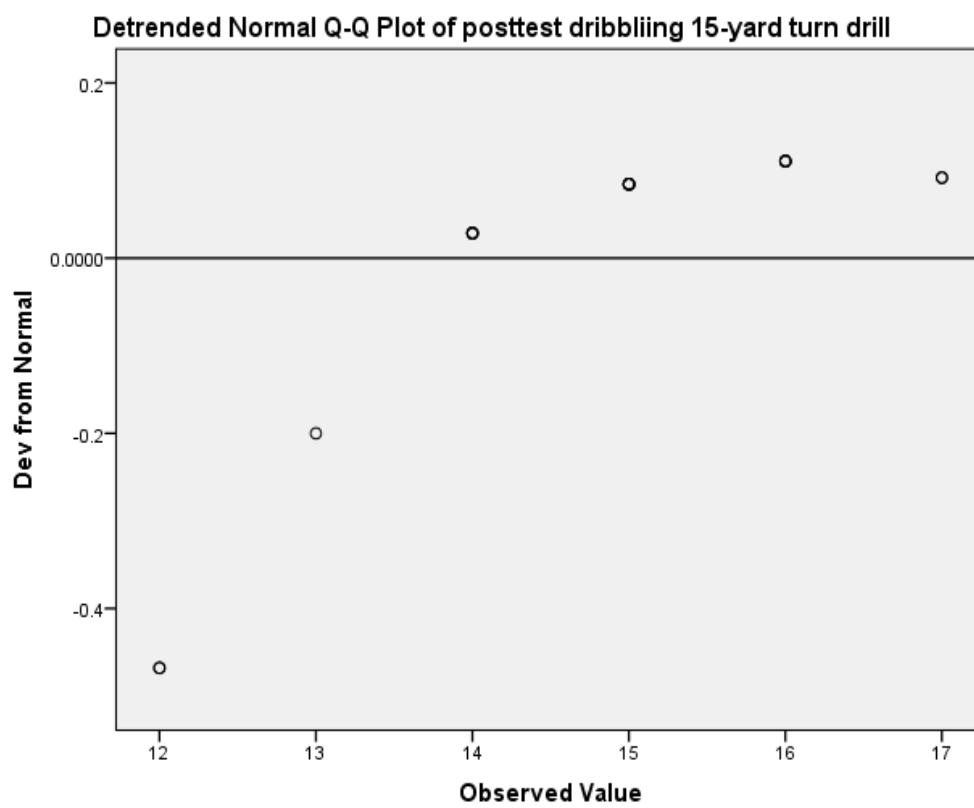
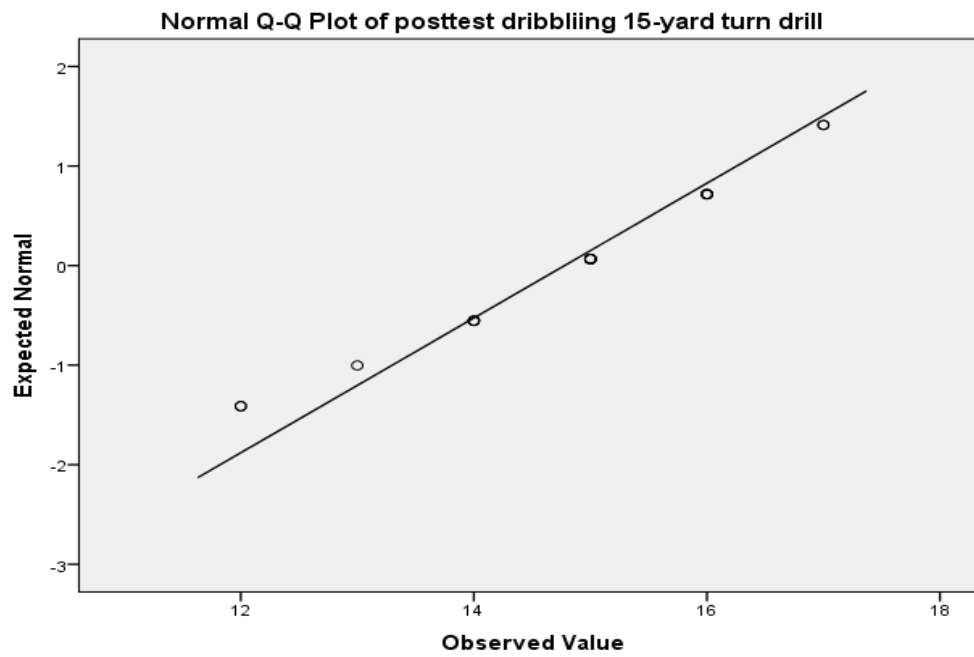
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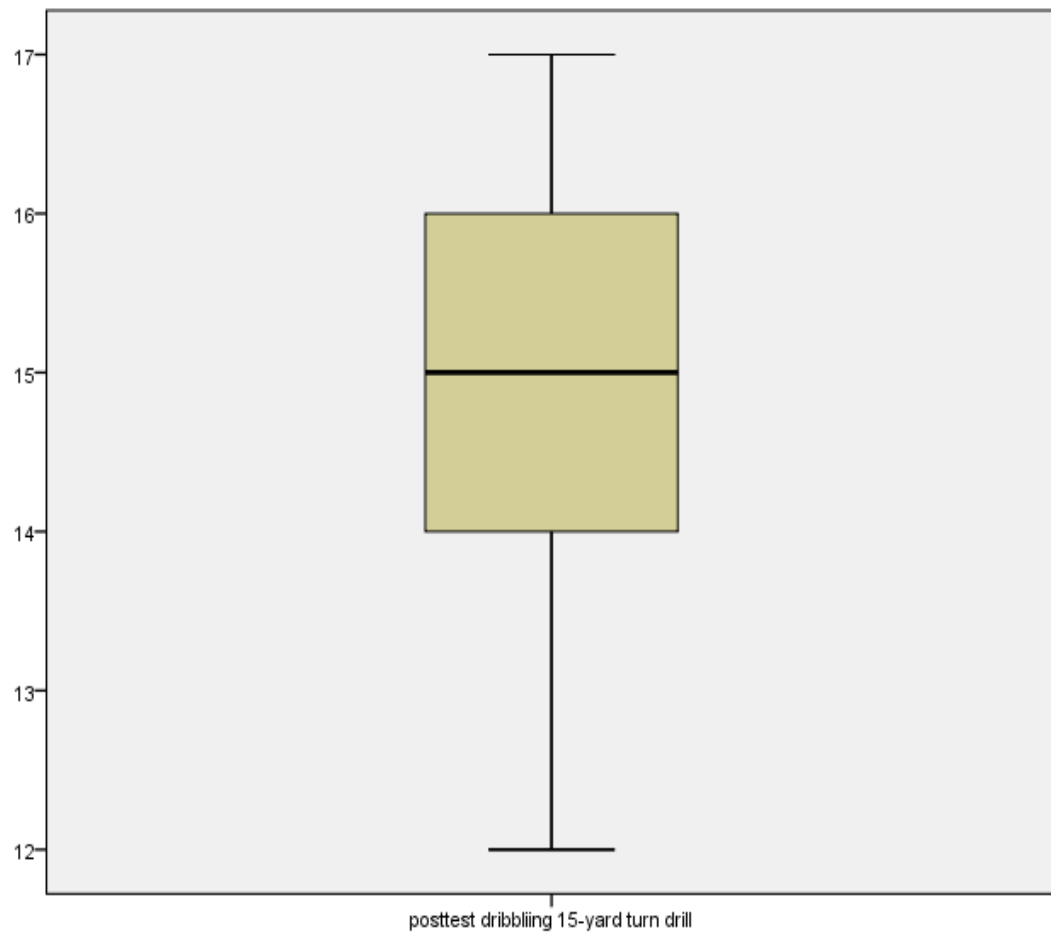
4,00 16 . 0000

2,00 17 . 00

Stem width: 1

Each leaf: 1 case(s)





Lampiran 5. Uji Homogenitas

Kemampuan Menggiring Bola

Levene Statistic	df1	df2	Sig.
.740	1	34	.396

ANOVA

Kemampuan Menggiring Bola

	Sum of Squares	Df	Mean Square	F	Sig.
Between Groups	26.694	1	26.694	15.226	.000
Within Groups	59.611	34	1.753		
Total	86.306	35			

Lampiran 6. Uji paered sampel test

Paired Samples Statistics

		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	pretest dribbling figure eigh	14.94	18	1.211	.286
	posttest dribbling figure eigh	16.50	18	1.150	.271
Pair 2	pretest dribbling 15-yard turd drill	13.00	18	1.495	.352
	posttest dribbliing 15-yard turn drill	14.78	18	1.478	.348

Paired Samples Correlations

		N	Correlation	Sig.
Pair 1	pretest dribbling figure eigh & posttest dribbling figure eigh	18	.865	.000
Pair 2	pretest dribbling 15-yard turd drill & posttest dribbliing 15-yard turn drill	18	.959	.000

Paired Samples Test

		Paired Differences			
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference
					Lower
Pair 1	pretest dribbling figure eigh - posttest dribbling figure eigh	-1.556	.616	.145	-1.862
Pair 2	pretest dribbling 15-yard turd drill - posttest dribbling 15- yard turn drill	-1.778	.428	.101	-1.991

Paired Samples Test

		Paired Differences	T	df	Sig. (2- tailed)
		95% Confidence Interval of the Difference			
		Upper			
Pair 1	pretest dribbling figure eigh - posttest dribbling figure eigh	-1.249	-10.719	17	.000
Pair 2	pretest dribbling 15-yard turd drill - posttest dribbling 15-yard turn drill	-1.565	-17.631	17	.000

Group Statistics

Kelompok		N	Mean	Std. Deviation
Kemampuan Menggiring Bola	Posttest Dribbling Figure Eight	18	16.50	1.150

Posttest Dribbling 15 Yard Turn Drill	18	14.78	1.478
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Group Statistics

Kelompok		Std. Error Mean
Kemampuan Menggiring Bola	Posttest Dribbling Figure Eight	.271
	Posttest Dribbling 15 Yard Turn Drill	.348

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means
		F	Sig.	t
Kemampuan Menggiring Bola	Equal variances assumed	.740	.396	3.902
	Equal variances not assumed			3.902

Independent Samples Test

		t-test for Equality of Means		
		df	Sig. (2-tailed)	Mean Difference
Kemampuan Menggiring Bola	Equal variances assumed	34	.000	1.722
	Equal variances not assumed	32.073	.000	1.722

Independent Samples Test

		t-test for Equality of Means	
		Std. Error Difference	95% Confidence Interval of the Difference
			Lower
Kemampuan Menggiring Bola	Equal variances assumed	.441	.825
	Equal variances not assumed	.441	.823

Independent Samples Test

		t-test for Equality of Means
		95% Confidence Interval of the Difference
		Upper
Kemampuan Menggiring Bola	Equal variances assumed	2.619
	Equal variances not assumed	2.621

Lampiran 7. Dokumentasi penelitian



Kegiatan berdoa



Memberikan arahan kepada sampel

Pemanasan statis dan dinamis



Pengambilan Data *Pretest*



Pertemuan ke 1



Pertemuan ke 2



Pertemuan ke 3



Pertemuan ke 4



Pertemuan ke 5



Pertemuan ke 6



Pertemuan ke 7



Pertemuan ke 8



Pertemuan ke 9



Pertemuan ke 10



Pertemuan ke 11



Pertemuan 12



Pertemuan ke 13



Pertemuan ke 14



Pertemuan ke 15



Pertemuan ke 16



Pengambilan data posttest



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