

# LAMPIRAN

### Lampiran 1. Data Penelitian

No	Nama	Variabel Penelitian	
		Akurasi Shooting	
		<i>Pretest</i>	<i>Posttest</i>
1	Muh. Gibran	5	9
2	M. Muklas	4	7
3	Ibnu Tria Ramdhan	2	6
4	Hasbullah	4	8
5	Muh. Fahrudin	6	9
6	Jansen	8	11
7	Muh. Nabil	7	8
8	Muh. Wira Hafis	8	11
9	Aril	6	8
10	Gazali	7	10
11	Muh.Ibrahim	7	9
12	Resky Aditya	5	7
13	Afandi	7	9
14	Syafwan	3	7
15	M.Ridho	9	12
16	Hardiyansah	6	9
17	Nasril Aril	2	5
18	Afrisal Rusmadi	6	9

19	Maula Miihtahul F	5	7
20	Difria Ranurkiz	5	8

## Lampiran 2. Analisis Deskriptif

### Statistics

		Pretest Akurasi Shooting	Posttest Akurasi Shooting
N	Valid	20	20
	Missing	0	0
Mean		5,60	8,45
Median		6,00	8,50
Std. Deviation		1,930	1,731
Minimum		2	5
Maximum		9	12

### Pretest Akurasi Shooting

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	2	2	10,0	10,0	10,0
	3	1	5,0	5,0	15,0
	4	2	10,0	10,0	25,0
	5	4	20,0	20,0	45,0
	6	4	20,0	20,0	65,0
	7	4	20,0	20,0	85,0
	8	2	10,0	10,0	95,0
	9	1	5,0	5,0	100,0

Total	20	100,0	100,0
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### Posttest Akurasi Shooting

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid 5	1	5,0	5,0	5,0
6	1	5,0	5,0	10,0
7	4	20,0	20,0	30,0
8	4	20,0	20,0	50,0
9	6	30,0	30,0	80,0
10	1	5,0	5,0	85,0
11	2	10,0	10,0	95,0
12	1	5,0	5,0	100,0
Total	20	100,0	100,0	

### Lampiran 3. Uji Normalitas & Uji Homogenitas

#### Uji Normalitas

#### Case Processing Summary

	Cases					
	Valid		Missing		Total	
	N	Percent	N	Percent	N	Percent
Pretest Akurasi Shooting	20	100,0%	0	0,0%	20	100,0%
Posttest Akurasi Shooting	20	100,0%	0	0,0%	20	100,0%

#### Tests of Normality

	Kolmogorov-Smirnov <sup>a</sup>			Shapiro-Wilk		
	Statistic	Df	Sig.	Statistic	df	Sig.
Pretest Akurasi Shooting	,132	20	,200*	,958	20	,510
Posttest Akurasi Shooting	,175	20	,108	,962	20	,594

\*. This is a lower bound of the true significance.

a. Lilliefors Significance Correction

#### Uji Homogenitas

### Test of Homogeneity of Variances

Akurasi Shooting

Levene Statistic	df1	df2	Sig.
,313	1	38	,579

### ANOVA

Akurasi Shooting

	Sum of Squares	Df	Mean Square	F	Sig.
Between Groups	81,225	1	81,225	24,161	,000
Within Groups	127,750	38	3,362		
Total	208,975	39			

### Lampiran 4. Uji t Berpasangan (*Paired t-test*)

#### Paired Samples Statistics

	Mean	N	Std. Deviation	Std. Error Mean
Pair 1 Pretest Akurasi Shooting	5,60	20	1,930	,432
Posttest Akurasi Shooting	8,45	20	1,731	,387

#### Paired Samples Correlations

	N	Correlation	Sig.
Pair 1 Pretest Akurasi Shooting & Posttest Akurasi Shooting	20	,907	,000

#### Paired Samples Test

	Paired Differences	t	df	Sig. (2-
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	Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				tailed)
				Lower	Upper			
Pair 1 Pretest Akurasi Shooting - Posttest Akurasi Shooting	2,850	,813	,182	3,230	2,470	15,682	19	,000

#### Lampiran 5. Dokumentasi Penelitian



Arahan Yang diberikan Oleh Pelatih



**Arahan Yang diberikan Oleh Peneliti**





**Penilaian Pretest Akurasi Shooting**

### **Pertemuan 1**



**Pemanasan**





**Latihan *Resistance Band***

## **Pertemuan 2**



**Pemanasan**



***Latihan Resistance Band***

**Pertemuan 3**



**Pemanasan**



*Latihan Resistance Band*

#### **Pertemuan 4**



## **Pemanasan**



***Latihan Resistance Band***

## **Pertemuan 5**





**Pemanasan**



***Latihan Resistance Band***

**Pertemuan 6**



**Pemanasan**



***Latihan Resistance Band***

**Pertemuan 7**



**Pemanasan**



***Latihan Resistance Band***

**Pertemuan 8**





**Pemanasan**



***Latihan Resistance Band***

**Pertemuan 9**





**Pemanasan**



***Latihan Resistance Band***

**Pertemuan 10**



**Pemanasan**



***Latihan Resistance Band***

**Pertemuan 11**



**Pemanasan**



***Latihan Resistance Band***

**Pertemuan 12**





**Pemanasan**



***Latihan Resistance Band***

**Pertemuan 13**



**Pemanasan**



***Latihan Resistance Band***

**Pertemuan 14**



**Pemanasan**



***Latihan Resistance Band***





**Pemanasan**



***Latihan Resistance Band***



**Pemanasan**



***Latihan Resistance Band***





**Penilaian *Posttest* Akurasi Shooting**



**Foto Bersama**