

ABSTRAK

INGRID MARGARETHA SITORUS. Pengembangan Variasi Latihan Teknik Dasar Penjaga Gawang *Hockey*. Tesis. Medan : Program Studi Pendidikan Olahraga, Pascasarjana Universitas Negeri Medan, Juli 2024.

Penelitian ini bertujuan untuk menghasilkan produk yang berupa buku tentang variasi latihan teknik dasar penjaga gawang *hockey*. Penelitian ini dilaksanakan di *Hockey Club* di Binjai yaitu SMA N 4 Binjai, dan di *Hockey Club* di Batubara yaitu SMA Swasta T.Amir Hamzah & SMA N 1 Talawi. Pada penelitian ini dilaksanakan dengan Penelitian dan Pengembangan (*R&D*) dengan metode *Borg and Gall* dan teknik analisis data berbentuk persentase. Subjek dalam penelitian ini sebanyak 28 atlet. Produk pada penelitian ini telah di desain kemudian di validasi oleh 2 ahli materi yaitu, ahli materi dan ahli media. Hasil uji kelompok awal oleh ahli pelatih diperoleh persentase 87,18%, dan hasil respon atlet pada uji kelompok awal diperoleh persentase 96,9%. Hasil uji lapangan utama oleh ahli pelatih diperoleh persentase 89,52% dan hasil respon atlet pada uji kelompok utama diperoleh persentase 94,92%. Hasil uji kelompok Operasional oleh ahli pelatih diperoleh persentase 89,52% dan hasil respon atlet diperoleh persentase 91,59%. Berdasarkan hasil yang diperoleh pada pada uji kelompok awal, uji kelompok utama dan uji operasional yang telah diperoleh maka variasi latihan teknik dasar penjaga gawang *hockey* dapat digunakan.

Kata Kunci : *Hockey*, Penjaga Gawang, Variasi Latihan



ABSTRACT

INGRID MARGARETHA SITORUS. Development of Variations in Basic Hockey Goalkeeper Technique Training. *Thesis. Medan: Sports Education Study Program, Medan State University Postgraduate, July 2024.*

This study aims to produce a product in the form of a book about variations in basic hockey goalkeeper technique training. This study was conducted at the Hockey Club in Binjai, namely SMA N 4 Binjai, and at the Hockey Club in Batubara, namely SMA Swasta T.Amir Hamzah & SMA N 1 Talawi. This study was carried out with Research and Development (R&D) with the Borg and Gall method and data analysis techniques in the form of percentages. The subjects in this study were 28 athletes. The products in this study have been designed and then validated by 2 material experts, namely, material experts and media experts. The results of the initial group test by the trainer expert obtained a percentage of 87.18%, and the results of the athlete's response to the initial group test obtained a percentage of 96.9%. The results of the main field test by the trainer expert obtained a percentage of 89.52% and the results of the athlete's response to the main group test obtained a percentage of 94.92%. The results of the Operational group test by the trainer expert obtained a percentage of 89.52% and the results of the athlete's response to the main group test obtained a percentage of 91.59%. Based on the results obtained in the initial group test, main group test and operational test that have been obtained, variations of basic hockey goalkeeping technique training can be used.

Keywords: Hockey, Goalkeeper, Training Variations

