

DAFTAR GAMBAR

	Halaman
Gambar 2. 1. Lapangan Hockey.....	7
Gambar 2. 2. Otot Lengan Atas	8
Gambar 2. 3. Otot Lengan Bawah.....	9
Gambar 2. 4. Resistance Band	13
Gambar 2. 5. Battle Ropes	15
Gambar 2. 6. Cara Memegang Stick Hockey.....	20
Gambar 2. 7. Gerakan The Stance	21
Gambar 2. 8. Gerakan Ball Control	22
Gambar 2. 9. Gerakan Backhand Pass	22
Gambar 2. 10. Gerakan Flick	23
Gambar 2. 11. Gerakan Push.....	24
Gambar 3. 1.Simple Random Sampling.....	28
Gambar 3. 1. Desain Penelitian.....	29
Gambar 3. 2. Two-Hand Medicine Ball Put Test.....	30
Gambar 4. 1. Diagram Batang Data Pretest-Posttest Two-Hand Medicine Ball Put Test	35

