

## **ABSTRAK**

**Indra Pipin Siregar (NIM: 6213121093) Pengembangan Model Latihan Batting Pada Atlet Unimed Cricket Club**

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**Skripsi: Pendidikan Kepelatihan Olahraga, Fakultas Ilmu Keolahragaan, Universitas Negeri Medan 2025**

Tujuan penelitian ini adalah untuk menghasilkan model latihan *batting* yang dibuat dengan bervariasi guna membiasakan atlet menghadapi bola cepat dan rasa bosan dan dibuat untuk meningkatkan kemampuan *batting* atlet unimed *cricket club*. Penelitian ini dilakukan di *nets Unimed Cricket Club*, Universitas Negeri Medan JL. W. ISKANDAR PSR V MEDAN ESATATE KAB. DELI SERDANG. Jumlah sampel pada penelitian ini berjumlah 10 orang kelompok kecil dan 30 orang kelompok besar. Penelitian ini merupakan jenis penelitian pengembangan yang mengacu pada model pengembangan Borg and Gall yang terdiri dari 10 langkah pengembangan. Dari hasil uji validasi pada rancangan model latihan *batting* didapatkan hasil dengan skor 92% dan 93% dari dosen dan pelatih, kategori baik sekali kemudian ketika uji coba kelompok besar diperoleh skor 90%, kategori baik sekali. Model latihan *batting* ini dibuat dengan menyesuaikan segala kemungkinan datang nya bola dengan memakai 3 bola sehingga sulit menebak arah bola dibuat dari level termudah sampai tersulit untuk meningkatkan kemampuan. Oleh karena itu rancangan model yang sudah di susun layak untuk digunakan.

**Kata kunci: *batting*, *cricket*, model, pengembangan**

## **ABSTRACT**

**Indra Pipin Siregar (NIM: 6213121093) Development of a Batting Training Model for Athletes of the Unimed Cricket Club**

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The purpose of this study is to develop a varied batting training model to help athletes become accustomed to facing fast balls and to overcome boredom during training. This model is designed to improve the batting skills of athletes in the Unimed Cricket Club. The research was conducted at the nets facility of the Unimed Cricket Club, State University of Medan, located at Jl. W. Iskandar Psr V, Medan Estate, Deli Serdang Regency. The research sample consisted of two groups: a small group of 10 participants and a large group of 30 participants. This study is a type of research and development, based on the Borg and Gall development model, which includes ten stages of development. Based on the validation test results of the batting training model design, a score of 92% from lecturers and 93% from coaches was obtained, which falls under the "excellent" category. Furthermore, during the trial with the large group, a score of 90% was achieved, also categorized as "excellent." This batting training model was developed by considering various possible directions the ball may come from, using three balls to create unpredictability, and structured from the easiest to the most difficult level in order to improve athletes' performance. Therefore, the developed training model is considered feasible for use.

**Keywords: *batting, cricket, model, development***