

## ABSTRACT

FRANS H. Tampubolon. Effect of differences in Cat And Mouse With Exercise Exercise Figure Of Eight Dribble the ball dribbling ability against the Athlete Women At Hockey Games Hockey Club Unimed 2012.

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Hockey is a team game, each consisting of 11 (eleven) players and one goalkeeper. Almost the entire game is played using a stick. Especially the goalkeeper, are allowed to use the leg. Field hockey game can be done open and closed field is played by all ages who have been adept at this sport. Hockey is a sport complex in terms of activity. A person can play hockey with a good game when mastering the basic techniques to perfection.

The purpose of this study was to determine differences in the effects of exercise training Cat And Mouse with Figure Of Eight Dribble on the ability of dribbling the ball in the game of Hockey on the athlete's daughter Unimed Hockey Club 2012.

This study uses a field experiment "Pre-test and Post-test Design Group". Treatment was given for 5 weeks. Sample of 10 people. Samples were divided into 2 groups treated with Matching By Pairing, the first group is given a form of exercise and the Cat And Mouse second group was given a form of exercise Figure Of Eight Dribble. To determine the effect of exercise is used to statistically test for normality and homogeneity test and after the t-test was used one hand to determine the effect of exercise and both groups used the t-test two parties (combined).

The results of the t-test analysis with that: First results of a calculation for the hypothesis of pre-test and post-test exercise group gained  $t_{\text{Cat And Mouse}}(\text{count}) = 24.77$ . Then, this value is compared with the level of prices  $t_{\text{table}} \alpha = 0.05$  and  $df = n-1 (5-1 = 4) = 2.13$  thus  $t_{\text{(count)}} > t_{\text{(table)}}$  so that there is a significant effect of exercise And Cat Mouse on the ability of dribbling the ball in a hockey game at the Hockey Club athletes daughter Unimed 2012. Both hypotheses suggest that  $t_{\text{(count)}}$  of 7:30. Furthermore, the results were compared with results  $t_{\text{(table)}}$  with  $dk = n-1 (5-1 = 4)$  at significant level  $\alpha = 0.05$  is thus  $t_{\text{(count)}} > t_{\text{(table)}}$  ( $7:30 > 2.13$ ). This means that  $H_0$  is rejected and  $H_a$  accepted. Then there exists a significant effect of exercise on Figure Of Eight Dribble ball dribbling skills in a hockey game at the Hockey Club athletes daughter Unimed 2012. The third hypothesis  $t_{\text{(count)}}$  of -0.56. Furthermore, the price is compared to the price  $t_{\text{table}}$  with  $dk = n_1 + n_2 - 2 (10-2 = 8)$  at significant level  $\alpha = 0.05$  is thus  $t_{\text{(count)}} < t_{\text{(table)}}$  ( $-0.56 < 2:31$ ). This means that  $H_0$  is rejected and  $H_a$  accepted. Cat And Mouse then the exercise is better than the exercise of the Figure Of Eight Dribble the ball dribbling skills in a hockey game at the Hockey Club athletes daughter Unimed 2012.