

DAFTAR GAMBAR

| Gambar | Halaman |
|--|---------|
| 1..... Lapangan <i>Outdoor Hockey</i> | 8 |
| 2. Gawang <i>Outdoor Hockey</i> | 9 |
| 3. Stick <i>Outdoor Hockey</i> | 10 |
| 4. Standar Kebengkokan Stick <i>Outdoor Hockey</i> | 10 |
| 5. Bola <i>Outdoor Hockey</i> | 11 |
| 6. Teknik <i>Close Dribble</i> | 17 |
| 7. Bagian-bagian Otot Dominan | 21 |
| 8. Otot Bagian Lengan | 23 |
| 9. Otot Bagian Punggung..... | 24 |
| 10. Otot Bagian Tungkai Atas | 25 |
| 11. Otot Tungkai Atas Bagian Belakang Paha | 26 |
| 12. Otot Bagian Tungkai Bawah..... | 27 |
| 13. Latihan <i>Biceps Curl</i> | 29 |
| 14. Latihan <i>Triceps Extension</i> | 30 |
| 15. Latihan <i>Lat Pull Down</i> | 30 |
| 16. Latihan <i>Dumbbell Scarecrow</i> | 31 |
| 17. Latihan <i>Pull Up</i> | 32 |
| 18. Latihan <i>Seated Cable Row</i> | 33 |
| 19. Latihan <i>Barbell Squat and Calf Raise</i> | 34 |
| 20. Latihan <i>Standing Calf Raise</i> | 34 |
| 21. Latihan <i>Barbell Clean</i> | 35 |
| 22. Latihan <i>Leg Press</i> | 36 |
| 23. Tutorial Mengukur Sudut Badan | 38 |
| 24. Tutorial Mengukur Jarak | 39 |
| 25. Tutorial Mengukur Kecepatan | 40 |
| 26. Hasil Analisis <i>Software Kinovea</i> Eddie Ockenden..... | 51 |
| 27. Hasil Analisis <i>Software Kinovea</i> Eddie Ockenden..... | 52 |