

DAFTAR GAMBAR

Gambar	Hal
1. Mitts	9
2. Glove	10
3. <i>Bola Softball</i>	10
4. Pemukul <i>Softball</i>	11
5. Skema Lapangan <i>Softball</i>	12
6. Grafik Penambahan Beban Latihan Secara Beratahap	15
7. Cara Memegang Bola	25
8. Langkah-Langkah Penggunaan Metode (R&D)	29
9. <i>Throwing each other face</i>	35
10. <i>Long Throw after jump</i>	36
11. <i>Instruction to the wistle</i>	37
12. <i>throwing ball on base</i>	38
13. <i>catch ball and side throw</i>	36
14. Latihan <i>Trowing X Rotation</i>	41
15. Latihan Jump Throwing	42
16. <i>Throwing each other face</i>	47
17. <i>Instruction to the wistle</i>	48
18. <i>Long Throw after jump</i>	49
19. <i>Trowing X Rotation</i>	50
20. Latihan Jump Throwing	51
21. <i>catch ball and side throw</i>	53
22. Grafik uji <i>instrument</i>	56
23. Grafik uji coba kelompok kecil	58
24. Grafik uji coba kelompok besar	60
25. <i>Throwing each other face</i>	61
26. <i>Instruction to the wistle</i>	62
27. <i>Long Throw after jump</i>	63
28. <i>Trowing X Rotation</i>	65
29. <i>Jump Throwing</i>	66
30. <i>catch ball and side throw</i>	68