

ABSTRAK

FERISTIWA HADINATA PUTRA BANGUN NIM. 6131121018. Pengembangan Variasi Latihan Penjaga Gawang *Hockey* Tahun 2017. Dosen Pembimbing: IBRAHIM. Pendidikan Kepelatihan Olahraga. Fakultas Ilmu Keolahragaan. Universitas Negeri Medan.

Penelitian pengembangan ini bertujuan untuk mengembangkan variasi latihan penjaga gawang *hockey* tahun 2020. Metode penelitian dan pengembangan *research and development* (R&D) ini di sertai dengan pendekatan kualitatif. instrumen yang digunakan dalam penelitian dan pengembangan ini adalah a. Telaah para pakar/ ahli. Hasil pengembangan dapat disimpulkan bahwa: Diperlukan variasi latihan penjaga gawang *hockey* yang dikembangkan agar dapat meningkatkan kemampuan teknik penjaga gawang atlet. Dengan variasi latihan yang dikembangkan atlet yang berlatih lebih efektif dan lebih efisien. Dengan variasi latihan penjaga gawang yang dikembangkan atlet lebih termotivasi dalam suasana kompetitif. Dengan pengembangan variasi latihan penjaga gawang ini atlet lebih termotivasi untuk mendapatkan variasi-variasi baru khususnya dalam penjaga gawang *hockey* tahun 2020. dengan adanya pengembangan variasi-variasi latihan penjaga gawang ini diharapkan dapat mengembangkan variasi-variasi penjaga gawang *hockey* dalam berlatih atau bertanding. Dengan hasil penelitian ini diharapkan atlet harus lebih kreatif dan inovatif dalam memainkan variasi-variasi latihan penjaga gawang dalam permainan *hockey* yang lain.

Kata kunci: analisis kebutuhan, variasi latihan penjaga gawang hockey.



ABSTRACT

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Development of Hockey Goalkeeper Exercise Variations in 2017. Supervisor:
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This development research aims to develop a variety of hockey goalkeeping training in 2020. This research and development (R&D) research and development method is accompanied by a qualitative approach. The instruments used in this research and development are a. review of experts / experts. The results of the development can be concluded that: it takes a variety of hockey goalkeeper training to be developed in order to improve the technical skills of athletes' goalkeeper. With a variety of exercises developed by athletes who train more effectively and more efficiently. With a variety of goalkeeping exercises developed by athletes to be more motivated in a competitive atmosphere. With the development of goalkeeping training variations, athletes will be more motivated to get new variations, athletes will be more motivated to get new variations, especially in hockey goalkeeper in 2020. With the development of goalkeeping training variations, it is hoped that it can develop hockey goalkeeping variations in training or competing. With the results of this study, it is expected that athletes must be more creative and innovative in playing various goalkeeping exercises in other hockey games.

Keywords: needs analysis, hockey goalkeeping training variations.

