

## ABSTRAK

**HOTMA DOLI PARLINDUNGAN. Pengembangan Variasi Latihan *Pointing* Dan *Shooting* Olahraga *Petanque*.** Tesis. Medan. Program Pascasarjana Universitas Negeri Medan, Oktober 2020.

Tujuan dari penelitian dan pengembangan ini adalah untuk menghasilkan variasi latihan *petanque* untuk model latihan *pointing* dan *shooting* pada olahraga *petanque*. Metode dalam penelitian ini adalah model pengembangan *Research & Development* (R&D) dari Borg and Gall. Subyek dalam penelitian dan pengembangan ini adalah 10 atlet *petanque* binaan Pengkot FOPI Kota Medan dan 20 atlet *petanque* binaan Pengprov FOPI Sumatera Utara. Pada validasi kelayakan dari tahap I dan II, ahli materi diperoleh persentase rerata nilai 85,33 % maka termasuk dalam kriteria “sangat layak”, ahli media persentase rerata nilai 86 % maka termasuk dalam kriteria “sangat layak” dan pelatih diperoleh persentase rerata nilai 82,92 % maka termasuk dalam kriteria “sangat layak”. Pada penilaian produk saat ujicoba kelompok kecil termasuk kategori “sangat layak” ditunjukkan dengan persentase sebesar 81,14 % dan ujicoba kelompok besar termasuk kategori “sangat layak” ditunjukkan dengan persentase sebesar 93,93 %. Berdasarkan hasil uji coba kelompok kecil dan kelompok besar, maka variasi latihan *pointing* dan *shooting* olahraga *petanque* dikategorikan “sangat layak” sehingga dapat diproduksi dan dapat digunakan sebagai media untuk menjelaskan berbagai bentuk variasi latihan *pointing* dan *shooting* olahraga *petanque* secara efektif dan efisien.

Keyword: *Pengembangan, Variasi, Latihan, Pointing, Shooting, Petanque*



## ABSTRACT

**HOTMA DOLI PARLINDUNGAN. Development of a Variety of Pointing and Shooting Exercises in Petanque Sports.** Thesis. Medan. Postgraduate School of The State University of Medan, October 2020

The purpose of this research and development is to produce a variety of petanque exercises for pointing and shooting training models in petanque sports. The method in this research is the development model of Research & Development (R&D) from Borg and Gall. The subjects in this research and development were 10 petanque athletes assisted by the City Government of Medan and 20 petanque athletes assisted by Pengprov FOPI North Sumatra. In the validation of the feasibility of stages I and II, material experts obtained a mean percentage value of 85.33%, then it is included in the criteria of "very feasible", media experts, the percentage average value of 86% is included in the criteria of "very feasible" and the trainer obtained a mean percentage value of 82, 92% are categorized as "very feasible". In the product assessment when testing the small group, it was categorized as "very feasible" as indicated by a percentage of 81.14% and the large group trial was included in the "very feasible" category indicated by a percentage of 93.93%. Based on the results of small and large group trials, the variety of pointing and shooting exercises for petanque sports is categorized as "very feasible" so that it can be produced and can be used as a medium to explain various forms of pointing and shooting exercises for petanque sports effectively and efficiently.

Keyword: *Development, Variations, Training, Pointing, Shooting, Petanque*

