



# Journal of Physical Education and Sports

Volume 8. Number 3. December 2019

## Description

Journal of Physical Education and Sports is administered by Study Program Sport Education Postgraduate Universitas Negeri Semarang (UNNES)

[p-ISSN 2252-648X](http://p-issn.unnes.ac.id)

[e-ISSN 2502-4477](http://e-issn.unnes.ac.id)

## Managing Directors

Achmad Slamet  
Wahyu Hardyanto  
Tri Joko Raharjo

## Editor in Chief

Sulaiman

## Board of Editors

Tommy Soenyoto  
Rumini  
Siti Baitul Mukarromah  
Donny Wira Yudha Kusuma  
Mochamad Rizqi Adhi Pratama

## Layout

Bayu Widiyatmoko

## Administrator

Anik Aslikhah

## Publisher

Study Program Sport Education  
Postgraduate  
Universitas Negeri Semarang (UNNES)

## Publisher Address

Campus UNNES Kelud Utara III  
Semarang, Jawa Tengah, 50237

## E-Journal

<http://journal.unnes.ac.id/sju/index.php/jpes>

## DOI

<https://doi.org/10.15294/jpes.v8i3>

## Table of Contents

- 193-199 **The Role of *Betengan* and *Gobak Sodor* Traditional Games in Building Student's Social Characters**  
Toni Suryo Febrianto, Soekardi & Tri Rustiadi
- 200-205 **The Influence of Static and Dynamic Training Method and Eye-hand Coordination Training Method toward the Float Serve Accuracy**  
Fyea Mardiana, Setya Rahayu & Soekardi
- 206-212 **Development of Self-massage and Exercise Therapy in Knee Injuries**  
Slamet Riyadi, Agung Wahyudi & Tri Rustiadi
- 213-219 **Pedagogic Competence of Physical Education Teachers in The Implementation of Revision Curriculum 2013 in Public Elementary Schools**  
Agus Wijanarko, Siti Baitul & Imam Santosa
- 220-228 **Analysis of Performance, Commitment, and Self-concept of Physical Education Teachers in Tanjung Pura-Langkat District**  
Fera Ratna Dewi Siagian, Soegiyanto & Donny Wira Yudha Kusuma
- 229-236 **Effect of Exercise Methods and Eye-Hand Coordination on Forehand Drive Table Tennis Basic Technical Ability**  
Jurit Tri Susetyorini, Tandiyu Rahayu & Setya Rahayu
- 237-245 **The Influence of Mental Imagery and Psychological Relaxation Toward Confidence and Anxiety on Pre Junior Rhythmic Athletes**  
Farid Nurhuda, Taufiq Hidayah & Tommy Soenyoto
- 246-252 **Indonesian Volleyball Association (PBVSI) on Increasing Athlete's Achievement in Tegal Regency**  
Hadi Warsito, Sulaiman & Fajar Awang Irawan
- 253-258 **The Effects of Hand-Eye Coordination on Basketball Passing at PublicSenior High School 1 Lasem**  
Ardianto Sufyandi, Sulaiman & Soegiyanto
- 259-265 **Development of Eagle Eye as the Foul Service Detector at Service Circle in *Sepak Takraw* Game**  
Putri Prastiwi Wulandari, Sugiharto & Oktia Woro Kasmini Handayani
- 266-271 **Management of Physical Education and Adaptive Health Learning at Extraordinary Elementary School in The Entire Metro City of Lampung**  
Puji Tri Iftiah, Setya Rahayu & Tommy Soenyoto
- 272-280 **The Development of Swingtie Ball Media for Baseball Game Learning Aids for Elementary School Students**  
Fairuz Yosmaral Achmad, Tommy Soenyoto & Fajar Awang Irawan
- 281-287 **The Effectiveness of Indonesian Traditional Games and Agility on Student's Gross Motor Skills in Elementary School Hj. Isriati Baiturrahman 2 Semarang**  
Dhany Suhartantyo Aribowo, Taufiq Hidayah & Rumini
- 288-293 **Grooving The Shoot Free Throw Drill Training and Concentration on Free Throw Shooting Outcome**  
Yusuf Muttaqin, Taufiq Hidayah & Siti Baitul Mukaromah
- 294-298 **Effect of Weight Training and Leg Length on the Sickle Kick Speed in Male Students Extracurricular Pencak Silat at Senior High School Bina Jaya Palembang**  
Muammar Kasmandana, Soegiyanto & Setya Rahayu

