



The Development of Soft Ball Sport Through Toss Ball Training in The Athlete Soft Ball

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Abstract

Analisis results of the ability to hit softball ball during several months of training since the introduction of soft ball is still very low. The ability to hit the average of the athletes prepared is still very minimal in reaching the target should be a goal and still ranges from 10-25% of the total punch and still can be said this very low level of punch ability this Penelitian aims To know the level of effectiveness of toss ball exercises to increase the ability to hit ball softball athletes softball City Palopo. This study uses a type of correlational Deskriptif Experimental Research which is a research directed to explain the relationship between two variables i.e. free-variable toss ball exercises with variable-bound ability to hit ball softball The athlete softball City Palopo by using the test hit ball softball Elrod batting test. The location of this research is conducted in Palopo. The samples used in this study were all the athletes of the Softball town of Palopo amounted to 15 athletes. Sampling techniques using saturated sampling techniques. The data analysis techniques used are descriptive statistical tests, statistic infrential tests for hypothesis testing using simple regression analyses.

How to Cite

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INTRODUCTION

The perfection of the basic technique is crucial, as it will determine the overall motion, this can be accomplished through a technique exercise that starts from basic technique to high technique which eventually must lead to automatic movement. The basic technique of playing softball consists of, the technique of hitting the ball (batting), technique of passing the ball (pitching), ball throwing techniques (throwing), techniques of capturing balls (catching), runner base (base running) and sliding (sliding). Hitting technique is a technique that must be mastered by the player softball, because by hitting a softball player will be able to score points (Endang Widayastuti, 2013:28)

The exercise of hitting the ball moving or equal to toss ball is by means of exercise hitting the ball that is stretched by a friend from the bottom up or from the side with a throw-away plan then players hit the ball when the ball reaches a height of approximately Waist-high. It is still a beginner athlete who just knows this type of game. The swing speed of the bat is one of the most important factors affecting the hit-ball speed (Smith, 2014). Apart from that (Plummer, 2014) it responds that gluteal muscles play a direct role in maintaining pelvic stability. Based on the results of the analysis of the ability to hit the ball player Palopo Softball practice still very minimal in reaching the target. The ability to hit the average of the athletes prepared is still very minimal in reaching the target of the Pukulanyang and still ranges from 10-25% of the total punch and still be said the level of blow ability is still very low. Sometimes this can also cause injuries. Overall injury rates were low in interscholastic softball and baseball players. Initial injury rates were significantly higher than subsequent injury rates, and initial injuries affected primarily the upper extremity (Ellen, 2011)

Based on the results of the analysis so that researchers are encouraged to do a research related exercises that are very suitable to improve the skill of hitting athletes softball city of Palopo. The problem that can be formulated in this research is whether Tossball training is able to improve the ability to hit the ball in Palopo softball athletes town?

The goal to be achieved in this research is to know the effectiveness level of toss ball exercises to improve the ability to hit the ball softball athletes Softball City Palopo. The urgency of this research is expected to make a positive contribution in the effort to develop and build a softball ath-

lete of Palopo. This research scheme is based on the type of study that is experimental so it will be done pretests and post test after doing exercises for approximately 16 times the training meeting hit toss ball.

METHODS

This study uses the type of experimental research of correlational, which is a research directed to explain the relationship between two variables, i.e. variable-free tossball exercises with variable-bound ability to hit the ball softball The athlete Softball City Palopo. The location of this research is conducted in Palopo.

The technique of data collection done on this research is a test hit the ball softball with the technique Elrod batting test. The test was done by hitting the ball as much as 10 times that was thrown from the pitcher. The test has a validity value of 0.816 and a reliability value of 0.807 (Encano Ryneto, 2010:53-54).

Data analysis techniques are conducted in a descriptive and inferential statistic for research hypothesis testing purposes with the help of the SPSS program with a significant level of 95% or $\alpha = 0.05$. Data analysis is done in a descriptive and inferential basis to examine the research hypotheses.

RESULTS AND DISCUSSION

The following research results have been conducted related to the effectiveness level of toss ball exercises to improve the ability to hit the ball softball athletes Softball City of Palopo. This research is an experimental study conducted in the form of pretests and posttest data which is a general description of each related variable in the study. The pretests data retrieval was conducted on 25 May 2019, while the data retrieval for Posttest was implemented on 7 July 2019. Treatment is carried out 16 times, with a frequency of 3 (three) meetings in one week.

Data pretests and posttest results Test ability hit ball softball athletes Softball City Palopo presented in the following **Table 1**.

Table 1. Data total pretest dan post test

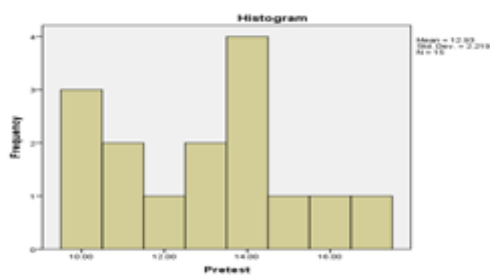
Pre test	Post test
12	13
14	18
14	16
11	17

16	20
15	14
10	17
13	17
14	18
14	13
17	21
13	13
11	17
10	15
10	17

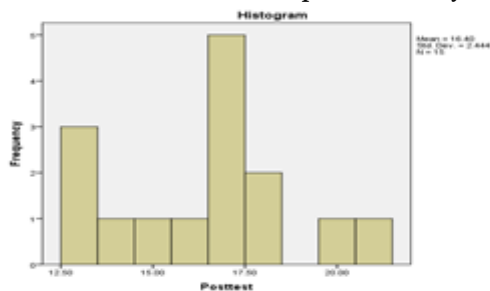
The results were taken from 15 novice athletes on soft ball sports. The following **Pictures 1** are taken at the time of activity:



Pictures 1. Toss Ball Exercise



Grafik 1. Results of pretests ability



Grafik 2. Results of posttestes ability

The discussion of the results provides a further interpretation of the results of the data analysis that has been submitted. Based on the hypothesis testing resulted in analysis conclusion; There is a meaningful influence among the main factors of research stating that there is a significant influence after given toss ball exercises against the ability to hit the ball of soft ball athletes soft ball town of Palopo.

Based on the results of the research, there is a difference that there is an increase in skills hitting softball ball through toss ball method. Hitting exercises using the toss ball method has a significant improvement. Toss ball training method is an exercise using moving balls, where the ball is thrown by his own friend. Supported by this case, the wrist/hand stabilized just before ball release (Oliver, 2010). This allows the athlete to be more accustomed when performing a punch. This is in line with the one expressed by Encano Ryneto (2010:47-48) that the exercise of hitting pitched ball balls (moving balls) turns out to provide a better and effective stimulus in the ability to hit the softball ball. Exercise hitting the ball pitched ball increases the ability to move the body that supports the movement hitting the softball ball better. Physiological profiling of athletes particularly longitudinal investigations of physiological characteristics, can provide valuable information to coaches and sports scientists (Nimphius, 2012).

Based on a known hypothesis test that the exercise method of hitting toss ball has a significant influence on the skill of hitting a softball ball in the soft ball athlete town of Palopo. Toss ball exercises aim to train the precision of swing with the ball, train an eye view while hitting the ball and familiarize the swing movement that is done must be flat waist-high and also train to train the accuracy of the foot position With the coming direction of the ball. Increasing swing velocity is considered one of the approaches to enhance hitting ability (Liu, 2011). On the practice method of hitting toss ball students can create more energy in a controlled state, athletes who act as a hitter/better will have the opportunity to work at the corner of the bat and train hitting the ball throw in the All zone attacks.

CONCLUSION

Based on the results of the research and analysis results of the data that has been done, the conclusion that it turns out a soft ball exercise with toss ball exercise method of hitting the ball softball athletes soft Ball City Palopo has a level Good effectiveness.

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