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Effects of Training Medicine Ball Throw on Results Throw in a Football Game in Class X at SMA Negeri 4 Palembang in the Academic Year of 2012/2013

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Abstract: Football is one of the most popular game sports around the world, the development of football is so rapid throughout the world, a soccer player must master the technique of playing soccer. One technique of playing soccer is *throw in* is a way of restarting the game after the ball *out,* that is, the ball leaves the field of play over the side line. Form of training *Medicine Ball Throw* is a form of exercise that aims to improve throw-in results. Based on observations made by researchers and information obtained from Physical Education teachers at SMA Negeri 4 Palembang, they complained that there were still many student mistakes in carrying out the movements throw in. One way to overcome this is to improve the throw-in motion. The purpose of this study was to determine whether or not there was a significant effect of medicine ball training on results *throw in* a soccer game for class X students of SMA Negeri 4 Palembang in the 2012-2013 academic year. The method used in this research is the category experimental method *pre-test* and *post-test*, namely by conducting pre-test and post-test with a population of 277 students. From this population, the sample taken was 30 male students who took part in extracurricular activities. The sample was divided into two groups, namely the experimental group and the control group with 15 students in each group. The data collection technique used in this research is the test technique *throw in*, the data obtained from the tests, were analysed using t-test statistics. From the results of data analysis and hypothesis testing obtained t_{count} by 12 while t_{table} using a significant level of α 0.05 and obtained t_{table} 1.70 until $t_{count} > t_{table}$ or 12 > 1.70. So, the percentage of research success is 12%. Based on the results of data analysis, it can be concluded that there is a significant effect of medicine ball training on results *throw in* in a soccer game for class X students of SMA Negeri 4 Palembang in the 2012-2013 academic year.

Keywords: Football Game, Medicine Ball Throw, Training

A. Introductions

In everyday life, exercise is an important part of activity and is even a necessity to maintain physical and mental health (Stathi et al, 2002; Dubbert, 2002). In everyday life, humans can no longer be separated from sports activities, both to pursue achievements and to keep their bodies healthy. One sport that is very popular with

humans is football, because football can be played by all levels of society in the world, both in cities, in villages and even in remote parts of the country, starting from children, men and women, with sport, humans can maintain physical fitness and form people who are physically and mentally healthy and have a disciplined, responsible character, and ultimately a quality human being will be formed. Educational institutions are responsible for evaluating all students' abilities, innovations, skills and talents, especially in terms of sports, to achieve educational goals (Junaidi, & Rizhardy, 2019).

Seeing the development of sports achievements, especially football in Indonesia, is increasingly concerning. As we know, football is a very popular sport in Indonesia, so most people in Indonesia are fond of this sport. Because it is very popular, so many people want to play soccer, but this is a contradiction, the most popular sport in Indonesia turns out to have less than satisfactory achievements. Never mind competing in world class, in the regional area it is still lacking when compared to neighboring countries.

A popular sport today is soccer, soccer is a sport that is played by two teams that aim at each other to put the ball into the opponent's goal and get satisfying results. Football games contain playing techniques that must be mastered by players such as throw-in, besides that the sport of football is determined by effective and efficient mastery, physical, tactical and mental skills.

In addition to those mentioned above, factors that are very influential in playing good football in every match apart from having to have good basic skills, one of which is the throw-in. For throw-in ability (*throw in*) can be done with practice *medicine ball* given to practice the ability to throw in (*throw in*) while playing soccer. Practicing *medicine ball throw* Use your whole hand when throwing the ball *medicine*. This is very supportive in efforts to improve results *throw-in* in a football game.

Based on the observations made by the author at SMA Negeri 4 Palembang so far there are still some students who lack the ability to throw in, in throwing in (*throw in*) students still make a lot of mistakes in throw-in movements, and have a low level of achievement in sports, especially football. This can be seen from the results of the throw-in, Throw-in is not just starting the match, but if possible is a means to open attacks that endanger the opponent's area. Therefore, as an effort to increase the ability to *throw in* on students, while the exercises used are training *medicine ball*, with the hope that the exercise can increase the results in (*throw in*) in class X students at SMA Negeri 4 Palembang.

B. Methods

The research method is the method used by researchers in collecting research data Arikunto (2010). The method used in this research is method *true experimental* due to randomization, the experimental group (treatment) and the control group (comparison) (Suresh, 2011). This experimental research was conducted with the intention of knowing the Effect of Exercise *Medicine Ball Throw* Against Results *Throw in* the Class X Football Game at SMA Negeri 4 Palembang

Choosing a method in a study must be appropriate and in accordance with the problem being solved. The method used in this study is the experimental method, the reason the authors use the experimental method is to obtain or collect as much information as possible from a sample group being studied. Regarding the experimental method, Arikunto (2010) The experimental method is a way to look for a causal relationship between two factors that are deliberately generated by researchers by eliminating or reducing or setting aside other factors that can interfere.

The description above can be explained that the experimental method is applied to see the effect of a treatment referred to as the treatment in this study is training *Medicine Ball throw* which lasted for 14 meetings.

C. Result and Discussion

The implementation of this research activity was guided by the training program that had been prepared previously. This research was conducted at SMA Negeri 4 Palembang, the population in this study was class X students, totalling 277 students. In this study, the sample taken was 30 male students who took part in extracurricular activities, then the sample was divided into two groups, namely the control group and the experimental group using the *sampling*, where in the distribution of these groups according to the ranking of results *pretest throw in* that has been taken. In this study the experimental group was given treatment in the form of training *medicine ball*, whereas in the control group the treatment was different from the experimental group, only given soccer playing activities as usual with no special training given.

In this study, the duration of medicine ball training was carried out 3 times a week for 14 meetings from 17 May to 17 June 2013, held on Mondays, Wednesdays and Fridays. This study aims to determine whether there is an effect of medicine ball training on results *throw in* in a class X soccer game at SMA Negeri 4 Palembang. Preliminary test execution (*pre-test*) was held on May 17 2013, from 15.00 to 17.00 WIB, at the football field of SMA Negeri 4 Palembang. The test given is a throw-in test in a soccer game using a meter with the aim of measuring how far the result is *throw in* the game of football. Then given treatment, namely by practicing medicine ball for 14 meetings in the afternoon outside school hours every week based on the attached training

program. After being given the treatment, then the final test was carried out (*post-test*) on June 17, 2013.

Description of research data initial test results (*pre-test*) *throw in* at a football game. Description of the experimental group's initial test data Preliminary tests in this study were used to measure outcomes *throw in* in a soccer game in the experimental group students before the implementation of medicine ball exercises.

Medicine ball according Thorpe, & Bunker (2014) and Kamble et al, (2019), is a modification (change) of the actual ball in the shape of a ball that resembles it, so it is quite responsive to the learning activities of throwing in a soccer game. Whereas Mayhew (2005) states that most of the exercises *medicine ball* done by catching and throwing, the completion of the throwing movement is done quickly, maximum acceleration to achieve success in the end.

Based on the results of the calculations and analysis of the data that has been described, it is evident that the medicine ball exercise has a significant effect on the results*throw in* in a soccer game. The existence of this influence can be seen from the average results *throw in*, where the average initial test results of the experimental group students are 9.8 meters away and the control group students are 9.1 meters away, the average results *throw in* the students experienced a significant increase in the experimental group after taking medicine ball exercises or the final test with an average throwing distance of 11.76 meters, while the control group was 9.4 meters. This is because in carrying out the medicine ball exercises, this is in line with Harsono (1988), that in order to achieve important goals in training, it is necessary to have training principles that are more specific and reflect the specificity of the training process (Zaryski, & Smith, 2005).

The results of research data analysis conducted by the author by giving a test *throw in*, stated that there is a significant effect by providing training *medicine ball* on results*throw in* in a soccer game, this can be seen from the results of testing the hypothesis that the t value is obtained$_{count}$ by 12 greater than the value of t_{table} of 1.70, so the percentage of research success is 12%, so the criteria for testing the hypothesis accepted are Ha and reject Ho. This means the hypothesis that there is an effect of training *medicine ball* the results of the throw-in in the soccer game (Dockery et al, 2020) of class X students of SMA Negeri 4 Palembang for the 2012 – 2013 academic year can be accepted as true.

D. Conclusions

The hypothesis states that there is an effect of training *medicine ball,* the results of the throw-in a soccer game by class X students of SMA Negeri 4 Palembang for the 2012-2013 academic year were accepted.

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