

PROCEEDING



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throw, side ball medicine throw), aerobic capacity test (bleep test), and balance test. Self control was measured using a questionnaire, and the performance observed when the game progresses. The analysis using aid of SPSS software 20 version with the analysis stage normality test. The result of reasearch shows that 1) there is a description positive contribution of general fitnes to the performance of squash athletes in Jawa Barat, 2) there is a description positive contribution of self control to the performance of squash athletes in Jawa Barat, 3) there is a description positive contribution of general fitnes and self control to the performance of squash athletes in Jawa Barat.

Keywords:

Contributions, General Fitnes, Self Control, Performance

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Relationship Between Physical Condition, Mental Preparation, and Understanding of Regulation Performance With Referee Futsal

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ABSTRACT

This research aims to understand the relationship between physical condition, mental preparation and the understanding of regulation performance with referee futsal. Method used is the descriptive method. The sample consists of 24 referees in national level. Research instrument that will be use for the physical condition is Physical Fitness test set by FIFA. Whilst for the mental preparation and the understanding of regulation, the instrument use is by giving questionnaires. Whereas, to measure the performance of the referee, the assessment forms issued by FIFA will be use. Data processing techniques in this study using a computerized calculation program SPSS (Statistical Product and Service Solution) 20.0 version for windows. The hypothesis based on the above objectives is, there are relationship between physical condition, mental preparation and understanding of regulations on the performance of the referee.

Keywords:

Physical Condition Mental Readiness Regulation Understanding Referee Performance

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Arm Strength, Speed Reaction, Leg Explosive Power and Speed Puncture to Floret Number of Fencing

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ABSTRACT

The problem in this research is, Is there a relationship between the arm strength and speed puncture of Fencing athletes in North Sulawesi on floret numbers? Is there a relationship between the speed of the reaction and speed puncture of Fencing athletes in North Sulawesi on floret numbers? Is there a relationship between the leg explosive power and speed puncture limb of fencing athletes of North Sulawesi to floret numbers? The purpose of this study was to determine the main relationship between the arm strength and speed puncture; between the reaction speed and the speed of puncture; Among the leg explosive power and

speed punctures, to determine which variables have the greatest contribution to the speed puncture. The research hypotheses: Between the arm strength and speed puncture on the game floret is there positive correlation; Between the reaction speed and game speed puncture floret is there positive correlation; Between the leg muscle explosive power and speed puncture on the game floret is there positive correlation; The study population is the fencing female athlete IKASI North Sulawesi as many as 45 athletes and 25 sample athletes was taken at random technique. The method that used in this research was correlation analysis survey technique. Data analysis technique, in hypothesis testing the research using statistical technique with correlation analysis Pearson Product Moment Correlation. The conclusion of the study: The relationship between the arm strength and speed puncture is $r = 0,4783$. Test of significance, meaningful. The relationship between the speed of the reaction and speed puncture is $r = -0,2945$. Test of significance, meaningful. The relationship between the explosive power of the legs and stab speed is $r = 0,410$. Test significance, meaningful.

Keywords:

Arm Strength, Reaction Speed, The Leg Explosive Power and Speed Puncture

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Effect Background of Coaching Badminton to Performance at Badminton Club on West Java

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ABSTRACT

The purpose of this study was to determine the effect of differences in the background of the coach who had become the athlete with non-athlete to train performance on badminton clubs in West Java. The study was conducted in the upgrading of level I BWF badminton coach for the cooperation of sports and youth services with the management of West Java province PBSI West Java on October 2015 in Garut district, West Java province. The method used qualitative research methods to analyze the performance of the trainers in the simulation novice athletes train. With the following results: 1. In general, the performance of the coach who has a background athletes train proved to have better performance when compared to coaches whose background non-athletes. 2. In particular on the preparation of the performance turned out to train trainers who have a background in non-athlete actually has the ability to prepare a better workout when compared to coaches whose background athlete. 3. In particular, the performance of the coach who has a background athlete proved to have practical skills in the field are better when compared to coaches whose background non-athletes. 4. In particular, the performance of the coach who has a background of athletes and non-athletes were not much different in the implementation of the evaluation procedure badminton athletes.

Keywords:

Background of Coaching, Coaching Performance

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