

LAMPIRAN 1

Deskripsi Data Tes Awal *Sprint 30 meters* Kelompok *medicine-ball push throw and sprint* dan Kelompok *rotational medicine-ball throw and sprint*

No	Subjek	Kelompok Penelitian						Ket.
		<i>Medicine-Ball Push Throw and Sprint</i>			<i>Rotational Medicine-Ball Throw and Sprint</i>			
		Tes Awal	Tes Akhir	Selisih	Tes Awal	Tes Akhir	Selisih	
1	A	15.06	13.01		13.05	12.14		
2	B	16.34	14.11		11.42	10.11		
3	C	17.44	15.22		14.37	13.31		
4	D	16.38	13.10		12.29	12.03		
5	E	12.56	11.02		13.17	12.21		
6	F	15.23	14.17		13.49	10.34		
7	G	13.15	12.14		14.23	13.02		
8	H	11.37	11.21		11.36	10.05		
9	I	16.51	15.06		14.49	12.10		
10	J	15.10	14.22		12.24	11.17		

LAMPIRAN 2

Deskripsi Data Tes Awal *Sprint 30 meters* Kelompok *medicine-ball push throw and sprint* dan Kelompok *rotational medicine-ball throw and sprint*

Kelompok		Statistic	Std. Error	
Tes awal medicine-ball push throw and sprint	Mean		14.9140	
	95% Confidence Interval for Mean	Lower Bound	13.5138	
		Upper Bound	16.3142	
	5% Trimmed Mean		14.9706	
	Median		15.1650	
	Variance		3.831	
	Std. Deviation		1.95730	
	Minimum		11.37	
	Maximum		17.44	
	Range		6.07	
	Interquartile Range		3.41	
	Skewness		-.681	.687
	Kurtosis		-.561	1.334
	rotational medicine-ball throw and sprint	Mean		13.0110
95% Confidence Interval for Mean		Lower Bound	12.1799	
		Upper Bound	13.8421	
5% Trimmed Mean			13.0206	
Median			13.1100	
Variance			1.350	
Std. Deviation			1.16179	

Minimum	11.36	
Maximum	14.49	
Range	3.13	
Interquartile Range	2.23	
Skewness	-.150	.687
Kurtosis	-1.354	1.334

LAMPIRAN 2 LANJUTAN

	Kelompok	Statistic	Std. Error	
Tesakhir	medicine-ball push throw and sprint	Mean	13.3260	
		95% Confidence Interval for Mean	Lower Bound	12.2577
			Upper Bound	14.3943
		5% Trimmed Mean	13.3489	
		Median	13.6050	
		Variance	2.230	
		Std. Deviation	1.49342	
		Minimum	11.02	
		Maximum	15.22	
		Range	4.20	
		Interquartile Range	2.52	
		Skewness	-.402	.687
		Kurtosis	-1.103	1.334
		rotational medicine-ball throw and sprint	Mean	11.6480
95% Confidence Interval for Mean	Lower Bound		10.8079	

	Upper Bound	12.488	
		1	
	5% Trimmed Mean	11.644	
		4	
	Median	12.065	
		0	
	Variance	1.379	
	Std. Deviation	1.1743	
		2	
	Minimum	10.05	
	Maximum	13.31	
	Range	3.26	
	Interquartile Range	2.13	
	Skewness	-.210	.687
	Kurtosis	-1.299	1.334

LANJUTAN 3

**Uji Normalitas Tes awal *Two-Hand Medicine Ball Put dan Sprint 30 meter*
Kelompok *medicine-ball push throw and sprint* dan Kelompok *rotational medicine-ball throw and sprint***

Tests of Normality

	Kelompok	Kolmogorov-Smirnov ^a			Shapiro-Wilk		
		Statistic	df	Sig.	Statistic	df	Sig.
Tesawal	medicine-ball push throw and sprint	.230	10	.144	.921	10	.369
	rotational medicine-ball throw and sprint	.153	10	.200*	.921	10	.365
Tesakhir	medicine-ball push throw and sprint	.200	10	.200*	.923	10	.385
	rotational medicine-ball throw and sprint	.228	10	.152	.904	10	.245

*. This is a lower bound of the true significance.

a. Lilliefors Significance Correction

LAMPIRAN 4

Uji Homogenitas Tes awal *Sprint 30 meter* Kelompok *medicine-ball push throw and sprint* dan Kelompok *rotational medicine-ball throw and sprint*

		Levene Statistic	df1	df2	Sig.
Tesawal	Based on Mean	2.176	1	18	.157
	Based on Median	1.466	1	18	.242
	Based on Median and with adjusted df	1.466	1	13.262	.247
	Based on trimmed mean	1.923	1	18	.183
Tesakhir	Based on Mean	.708	1	18	.411
	Based on Median	.803	1	18	.382
	Based on Median and with adjusted df	.803	1	17.996	.382
	Based on trimmed mean	.705	1	18	.412

LAMPIRAN 5

Hasil Uji Paired Sample t-test
Kelompok Medicine-Ball Push Throw and Sprint

Pair	Tesawal	Paired Differences			95% Confidence Interval of the Difference		t	df	Sig. (2-tailed)
		Mean	Std. Deviation	Std. Error Mean	Lower	Upper			
1	- Tesakhir	1.58800	.88585	.28013	.95430	2.22170	5.669	9	.000

Hasil Uji Paired Sample t-test
Kelompok Medicine-Ball Throw and Sprint

Pair	Tesawal	Paired Differences			95% Confidence Interval of the Difference		t	df	Sig. (2-tailed)
		Mean	Std. Deviation	Std. Error Mean	Lower	Upper			
1	- Tesakhir	1.36300	.81915	.25904	.77702	1.94898	5.262	9	.001

**Data Hasil Uji Independent Sample T-test
Kelompok Medicine-ball push throw and sprint dan Kelompok rotational
medicine-ball throw and sprint**

		Levene's Test for Equality of Variances		t-test for Equality of Means					95% Confidence Interval of the Difference	
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	Lower	Upper
Tesawal	Equal variances assumed	2.176	.157	2.644	18	.017	1.90300	.71978	.39080	3.41520
	Equal variances not assumed			2.644	14.642	.019	1.90300	.71978	.36555	3.44045
Tesakhir	Equal variances assumed	.708	.411	2.793	18	.012	1.67800	.60078	.41581	2.94019
	Equal variances not assumed			2.793	17.051	.012	1.67800	.60078	.41076	2.94524

Dokumentasi Penelitian



LAMPIRAN 7 LANJUTAN

Dokumentasi Penelitian

