

LAMPIRAN 1

Data Tes Awal dan Tes Akhir Kelompok *Pullover Pass* dan *Medicine Ball Power Drop*

No	Kelompok <i>Power Step ups</i>		Kelompok <i>Box Jump-up with Stabilization Progression</i>	
	Tes Awal	Tes Akhir	Tes Awal	Tes Akhir
1	18	23	21	26
2	20	24	17	22
3	19	24	20	25
4	21	26	19	24
5	17	22	18	23
6	22	27	17	21
7	20	25	21	23
8	18	23	23	24
9	19	24	18	20
10	21	25	22	25
11	20	25	24	26
12	23	28	19	21
13	18	22	18	21
14	19	24	21	22
15	22	27	18	20

LAMPIRAN 2

Deskripsi Data Kelompok *Pullover Pass* dan *Medicine Ball Power Drop*

		Descriptives		
	Kelompok		Statistic	Std. Error
Tesawal	Pullover Pass	Mean	19.8000	.44934
		95% Confidence Interval for Lower Bound	18.8363	
		Mean Upper Bound	20.7637	
		5% Trimmed Mean	19.7778	
		Median	20.0000	
		Variance	3.029	
		Std. Deviation	1.74028	
		Minimum	17.00	
		Maximum	23.00	
		Range	6.00	
		Interquartile Range	3.00	
		Skewness	.259	.580
		Kurtosis	-.773	1.121
	Medicine Ball Power Drop	Mean	19.7333	.56456
		95% Confidence Interval for Lower Bound	18.5225	
		Mean Upper Bound	20.9442	
		5% Trimmed Mean	19.6481	
		Median	19.0000	
		Variance	4.781	
		Std. Deviation	2.18654	
		Minimum	17.00	
		Maximum	24.00	
		Range	7.00	
		Interquartile Range	3.00	
		Skewness	.535	.580
		Kurtosis	-.751	1.121
Tesakhir	Pullover Pass	Mean	24.6000	.46599
		95% Confidence Interval for Lower Bound	23.6006	
		Mean Upper Bound	25.5994	

	5% Trimmed Mean	24.5556	
	Median	24.0000	
	Variance	3.257	
	Std. Deviation	1.80476	
	Minimum	22.00	
	Maximum	28.00	
	Range	6.00	
	Interquartile Range	3.00	
	Skewness	.360	.580
	Kurtosis	-.569	1.121
	Mean	22.8667	.53333
Medicine Ball Power Drop	95% Confidence Interval for	Lower Bound	21.7228
	Mean	Upper Bound	24.0106
	5% Trimmed Mean	22.8519	
	Median	23.0000	
	Variance	4.267	
	Std. Deviation	2.06559	
	Minimum	20.00	
	Maximum	26.00	
	Range	6.00	
	Interquartile Range	4.00	
	Skewness	.149	.580
	Kurtosis	-1.294	1.121

LAMPIRA 3

Data Hasil Uji Normalitas Tes Awal-Tes Akhir Kelompok *Pullover Pass* dan *Medicine Ball Power Drop*

		Tests of Normality					
		Kolmogorov-Smirnov ^a			Shapiro-Wilk		
	Kelompok	Statistic	df	Sig.	Statistic	df	Sig.
Tesawal	Pullover Pass	.144	15	.200*	.959	15	.669
	Medicine Ball Power Drop	.186	15	.172	.924	15	.222
Tesakhir	Pullover Pass	.164	15	.200*	.947	15	.477
	Medicine Ball Power Drop	.150	15	.200*	.929	15	.263

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

a. Lilliefors Significance Correction

LAMPIRAN 4

Data Hasil Uji Homogenitas Tes Awal dan Tes Akhir Kelompok *Pullover Pass* dan *Medicine Ball Power Drop*

Test of Homogeneity of Variance

		Levene Statistic	df1	df2	Sig.
Tesawal	Based on Mean	1.418	1	28	.244
	Based on Median	.840	1	28	.367
	Based on Median and with adjusted df	.840	1	25.399	.368
	Based on trimmed mean	1.354	1	28	.254
Tesakhir	Based on Mean	.668	1	28	.421
	Based on Median	.639	1	28	.431
	Based on Median and with adjusted df	.639	1	27.098	.431
	Based on trimmed mean	.683	1	28	.415

LAMPIRAN 5

Data Paired Sample T-Test **Kelompok Pullover Pass dan Medicine Ball Power Drop**

		Paired Samples Test								
		Paired Differences				95% Confidence Interval of the Difference				
		Mean	Std. Deviation	Std. Error Mean	Lower	Upper	t	df	Sig. (2-tailed)	
Pair 1	VAR00001 - VAR00002	-4.80000	.41404	.10690	-	-4.57071	-44.900	14	.000	
					5.029					
					29					

		Paired Samples Test							
		Paired Differences				95% Confidence Interval of the Difference			
		Mean	Std. Deviation	Std. Error			t	df	Sig. (2-tailed)
				Mean	Lower	Upper			
Pair 1	VAR00001 - VAR00002	-3.13333	1.55226	.40079	-3.99295	-2.27372	-7.818	14	.000

LAMPIRAN 6

Data Hasil *Independent Sample T-Test* Kelompok *Pullover Pass* dan *Medicine Ball Power Drop*

Independent Samples Test										
		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	1.418	.244	.092	28	.927	.06667	.72155	-1.41136	1.54470
	Equal variances not assumed			.092	26.658	.927	.06667	.72155	-1.41472	1.54806
Tesakhir	Equal variances assumed	.668	.421	2.447	28	.021	1.73333	.70823	.28259	3.18407
	Equal variances not assumed			2.447	27.505	.021	1.73333	.70823	.28142	3.18525

LAMPIRAN 7

Dokumentasi Penelitian







