

Enhancing Control of Basic Techniques of Cast Capture in Playing Baseball Through Variations in Playing in Class IV SD Negeri 105 389 Timbang Deli, Galang, Deli Serdang Academic Year 2017-2018

Devi Catur Winata ⁽¹⁾
 Health Physical Education and Recreation
 STOCK Bina Guna Terrain
 Medan, Indonesia
devicatur25@gmail.com

Pedomanta Keliat ⁽²⁾
 Health Physical Education and Recreation
 STOCK Bina Guna Terrain
 Medan, Indonesia

Ahmad Al Munawar ⁽³⁾
 Health Physical Education and Recreation
 STOCK Bina Guna Terrain
 Medan, Indonesia

Abstract— This study aimed to find out the extent to which the increase in the basic technique to catch the ball in a game throwing a baseball through a variation played at the fourth grade students of SDN 105 389 Weigh Deli District, Galang district, Deli Serdang Academic Year 2017/2018. Location of the study was conducted in SDN 105 389 Weigh Deli District, Galang district, Deli Serdang academic year of 2017/2018, which was held from February 24 to March 2, 2018 for two weeks. The population in this study were all fourth grade students of SDN 105 389 Weigh Deli District, Galang totaling 30 people, and the sample in this study is a class IV consisting of 30 people so this research is called total sampling. The method used is classroom action research (PTK). Consisting of cycle I and II. To obtain the data in this research study I conducted the test results (in the first cycle) and achievement test II (in the second cycle) in the form of basic engineering applications fishing throwing the ball as much as two meetings. Outcome analysis of test results obtained studying the first cycle of 15 people (50%) who have reached the level of mastery learning, whereas 15 (50%) have not yet reached the level of mastery learning, with an average score of students was 67.62. (2) From the test results of the second cycle was obtained 28 votes (93.33%) who have achieved mastery learning, while 2 (6.67%) have not yet reached complete learn, with an average value of students is 82.76, it can be seen that an increase in the average value of the learning outcomes persiklus of 15.14 and completeness klasikalnya increase of 43.3%. Based on the results of data analysis can be said that through playing variations can improve the mastery of basic technique of throwing a ball catch in the fourth grade students of SDN 105 389 Weigh Deli District, Galang district, Deli Serdang Academic Year 2017/2018.

Keywords: *throwing fishing, playing variations*

I. INTRODUCTION

A baseball game one of the games in which there are elements of the overall education and training involving physical activity and mental development, social and emotional harmonious and balanced. To get it all, there should be interaction and the learning process in accordance with the educational objectives.

Throwing, catching and hitting is the most dominant technique once in the implementation of a baseball game, where the movement is a movement of the beginning of the game of rounders.

But in fact at the primary level, learning techniques throwing, catching, and hitting the ball shall be given in accordance with the actual concept of learning is learning that developed the game form factor modification so as to provide a fun and exciting for the students to follow the process and the game the learning. Learning sports often emphasize on learning how to play by the rules. So is the reality in SD.Negeri 105 389 Weigh Deli Deli Serdang District of Galang.

From the observations that have been made in the field, the weakness of the child while throwing the ball is the foot position that does not correspond to the way the ball is held, the child tends to be when the throw with his right hand position of the right leg in front, so that the toss will be done is not right with the target and away results the throw. Then when the child was about to do catch the ball, children tend to turn a blind eye when the ball was about to lead kedirinya and it usually occurs in the majority of female student. Value -

average learning results obtained by the students for learning the throwing fishing is still low. 30 students from the fourth grade, only 11 students (36.67%) who have had a throwing fishing mastery learning. While 19 students (63.33%) have not had a mastery learning, while the KKM at this school 70.

In connection with the background of the problem, plus the importance of improving the mastery of basic technique of throwing catching balls elementary school students through variations played in accordance with the age and ability of the child, the researchers interested in applying for the title: "Improving mastery of basic techniques of throwing catching the ball in the ball game rounders through variation of the fourth grade students playing for 105 389 SD.Negeri Galang Weigh Deli Deli Serdang District of School Year 2017/2018.

In accordance with this in mind the problems that on the background of the above problems, it can be identified with the following issues: Is there an increase in the basic technique catching the ball throwing for students? Whether by playing variations can increase the basic technique of throwing a ball catch students? Does the shape of the game can increase student interest? Whether the division of the group play throwing the ball catch can help students better follow the spirit of physical education lessons? Is the shape of the game are in accordance with the level of student learning needs? Does the shape of catching a ball toss game can eliminate boredom students attending physical education lessons?

Given the breadth of issues that will be investigated then, this research problem will be restricted on mastering the basic technique catching the ball throwing students in the game of baseball through play variations in grade IV Deli SD.Negeri 105 389 Weigh In other words the variables under study consists of one independent variable, ie: variation of play and one dependent variable, ie: throwing catch the ball in a game of rounders.

The problem in this research is How increased mastery of basic technique of throwing a ball catch for students through play variations in grade IV Academic Year 2017/2018.?, And the purpose of this study to determine increased mastery of basic technique of throwing a ball catching students through play variations in grade IV.

From research conducted This provides benefits to the development of learning for teachers. Therefore, research it can be; 1) Provide information about the necessity of teaching through play variations for students. 2) Become input for physical education teachers to improve instruction for students. 3) Expressed as a reference for further research activities.

II. THEORETICAL REVIEW

Physical education is essentially a process of education that utilizes physical activity to produce a holistic changes in individual quality, both in terms of physical, mental, and emotional. Physical education to treat the child as a unified whole, being in total, rather than just take it as a separate person physical and mental quality. Physical education in this paper is an education carried out at every level of education ranging from elementary school to high school that uses

physical activities or members to achieve physical health and fitness, movement skills that result in the development of attitude and intellectual abilities in everyday life[1].

In fact, the physical education is a field of study that is really wide. Point of concern is the increase in human movement. More specifically, physical education with regard to the relationship between human movement and other educational area: the relationship of the development of the physical body with mind and soul. The focus on the influence of the physical development of the region's growth and development of other aspects of the human being that made him no other single area such as physical education concerned with the total development of the human being.

Physical education is education that actualize the potentials of human activity in the form of attitudes, acts, and works by the form, content and direction towards a personal determination in accordance with the ideals of humanity [2]

[3] Revealed that physical education is part of the general education program that contributes to the growth and development of the whole child. Education bodily motion is defined as education and education through movement, and must be done in ways that fit the concept.

Before stepping into the rules of the game must first master the basic techniques of baseball games, some of the techniques in the game ball kasti are as follows: 1) toss the ball, toss the ball up, toss the ball forward. 2) Throw a ball of Overhead. 3) Catch the ball, catch the ball hull, catching the ball flat, catch the ball from below. 4) Hit the ball, hit the ball flat, hit the ball modestly or along the ground, hitting the ball over the head. 5) Running Technique, ran straight, running zig-zag.

Materials and tools used: 1) The ball, made of rubber or leather in it filled. The size of the ball circumference 19-21 cm, weight 30-70 grams or 70-80 grams, and diameter 20 cm. 2) bat, baseball bat-shaped wooden stick beater, a length of approximately 50 to 60 cm long, oval-shaped cross section (oval) with a size of 5 cm wide and 3.5 cm thick and 15-20 cm long handle. Players bat inside the lines or free place, how to play, among others: a) The ball is thrown by one team of guards. b) The ball is struck by a team that was hit. e) bat after hitting should quickly ran to the rescue pole or pole perch.

To be able to play baseball well requires basic skills throwing, catching and hitting. Learning the game of rounders usually begins with learning to throw, catch and hit. Make sure students have enough space to throw and catch, this is usually done in the open field, but also in the room which had a spacious room.

According [4] throwing techniques there are several ways: Shot Soar When throwing, the ball must be held or at the base of the handheld on the base-hand knuckles namely: the index finger, middle finger and ring finger. Tolerating each other three fingers, thumb and little finger attached only reasonable. Furthermore, to throw, then the attitude is the beginning of the left foot in front when throwing right-handed direction of the throw destination. Pulling the right hand, shifting body weight to the right leg and left hand slightly raised oblique upwards. The view towards the target, then throw oblique upwards. Along with the right hand forward movement followed the

migration of weight left. Throwing motion should end up with a crack wrist and fingers.

Horizontal throws, throws Mechanical horizontally on the same principle with a throw rebound. Just before making the throw body position should not be too inclined to right. Arm movements rather flat, so that the ball of the hand off point does not exceed the head.

Going along throws Land How to throw a ball along the ground are of two kinds: As in throwing flat, but knees slightly bent, so the agency humble and slightly leaning forward. With swing down. Movement right arm is rotated on a circular fore continue to back, immediately swung fore again.

According [4] capture techniques there are several ways: Catch the ball when catching the ball bounced Meanwhile, posture and hand position adapted to the arrival direction of the ball. The position of the hands when catching a ball can be shaped like a pouch as well as sit-ups shortly. In the motion capture can also be done with two hands or by using one hand. Besides, when the ball has entered into "pockets", then immediately dikatubkan fingers and pulled closer to the body quickly.

Ball catch Horizontal, and horizontal ball that comes right before the body, can be captured as receiving a ball that comes to soar. But if the ball comes horizontally right or left beside the body, then how to catch it is by both arms extended laterally right or left the agency.

Low catch ball, low ball notion here is that the arrival of the ball is approximately waist-deep to knee. How to catch it is the same with the advent catching the ball bounce or sideways markets, only knees should be bent so that the body modestly, knee penekukkan adjusted by high and low balls.

According [5] explains that: "Playing is an activity where there is imitation of the real world into something more modest, but almost the same." In the play, there is an element of imagination of the perpetrator whose role is to create conditions that actually added to the situation created. In this activity, the offender will have fun and be entertained by doing so.

Variation of play is one form of a physical learning that can be provided at all levels of education. Only portions and shape variations of play that will be given, must be adapted to the existing aspects of the curriculum.

Here is a third form Variation game by [6] 1) Throwing and catching the ball past the tires. 2) Throwing and catching the ball past the post. 3) Throw to the wall target. 4) Play rupture plate

In the public schools 105 389 Weigh Deli Deli Serdang District of Galang 2017/2018 school year students of class IV which consists of several age groups, between 9-10 years. Based on observations in the field, the students will have a more dominant character happy to activities that lead to the play activities

Throw in a game of rounders fishing is one of the physical education and health contained in the curriculum that promotes physical activity and healthy lifestyle coaching and development of physical, mental, social, and emotional harmonious and balanced. Can be administered in the learning

process of learning a baseball game in physical education with play patterns are: throwing and catching the ball past the tires, throwing and catching passes goalposts, the game broke a plate and throw to the wall target.

In this case the achievement of learning outcomes can be achieved within a school using a variation of learning through play. In teaching physical education need their learning through play variations that children do not feel bored and tired and can receive benefits. With their learning through play in particular by using the tool as well as the media, the child will be more stimulated to participate in physical education learning because of their curiosity to be able to do things that will be given to their teacher. Learning through play is a variation of a method that can make children develop basic motion, like the motion of the locomotor, non locomotor and manipulation.

To achieve good learning outcomes that correspond to the learning objectives, the teacher penjaslah designing game shape corresponding to the learning outcome throwing catching game that will be given as: throw the ball past the tire is hung, past the goalposts, throwing target to the wall and the game broke plate.

III. RESEARCH METHODS

Research conducted in the State Primary School No. 105 389 Weigh Deli Deli Serdang District of Galang. And when research is carried in February 2018 adjusted to the schedule of physical education lessons in primary schools 105 389 Weigh Deli Galang District of Deli Serdang, from the first until the completion of data collection

According [7] "Population is the object of research. If someone wants to examine all elements within the study area, the research is the study population".

As for the study population in this study were all fourth grade students of SD Negeri 105 389 Galang sub district, Deli Serdang regency totaling 30 students, consisting of 16 boys and 14 female student. The sample is partially or vice studied [8]. Samples are examples, representan or representative of the population is large enough amount, which is one part of the overall selected and representative of the total amount [9].

Regarding the number of samples [8] says: "If the amount of the subject is less than 100, preferably taken all that research was population research. Based on the above, the sample in this study are all the existing population is numbered 30 students (total sampling).

This type of research conducted in this study is a Class Action Research (classroom action research) by using a variation of play as the main target which will lead to improved learning outcomes of physical education at throwing catch. In accordance with this type of research has the form of assessment phases of the cycle. And conducted research design is design [10] which suggests the outline there are four (4) stages through in carrying out classroom action research (PTK), namely: 1) Planning, 2) Implementation, 3) Observation. 4) Reflection.

The research instrument used in this study consisted of: 1) Data Observations (Practice Tests). 2) set of instructions to

