

Difference between overhand and side arm throwing of softball players

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ABSTRACT

The purpose of this study was to: (1) prove the difference in ability between overhand throws and side arm softball players. (2) prove the difference in accuracy between the softball player's overhand and side arm throws, and (3) prove the difference in speed between the softball player's overhand and side arm throw.

The research subjects were 18 students and 18 female softball players who are members of the UNY softball and baseball UKM. This study used a survey method with the Overhand Throw For Accuracy instrument that was modified in the way it was carried out, so that it was able to obtain the accuracy and speed of the throw. The data analysis technique used different test Paired sample-t-test for each variable with a significant level of 5%. The prerequisite test used the Kolmogorov-Smirnov normality test and the Lavene homogeneity test.

The results showed that (1) there was no difference in the throwing ability between the over head and side arm of the UNY student softball players ($t = 0.140$ sig. 0.891). (2) There was no difference in throwing accuracy between the top throws (over head and side arm of UNY student softball players ($t = 1.459$ sig. 0.170). And (3) There is a difference in the speed of throwing between the top throw (over head and side arm) of UNY student softball players ($t = 4,303$ sig. 0.001).

Kata Kunci: *Ability, accuracy, speed throwing, overhand, and side arm.*