

**RELATIONSHIP BETWEEN THE STRENGTH OF THE MUSCLE ARM, THE STRENGTH OF THE STOMACH MUSCLE AND HIGH FLOWS ON THE ACCURACY OF JUMP SHOT ON THE ATLET OF PUTRA STKIP PGRI SUMENEP IN 2018**

**ABSTRACT**

Hand ball is one of the sports achievements that demands the ability of players both physically, technically, tactically and mentally. One of the basic techniques that a Hand ball player must have is the Jump Shot technique. As we have seen, shooting is a form of attack on opponents and is also a "weapon" to produce scores and shooting in various handballs - one of which is a jump shot. The purpose of this study was to obtain information: how much the relationship between arm muscle strength, abdominal muscle strength and height of the jump to the accuracy of jump shot in an individual way. The target of this study was the Hand ball athlete, 15 people of STKIP PGRI Sumenep. The method in this analysis uses quantitative descriptive statistical methods, while the data collection process is carried out by testing arm muscle strength, abdominal muscle strength, jump height, and jump shot. The results of the study obtained individually variable arm muscle strength, abdominal muscle strength, and leap height did not have a significant relationship to the variable accuracy of ballistic jump shots. For the independent variable of arm muscle strength, abdominal muscle strength, and high jump, special attention should be given to improving exercise so that the results of the accuracy of a good ball jump are obtained.

Keywords : arm muscle strength, abdominal muscle strength, high jump, jump shot, ballast

