

**THE EFFECT OF IMAGERY TRAINING ON THE ACCURACY OF  
SHOOTING TEAM BOLATANGAN TEAM  
STKIP PGRI SUMENEP IN 2019**

Mochammad Hernanto

ABSTRACT

**Keywords :** Imagery Training, Shooting Accuracy.

This research was conducted to analyze the effect of Imagery Training on Shooting Accuracy in the Bolatangan men team STKIP PGRI Sumenep. This study uses the Imagery Exercise as the independent variable, and the Shooting game of Bolatangan as the dependent variable. The population in this study were the athletes of the Bolatangan Team STKIP PGRI Sumenep amounted to 38 Men while the sample used was 13 athletes of the Team Bolatangan STKIP PGRI Sumenep.

This type of research used in this study is quantitative research design using pre-experiments with one group pretest-posttest design. The population in this study was the male Bolatangan Team STKIP PGRI Sumenep totaling 38 male athletes. The instrument used to measure the accuracy of shooting the men's Bolatangan team STKIP PGRI Sumenep. Data analysis using t test significance level of 5%.

The results showed that there was a significant influence on the effect of imagery training on the shooting accuracy of the men's Bolatangan team at STKIP PGRI Sumenep by 23,47%. This is consistent with the theory used in research.