

Peak Performance for Soccer

The Elite Coaching and Training Manual

Edited by Alex Calder and Adam Centofanti



Elite Soccer Coaching Manual

David Newbery



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momen inersia terhadap sumbu x y yang melalui titik berat penampang z adalah I_{xz} atau $I_x \frac{1}{12} b h^3$ dan I_{yz} atau $I_y \frac{1}{12} h b^3$ momen inersia terhadap sumbu x adalah $I_x = I_{xz} + b h^3 \frac{1}{12}$ $I_y = I_{yz} + h b^3 \frac{1}{12}$ $I_{xy} = b h \frac{1}{12}$ $I_{yx} = h b \frac{1}{12}$ $I_{xx} = I_x + I_{xy}^2$ $I_{yy} = I_y + I_{yx}^2$ momen inersia terhadap sumbu y adalah $I_y = I_{yz} + h b^3 \frac{1}{12}$ $I_x = I_{xz} + b h^3 \frac{1}{12}$ $I_{xy} = b h \frac{1}{12}$ $I_{yx} = h b \frac{1}{12}$ $I_{xx} = I_x + I_{xy}^2$ $I_{yy} = I_y + I_{yx}^2$

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membuat titik berat pita menentukan momen terhadap sumbu x m_x dan sumbu y m_y selanjutnya menghitung titik berat tersebut dengan integral 4 untuk menghitung momen inersia langkahnya dimulai dengan membuat pita sejajar dengan garis l sumbu x dan titik berat pita kemudian dibentuk hasil kali luas

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partikel $10^5 \times 10^5 \text{ kg m}^2 \text{ rad s}^{-1} \times 10^5 \text{ kg m}^2 \text{ s}^{-2}$

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aug 26 2017 sedangkan bola pejal berjari jari 5 cm dan massa 4 kg jika kedua benda tadi berotasi dengan poros melalui pusatnya maka tentukan perbandingan momen inersia silinder dan bola jawab $\text{m s}^2 \text{kg r s}^2 \text{cm}^8 \text{10}^2 \text{ m m b}^4 \text{kg r b}^5 \text{cm}^5 \text{10}^2 \text{ m}$ momen inersia silinder pejal adalah $\text{is}^2 \text{m s r s}^2 \text{1}^2 \text{2}^2 \text{2}^8 \text{10}^2 \text{2}^2 \text{64} \text{10}^4 \text{kg m}^2$

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besarnya momen inersia suatu benda bergantung terhadap beberapa faktor yaitu massa benda atau partikel geometri benda bentuk letak sumbu putar benda jarak ke sumbu putar benda lengan momen rumus momen inersia besarnya momen inersia i suatu benda bermassa yang memiliki titik putar pada sumbu yang diketahui dirumuskan sebagai berikut

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