

ABSTRAK

PENGARUH LATIHAN *JUMP STOP SHOOT* DAN *TRIPLE THREAT POSITION* TERHADAP HASIL *JUMP SHOOT* PUTRA EKSTRAKURIKULER BOLA BASKET SMA NEGERI 2 PRINGSEWU TAHUN 2016/2017

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Masalah dalam penelitian adalah siswa belum mampu menguasai teknik *jump shoot* dengan baik sehingga pada saat melakukan *jump shoot* hasil yang diperoleh kurang maksimal. Metode penelitian yang digunakan adalah metode *eksperiment*. Desain penelitian ini adalah *pre-test* dan *post-test*. Populasi yang di ambil adalah siswa yang mengikuti ekstrakurikuler basket putra dengan jumlah 20 orang. Sampel yang digunakan adalah jumlah populasi (*total sampling*) yaitu 20 orang. Hasil analisis data diperoleh $t_{hitung} X_A = -5,48$ $X_B = -3,75$ $t_{tabel} -2,101$ taraf nyata 5%, $n = 20$. Jika $-t_{tabel} < t_{hitung} < t_{tabel}$ maka H_0 diterima H_a ditolak, Jadi ada perbedaan yang signifikan kemampuan tes awal dan tes akhir terhadap hasil *Jump Shoot*. Sedangkan uji-t perbedaan antara X_A dan X_B diperoleh $t_{hitung} -2,24 < t_{tabel} -2,101$ maka tolak H_0 . Kelompok eksperimen A dan eksperimen B ternyata menunjukkan adanya pengaruh yang positif dari latihan *jump stop shoot* dan *trippel threat position*. latihan *jump stop shoot* memiliki pengaruh yang besar daripada latihan *trippel threat position* terhadap peningkatan hasil *jump shoot* pada siswa ekstrakurikuler bola basket SMA Negeri 2 Pringsewu.

Kata Kunci : *jump shoot, jump stop shoot, trippel threat position.*

ABSTRACT

EFFECT OF JUMP STOP SHOOT AND TRIPLE THREAT POSITION ON JUMP SHOOT RESULTS BASKET BALL EXTRACURLY SENIOR HIGH SCHOOL 2 PRINGSEWU 2016/2017

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The problem in this research the students have not been able to master the technique of jump shoot well so that when doing jump shoot the results obtained less than the maximum. This study is actually on experimental method. Which is pre tes and post test. population is twenty students which is taken to follow basket ball extracurary according to amount of twenty population sample (sampling total). The result of data analysis was obtained $t_{\text{arithematic}} X_A = -5,48$ $X_B = -3,75$ $t_{\text{table}} -2,101$ $-2,101$ 5% real level, $n = 20$. If $-t_{\text{table}} < t_{\text{arithematic}} < t_{\text{table}}$ then H_0 received H_a rejected, So there is a significant difference in the ability of the initial test and the final test of the Jump Shoot results. While the t-test the difference between X_A and X_B was obtained $t_{\text{arithematic}} -2.24 < t_{\text{table}} -2.101$ then reject H_0 . A and B group experimental showed that there was a positive influence of jump stop shoot and tripple threat position training. The jump stop shoot exercise has a great impact rather than the tripple-threat exercise on improving the jump shoot result on the basketball extracurricularly students of Senior High School 2 Pringsewu.

Keyword : jump shoot, jump stop shoot, triple threat position.