

ABSTRAK

UPAYA MENINGKATKAN GERAK DASAR *OVERHEAD PASS* PADA PERMAINAN BOLA BASKET MELALUI MODIFIKASI ALAT PADA SISWA KELAS VIII SMP NEGERI 19 BANDAR LAMPUNG

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Masalah dalam penelitian ini adalah sebagian siswa kesulitan dalam mengikuti pembelajaran bola basket khususnya *overhead pass*, kurangnya sarana dan prasarana yang mendukung pelajaran keterampilan *overhead pass* bola basket, kurangnya model pembelajaran, gaya mengajar serta modifikasi media pembelajaran yang masih kurang dikembangkan untuk tercapainya tujuan pendidikan. Metode yang digunakan dalam pelaksanaan penelitian ini adalah penelitian tindakan kelas (PTK). Subjek penelitian ini adalah siswa kelas VIII SMP Negeri 19 Bandar Lampung berjumlah 32 siswa. Teknik pengumpulan data melalui tes gerak dasar *overhead pass* bola basket. Validitas data menggunakan Teknik *Triangulasi* data. Penelitian ini menggunakan pendekatan Penelitian Tindakan Kelas dengan sebanyak 3 siklus. Hasil penelitian menunjukkan bahwa penerapan modifikasi media pembelajaran dapat meningkatkan hasil belajar *overhead pass* bola basket pada siswa. Hasil analisis yang diperoleh terdapat penilaian seluruh aspek pembelajaran diperoleh presentase ketuntasan hasil belajar *overhead pass* bola basket pada kondisi awal sebanyak 3 siswa (9,38%), Siklus I sebanyak 9 siswa (28,13%), Siklus II sebanyak 17 siswa (53,13%), dan Siklus III sebanyak 28 siswa (87,50%), sehingga peningkatan kondisi awal ke Siklus III sebesar 26 siswa (78%).

kata kunci : modifikasi alat pembelajaran, *overhead pass* bola basket.

ABSTRACT

EFFORTS TO INCREASE OVERHEAD PASS BASIC MOVEMENTS IN BASKETBALL GAMES THROUGH MODIFICATIONS OF TOOLS IN CLASS VIII STUDENTS OF JUNIOR HIGH SCHOOL 19 LAMPUNG BANDAR

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The problem in this study is that some students have difficulty participating in basketball lessons, especially the overhead pass, lack of facilities and infrastructure that support basketball overhead pass skills lessons, lack of learning models, teaching styles and modifications of learning media that are still not developed to achieve educational goals. The method used in the implementation of this research is classroom action research (CAR). The subjects of this study were students of class VIII SMP Negeri 19 Bandar Lampung totaling 32 students. The technique of collecting data was through a basketball overhead pass basic motion test. Data validity using data triangulation technique. This study uses a Classroom Action Research approach with 3 cycles. The results showed that the application of modification of learning media can improve student learning outcomes of overhead pass basketball. From the results of the analysis obtained, there is an assessment of all aspects of learning, it is obtained that the percentage of completeness of the overhead pass basketball learning outcomes in the initial conditions is 3 students (9.38%), Cycle I as many as 9 students (28.13%), Cycle II as many as 17 students (53.13%), and Cycle III as many as 28 students (87.50%), so that the increase in initial conditions to Cycle III was 26 students (78%).

keywords : *modification of learning tools, basketball overhead pass.*