

ABSTRAK

PENGARUH LATIHAN TEMBAKAN JARAK BERTAHAP DAN LATIHAN TEMBAKAN JARAK BERPINDAH TERHADAP HASIL *FREE THROW* PADA PEMAIN BOLA BASKET *CLUB WOLVERINE* KABUPATEN PRINGSEWU

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Penelitian ini bertujuan untuk mengetahui pengaruh latihan tembakan jarak bertahap dan tembakan jarak berpindah terhadap hasil *free throw* pemain *club basket wolverine* Kabupaten Pringsewu.

Metode yang digunakan dalam penelitian ini adalah eksperimen (*true experiment*), sedangkan desain penelitian yang digunakan yakni *pre test-post test group design*. Populasi pada penelitian ini adalah pemain bola basket *club wolverine* kabupaten Pringsewu dengan sampel yang digunakan keseluruhan jumlah populasi sebanyak 30 atlet dari total sampel sehingga penelitian ini disebut penelitian populasi yang dibagi menjadi 2 kelompok.

Hasil penelitian ditemukan ada pengaruh yang signifikan pengaruh latihan tembakan jarak bertahap terhadap dan tembakan jarak berpindah hasil *free throw* pemain *club basket wolverine* Pringsewu, latihan menggunakan tembakan jarak bertahap mendapatkan nilai T hitung $12,415 > T$ tabel 1.812 dan latihan menggunakan tembakan jarak berpindah mendapatkan nilai T hitung $14,709 > T$ tabel 1.812. Berdasarkan hasil penelitian yang dilakukan peneliti dapat dilihat dari pengujian hipotesis menunjukkan bahwa latihan menggunakan tembakan jarak bertahap lebih baik jika dibandingkan dengan latihan tembakan jarak berpindah.

Kata Kunci : latihan tembakan jarak bertahap ,latihan tembakan jarak berpindah, hasil free throw

ABSTRACT

EFFECT OF EXERCISE SHOTS DISTANCE OF GRADUAL AND PRACTICE SHOTS DISTANCE MOVING THE RESULTS FREE THROW THE PLAYERS BASKETBALL CLUB WOLVERINE DISTRICT PRINGSEWU

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This study aimed to investigate the effect of exercise-range shot staged and shot move towards results free throw players club basketball wolverine District Pringsewu .

The method used in this study is an experiment (true experiment), while the research design used is pre-test-post-test group design. The population in this study were basketball players at Wolverine Club, Pringsewu Regency. The sample used was the total population of 30 athletes from the total sample, so this study was called a population study which was divided into 2 groups.

The results of the study found that there was a significant effect of the effect of gradual distance shooting on and moving distance shots on the results of free throw players club basketball Wolverine Pringsewu, training using gradual distance shots got a T count value of 12.415 > T table 1.812 and training using moving distance shots got a T count value 14,709 > T table 1,812. Based on the results of the research conducted by the researchers, it can be seen from the hypothesis testing shows that training using a gradual distance shot is better when compared to a moving distance shot exercise.

Keywords: gradual distance shooting practice, moving distance shooting practice, free throw results