

ABSTRAK

PENGARUH LATIHAN *SPEED* DAN *AGILITY* TERHADAP PENINGKATAN KETERAMPILAN *DRIBBLING* BOLA BASKET PADA EKSTRAKURIKULER SMA NEGERI 1 TALANG PADANG

OLEH

SATRIO JUNIYANTO

Penelitian ini bertujuan untuk mengetahui pengaruh latihan *speed* dan *agility* terhadap peningkatan keterampilan *dribbling* bola basket pada ekstrakurikuler SMA Negeri 1 Talang Padang, Metode dalam penelitian ini menggunakan metode eksperimen. Sampel pada penelitian ini yaitu siswa ekstrakurikuler bola basket SMA Negeri 1 Talang Padang yang berjumlah 30 orang yang dibagi menjadi dua kelompok. penelitian ini menggunakan *ordinal pairing* yaitu kelompok 1 (eksperimen) diberi perlakuan (*treatment*) latihan *speed* dan *agility* dan kelompok 2 (kontrol) tidak diberi perlakuan (*treatment*). Instrumen dalam penelitian ini menggunakan tes kecakapan dan keterampilan menggiring bola (*dribbling*). Teknik analisis data menggunakan uji prasyarat normalitas dan uji homogenitas, sedangkan uji hipotesis menggunakan analisis uji-t. Hasil penelitian yang telah dilakukan maka dapat diambil suatu kesimpulan bahwa: 1) Ada pengaruh yang signifikan dari latihan *speed* dan *agility* terhadap peningkatan keterampilan *dribbling* bola basket, dengan nilai $t_{hitung} = 12,481 > t_{tabel} = 2,145$. 2) Tidak ada pengaruh yang signifikan dari latihan non-*speed* dan *agility* (kontrol) terhadap peningkatan keterampilan *dribbling* bola basket, dengan nilai $t_{hitung} = 0,191 < t_{tabel} = 2,145$. 3) Ada perbedaan keterampilan *dribbling* bola basket yang signifikan antara data hasil *post test* kelompok latihan *speed* dan *agility* dan kelompok kontrol, dengan nilai $t_{hitung} = 2,750 > t_{tabel} = 2,048$.

Kata Kunci: bola basket, *dribbling*, *speed* dan *agility*.

ABSTRACT

THE EFFECT OF SPEED AND AGILITY TRAINING ON IMPROVING BASKETBALL DRIBBLING SKILLS IN EXTRACURRICULAR BASKETBALL AT SMA NEGERI 1 TALANG PADANG

By

SATRIO JUNIYANTO

This research aims to determine the effect of speed and agility training on improving basketball dribbling skills in extracurricular basketball at SMA Negeri 1 Talang Padang. The method in this research uses an experimental method. The sample in this study was 30 extracurricular basketball students at SMA Negeri 1 Talang Padang who were divided into two groups. This study used ordinal pairing, namely that group 1 (the experiment) was given treatment (speed and agility training) and group 2 (the control) was not given treatment (treatment). The instrument in this research uses a proficiency test and dribbling skills. The data analysis technique uses the prerequisite normality test and homogeneity test, while hypothesis testing uses t test analysis. From the results of the research that has been carried out, a conclusion can be drawn that: 1) There is a significant influence of speed and agility training on improving basketball dribbling skills, with a value of $t_{count} = 12,481 > t_{table} = 2,145$. 2) There is no significant effect of non-speed and agility training (control) on improving basketball dribbling skills, with a value of $t_{count} = 0,191 < t_{table} = 2,145$. 3) There is a significant difference in basketball dribbling skills between the post-test data from the speed and agility training group and the control group, with a value of $t_{count} = 2,750 > t_{table} = 2,048$.

Keywords: *basketball, dribbling, speed and agility.*