

**DESKRIPSI TINGKAT KETERAMPILAN *DRIBBLING*, *PASSING*, DAN
SHOOTING DALAM PERMAINAN BOLA BASKET SISWA
EKTRAKURIKULER SMP N 14 BANDAR LAMPUNG**

(Skripsi)

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ABSTRAK

DESKRIPSI KETERAMPILAN *DRIBBLING*, *PASSING*, DAN *SHOOTING* DALAM PERMAINAN BOLA BASKET SISWA EKTRAKURIKULER SMP N 14 BANDAR LAMPUNG

Oleh

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Penelitian ini bertujuan untuk mendeskripsikan tingkat keterampilan *Dribbling*, *Passing* (*Chest Pass* dan *Bounce Pass*), dan *Shooting* siswa ekstrakurikuler bola basket di SMP Negeri 14 Bandar Lampung. Penelitian menggunakan pendekatan deskriptif kuantitatif dengan sampel 25 siswa dan instrumen tes Johnson Basketball Test. Hasil penelitian menunjukkan: *Dribbling* mayoritas berada pada kategori “Baik” (84%). *Passing Chest Pass* terbanyak “Sangat Baik” (32%). *Passing Bounce Pass* bervariasi, dengan dominasi “Baik” (24%) dan “Cukup Baik” (20%). *Shooting* didominasi “Cukup Baik” (40%). Secara keseluruhan, keterampilan dasar siswa tergolong “Cukup Baik” dengan dominasi 40%. Diperlukan peningkatan latihan dan pembinaan untuk hasil yang lebih optimal. Hasil ini mengindikasikan, dibutuhkan peningkatan frekuensi dan kualitas latihan, serta pelatihan yang disesuaikan dengan kebutuhan siswa untuk mengoptimalkan penguasaan keterampilan dasar permainan bola basket.

Kata Kunci: *dribbling*, *passing*, *shooting*, bola basket, keterampilan dasar

ABSTRACT

A DESCRIPTION OF *DRIBBLING, PASSING, AND SHOOTING* SKILLS IN BASKETBALL AMONG EXTRACURRICULAR STUDENTS AT SMP NEGERI 14 BANDAR LAMPUNG

By

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This study aimed to describe the levels of Dribbling, Passing (Chest Pass and Bounce Pass), and Shooting skills among students participating in the basketball extracurricular program at SMP Negeri 14 Bandar Lampung. The research used a descriptive quantitative approach with 25 male students as samples and employed the Johnson Basketball Test as the instrument. The results showed: Dribbling was mostly in the “Good” category (84%). Chest Pass was dominated by “Very Good” (32%). Bounce Pass varied, with most students in “Good” (24%) and “Fair” (20%) categories. Shooting was dominated by the “Fair” category (40%). Overall, the students’ basic basketball skills fell into the “Fair” category, with the highest proportion at 40%. The findings indicate a need for increased training frequency and improved coaching quality.

Keywords: dribbling, passing, shooting, basketball, basic skills