

ABSTRAK

PENGARUH LATIHAN *3-POST DRILL* TERHADAP HASIL *SHOOTING 2 POINT* BASKET PUTRI *CLUB SIMFATIC* BAKSETBALL TULANG BAWANG

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Penelitian ini bertujuan untuk mengetahui pengaruh latihan *3-Post Drill* terhadap hasil *shooting* dua poin pada pemain putri *Club Simfatic Basketball* Tulang Bawang. Metode yang digunakan adalah eksperimen dengan desain *Pretest-posttest control group design*. Subjek penelitian berjumlah 20 pemain yang dibagi menjadi dua kelompok, yaitu kelompok eksperimen yang diberikan latihan *3-Post Drill* dan kelompok kontrol yang menjalani latihan konvensional. Data dikumpulkan melalui tes *shooting* dua poin sebanyak 12 percobaan pada tahap *Pretest* dan *posttest*. Hasil analisis menunjukkan adanya peningkatan signifikan pada kelompok eksperimen dengan nilai rata-rata *Pretest* 3,10 meningkat menjadi 7,40, sedangkan kelompok kontrol hanya meningkat dari 3,00 menjadi 3,30. Hasil uji *Paired Sample t-Test* menunjukkan $t_{hitung} = 20,146 > t_{tabel} = 2,262$ ($p < 0,05$), yang berarti terdapat pengaruh signifikan latihan *3-Post Drill* terhadap peningkatan hasil *shooting* dua poin. Nilai *normalized gain* sebesar 0,48 termasuk kategori sedang, menunjukkan efektivitas latihan dalam meningkatkan akurasi dan konsistensi tembakan. Dengan demikian, latihan *3-Post Drill* dapat direkomendasikan sebagai metode latihan yang efektif untuk mengoptimalkan keterampilan *shooting* dua poin pada pemain bola basket, khususnya di tingkat klub.

Kata kunci: bola basket, *3-post drill*, *shooting* dua poin, latihan teknik.

ABSTRACT

THE EFFECT OF 3-POST DRILL TRAINING ON THE 2-POINT SHOOTING PERFORMANCE OF FEMALE BASKETBALL PLAYERS AT SIMFATIC BASKETBALL CLUB TULANG BAWANG

By

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This study aims to determine the effect of 3-Post Drill training on the two-point shooting performance of female players at Simfatic Basketball Club Tulang Bawang. The research employed an experimental method with a Pretest-posttest control group design. The subjects consisted of 20 players divided into two groups: the experimental group, which received 3-Post Drill training, and the control group, which performed conventional training. Data were collected through a two-point shooting test consisting of 12 attempts during both Pretest and posttest stages. The results showed a significant improvement in the experimental group, with the mean score increasing from 3.10 to 7.40, while the control group only increased from 3.00 to 3.30. The Paired Sample t-Test analysis revealed a t-value of 20.146 > t-table 2.262 ($p < 0.05$), indicating a significant effect of the 3-Post Drill training on shooting performance. The normalized gain value of 0.48 was categorized as moderate, demonstrating the training's effectiveness in improving accuracy and consistency in shooting. Therefore, the 3-Post Drill method can be recommended as an effective training approach to enhance two-point shooting skills in basketball players, particularly at the club level.

Keywords: *basketball, 3-post drill, two-point shooting, technical training.*