

ABSTRAK

PENGARUH LATIHAN LAY UP DENGAN BOLA, TANPA BOLA, DAN GABUNGAN TERHADAP HASIL LAY UP PEMAIN BASKET GANESAH

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Penelitian ini bertujuan untuk mengetahui pengaruh latihan lay-up dengan bola, tanpa bola, dan gabungan terhadap hasil lay-up pemain basket Ganesah. Penelitian ini menggunakan metode eksperimen dengan desain pre-test–post-test dua kelompok eksperimen. Sampel penelitian berjumlah 20 pemain yang dibagi menjadi dua kelompok, yaitu kelompok latihan lay-up dengan bola dan kelompok latihan gabungan (dengan dan tanpa bola). Instrumen penelitian yang digunakan adalah tes hasil lay-up sebanyak sepuluh kali percobaan, dengan skor ditentukan berdasarkan jumlah tembakan yang berhasil masuk. Data dianalisis menggunakan statistik deskriptif dan inferensial yang meliputi uji normalitas, uji homogenitas, dan uji t. Hasil penelitian menunjukkan bahwa latihan lay-up dengan bola berpengaruh signifikan terhadap peningkatan hasil lay-up ($t_{hitung} = 15,746 > t_{tabel} = 2,262$). Latihan gabungan juga menunjukkan pengaruh signifikan terhadap peningkatan hasil lay-up ($t_{hitung} = 14,394 > t_{tabel} = 2,262$). Namun, hasil uji beda menunjukkan tidak terdapat perbedaan signifikan antara kedua metode latihan ($t_{hitung} = 0,414 < t_{tabel} = 2,101$). Dapat disimpulkan bahwa kedua metode latihan sama-sama efektif dalam meningkatkan hasil lay-up pemain basket Ganesah.

Kata kunci: lay-up, latihan dengan bola, latihan gabungan, bola basket

ABSTRACT

THE EFFECT OF LAY-UP TRAINING WITH THE BALL, WITHOUT THE BALL, AND COMBINED TRAINING ON THE LAY-UP PERFORMANCE OF GANESAH BASKETBALL PLAYERS

By

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This study aimed to determine the effects of lay-up training with the ball, without the ball, and combined training on the lay-up performance of Ganesah basketball players. The study employed an experimental method using a pre-test–post-test design with two experimental groups. The sample consisted of 20 players who were divided into two groups: the lay-up training with the ball group and the combined training group (with and without the ball). The research instrument used was a lay-up performance test consisting of ten attempts, with the score determined by the number of successful shots. The data were analyzed using descriptive and inferential statistics, including normality tests, homogeneity tests, and t-tests. The results showed that lay-up training with the ball had a significant effect on improving lay-up performance (t -calculated = 15.746 > t -table = 2.262). The combined training method also showed a significant effect on improving lay-up performance (t -calculated = 14.394 > t -table = 2.262). However, the independent t-test results indicated that there was no significant difference between the two training methods (t -calculated = 0.414 < t -table = 2.101). It can be concluded that both training methods are equally effective in improving the lay-up performance of Ganesah basketball players.

Keywords: *lay-up, ball training, combined training, basketball*