

## **ABSTRAK**

**ROKI RADJULANI. 832 410 058 “Perbedaan Pengaruh Latihan Zig zag dan Latihan Dodging Run Terhadap Peningkatan Kelincahan Dribbling Pada Permainan Bola Basket Pada Siswa Putra Kelas X SMA Negeri 1 Tibawa”.**

Tujuan penelitian: Untuk mengetahui seberapa besar perbedaan pengaruh latihan *zig zag* dan latihan *dodging run* terhadap peningkatan kelincahan *dribbling* pada permainan bola basket pada siswa putra kelas X SMA Negeri 1 Tibawa. Metode penelitian: Penelitian Eksperimen. Desain penelitian ini adalah: *Two Group Pre test and Post test*. Sampel penelitian ini dilakukan pada siswa putra kelas X SMA Negeri 1 Tibawa sebanyak 20 orang. Hasil penelitian: Dari hasil pengujian *pre test* dan *post test* kelompok latihan *zig zag* menunjukkan harga  $t_{hitung}$  sebesar 9,17. Sedangkan dari daftar distribusi diperoleh harga  $t_{daftar}$  sebesar 1,83. Ternyata harga  $t_{hitung}$  telah berada didalam daerah penerimaan  $H_a$ . Jadi dapat disimpulkan latihan *zig zag* memiliki pengaruh terhadap peningkatan kelincahan *dribbling* dalam permainan bola basket. Dari hasil pengujian *pre test* dan *post test* kelompok latihan *dodging run* menunjukkan harga  $t_{hitung}$  sebesar 4,24. Sedangkan dari daftar distribusi diperoleh harga  $t_{daftar}$  sebesar 1,83. Ternyata harga  $t_{hitung}$  telah berada dalam daerah penerimaan  $H_a$ . Jadi dapat disimpulkan latihan *dodging run* memiliki pengaruh terhadap peningkatan kelincahan *dribbling* dalam permainan bola basket. Dari hasil pengujian perbedaan latihan *zig zag* dan *dodging run*, harga  $t_{hitung}$  3,64. Sedangkan  $t_{daftar}$  1,73 pada taraf nyata  $\alpha= 0,05$ . Jadi dapat disimpulkan terdapat perbedaan antara hasil latihan *zig zag* dan latihan *dodging run* terhadap peningkatan kelincahan *dribbling* pada permainan bola basket siswa putra kelas X SMA Negeri 1 Tibawa.

Kata kunci: Dribbling, Bola Basket, Zig zag, Dodging Run.

## ABSTRACT

**ROKI RADJULANI. 832 410 058 "Differences Influence of Exercise Zig zag and Exercise Dodging Run Against Increased Agility Dribbling In Basketball Game InClass X students of SMA Negeri 1 Tibawa".**

Objective: To find out how much difference the effects of exercise zig zag exercise dodging dribbling run to the increased agility at a basketball game on by boys in class X SMA Negeri 1 Tibawa. Methods of research: Experimental Research. The design of this study are: Two Group Pre test and Post test. The sample study was conducted on men's class X students of SMA Negeri 1 Tibawa as many as 20 people. Results: From the results of the pre test and post test training group showed a zigzag t price of 9.17. While the distribution list price obtained was 1.83 t list. It turns out t prices have been in the reception area of Ha. So it can be concluded exercise has an influence on the zigzag dribbling agility improvement in the game of basketball. From the test results of pre-test and post-test groups dodging exercise prices show run at 4.24. While the distribution list price obtained was 1.83 t list. It turns out that the price t have to be in the reception area of Ha. So we can conclude the run dodging exercise has an influence on the increase in agility dribbling a basketball game. From the results of exercise testing differences and dodging run zigzag, t price of 3.64. While the list t 1.73 at significance level  $\alpha = 0.05$ . So we can conclude there is a difference between the results of exercises and drills dodging zigzag run to the increased agility dribbling. On the men's basketball game class X students of SMA Negeri 1 Tibawa.

Keywords: Dribbling, Basketball, Zigzag, Dodging Run.

**PERSETUJUAN PEMBIMBING**

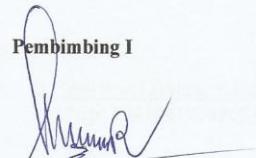
Skripsi yang berjudul: Perbedaan Pengaruh Latihan *Zig zag* dan Latihan *Dodging Run* Terhadap Peningkatan Kelincahan *Dribbling* Dalam Permainan Bola basket Pada Siswa Putra Kelas X SMA Negeri 1 Tibawa.

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