

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 H_a . 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 H_a . 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.

Oleh:

ROKI RADJULANI
NIM: 832 410 058


Telah diperiksa dan disetujui untuk diuji.

Pembimbing I




Drs. Ruskin, M.Pd.
NIP: 195712311986031026

Pembimbing II



Suriyadi Datau, S.Pd, M.Pd.
NIP: 198204192006041001

Mengetahui:
Ketua Jurusan Pendidikan Kepeleatihan Olahraga



Dra. Hj. Nurhavati Liputo, M.Pd
NIP: 195709021982032001