

ABSTRAK

YULIS S. MOODUTO, Nim. 831409012(Skripsi 2014) “Meningkatkan Keterampilan *Lay Up Shoot* pada Permainan Bola Basket melalui Metode Latihan *Distributed progressive* Siswa kelas X Pertanian 1 di SMK Negeri 1 Pulubala”.Skripsi, Program Studi S1 Pendidikan Jasmani Kesehatan dan Rekreasi di Jurusan Pendidikan Olahraga, Fakultas Ilmu-Ilmu Kesehatan dan Keolahragan Universitas Negeri Gorontalo, Pembimbing I Dr. Hj. Aisah R. Pomatahu, Dra, M.Kes, Pembimbing II Suriyadi Datau, S.Pd, M.Pd.

Masalah dalam penelitian ini yaitu Penguasaan keterampilan bermain bola basket pada siswa belum mencapai hasil yang memuaskan, terutama pada *lay up shoot*, kurangnya kemampuan siswa dalam menggunakan metode latihan *distributed progressive*, kurangnya motivasi siswa untuk bermain bola basket. Penelitian tindakan kelas ini digunakan dengan maksud untuk mengukur peningkatan keterampilan *Lay Up Shot* pada materi bola basket melalui metode latihan *distributed progressive* siswa Kelas X Pertanian 1 di SMK Negeri 1 Pulubala.

Berdasarkan hasil penelitian, tindakan yang diberikan pada siklus I hanya dapat meningkat 44% keterampilan siswa dalam melakukan *lay up shoot*, dari keterampilan awal 8% menjadi 44%. Pada siklus II akhirnya hasil pemberian tindakan telah mencapai seperti apa yang ditargetkan Keterampilan siswa dalam melakukan gerakan *lay up shoot* dari 44% menjadi 84%. hal ini tentu saja telah mencapai apa yang ditargetkan, yaitu jika presentase rata-rata siswa yang sudah mampu melakukan gerakan *lay up shoot* dapat ditingkatkan minimal 80%, maka dengan demikian hipotesis yang diajukan dapat diterima, berdasarkan pencapaian indikator kinerja yang telah ditetapkan, hasil belajar melakukan gerakan *lay up shoot* meningkat.

Kata Kunci : Lay Up Shoot, Permainan Bola Basket, Metode Latihan Distributed progressive.

ABSTRACT

YULIS S. MOODUTO, Nim. 831409012(Thesis 2015) “Improve Skills in Lay Up Basketball Game Shoot through progressive Distributed Training Method Grade X Agriculture 1 in SMK Negeri 1 Pulubala”.Thesis, study program S1 physical education, health, and recreation in the department of physical education, the faculty of health sciences and sport, Public University Gorontalo, Supervisor I Dr. Hj. Aisah R. Pomatahu, Dra, M.Kes, Mentor II Suriyadi Datau, S.Pd, M.Pd.

The problem in this study is mastery of skills to play basketball at the student has not achieved satisfactory results, particularly in the lay-up shoot, the lack of ability of the students in the use of distributed progressive training methods, a lack of student motivation to play basketball. This classroom action research is used for the purpose of measuring the improvement of skills Lay Up Basketball Shot on material distributed through progressive training methods Agriculture 1 Class X students at SMK Negeri 1 Pulubala.

Based on the research results, the action is given in the first cycle can only be increased by 44% the skills of students in doing lay up shoot, from the initial skill 8% to 44%. In the second cycle eventual outcome of the action has been reached as to what the students targeted skills in movement memelakukan lay up shoot from 44% to 84%. this of course has achieved what was targeted, ie if the average percentage of students who are able to perform the movement lay up shoot can be increased at least 80%, it is thus proposed hypothesis can be accepted, based on the achievement of performance indicators that have been set, the results learn to do the movement lay up shoot increased.

Keywords: Lay Up Shoot, Basketball Game, Exercise Method Distributed progressive.