

PENGARUH LATIHAN BOX JUMP TERHADAP HOOK SHOOT PADA CABANG OLAHRAGA BOLA BASKET PADA SISWA SMA NEGERI 2 BULADU

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Abstrak

MUAMMAR SUE. 832 410 034 “Pengaruh Latihan Box Jump Terhadap Hook Shoot Pada Cabang Olahraga Bola Basket Pada Siswa SMA Negeri 2 Buladu”.

Tujuan penelitian: Untuk mengetahui seberapa besar pengaruh latihan box jump terhadap peningkatan Hook Shoot pada cabang olahraga bola basket pada siswa SMA Negeri 2 Buladu. Metode penelitian: Penelitian Eksperimen. Desain penelitian ini adalah: One Group Pre test and Post test. Sampel penelitian ini dilakukan pada siswa putra SMA Negeri 2 Buladu sebanyak 10 orang. Hasil penelitian: Dari hasil pengujian pre test dan post test kelompok latihan box jump menunjukkan harga t_{hitung} sebesar 11. Sedangkan dari daftar distribusi diperoleh harga t_{daftar} sebesar 1,83. Ternyata harga t_{hitung} telah berada didalam daerah penerimaan H_0 . Jadi dapat disimpulkan latihan box jump memiliki pengaruh terhadap Hook Shoot dalam cabang olahraga bola basket.

Kata kunci: Hook Shoot, Bola Basket, Box Jump.

EFFECT OF BOX JUMP EXERCISE HOOK TO SHOOT IN BASKETBALL SPORTS BRANCH STUDENTS OF SMAN 2 BULADU

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Abstract

Muammar SUE. 832 410 034 " effect of Box Jump Exercise Hook To Shoot In Basketball Sports Branch Students of SMAN 2 Buladu "

Objective: To determine how large the differences influence the jump box exercise to increase Hook Shoot the sport of basketball in high school students School 2 Buladu. Methods: This study Eksperimen.Desain is : One Group Pre test and Post -test. The sample of this study conducted on male students of class X SMA Negeri 2 Buladu many as 10 people. results: From the test results of pre -test and post-test group showed a jump box exercise price t hitungsebesar 11. While the obtained distribution list price of 1.83 t list. It turns out that the price t have to be in the reception area H_a . So we can conclude box jump training has an influence on Hook Shoot in the sport of basketball.

Keywords : Hook Shoot, Basketball, Box Jump.