

PENGARUH METODE LATIHAN *SHOOTING THREE POINT PLYOMETRIC* DAN *LADDER* TERHADAP PENINGKATAN HASIL *SHOOTING THREE POINT* DALAM PERMAINAN BOLA BASKET

TESIS

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PENGARUH METODE LATIHAN *SHOOTING THREE POINT PLYOMETRIC* DAN *LADDER* TERHADAP PENINGKATAN HASIL *SHOOTING THREE POINT* DALAM PERMAINAN BOLA BASKET

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ABSTRAK

Argian Rizki Taufik (2020) : Pengaruh Metode Latihan *Shooting Three Point Plyometric* dan *Ladder* Terhadap Peningkatan Hasil *Shooting Three Point* Dalam Permainan Bola basket.

(Studi Eksperimen Pada siswa SMA Negeri 9 Kota Bandung) Tesis SPs. UPI.

Latar belakang penelitian, dalam permainan bola basket tuntutan menembak jarak jauh atau *shooting three point* semakin tinggi. Hal ini dikarenakan *shooting three point* sering menjadi penentu kemenangan. Minimnya metode latihan, khususnya ditingkat junior, keterbatasan sarana dan prasarana, serta kualitas dan kreativitas pelatih menjadi masalah tersendiri. Penelitian ini bertujuan untuk mengetahui pengaruh metode latihan *shooting three point* dan kondisi fisik terhadap peningkatan hasil *shooting three point*. Metode penelitian eksperimen digunakan, dengan desain penelitian *factorial design 2x2*. Populasinya adalah siswa SMAN 9 Bandung yang mengikuti ekstrakurikuler bola basket, dengan sampel berjumlah 20 orang. Sampel diambil dengan teknik *purposive sampling*. Instrumen penelitian adalah tes *shooting three point* selama satu menit. Hasil penelitian menunjukkan bahwa; 1). Secara keseluruhan, metode latihan *shooting three point plyometric* lebih unggul pengaruhnya dibandingkan metode latihan *shooting three point ladder* terhadap peningkatan hasil *shooting three point*, 2). Terdapat interaksi antara metode latihan dan kondisi fisik terhadap peningkatan hasil *shooting three point*, 3). Metode latihan *shooting three point plyometric* lebih unggul pengaruhnya dari metode latihan *shooting three point ladder* terhadap peningkatan hasil *shooting three point*, pada atlet yang memiliki kondisi fisik tinggi dan 4). Metode latihan *shooting three point ladder* lebih unggul dari metode latihan *shooting three point plyometric* terhadap peningkatan hasil *shooting three point*, pada atlet yang memiliki kondisi fisik rendah.

Kata kunci : Plyometric, Ladder, Shooting Three Point.

ABSTRACT

Argian Rizki Taufik (2020): Influence of exercise method of shooting three point Plyometric and Ladder To Increased Three Point Shooting Result In Basketball Games.

(Experimental study in students of SMA Negeri 9 Bandung) Thesis SPs. UPI.

Background research, in game basketball demands long-distance shooting or shooting three points increasingly higher. This is because shooting three points is often a decisive winner. Lack of training methods, especially the junior, Limited facilities and infrastructure, and the quality and creativity of coaches become a problem in itself. The study aims to determine the influence of the three point shooting exercises and physical condition to improve three point shooting results. Experimental Research methods are used, with the desain research factorial design 2x2. The population is a student of SMAN 9 Bandung which follows a basketball extracurricular, with a sample of 20 people. Sampel was taken with the purposive sampling technique. The research instrument is a one-minute shooting three point test. The results showed that; 1). Overall, the three point shooting plyometric practice method is superior to the impact of the three point shooting ladder practice method against the improved three point shooting result, 2). There is an interaction between the practice method and the physical condition of the increase of three point shooting results, 3). The three point shooting plyometric practice method is superior to the effect of the shooting three point ladder practice method against the increase of the three point shooting results, there are athletes who have a high physical condition and 4). The three point shooting ladder practice method is superior to the effect of the shooting three point plyometric practice method against the increase of the three point shooting results, there are athletes who have a low physical condition.

Keywords: Plyometric, Ladder, Shooting Three Point.

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