

**PENGARUH *CORE EXERCISE* TERHADAP PENINGKATAN
HASIL KETERAMPILAN *FREE THROW* BOLA BASKET**

SKRIPSI

Ditujukan Untuk Memenuhi Sebagian Dari Syarat
Untuk Memperoleh Gelar Sarjana Pendidikan
Program Studi Pendidikan Kepelatihan Olahraga



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Oleh
Olldy Wurlianty

Sebuah skripsi yang diajukan untuk memenuhi salah satu syarat memperoleh gelar
Sarjana pada Fakultas Pendidikan Olahraga dan Kesehatan

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**PENGARUH *CORE EXERCISE* TERHADAP PENINGKATAN HASIL
KETERAMPILAN *FREE THROW* BOLA BASKET**

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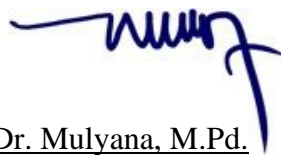


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ABSTRAK

PENGARUH *CORE EXERCISE* TERHADAP PENINGKATAN HASIL KETERAMPILAN *FREE THROW* BOLA BASKET

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Penelitian ini dilatar belakangi karena dalam permainan bola basket seorang atlet harus memiliki kemampuan kondisi fisik yang baik untuk memungkinkan atlet dalam keadaan peak performa, sehingga dapat mendukung kemampuan teknik bola basket saat bermain khususnya saat melakukan *free throw*. Permasalahan yang penulis ajukan pada penelitian ini mengenai meningkatkan kemampuan tembakan *free throw* dalam permainan bola basket dengan memberikan latihan *core exercise* pada atlet. Metode penelitian yang digunakan adalah metode eksperimen dengan teknik *total sampling* yaitu 14 orang atlet berjenis kelamin laki-laki pada Tim Bola Basket Putra Universitas Pendidikan Indonesia. Instrumen yang digunakan adalah *Forte-test* untuk menilai hasil keterampilan *free throw* dalam permainan bola basket. Berdasarkan hasil pengolahan data, melalui uji *paired samples test* diperoleh nilai signifikansi $0,070 > 0,05 = \alpha$ untuk kelompok eksperimen dan nilai signifikansi $0,407 > 0,05 = \alpha$ untuk kelompok kontrol dan uji *independent samples test* diperoleh nilai Sig.(2-tailed) $0,784 > 0,05$, yang menyimpulkan bahwa dengan diberikan latihan *core exercise* tidak memberikan pengaruh yang signifikan terhadap peningkatan hasil keterampilan *free throw* bola basket Tim Bola Basket Putra Universitas Pendidikan Indonesia.

Kata Kunci: *Core Exercise*, Bola Basket, Performa, Kondisi Fisik, Keterampilan, *Free Throw*.

ABSTRACT

THE EFFECT OF CORE EXERCISE ON INCREASING RESULTS OF BASKETBALL FREE THROW SKILLS

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This research is motivated because in the game of basketball an athlete must have the ability to be in good physical condition to allow the athlete to be in a state of peak performance. The problem that the authors propose in this research is about improving the ability of free throw shots in basketball games by providing core exercise for athletes. The research method used was the experimental method with a total sampling technique, 14 male athletes on the Men's Basketball Team, Universitas Pendidikan Indonesia. The instrument used is Forte-Test to assess the results of free throw skills in basketball games. Based on the results of data processing, through the paired t-test obtained a significance value of $0,070 > 0,05 = \alpha$ for the experimental group and a significance value of $0,407 > 0,05 = \alpha$ for the control group and the independent t-test obtained the value of Sig.(2-tailed) $0,784 > 0,05$ which concluded that being given a core exercise did not have a significant effect on increasing the results of the basketball free throw skill of the Men's Basketball Team, Universitas Pendidikan Indonesia..

Keywords: Core Exercise, Basketball, Performance, Physical Condition, Skills, Free Throw.

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