

Abstrak

PENGARUH METODE LATIHAN *CLOCK PASS* TERHADAP KEMAMPUAN *CHEST PASS* BOLA BASKET PADA MAHASISWA PUTRA PJKR UNSOED ANGKATAN 2017

Rini Praditaningtias

Latar Belakang: Permainan bola basket memiliki teknik dasar, salah satunya teknik dasar *chest pass* yang memegang peranan dalam upaya mengumpan pada permainan bola basket. Agar pengembangan bola basket dapat meningkat tentunya dengan tidak mengabaikan teknik yang lain, dan disamping latihan-latihan fisik, taktik dan mental. Penelitian ini bertujuan untuk mengetahui pengaruh metode latihan *clock pass* terhadap kemampuan *chest pass* bola basket pada mahasiswa putra PJKR Unsoed angkatan 2017.

Metodologi: Penelitian ini merupakan penelitian *pre-Eksperimen Design* dengan *one group pretest-posttest design*. *Sample* dari penelitian ini diambil menggunakan *purposive sampling* jumlah 12 mahasiswa. Instrumen tes menggunakan tes *chest pass* yaitu melakukan *passing* ke arah sasaran selama 30 detik dan dilakukan 2 kali percobaan.

Hasil Penelitian: Hasil penelitian diketahui bahwa: (a). Terdapat pengaruh metode latihan *clock pass* terhadap kemampuan *chest pass* dengan nilai Sig ($p=0,000$). (b.) Metode latihan *clock pass* dapat mempengaruhi kemampuan *chest pass* dengan selisih peningkatan sesudah diberikan latihan sebesar 5,42.

Kesimpulan: Terdapat pengaruh signifikan metode latihan *clock pass* terhadap kemampuan *chest pass* bola basket.

Kata Kunci: *clock pass*, *chest pass*, bola basket

Abstract

THE EFFECT OF THE CLOCK PASS TRAINING METHOD ON THE ABILITY OF BASKETBALL CHEST PASS ON MALE STUDENTS IN THE 2017 UNSOED CLASS OF FORCE

Rini Praditaningtias

Background: Basketball games have basic techniques, one of them is the basic technique of chest pass which plays a role in the effort to feed the basketball game. So that basketball development can improve, of course, by not ignoring other techniques, and besides physical, tactic and mental exercises. This study aims to determine the effect of clock pass training methods on the ability of basketball chest passes on male students PJKR Unsoed 2017.

Methodology: This research is a pre-Experiment Design study with one group pretest-posttest design. Samples from this study were taken using a purposive sampling of 12 students. The test instrument uses a chest pass test that is passing to the target for 30 seconds and conducted 2 experiments.

Research Results: The results of the study note that: (a). There is an effect of clock pass training method on the ability of chest pass with Sig value ($p = 0,000$). (b.) The method of clock pass training can affect the ability of the chest pass with the difference in increase after being given an exercise of 5.42.

Conclusion: There is a significant influence of the clock pass training method on the basketball chest pass ability.

Keywords: clockpass, chest pass, basketball