

## Abstrak

# PENGARUH LATIHAN *MEDICINE BALL* TERHADAP KEMAMPUAN *FREE THROW* PADA SISWA EKSTRAKURIKULER BOLA BASKET SMA NEGERI 1 SOKARAJA

**Latar Belakang :** Siswa ekstrakurikuler bola basket SMA Negeri 1 Sokaraja sebagian besar siswa melakukan *shooting free throw* masih *air ball*. Faktor yang menyebabkan *air ball* ialah kurangnya kekuatan lengan pada saat melempar bola sehingga menyebabkan *free throw* terjadi secara tidak sempurna. Tujuan penelitian ini untuk meningkatkan *skill* atau keterampilan khususnya dalam *shooting free throw* yang lebih baik.

**Metodelogi Penelitian :** Metode penelitian yang digunakan adalah metode eksperimen. Sampel pada penelitian ini menggunakan seluruh siswa ekstrakurikuler bola basket SMA Negeri 1 Sokaraja. Teknik analisis data menggunakan uji reabilitas, uji homogenitas, dan uji hipotesis.

**Hasil Penelitian :** Berdasarkan penelitian yang telah dilakukan, latihan *medicine ball* berpengaruh terhadap peningkatan kemampuan *free throw* pada siswa ekstrakurikuler bola basket SMA Negeri 1 Sokaraja. Latihan menggunakan *medicine ball* ini dapat menjadi solusi bagi atlet pemula bola basket dalam upaya meningkatkan kemampuan *free throw*, hasil penelitian menunjukkan bahwa terdapat perbedaan yang signifikan antara *pretest* dan *posttest*, dari data *pretest* memiliki rata-rata (2,67) dan *posttest* rata-rata mencapai (5,50). Hasil hipotesis H1 = terdapat pengaruh latihan menggunakan *medicine ball* terhadap hasil *free throw* pada siswa ekstrakurikuler bola basket SMA Negeri 1 Sokaraja.

**Kesimpulan :** Terdapat pengaruh metode latihan menggunakan *medicine ball* terhadap kemampuan *free throw*.

**Kata Kunci :** Pengaruh, Latihan, Ekstrakurikuler, Bola basket, *Medicine ball*, *Free throw*

## Abstract

### MEDICINE BALL EXERCISES AGAINST FREE THROWING CAPABILITIES IN EXTRACURRICULAR HIGH SCHOOL BASKETBALL COUNTRY 1 SOKARAJA

**Background** : Extracurricular students of state high school basketball 1 Sokaraja most of the students perform shooting free throw still water ball. The factor causing the water ball is the lack of strength of the arm at the time of throwing the ball so that the free throw occurs imperfectly. The aim of this research is to improve the skill or skill specifically in better shooting free throw.

**Research Methodology** : The research method used is experimental. The sample on this study used the entire extracurricular students basketball high school State 1 Sokaraja. Data analysis techniques use rehabilitation tests, homogeneity tests, and hypothesis tests.

**Research results** : Based on research that has been done, medicine ball exercises have an impact on the improvement of free throw skills in extracurricular students of 1st Sokaraja State High School basketball. Exercise using medicine ball can be a solution for beginner basketball athletes in an effort to improve free throw skills, research results show that there is a significant difference between pretest and posttest, from pretest data has an average (2,67) and the posttest averages reach (5,50). The result of the H1 hypothesis is that there is an influence of practice using medicine ball on free throw results in extracurricular students of 1st Sokaraja State High School basketball.

**Conclusion** : There is an influence of the practice method using the medicine ball on the ability to free throw.

**Keywords** : Influence, Exercise, Extra-curricular, Basketball, Medicine ball, Free throw.

