Abstrak

PENGARUH LATIHAN *LADDER DRILL* DAN *CONE DRILL* TERHADAP PENINGKATAN KELINCAHAN PADA SISWA PUTRA EKSTRAKURIKULER BOLA BASKET SMA N 5 PURWOKERTO

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Latar Belakang: Kelincahan merupakan aspek biomotorik penting dalam permainan bola basket. Hasil pengukuran *agility T-test* terhadap 15 peserta ekstrakurikuler bola basket di SMA N 5 Purwokerto menunjukkan bahwa 7 pemain (46,7%) masuk kategori sedang dan 8 pemain (53,3%) dalam kategori kurang. Mayoritas peserta belum memiliki kelincahan optimal. Penelitian ini bertujuan menganalisis pengaruh latihan *ladder drill* dan *cone drill* terhadap peningkatan kelincahan.

Metodologi: Penelitian menggunakan metode kuantitatif dengan desain *true experimental* tipe *two group pretest-posttest*. Populasi berjumlah 20 siswa putra yang dijadikan sampel melalui teknik *total sampling*, kemudian dibagi menjadi dua kelompok dengan *ordinal pairing*. Latihan dilaksanakan selama lima minggu, tiga kali per minggu. Instrumen yang digunakan adalah *agility T-test*. Data dianalisis menggunakan uji normalitas, homogenitas, *paired sample t-test*, dan *independent sample t-test*.

Hasil Penelitian: Latihan *ladder drill* dan *cone drill* memberikan pengaruh signifikan terhadap peningkatan kelincahan, dengan nilai signifikansi masing-masing 0,000. Namun, uji *independent sample t-test* menunjukkan signifikansi sebesar 0,270, sehingga tidak terdapat perbedaan pengaruh yang signifikan antara kedua kelompok. Persentase peningkatan kelincahan kelompok *cone drill* sebesar 7,18%, dan kelompok *ladder drill* sebesar 3,48%.

Kesimpulan: Terdapat pengaruh yang signifikan dari latihan *ladder drill* maupun *cone drill* terhadap kelincahan siswa putra ekstrakurikuler bola basket SMA N 5 Purwokerto. Namun, tidak terdapat perbedaan pengaruh yang signifikan antara kedua kelompok latihan tersebut. Meskipun demikian, dilihat dari persentase peningkatan, latihan *cone drill* menunjukkan hasil lebih baik dengan peningkatan sebesar 7,18%.

Kata Kunci: *Ladder drill, Cone drill,* Kelincahan.

Abstract

THE EFFECT OF LADDER DRILL AND CONE DRILL TRAINING ON IMPROVED AGILITY IN MALE BASKETBALL EXTRACURRICULAR STUDENTS AT SMA N 5 PURWOKERTO

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Background: Agility was an essential biomotor aspect in basketball performance. The agility T-test conducted on 15 basketball extracurricular participants at SMA N 5 Purwokerto showed that 7 players (46.7%) belonged to the moderate category, while 8 players (53.3%) fell into the poor category. This indicated that most participants did not have optimal agility. This study aimed to analyze the effect of ladder drill and cone drill training on improving agility.

Methodology: This study used a quantitative method with a true experimental design of the two-group pretest-posttest type. The population consisted of 20 male students who served as the total sample. The samples were divided into two groups using ordinal pairing. The training program lasted five weeks with a frequency of three sessions per week. The instrument used was the agility T-test. Data were analyzed through normality tests, homogeneity tests, paired sample t-tests, and independent sample t-tests.

Results: Both ladder drill and cone drill training produced significant effects on agility, with p-values of 0.000. However, the independent sample t-test showed a significance value of 0.270, which meant there was no significant difference between the two groups. The cone drill group increased their agility by 7.18%, while the ladder drill group improved by 3.48%.

Conclusion: There was a significant effect of both ladder drill and cone drill training on the agility of male basketball extracurricular participants at SMA N 5 Purwokerto. However, there was no significant difference in the effect between the two training groups. Nevertheless, based on the percentage increase, cone drill training showed better results with an improvement of 7.18%.

Keywords: Ladder drill, Cone drill, Agility