

ABSTRAK

PENGEMBANGAN MOTODE LATIHAN TARGET UNTUK TEKNIK DASAR *SHOOTING* BOLA TANGAN

Chandra Maulana Rifai, Didik Rilastiyo Budi, Yudhi Teguh Pambudi

Latar Belakang : Permainan bola tangan merupakan olahraga beregu yang membutuhkan keterampilan teknis dan fisik, khususnya dalam teknik *shooting*. Teknik *flying shoot* merupakan salah satu teknik kunci yang sering digunakan dalam pertandingan, namun masih banyak atlet junior di Kabupaten Banyumas yang belum mampu memaksimalkan akurasi dan kekuatannya. Hal ini menunjukkan perlunya model latihan yang terstruktur untuk meningkatkan keterampilan tersebut.

Metodologi Penelitian: Penelitian ini merupakan penelitian pengembangan (*Research and Development*) yang mengacu pada model Sugiyono. Prosedur penelitian meliputi identifikasi masalah, pengumpulan informasi, perancangan produk, validasi ahli, uji coba skala kecil, revisi dan ujicoba skala besar, serta revisi produk. Produk yang dikembangkan adalah media latihan *Precision Shoot*, yaitu target berbentuk lingkaran yang dipasang pada gawang untuk meningkatkan akurasi tembakan.

Hasil Penelitian : Hasil validasi menunjukkan bahwa media latihan mendapat penilaian sangat layak dari ahli media (76%) dan dua ahli bola tangan (88%). Uji coba skala kecil yang melibatkan 28 atlet menghasilkan tingkat kelayakan sebesar 90%, dan uji coba pemakaian oleh 42 atlet menunjukkan kelayakan sebesar 88%, menegaskan efektivitas metode latihan.

Kesimpulan : Model latihan target *shooting* "*Precision Shoot*" terbukti sangat layak dan efektif untuk meningkatkan akurasi *flying shoot* atlet bola tangan tingkat SMA di Banyumas, sehingga direkomendasikan untuk diintegrasikan ke dalam program latihan rutin.

Kata kunci : Bola tangan, *flying shoot*, latihan keterampilan, target *shooting*, R&D.

ABSTRACT

Development of a Target-Based Training Method for Improving Basic Shooting Skills in Handball

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Background : Handball is a team sport that requires both technical and physical skills, particularly in shooting techniques. The flying shoot is a crucial technique frequently used in matches; however, many junior athletes in Banyumas Regency have not yet optimized its accuracy and power. This highlights the need for a structured training model to enhance these skills.

Methodology : This study employed a research and development (R&D) approach following the model proposed by Sugiyono. The research stages included problem identification, data collection, product design, expert validation, small-scale trials, revision, and large-scale trials, and product revision. The product developed is a training media called Precision Shoot, which consists of circular targets attached to the goal to improve shooting accuracy.

Results : The validation results indicated that the training media was deemed highly feasible by a media expert (76%) and two handball experts (88%). The small-scale trial involving 28 athletes resulted in a feasibility rating of 90%, while the large-scale trial with 42 athletes yielded a score of 88%, confirming the training methods effectiveness.

Conclusion : The Precision Shoot target-shooting training model is highly feasible and effective for improving flying shoot accuracy among high-school handball athletes in Banyumas, and is recommended for routine training programs.

Keywords: Handball, flying shoot, skill training, shooting, R&D.

