

Abstrak

PERBEDAAN PENGARUH LATIHAN *CHAIR SHOOTING* DAN *ONE HAND SET SHOOTING* BOLA BASKET TERHADAP AKURASI *FREE THROW* SISWA EKSTRAKURIKULER BASKET SMP KRISTEN 1 PURWOKERTO

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Latar Belakang: Akurasi *free throw* yang rendah menjadi kendala utama dalam permainan bola basket di SMP Kristen 1 Purwokerto, dengan persentase keberhasilan hanya 0%–40%. Kesalahan umum yang ditemukan yaitu sudut *shooting* yang terlalu datar, lintasan bola tidak parabola, serta pelepasan bola yang kurang tepat akibat keterlibatan tangan non-dominan. Kondisi ini menuntut penerapan metode latihan yang mampu memperbaiki mekanika gerak dan meningkatkan akurasi. *Chair shooting* membantu membentuk lintasan tembakan lebih tinggi dengan posisi duduk, sedangkan *one hand set shooting* melatih pelepasan bola hanya dengan tangan dominan untuk meningkatkan kontrol arah *shooting*.

Metodologi: Penelitian kuantitatif dengan desain eksperimen *two group pretest-posttest* ini melibatkan 25 siswa yang dibagi menjadi dua kelompok melalui teknik *ordinal pairing*. Kelompok pertama menjalani latihan *chair shooting* dan kelompok kedua latihan *one hand set shooting* selama 14 pertemuan. Instrumen penelitian adalah tes akurasi *free throw* dengan 10 percobaan. Analisis data menggunakan uji *paired sample t-test* dan *independent sample t-test* pada taraf signifikansi 0,05.

Hasil Penelitian: Hasil *paired sample t-test* menunjukkan bahwa latihan *chair shooting* dan *one hand set shooting* sama-sama memberikan pengaruh yang signifikan terhadap peningkatan akurasi *free throw* siswa ($p < 0,05$). Sedangkan hasil *independent sample t-test* menunjukkan tidak adanya perbedaan pengaruh yang signifikan antara kedua kelompok ($p > 0,05$).

Kesimpulan: *Chair shooting* dan *one hand set shooting* sama-sama efektif meningkatkan akurasi *free throw*. Pelatih dapat memilih atau mengombinasikan keduanya sesuai kebutuhan pemain.

Kata Kunci: bola basket, *chair shooting*, *one hand shooting*, akurasi, *free throw*

Abstract

DIFFERENCES IN THE EFFECTS OF CHAIR SHOOTING AND ONE HAND SET SHOOTING ON FREE THROW ACCURACY OF BASKETBALL EXTRACURRICULAR STUDENTS AT SMP KRISTEN 1 PURWOKERTO

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Background: Low free-throw accuracy has become a major obstacle in basketball games at SMP Kristen 1 Purwokerto, with a success rate of only 0%–40%. Common errors identified include shooting angles that are too flat, non-parabolic ball trajectories, and improper ball release due to the involvement of the non-dominant hand. This condition requires the implementation of training methods that can improve movement mechanics and enhance accuracy. Chair shooting helps create a higher shot trajectory through a seated position, while one-hand set shooting trains ball release using only the dominant hand to improve shooting direction control.

Methodology: This quantitative study employed a two-group pretest-posttest experimental design involving 25 students divided into two groups using the ordinal pairing technique. The first group performed chair shooting training and the second group performed one hand set shooting for 14 sessions. The research instrument was a free throw accuracy test consisting of 10 attempts. Data were analyzed using paired sample t-test and independent sample t-test with a significance level of 0.05.

Results: Paired sample t-test results showed that both chair shooting and one hand set shooting significantly improved students' free throw accuracy ($p < 0.05$). Meanwhile, the independent sample t-test indicated no significant difference in the effect between the two groups ($p > 0.05$).

Conclusion: Both chair shooting and one hand set shooting are effective in improving free throw accuracy. Coaches may choose or combine the two methods according to player needs.

Keywords: basketball, chair shooting, one hand shooting, accuracy, free throw