

ABSTRACT

Objective To determine whether there is a significant influence of the results of cardboard jump training on the results of lay up abilities of students in Extracurricular Basketball The research method will use the experimental method, the design used is One Group Pretest - Posttest Design, the instrument used is Lay up. The sample is 15 students with a purposive sampling technique, namely the sample is selected with certain considerations. Based on (1) normative data on the assessment of the test instrument, the average value of the initial test (pre-test) was 4 and the average value of the final test (post-test) was 6.866666667. The initial standard deviation value of the test is 1.069044968 and the final standard deviation of the test is 1.597617273. (2) Then the minimum value of the initial test is 2 and the final test is 4. And the maximum value of the initial test is 6 and the final test is 10 Based on research on the effect of cardboard jump training on the lay-up ability of extracurricular basketball students at SMAN 1 Sukoharjo, several conclusions can be drawn as follows: Increased Ability Cardboard jump training significantly increases students' lay-up ability. (3) Based on the data, the average value of students' lay-up ability increased from 4.00 in the pre-test to 6.87 in the post-test after 16 training sessions using cardboard media. Statistics and Analysis The results of the hypothesis test show a Sig. (2-tailed) value of 0.000, which is smaller than the P value (0.05), so H_0 is rejected and H_a is accepted. This indicates that cardboard jump training has a positive and significant effect on increasing lay-up ability. Keywords: basketball, cardboard, lay up

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ABSTRAK

Tujuan Untuk mengetahui apakah ada pengaruh yang signifikan dari hasil latihan lompat kardus terhadap hasil kemampuan lay up siswa Ekstrakurikuler bola basket Metode penelitian akan menggunakan metode eksperimen, Desain digunakan yaitu *One Group Pretest – Posttest Design*, Instrument yang digunakan *Lay up*. Sampel ada 15 siswa dengan Teknik *purposive sampling* yakni sampel dipilih dengan pertimbangan tertentu..Berdasarkan (1) data normatif penilaian instrument test, didapatkan nilai rata rata test awal (pre test) sebesar 4 dan nilai rata rata test akhir (post test) 6,866666667. Nilai standar deviation test awal 1,069044968 dan standar deviation test akhir 1,597617273. (2) Kemudian nilai minimum test awal 2 dan test akhir 4. Dan nilai maksimum test awal 6 dan test akhir 10 Berdasarkan penelitian mengenai pengaruh latihan lompat kardus terhadap kemampuan *lay up* siswa ekstrakurikuler bola basket di SMAN 1 Sukoharjo, dapat diambil beberapa kesimpulan sebagai berikut: Peningkatan Kemampuan Latihan lompat kardus secara signifikan meningkatkan kemampuan lay up siswa. (3) Berdasarkan data, nilai rata-rata kemampuan lay up siswa mengalami peningkatan dari 4,00 pada pre-test menjadi 6,87 pada post-test setelah 16 sesi latihan dengan menggunakan media kardus. Statistik dan Analisis Hasil uji hipotesis menunjukkan nilai Sig. (2-tailed) sebesar 0,000, yang lebih kecil dari nilai P (0,05), sehingga H_0 ditolak dan H_a diterima. Ini mengindikasikan bahwa latihan lompat kardus memiliki pengaruh positif dan signifikan terhadap peningkatan kemampuan *lay up*.

Kata kunci : bola basket, lompat kardus, lay up