

DAFTAR PUSTAKA

- Abdillah, M. B. R., & Sudarso, S. (2022). SURVEI MINAT SISWA KELAS X MENGIKUTI PROSES PEMBELAJARAN PERMAINAN BOLA BASKET PADA MASA PANDEMI COVID-19 DI SMKN 1 PASURUAN. *Berajah Journal*, 2(3), 673–678.
- Agung, S. (2022). *Hubungan Power Otot Lengan Terhadap Kemampuan Servis Bawah Permainan Bola Voli Pada Siswa Ekstrakurikuler Bola Voli Sekolah Menengah Atas Negeri 3 Ketapang*. IKIP PGRI PONTIANAK.
- Akbar, M. F., Priambodo, A., & Jannah, M. (2019a). Pengaruh Latihan Imagery Dan Tingkat Konsentrasi Terhadap Peningkatan Keterampilan Lay Up Shoot Bola Basket Sman 1 Menganti Gresik. *Jp.Jok (Jurnal Pendidikan Jasmani, Olahraga Dan Kesehatan)*, 2(2), 1–13. <https://doi.org/10.33503/jpjok.v2i2.445>
- Akbar, M. F., Priambodo, A., & Jannah, M. (2019b). Pengaruh Latihan Imagery Dan Tingkat Konsentrasi Terhadap Peningkatan Keterampilan Lay Up Shoot Bola Basket SMAN 1 Menganti Gresik. *Jurnal Pendidikan, Jasmani, Olahraga Dan Kesehatan*, 2(2), 1–13. <https://doi.org/10.33503/jpjok.v2i2.445>
- AL-AZHARI, M. (2023). *PENINGKATAN KETERAMPILAN CHEST PASS BOLA BASKET DENGAN PENDEKATAN BERMAIN PADA SISWA KELAS X TEI DI SMK NEGERI 4 PONTIANAK*. IKIP PGRI PONTIANAK.
- Al-Hadist, G., Hermawan, D., & Prasetyo, A. F. (2024). Hubungan Kekuatan Otot Lengan dan Otot Tungkai terhadap Kemampuan Free Throw pada Peserta Ekstrakurikuler Bola Basket. *Jurnal Budi Pekerti Agama Kristen Dan Katolik*, 2(2), 324–331.
- Al Kitani, M. (2024). The effect of neuromuscular training on improving some skill performances in basketball. *Journal of Physical Education*, 36(1), 11–16.
- Amaro, C., Amaro, A., Gomes, B., Castro, M., & Mendes, R. (2023). Effects of Different Basketball Shooting Positions and Distances on Gaze Behavior and Shooting Accuracy. *Applied Sciences*. <https://doi.org/10.3390/app13052911>
- Amaro, C., Castro, M. A., Mendes, R., & Gomes, B. (2024). Visual Fixations in Basketball Shooting: Differences between Shooting Conditions. *Applied Sciences*. <https://doi.org/10.3390/app14083168>
- Arifin, A. G. (2018). Sumbangan daya ledak otot tungkai dan kelenturan pergelangan tangan terhadap hasil lay up shoot pada siswa putra. *INTERAKSI: Jurnal Kependidikan*, 13(1).
- Arikunto, S. (2019). *Prosedur Penelitian Pendidikan Suatu Pendekatan Praktik*. Yogyakarta: Rineka Cipta.
- Aryana, G. (2013). Pengaruh Pelatihan Push-Up Terhadap Peningkatan Kekuatan Menarik Dan Mendorong Otot Lengan. *Jurnal Ilmu Keolahragaan Undiksha*, 1(1).
- Badaruddin, M. A., Abduloh, & Aminudin, R. (2022). Pengaruh Media Audio Visual Terhadap Ketepatan Teknik Shooting (Free Trhow) Permainan Bola Basket. *Jurnal Porkes*, 5(2), 369–377. <https://doi.org/10.29408/porkes.v5i2.6386>
- Barrera-Domínguez, F., Almagro, B., De Villarreal, E., & Molina-López, J. (2023).

- Effect of individualised strength and plyometric training on the physical performance of basketball players. *European Journal of Sport Science*, 23, 2379–2388. <https://doi.org/10.1080/17461391.2023.2238690>
- Bourdas, D., Travlos, A., Souglis, A., Gofas, D., Stavropoulos, D., & Bakirtzoglou, P. (2024). Basketball Fatigue Impact on Kinematic Parameters and 3-Point Shooting Accuracy: Insights across Players' Positions and Cardiorespiratory Fitness Associations of High-Level Players. *Sports*, 12. <https://doi.org/10.3390/sports12030063>
- Burhan, Z., & Herlina. (2022). Perbandingan Pengaruh Latihan Pull Up dan Push Up Terhadap Peningkatan Keterampilan Chest Pass Ekstrakurikuler Bola Basket. *Jurnal Ilmiah Global Education*, 1(1), 48–52. <https://doi.org/10.55681/jige.v3i1.168>
- Cabarkapa, D., Cabarkapa, D., Ciccone, A., Whiting, S., Philipp, N., Eserhaut, D., & Fry, A. (2023). Acute influence of resistance exercise on basketball shooting mechanics and accuracy. *Frontiers in Sports and Active Living*, 5. <https://doi.org/10.3389/fspor.2023.1272478>
- Candra, O. (2019). *Keterampilan Lay Up Shoot Bola Basket*. Media Sahabat Cendekia.
- Cao, S., Wang, Z., Guo, J., Geok, S., Sun, H., & Liu, J. (2024). The effects of plyometric training on physical fitness and skill-related performance in female basketball players: a systematic review and meta-analysis. *Frontiers in Physiology*, 15. <https://doi.org/10.3389/fphys.2024.1386788>
- Dantes, N. (2007). Metodologi penelitian untuk ilmu-ilmu sosial dan humaniora. *Universitas Ganesha Singaraja*.
- Daub, B., McLean, B., Heishman, A., Peak, K., & Coutts, A. (2023). The Relationship Between Mental Fatigue and Shooting Performance Over the Course of a National Collegiate Athletic Association Division I Basketball Season. *Journal of Strength and Conditioning Research*, 38, 334–341. <https://doi.org/10.1519/JSC.0000000000004624>
- Dhanamjaya, I. N. K., Sudiana, I. K., & Swadesi, I. K. I. (2023). Pengaruh Pelatihan Forehand dan Backhand Stroke terhadap Ketepatan Servis Bulutangkis ditinjau dari Kekuatan Otot Lengan. *Jurnal Pendidikan Kesehatan Rekreasi*, 9(2), 262–273.
- Dinata, K., & Swadesi, I. K. I. (2023). Pengaruh Indeks Masa Tubuh dan Kebugaran Jasmani terhadap Daya Tahan Kardiorespirasi Siswa. *Jurnal Ilmu Keolahragaan Undiksha*, 11(3), 282–288.
- Fadli, M. R. (2022). PENGARUH LATIHAN LAY UP TERHADAP HASIL PEMAIN PUTRA USIA SMP PADA SEKOLAH BASKET. *Jurnal Edukasimu*, 2(4).
- Fahmi, F. (2024). Hubungan Koordinasi Mata-Tangan, dan Kekuatan Otot Lengan dengan Kemampuan Tembakan 3pts Bola Basket. *Jurnal Limit Multidisiplin*, 1(2), 44–54.
- Gani, J. N. (2021). Meningkatkan Gerak Dasar Mendribble Dalam Permainan Bola Basket Melalui Metode Kooperatif Tipe STAD Siswa Kelas V SDN No. 68 Kota Timur Kota Gorontalo. *Aksara: Jurnal Ilmu Pendidikan Nonformal*, 7(3), 1427–1434.

- Gold, C. C., Clark, B., Lascu, A., Gorman, A., Ball, N., & Maloney, M. (2025). Sampling perception-action couplings from competition create representative basketball shooting tasks: A replication and extension of. *Psychology of Sport and Exercise*, 102828. <https://doi.org/10.1016/j.psychsport.2025.102828>
- Guilford, J. P. (1950). *Fundamental statistics in psychology and education*.
- Gumay, J. R., Dlis, F., & Maharani, I. N. (2018). MODEL LATIHAN KETERAMPILAN LAY UP SHOOT BOLA BASKET BERBASIS PERMAINAN UNTUK USIA 12-14 TAHUN. *Jurnal Penjaskesrek*, 5(2), 145–153.
- Hadi, S., Soegiyanto, S., & Sugiarto, S. (2013). Sumbangan Power Otot Lengan, Kekuatan Otot Tangan, Otot Perut Terhadap Akurasi Lemparan. *Journal of Sport Science and Fitness*, 2(1).
- Han, M., Arede, J., Ruano, M. G., & Calvo, J. L. (2025). The Role of Gaze Behavior in Basketball Shooting Performance: A Systematic Review and Meta-Analysis of Elite and Near-Elite Players. *Applied Sciences*. <https://doi.org/10.3390/app15073871>
- Hardhina, O. (2022). EXERCISE MODIFICATION TO ENHANCE LAYUP SHOOT ABILITIES IN BASKETBALL GAMES. *International Journal of Basketball Studies*. <https://doi.org/10.31949/ijobs.v1i1.3726>
- Hasyim, A. H. (2020). Hubungan Kelentukan Pergelangan Tangan Dan Kelincahan Terhadap Kemampuan Menggirig Bola Dalam Permainan Bola Basket Mahasiswa Penjaskesrek Stkip Ypup Makassar. *Jurnal Pendidikan Glasser*, 4(2), 143–151.
- Hermawan, I., Maslikah, U., Masyhur, M., & Jariono, G. (2020). Pelatihan Kondisi Fisik Pelatih Cabang Olahraga Kota Depok Jawa Barat Dalam Menghadapi Persiapan PORPROV 2022. *Prosiding Seminar Nasional Pengabdian Kepada Masyarakat*, 1, SNPPM2020P-371.
- Hidayat, S. (2014). Pelatihan olahraga teori dan metodologi. *Yogyakarta: Graha Ilmu*, 47–54.
- Huang, W.-Y., & Wu, C.-E. (2025). The Effects of Plyometric Training on Lower Limb Joint Mobility, Explosive Strength, Advanced Layup Success Rate, and Sports Injury Rate Among College Male Basketball Players. *Applied Sciences*. <https://doi.org/10.3390/app15105356>
- Ihsan, M. F., Isyani, I., & Hulfian, L. (2022). Upaya Meningkatkan Hasil Belajar Passing Dalam Permainan Bola Basket menggunakan Gaya Mengajar Divergen. *Empiricism Journal*, 3(1), 17–24.
- Jumanza, R., Lian, B., & Manullang, J. G. (2024). The Effect of Arm Muscle Strength and Leg Muscle Explosiveness on Ball Shooting Results Basketball. *PPSDP International Journal of Education*. <https://doi.org/10.59175/pijed.v3i2.280>
- Kurniawati, N. (2016). Pengaruh latihan depth jump terhadap hasil lay up shoot pemain basket di Sman 10 Bekasi. *Jurnal Ilmu Dan Teknologi Kesehatan*, 3(2), 201–214.
- Larasati, N. K. C. D., Hita, I. P. A. D., & Mahotama, I. B. G. J. (2025). Efektivitas Dribble Rendah dalam Permainan Bola Basket: Kajian Studi Literatur. *JURNAL ANGGARA: Jurnal Pendidikan Olahraga, Kesehatan, Rekreasi Dan*

- Terapannya*, 2(2), 69–77.
- Lee, T. D., & Schmidt, R. A. (2025). *Motor learning and performance: From principles to application*. Human Kinetics.
- Melianita, R., & Hardjono, J. (2005). Perbedaan pengaruh pemberian latihan metode de lorme dengan latihan metode oxford terhadap peningkatan kekuatan otot quadriceps. *Jurnal Fisioterapi Indonusa*, 5(2), 1–16.
- Nickevin, R. (2021). Pengaruh Latihan Dribbling Dengan Model Bermain Terhadap Hasil Dribbling Permainan Bola Basket. *Jurnal Edukasimu*, 1(3).
- Nurjasman, N., Prasetyo, R. B., Rahayu, E. T., & Surherman, A. (2023). Pengaruh Terkait Taktikal Games Model Terhadap Kemampuan Pengetahuan Permainan Bola Basket Siswa SMPN 1 Karawang Barat. *Innovative: Journal Of Social Science Research*, 3(3), 4177–4185.
- Nurliani, N., & Hasyim, H. (2023). Analysis of Arm Muscle Strength on Chestpass Ability in Basketball Games for Students of SMP Negeri 7 Makassar. *JUARA : Jurnal Olahraga*. <https://doi.org/10.33222/juara.v8i1.2802>
- Okilanda, A., Iswana, B., & Wanto, S. (2021). Pelatihan Pelatih Fisik Level I Nasional KONI Ogan Komering Ulu. *Wahana Dedikasi: Jurnal PkM Ilmu Kependidikan*, 3(2), 13.
- Pangemanan, D. H. C., Engka, J. N. A., & Supit, S. (2012). Gambaran kekuatan otot dan fleksibilitas sendi ekstremitas atas dan ekstremitas bawah pada siswa/i smkn 3 manado. *Jurnal Biomedik: JBM*, 4(3).
- Perdana, H. R. (2024). *PENGARUH LATIHAN POWER OTOT LENGAN TERHADAP KEMAMPUAN SHOOTING BOLA BASKET PADA SISWA PUTRA SMAN 1 DARUL IMARAH ACEH BESAR*. Universitas Bina Bangsa Getsempena.
- Pernigoni, M., Kreivytė, R., Lukonaitienė, I., Toper, C. R., Kamandulis, S., & Conte, D. (2023). Is foam rolling as effective as its popularity suggests? A randomised crossover study exploring post-match recovery in female basketball. *Journal of Sports Sciences*, 41, 1718–1725. <https://doi.org/10.1080/02640414.2023.2296718>
- Pranata, K. M. A., Wahjoedi, H., & Lesmana, K. Y. P. (2021). Media pembelajaran PJOK berbasis audio visual pada materi shooting bolabasket. *Jurnal Ilmu Keolahragaan Undiksha*, 9(2), 82–90.
- Rahman, W. (2018). Upaya Peningkatan Hasil Belajar Lay Up dalam Permainan Bola Basket melalui Penggunaan Alat Bantu. *Jurnal PTK Dan Pendidikan*, 4(2).
- Rihatno, T., & Tobing, S. R. A. L. (2019). Pengembangan model latihan kekuatan otot lengan pada cabang olahraga softball. *Gladi: Jurnal Ilmu Keolahragaan*, 10(1), 1–14.
- Sagiyonar, E. A., Manullang, J. G., & Imansyah, F. (2023). The Effect of Limb Explosive Power and Wrist Flexion on The Lay-up Shoot Ability of Extracurricular Basketball. *Journal of Social Work and Science Education*. <https://doi.org/10.52690/jswse.v4i3.558>
- Saputra, O., Syafaruddin, S., & Victorian, A. (2023). THE RELATIONSHIP BALANCE AND ARM MUSCLE STRENGTH TO SHOOT LAY-UP SKILLS IN BASKETBALL. *Journal Physical Education, Health and*

- Recreation*. <https://doi.org/10.24114/pjkr.v7i2.42670>
- Satela, I. E., Sukarman, S., & Yulita, Y. (2024). Analisis Tingkat Kemampuan Lay-Up Shoot pada Peserta Ekstrakurikuler Bola Basket SMP. *Discourse of Physical Education*. <https://doi.org/10.36312/dpe.v3i2.2445>
- Semarayasa, I. K., Lesmana, K. Y. P., & Indrawan, N. S. (2024). PERSEPSI ATLET SEPAK TAKRAW KABUPATEN BULELENG TERHADAP PELATIHAN PSIKOLOGI OLAHRAGA. *Seminar Nasional Pengabdian Kepada Masyarakat*, 9(1), 148–152.
- Shafi, S. H. A. (2023). Literature Study of Arm Muscle Strength on Shooting Ability in Basketball Games. *International Journal of Multidisciplinary Research and Analysis*. <https://doi.org/10.47191/ijmra/v6-i4-26>
- Sitinjak, M. A. H., & Mustaqim, R. (2025). The Effect of Push Up Training Using Resistance Band Weights on Increasing The Arm Muscle Power of Basketball Players. *ACTIVE: Journal of Physical Education, Sport, Health and Recreation*, 14(1), 101–106.
- Su, Y., Zhong, Q., & Liu, M. (2023). STRENGTH AND QUALITY TRAINING OF BASKETBALL PLAYERS. *Revista Brasileira de Medicina Do Esporte*. https://doi.org/10.1590/1517-8692202329012022_0653
- Sudarsono, S. (2011). Penyusunan program pelatihan berbeban untuk meningkatkan kekuatan. *Jurnal Ilmiah SPIRIT*, 11(3).
- Sugiyono, P. D. (2021). Metode Penelitian Pendidikan (Kuantitatif, Kualitatif, Kombinasi, R&d dan Penelitian Pendidikan). *Metode Penelitian Pendidikan*, 67.
- Supriyadi, S., Sugiarto, D., & Rarasanti, N. D. (2023). Pengaruh Latihan Kekuatan Otot Lengan Hasil Tembakan Freethrow Terhadap Siswa Ekstrakurikuler Basket SMA Laboratorium UM. *Atmosfer: Jurnal Pendidikan, Bahasa, Sastra, Seni, Budaya, Dan Sosial Humaniora*. <https://doi.org/10.59024/atmosfer.v1i4.360>
- Tang, Y., & Lim, S. P. (2025). Optimizing basketball-specific physical performance through core strength training. *Scientific Journal of Sport and Performance*. <https://doi.org/10.55860/yxru9055>
- Taruma, M. E. (2025). *Meningkatan Hasil Belajar Jump Shot Pada Permainan Bola Basket Dengan Cara Push UP dan Bounding Pada Mahasiswa Penjas Angkatan 2023*. Fakultas Pendidikan Bahasa Sosial dan Olahraga.
- Taufik, M. S., Solahuddin, S., Arisman, A., Ridlo, A. F., & Iskandar, T. (2021). Improve Learning Outcomes of Basketball Lay Up Shoot in Junior High School. *Competitor*, 13(2), 154–163.
- Wahyudin, A., & Muktarsyaf, F. (2019). Pengaruh Latihan Push Up dan Latihan Pull Up Terhadap Kekuatan Otot Lengan Atlet Bola Basket Klub OGC (Ocean Generation CLub) Kota Padang. *Jurnal Stamina*, 2(1), 381–390.
- Wang, Z., Chen, N., Cao, S., Gao, L., Geok, S., & Liu, J. (2025). The effects of balance training on physical fitness and skill-related performance in basketball players: a systematic review. *BMC Sports Science, Medicine and Rehabilitation*, 17. <https://doi.org/10.1186/s13102-025-01164-9>
- Wiarto, G. (2021). *Dasar-dasar kepelatihan olahraga*. Guepedia.
- Yewen, O., Widiyanto, W., Padli, P., Sabillah, M. I., Zarya, F., Haryanto, J.,

- Geantă, V., Ndayisenga, J., Falahudin, A., Salahudin, S., Furkan, F., & Ardiansyah, A. (2024). Increased leg muscle power and arm muscle strength of basketball athletes: through complex training method and circuit body weight training. *Retos*. <https://doi.org/10.47197/retos.v60.107239>
- Yusfi, H., & Solahuddin, S. (2020). *Teknik pembelajaran keterampilan dasar passing bola basket*. Bening Media Publishing.
- Zhang, S., & Zhang, Z. (2023). STRENGTH TRAINING AND PHYSICAL IMPROVEMENT IN BASKETBALL. *Revista Brasileira de Medicina Do Esporte*. https://doi.org/10.1590/1517-8692202329012022_0532

