

# **PENGARUH LATIHAN *CROSSOVER DRIBBLE* DAN *BEHIND THE BACK DRIBBLE* TERHADAP TEKNIK *DRIBBLING* PADA ATLET PUTRA BOLA BASKET USIA 13-14 TAHUN CLUB SINGA MUDA**

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## **ABTRAK**

Tujuan dari penelitian ini adalah untuk mengkaji pengaruh latihan *crossover dribble* dan *behind the back dribble* terhadap teknik *dribbling* pada pemain basket putra dari klub Singa Muda yang berusia antara 13 dan 14 tahun. 50 atlet berpartisipasi dalam desain pra-tes dan pasca-tes quasi-eksperimental dua kelompok sebagai bagian dari metodologi kuantitatif. Para atlet dibagi menjadi dua kelompok, masing-masing dengan sampel dua puluh lima atlet: kelompok latihan *dribble crossover* dan kelompok latihan *behind the back dribble*. Data dianalisis pada ambang signifikansi  $\alpha = 0,05$  menggunakan uji t berpasangan dan independen di SPSS. Menurut temuan studi tersebut, pemain laki-laki di Klub Singa Muda yang berusia antara 13 dan 14 tahun sangat meningkatkan keterampilan *dribbling* mereka dengan instruksi *crossover dribble* dan *behind the back dribble*. Kedua jenis latihan *dribbling* juga berbeda secara mencolok. Hasil ini menunjukkan bahwa koordinasi motorik pemain, penguasaan bola, dan teknik *dribbling* dapat ditingkatkan melalui pengajaran teknis yang tepat, metodis, dan berulang. Pemain basket remaja mungkin menemukan bahwa latihan *crossover dribble* adalah cara yang lebih berhasil untuk meningkatkan teknik *dribbling* mereka.

Kata Kunci : mengiring silang; mengiring di belakang punggung; teknik mengiring; latihan teknik; bola basket

***THE EFFECT OF CROSSOVER DRIBBLE AND BEHIND-THE-BACK DRIBBLE TRAINING ON DRIBBLING TECHNIQUE AMONG MALE BASKETBALL PLAYERS AGED 13–14 AT THE SINGA MUDA CLUB***

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***ABSTRACT***

*The purpose of this study was to examine the effects of crossover dribble and behind-the-back dribble training on dribbling technique among male basketball players from the Singa Muda club aged 13 to 14 years. Fifty athletes participated in a two-group quasi-experimental pre-test and post-test design as part of a quantitative methodology. The athletes were divided into two groups, each consisting of twenty-five athletes: the crossover dribble training group and the behind-the-back dribble training group. Data were analyzed at a significance level of  $\alpha = 0.05$  using paired and independent *t*-tests in SPSS. According to the study's findings, male players at the Singa Muda Club aged 13 to 14 significantly improved their dribbling skills through instruction in crossover dribbling and behind-the-back dribbling. The two types of dribbling drills also differed markedly. These results indicate that players' motor coordination, ball control, and dribbling technique can be improved through proper, methodical, and repetitive technical instruction. Adolescent basketball players may find that crossover dribble practice is a more effective way to improve their dribbling technique.*

*Keywords: crossover dribble; behind the back dribble; dribbling technique; technique training; basketball*