

**PENGARUH PELATIHAN *SHOOTING UNDER PRESSURE*
DRILL DAN *MOVING SHOOTING DRILL* TERHADAP
KETERAMPILAN *SHOOTING FREE THROW*
PADA PESERTA EKSTRAKULIKULER
BOLA BASKET PUTRA SMA
NEGERI 1 BUSUNGBIU**

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ABSTRAK

Penelitian ini bertujuan untuk mengetahui pengaruh pelatihan *under pressure drill* terhadap keterampilan *shooting*, pengaruh pelatihan *moving shooting drill* terhadap keterampilan *shooting*, dan perbedaan pengaruh antara pelatihan *under pressure drill* dengan *moving shooting drill* pada siswa putra ekstrakurikuler bola basket SMA Negeri 1 Busungbiu. Penelitian ini adalah penelitian eksperimen semu dengan menggunakan *nonequivalent control group pretest posttest design*. Populasi penelitian adalah seluruh siswa putra yang mengikuti kegiatan ekstrakurikuler bola basket di SMA Negeri 1 Busungbiu tahun 2025 dengan jumlah total 30 orang. Teknik pengambilan sampel menggunakan metode sampel jenuh, di mana seluruh populasi digunakan sebagai sampel penelitian. Selanjutnya, untuk pembagian kelompok dilakukan dengan teknik *ordinal pairing* berdasarkan hasil tes awal keterampilan *shooting*. Data keterampilan *shooting* dikumpulkan melalui tes *shooting* bola basket masuk ke dalam ring. Analisis data menggunakan uji-t dengan bantuan *SPSS 26.0 for Windows*. Hasil penelitian menunjukkan bahwa (1) terdapat pengaruh pelatihan *under pressure drill* terhadap keterampilan *shooting* pada siswa putra ekstrakurikuler bola basket di SMA Negeri 1 Busungbiu tahun 2025, (2) terdapat pengaruh pelatihan *moving shooting drill* terhadap keterampilan *shooting* pada siswa putra ekstrakurikuler bola basket di SMA Negeri 1 Busungbiu tahun 2025, dan (3) terdapat perbedaan pengaruh antara pelatihan *under pressure drill* dan *moving shooting drill* terhadap keterampilan *shooting* pada siswa putra ekstrakurikuler bola basket di SMA Negeri 1 Busungbiu tahun 2025. Hal ini dibuktikan dari nilai signifikansi pada uji hipotesis diperoleh melalui uji parametrik (*Paired Samples t Test* dan *Independent-Samples t Test*) lebih kecil dari 0,05. Disarankan kepada pelatih ekstrakurikuler bola basket putra SMA Negeri 1 Busungbiu dapat lebih memilih pelatihan *under pressure drill* untuk meningkatkan keterampilan *shooting* peserta ekstrakurikuler bola basket putra.

Kata-kata kunci: *under pressure drill*, *moving shooting drill*, keterampilan *shooting*, bola basket.

**THE EFFECT OF SHOOTING UNDER PRESSURE DRILL AND MOVING
SHOOTING DRILL TRAINING ON FREE THROW SHOOTING SKILLS IN
BOYS' EXTRACURRICULAR BASKETBALL PARTICIPANTS AT
SMA NEGERI 1 BUSUNGBIU**

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ABSTRACT

This study aims to determine the effect of under pressure drill training on shooting skills, the effect of moving shooting drill training on shooting skills, and the difference in effect between under pressure drill training and moving shooting drill training on male basketball extracurricular students at SMA Negeri 1 Busungbiu. This study is a quasi-experimental study using a nonequivalent control group pretest posttest design. The study population was all male students who participated in basketball extracurricular activities at SMA Negeri 1 Busungbiu in 2025 with a total of 30 people. The sampling technique used the saturated sampling method, where the entire population was used as the research sample. Furthermore, the group division was carried out using the ordinal pairing technique based on the results of the initial shooting skills test. Shooting skills data were collected through a basketball shooting test into the hoop. Data analysis used the t-test with the help of SPSS 26.0 for Windows. The results of the study showed that (1) there was an effect of under pressure drill training on shooting skills in male extracurricular basketball students at SMA Negeri 1 Busungbiu in 2025, (2) there was an effect of moving shooting drill training on shooting skills in male extracurricular basketball students at SMA Negeri 1 Busungbiu in 2025, and (3) there was a difference in the effect between under pressure drill training and moving shooting drill on shooting skills in male extracurricular basketball students at SMA Negeri 1 Busungbiu in 2025. This was proven by the significance value in the hypothesis test obtained through parametric tests (Paired Samples t Test and Independent-Samples t Test) which was less than 0.05. It was suggested that the male extracurricular basketball coaches at SMA Negeri 1 Busungbiu could prefer under pressure drill training to improve the shooting skills of male extracurricular basketball participants.

Keywords: *under pressure drill, moving shooting drill, shooting skills, basketball.*