

**PENGARUH PELATIHAN *FOUR CORNERS DRILL* DAN *TWO WHEEL DRILL* TERHADAP KETERAMPILAN *PASSING (CHEST PASS)* PADA SISWA EKSTRAKULIKULER BOLA BASKET SMA NEGERI 1 PACIRAN TAHUN 2020**

Oleh :

**Denta Pradyta Sunur, NIM 1616041013**

**ABSTRAK**

Penelitian ini bertujuan untuk (1) mengetahui pengaruh pelatihan *four corners drill* terhadap keterampilan *passing (chest pass)* pada siswa ekstrakurikuler bola basket SMA Negeri 1 Paciran tahun 2020, (2) mengetahui pengaruh pelatihan *two wheel drill* terhadap keterampilan *passing (chest pass)* pada siswa ekstrakurikuler bola basket SMA Negeri 1 Paciran tahun 2020, (3) mengetahui perbedaan pengaruh antara pelatihan *four corners drill* dan *two wheel drill* terhadap keterampilan *passing (chest pass)* pada siswa ekstrakurikuler bola basket SMA Negeri 1 Paciran tahun 2020. Subjek pada penelitian ini adalah siswa peserta ekstrakurikuler bola basket SMA Negeri 1 Paciran yang berjumlah 30 orang. Metode penelitian ini menggunakan rancangan *the modified two grup pre-test – post-test design*. Tes yang digunakan adalah tes keterampilan *passing wall pass*. Analisis data menggunakan perhitungan statistik uji-t (t-test) pada taraf signifikansi 5%. Hasil analisis data menunjukkan (1) pelatihan *four corners drill* berpengaruh terhadap keterampilan *passing (chest pass)* dengan hasil  $t_{hitung} 3,982 > t_{tabel} 2,048$  dan persentase kenaikan sebesar 69,3%, (2) pelatihan *two wheel drill* berpengaruh terhadap keterampilan *passing (chest pass)* pada siswa ekstrakurikuler bola basket SMA Negeri 1 Paciran. Dengan hasil  $t_{hitung} 4,496 > t_{tabel} 2,048$  dan persentase kenaikan sebesar 78,4%, (3) terdapat perbedaan pengaruh antara pelatihan *four corners drill* dan *two wheel drill* terhadap keterampilan *passing (chest pass)* dengan hasil  $t_{hitung} 3,147 > t_{tabel} 2,048$  dan persentase kenaikan sebesar 9,1% dimana pelatihan *Two wheel drill* lebih berpengaruh dari pada pelatihan *Four corners drill* dikarenakan walaupun kedua pelatihan tersebut sama-sama dimaksudkan untuk meningkatkan keterampilan *passing* pada pemain bola basket, yang membedakan dua variabel dalam penelitian ini adalah pelaksanaannya.

**Kata Kunci :** *Chest Pass, Four Corners Drill, Two Wheel Drill.*

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**ABSTRACT**

*This study aims to (1) determine the effect of four corners drill training on passing skills (chest pass) in basketball extracurricular students at SMA Negeri 1 Paciran in 2020, (2) determine the effect of two wheel drill training on passing skills (chest pass) in students. basketball extracurricular activities at SMA Negeri 1 Paciran in 2020, (3) to find out the difference in the effect between four corners drill and two wheel drill training on the passing skills (chest pass) of basketball extracurricular activities at SMA Negeri 1 Paciran in 2020. Subjects in this study were students basketball extracurricular participants at SMA Negeri 1 Paciran, totaling 30 people. This research method used the modified two group pre-test design - post-test design. The test used is a wall pass passing skill test. The data analysis used t-test statistical calculation (t-test) at the 5% significance level. The results of data analysis show (1) four corners drill training has an effect on passing skills (chest pass) with the results of tcount  $3.982 > t$  table 2.048 and an increase in percentage of 69.3%, (2) two wheel drill training has an effect on passing skills (chest pass) basketball extracurricular students at SMA Negeri 1 Paciran. With the results of t count  $4.496 > t$  table 2.048 and a percentage of increase of 78.4%, (3) there is a difference in the effect between four corners drill and two wheel drill training on passing skills (chest pass) with a result of tcount  $3.147 > t$  table 2.048 and the percentage increase of 9,1% where the Two wheel drill training is more influential than the Four corners drill training because although the two trainings are both intended to improve the passing skills of basketball players, what distinguishes the two variables in this study is their implementation.*

**Keywords :** *Chest Pass, Four Corners Drill, Two Wheel Drill.*