

**HUBUNGAN KELINCAHAN DAN KOORDINASI MATA TANGAN
TERHADAP HASIL *DRIBBLING* SISWA EKSTRAKURIKULER
BOLA BASKET SMK NEGERI 1 DENPASAR
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ABSTRAK

Penelitian ini bertujuan untuk (1) mengetahui Hubungan kelincahan terhadap hasil *dribbling* bola basket pada siswa ekstrakurikuler SMK Negeri 1 Denpasar, (2) mengetahui Hubungankoordinasi mata tangan terhadap hasil *dribbling* bola basket pada siswa ekstrakurikuler SMK Negeri 1 Denpasar, (3) mengetahui Hubungan kelincahan dan koordinasi mata tangan terhadap hasil *dribbling* bola basket pada siswa ekstrakurikuler SMK Negeri 1 Denpasar. Penelitian menggunakan metode korelasi. Subjek yang digunakan dalam penelitian ini adalah siswa ekstrakurikuler bola basket SMK Negeri 1 Denpasar yang berjumlah 20 orang. Teknik yang digunakan dalam pengumpulan data menggunakan tes dan pengukuran. Instrumen yang digunakan adalah *zig-zag run test* , tes melempar dan menangkap bola serta tes keterampilan menggiring bola basket. Analisis data menggunakan uji korelasi dengan taraf signifikan $r > r$ tabel. Hasil penelitian ini adalah sebagai berikut (1) terdapat Hubungan antara kelincahan terhadap kemampuan *dribbling* dengan hasil $r = 0.451 > r$ tabel = 0.444, (2) terdapat Hubungan antara koordinasi mata tangan dengan kemampuan *dribbling* dengan hasil $r = 0.751 > r$ tabel 0.444, (3) terdapat Hubungan antara kelincahan dan koordinasi mata tangan terhadap kemampuan *dribbling* dengan hasil $r = 0.722 > r$ tabel = 0.444. Hasil penelitian dapat disimpulkan bahwa (1) terdapat Hubungan antara kelincahan terhadap kemampuan *dribbling* pada siswa ekstrakurikuler bola basket SMK Negeri 1 Denpasar dalam kategori cukup kuat, (2) terdapat Hubungan antara koordinasi mata tangan terhadap kemampuan *dribbling* pada siswa ekstrakurikuler bola basket SMK Negeri 1 Denpasar dalam kategori kuat, (3) terdapat Hubungan antara kelincahan dan koordinasi mata tangan terhadap kemampuan *dribbling* pada siswa ekstrakurikuler bola basket SMK Negeri 1 Denpasar dalam kategori kuat.

Kata kunci: kelincahan, koordinasi mata tangan, kemampuan *dribbling*.

**RELATIONSHIP BETWEEN AGILITY AND EYE COORDINATION TO
DRIBBLING RESULTS OF STUDENTS' EXTRACURRICULAR
BASKETBALL BASKETBALL VOCATIONAL SCHOOL OF STATE 1
DENPASAR
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ABSTRACT

This study aims to (1) determine the relationship between basketball results in agility extracurricular students of SMK Negeri 1 Denpasar, (2) knowing the relationship of eye-hand coordination to the results of basketball dribbling in extracurricular students of SMK Negeri 1 Denpasar, (3) knowing the relationship of agility and eye-hand coordination to the results of basketball dribbling in extracurricular students of SMK Negeri 1 Denpasar. The research uses the correlation method. The subjects used in this study were basketball extracurricular students at SMK Negeri 1 Denpasar, totaling 20 people. The technique used in data collection is using tests and measurements. The instruments used are zig-zag run test, ball throwing and catching tests and basketball dribbling skills tests. Data analysis used correlation test with significant level $r > r$ table. The results of this study are as follows (1) there is a relationship between agility and dribbling ability with the results $r = 0.451 > r$ table = 0.444, (2) there is a relationship between hand eye coordination and dribbling ability with the results $r = 0.751 > r$ table 0.444, (3) there is a relationship between agility and eye-hand coordination on dribbling ability with the result $r = 0.722 > r$ table = 0.444. The results of the study can be concluded that (1) there is a relationship between agility and dribbling ability in basketball extracurricular students at SMK Negeri 1 Denpasar in the fairly strong category, (2) there is a relationship between eye-hand coordination and dribbling ability in basketball extracurricular students at SMK Negeri 1 Denpasar. in the strong category, (3) there is a relationship between agility and eye-hand coordination on the dribbling ability of basketball extracurricular students at SMK Negeri 1 Denpasar in the strong category.

Keywords: agility, hand eye coordination, dribbling ability.