

ABSTRAK

VINA JUNITA SARAGIH, 6163121046. KONTRIBUSI LATIHAN *MEDICINE BALL OVERHEAD THROW*, *DUMBBEL WRIST* DAN KOORDINASI MATA TANGAN TERHADAP KEMAMPUAN *FREE THROW* PADA ATLET *CLUB* BOLA BASKET XYZ TAHUN 2021. PEMBIMBING SKRIPSI: MAHMUDDIN, SKRIPSI. FAKULTAS ILMU KEOLAHRAGAAN, UNIVERSITAS NEGERI MEDAN

Basket merupakan salah satu olahraga paling populer di dunia, khususnya di Indonesia. Dalam permainan bola basket *free throw* atau lemparan bebas adalah percobaan mencetak poin tanpa rintangan dengan menembak dari belakang garis lemparan bebas. Untuk mendapatkan hasil *free throw* yang memuaskan maka diperlukan teknik yang tepat, dan disertai pula dengan kekuatan otot lengan serta fleksibilitas pergelangan tangan yang maksimal.

Penelitian ini bertujuan untuk mengetahui kontribusi latihan *medicine ball overhead throw*, *dumbbell wrist* dan koordinasi mata tangan terhadap kemampuan *free throw* pada atlet *club* Bola Basket XYZ tahun 2021. Metode penelitian yang digunakan adalah metode deksriptif.

Populasi dalam penelitian ini berjumlah 15 atlet, dan sampel dalam penelitian ini berjumlah 10 atlet yang dipilih dengan metode *purposive sampling*.

Hasil penelitian ini menunjukkan bahwa (1) Terdapat kontribusi latihan *medicone ball overhead throw* terhadap kemampuan *free throw* atlet *club* basket XYZ Medan (2) Terdapat kontribusi latihan *dumbel wrist* terhadap kemampuan *free throw* atlet *club* basket XYZ Medan (3) Terdapat kontribusi latihan koordinasi mata tangan terhadap kemampuan *free throw* atlet *club* basket XYZ Medan (4) Terdapat kontribusi latihan *medicine ball overhead throw*, *dumbbell wrist* dan koordinasi mata tangan terhadap peningkatan hasil *free throw* atlet *club* basket XYZ Medan.

Kata Kunci: *Medicine Ball Overhead Throw*, *Dumbbell Wrist*, Koordinasi Mata Tangan, *Free throw*, Bola Basket

ABSTRACT

VINA JUNITA SARAGIH, 6163121046. CONTRIBUTION OF MEDICINE BALL OVERHEAD THROW, DUMBBEL WRIST AND EYE COORDINATION ABOUT FREE THROW ABILITY IN XYZ BASKETBALL CLUB ATHLETIC IN 2021. THESIS SUVERVISOR : MAHMUDDIN, THESI. FACULTY OF SPORT SCIENCES, STATE UNIVERSITY OF MEDAN.

Basketball is one of the most popular sports in the world, especially in Indonesia. In basketball, a free throw is an attempt to score points without a hitch by shooting from behind the free throw line. To get a satisfactory free throw result, proper technique is needed, accompanied by maximum arm muscle strength and wrist flexibility.

This study aims to determine the contribution of medicine ball overhead throw, dumbbell wrist and eye-hand coordination to the free throw ability of XYZ basketball club athletes in 2021. The research method used is descriptive method.

The population in this study amounted to 15 athletes, and the sample in this study amounted to 10 athletes who were selected by purposive sampling method.

The results of this study indicate that (1) There is a contribution of medicine ball overhead throw training on the free throw ability (2) There is a contribution of dumbbell wrist training on the free throw ability (3) There is a contribution of eye-hand coordination training on the free throw ability (4) There is a contribution of training medicine ball overhead throw, dumbbell wrist and eye-hand coordination to improve free throw results.

Keywords: Medicine Ball Overhead Throw, Dumbbel Wrist, Eye Hand Coordination, Free throw, Basketball

