

## ABSTRAK

**EFRIDA MANALU, NIM:6152111005: Pengembangan Variasi Latihan Dribbling Basket Berbasis Audio Visual Pada Ekstrakurikuler Basket SMK Negeri 1 Percut Sei Tuan. (Pembimbing Skripsi: ADE ROS RIZA) Skripsi :Fakultas Ilmu Keolahragaan, Universitas Negeri Medan 2022.**

Penelitian ini bertujuan untuk memudahkan siswa memahami materi teknik dribbling basket. Berbasis audio visual ini berupa video yang dikemas dan dirangkai semenarik mungkin dapat dikatakan bahwa variasi latihan menggiring basket berbasis audio visual pada ekstrakurikuler basket ini akan lebih efektif dan efisien untuk dilakukan siswa ekstrakurikuler basket dan dapat memudahkan siswa dan pelatih dalam menjalankan program latihan khususnya dalam melatih variasi latihan dribbling basket.

Metode yang digunakan dalam penelitian ini adalah pengembangan (R&D) yang mencakup: mengembangkan produk, menguji keefektifan produk untuk mencapai tujuan yang diinginkan. pelatih dan siswa Variasi latihan dribbling basket berbasis audio visual yang dikembangkan bertujuan untuk memudahkan siswa memahami materi teknik dribbling basket.

Berdasarkan hasil penilain ahli materi hasil yang di peroleh adalah sebesar 81,66 % , Penilaian oleh ahli media adalah sebesar 85% dan hasil penilain ahli Evaluasi hasil yang di peroleh adalah sebesar 87,5%. hasil uji kelompok 15 siswa junior maka diperoleh nilai rata-rata dari aspek penilaian 70,33% dan uji kelompok besar 20 siswa maka diperoleh nilai rata-rata dari aspek as as 62,45% dapat dikatakan sebagai pengembangan variasi dribbling basket berbasis audio visual pada basket ekstrakurikuler bola SMK Negeri 1 Percut Sei Tuan layak untuk diterapkan dalam proses latihan ekstrakurikuler basket.

**Kata Kunci :** Pengembangan, Berbasis Audio Visual, Dribbling Basket



## ABSTRACT

**EFRIDA MANALU, NIM:6152111005: Development of Audio Visual-Based Basketball Dribbling Practice Variations in Basketball Extracurricular at SMK Negeri 1 Percut Sei Tuan. (Thesis Advisor: ADE ROS RIZA) Thesis :Faculty of Sports Science, State University of Medan 2022.**

This study intends to make it simpler for understudies to comprehend the materialbasket dribbling method. In light of general media, this is a bundled video and organized as alluringly as conceivable one might say that the variety of the activity dribling general media based ball in thisbasket extracurricular will be more compelling and productive for ball extracurricular understudies and can make it simpler for understudies and pelatihs to do preparing programs particularly in preparing varieties ofbasket dribling works out.

The technique utilized in this examination is the improvement of (Research and development) which incorporates: creating produks, testing produk adequacy to accomplish the ideal objective. pelatihs and understudies Assortment of activities general media basedbasket dribling which was created with the point of make it more straightforward for understudies to comprehend ball dribling procedure material.

In view of the consequences of the appraisal of the material specialists, the outcomes acquired are 81.66% , the appraisal by media specialists is 85% and the aftereffects of master evaluations Assessment of the outcomes got is equivalent to 87.5%. the aftereffects of the gathering trial of 15 junior understudies test, the typical worth from the evaluation perspective is 70.33% and the enormous gathering of 20 understudies then, at that point, got the typical worth of the part of as 62,45% can be viewed as the improvement ofbasket put together dribling varieties general media with respect tobasket extracurricular ball SMK Negeri 1 Percut Sei Tuan possible to be applied in thebasket extracurricular preparation process.

**Keywords :** Development, Audio Visual Based, Basketball Dribbling