

ABSTRAK

SUTAN ALI HASIBUAN. Pengembangan Variasi Latihan *Shooting* Bola Basket Menggunakan Model Latihan *Drills For Game-Like-Situation* Pada Kelompok Usia 15-18 Tahun di Kota Medan. Tesis. Medan : Program Studi Pendidikan Olahraga, Pascasarjana Universitas Negeri Medan, Juli 2024.

Penelitian ini mengembangkan variasi latihan *shooting* bola basket menggunakan model latihan *drills for-game-like-situation* pada kelompok 15-18 tahun di Kota Medan. Metode penelitian ini adalah (R&D). Lokasi dilaksanakan di Kota Medan. Subjek atlet Klub bola basket Kota Medan berjumlah 20 orang uji kelompok kecil dan 40 orang uji kelompok besar, Ahli Olahraga, Ahli Bahasa, dan Ahli Pelatih. Instrumen Penelitian adalah angket dari skala *likert* dan telah divalidasi. Hasil penelitian menunjukkan bahwa penilaian dari ahli Olahraga pada tahap I diperoleh 76,67 %, nilai yang diperoleh termasuk dalam kriteria “layak”. Pada tahap II diperoleh 86,67% dengan nilai “sangat layak”. Dari ahli bahasa pada tahap I diperoleh 78%, maka nilai yang diperoleh kriteria “layak”. Pada tahap II diperoleh 89% dengan nilai “sangat layak”. Penilaian dari ahli Pelatih pada tahap I diperoleh 80 %, maka nilai yang diperoleh kriteria “layak”. Pada tahap II diperoleh 90% dengan nilai “sangat layak”. Hasil dari uji coba kelompok kecil bahwa variasi latihan *shooting* dengan model latihan *drills for game-like-situation* termasuk “layak” dengan skor 78,09%, dan dari uji coba lapangan hasilnya “sangat layak” dengan skor 84,40%. Produk yang telah layak, diterapkan 30 atlet untuk melihat pengaruh model latihan *drills for game-like-situation* terhadap kemampuan hasil *shooting*. Maka diperoleh nilai atlet melakukan variasi latihan *shooting* dengan model latihan *drills for game-like-situation* dari hasil uji efektivitas diperoleh nilai sig. sebesar $0.000 < 0.05$ maka dalam uji *paired samples T Test* maka disimpulkan terdapat perbedaan model latihan *drills for game-like-situation* kelompok usia 15-18 tahun kelompok *pretest* dengan kelompok *postes* terhadap kemampuan *shooting*.

Kata Kunci : Variasi Latihan, *Shooting*, *Drill*, *Game Situation*.



ABSTRACT

SUTAN ALI HASIBUAN. Development of Variations in Basketball Shooting Training Using the Drills For Game-Like-Situation Training Model in the 15-18 Year Age Group in Medan City. Thesis. Medan: Sports Education Study Program, Medan State University Postgraduate, 2024.

This research developed variations of basketball shooting training using drills game-like-situation training models in the 15-18 year old group in Medan. This research method is (R&D). The location is in Medan. The Medan Basketball Club athlete subjects consisted of 20 small group test people and 40 large group test people, Sports Experts, Language and Coach. The research instrument is a Likert scale questionnaire and has been validated. The research results showed that the assessment from sports experts in first was 76.67%, the score obtained was included in the "decent" criteria. Second 2, 86.67% was obtained with a score of "very feasible". From linguists in first, 78% was obtained, so the score obtained was "decent" criteria. Second, 89% was obtained with a score of "very feasible". The assessment from the expert trainers in first was 80%, so the score obtained was "decent". Second, 90% was obtained with a score of "very feasible". The results of the small group trials showed that variations of shooting training using the drills for game-like-situation training model were "feasible" with a score of 78.09%, and from field trials the results were "very feasible" with a score of 84.40%. The product, which was feasible, was applied by 30 athletes to see the effect of the drills for game-like-situation training model on shooting ability. So, the value obtained for athletes carrying out variations of shooting training with the drills for game-like-situation training model is obtained from the results of the effectiveness test. The sig value is obtained. amounting to $0.000 < 0.05$, then in the paired samples T test it was concluded that there was a difference in the drills for game-like-situation training model for the 15-18 year old age group, the pretest group and the posttest group regarding shooting ability.

Keywords : Training Variations, Shooting, Drill, Game Situation.

