

ABSTRAK

Anggi Mora Fadillah Nasution NIM 6213121047 “Pengaruh Latihan Tembakan Jarak Bertahap Dan Latihan *Wall Shoot* Terhadap Hasil *Shooting Free Throw* Bola Basket Pada Atlet Putra Ku 15 Tahun Palmanco Tahun 2025”

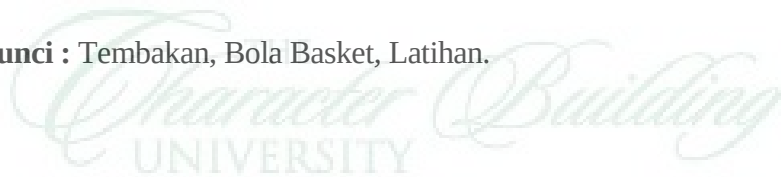
(Pembimbing : Zulfan Heri)

Skripsi : Fakultas Ilmu Keolahragaan Unimed 2025

Penelitian ini bertujuan untuk mengetahui pengaruh latihan tembakan jarak bertahap dan latihan *wall shoot* terhadap hasil *shooting free throw* bola basket pada atlet putra ku 15 tahun Palmanco. Dalam konteks perkembangan keilmuan dan teknologi di Indonesia, khususnya dalam bidang olahraga, penelitian ini menjadi relevan untuk mendukung kemajuan prestasi olahraga di masyarakat. Metode penelitian yang digunakan dalam penelitian ini adalah eksperimen dengan desain *one group pre-test* dan *post-test*. Sebanyak 10 atlet Palmanco menjadi subjek penelitian. Mereka menjalani program latihan selama 6 minggu. Pengukuran kemampuan dilakukan sebelum dan sesudah program latihan untuk menilai efektivitas intervensi.

Hasil penelitian menunjukkan bahwa terdapat peningkatan yang signifikan dalam hasil *shooting free throw* lengan setelah program latihan tembakan jarak bertahap dan latihan *wall shoot*, dengan nilai $t_{hitung} 3,799 > t_{tabel} 1.833$ pada taraf signifikansi 0,05, dengan demikian dapat disimpulkan terdapat perbedaan yang nyata pada data *pretest* dan *posttest*. Kesimpulan dari penelitian ini menegaskan bahwa pengaruh latihan tembakan jarak bertahap dan latihan *wall shoot* terhadap hasil *shooting free throw* bola basket pada atlet putra ku 15 tahun Palmanco. Hasil ini diharapkan dapat memberikan wawasan bagi pelatih dan mahasiswa dalam merancang program latihan yang lebih baik untuk meningkatkan kemampuan dasar.

Kata Kunci : Tembakan, Bola Basket, Latihan.



ABSTRACT

Anggi Mora Fadillah Nasution NIM 6213121047 “The Effect of Gradual Distance Shooting Training and Wall Shoot Training on Free Throw Results in Basketball Among 15-Year-Old Male Athletes at Palmanco in 2025”

(Supervisor: Zulfan Heri)

Thesis: Faculty of Sports Science Unimed 2025

This study aims to determine the effect of gradual distance shooting practice and wall shoot practice on the free throw shooting results of 15-year-old male athletes at Palmanco. In the context of scientific and technological development in Indonesia, particularly in the field of sports, this study is relevant to supporting the advancement of sports achievements in society. The research method used in this study was an experiment with a one-group pre-test and post-test design. A total of 10 Palmanco athletes participated in this study. They underwent a 6-week training program. Their abilities were measured before and after the training program to assess the effectiveness of the intervention.

The results of the study indicate that there was a significant increase in free throw shooting results after the gradual distance shooting training program and wall shoot training, with a t-value of $3.799 > t\text{-table } 1.833$ at a significance level of 0.05. Thus, it can be concluded that there was a significant difference between the pretest and posttest data. The conclusion of this study confirms that gradual distance shooting and wall shoot training have an effect on the free throw shooting results of 15-year-old male athletes at Palmanco. These results are expected to provide insight for coaches and students in designing better training programs to improve basic skills.

Keywords : Shooting, Basketball, Trainin

