

ABSTRAK

Fadlan Harahap. NIM 6213121001 (2021). “Perbedaan Pengaruh Latihan *Figure Eight Wraps Around* Dan Latihan *Figure Eight Dribble* Terhadap Keterampilan *Dribble* Pemain Bola Basket DM Basket Club Tahun 2025”.

(Pembimbing Skripsi: Amir Supriadi)

Skripsi: Fakultas Ilmu Keolahragaan, UNIMED 2026.

Dribbling merupakan salah satu keterampilan dasar bola basket yang sangat penting, khususnya bagi pemain pemula, karena berperan besar dalam penguasaan permainan. Berdasarkan hasil observasi, ditemukan beberapa permasalahan pada atlet, antara lain kemampuan *dribbling* yang masih rendah, gerakan yang kaku, pandangan yang masih tertuju pada bola, kontrol dan arah bola yang kurang baik, serta koordinasi dan kelincahan yang belum optimal. Kondisi tersebut menyebabkan atlet kesulitan menghindari lawan dan mudah kehilangan penguasaan bola saat pertandingan.

Penelitian ini bertujuan untuk mengetahui perbedaan pengaruh latihan *figure eight wraps around* dan latihan *figure eight dribble* terhadap keterampilan *dribble* pemain bola basket DM Basket Club Tahun 2025. Metode penelitian yang digunakan eksperimen kuantitatif. Desain penelitian menggunakan *pre-test & post-test two grup design* dengan pembagian kelompok *matching pairing*. Populasi dalam penelitian berjumlah 12 atlet. Teknik pengambilan sampel menggunakan total *sampling*. Jumlah sampel 12 atlet. Teknik analisis data menggunakan uji normalitas, uji homogenitas dan uji-t. Hasil analisis hipotesis pertama diperoleh nilai $t_{hitung} 5,29 > t_{tabel} 2,01$ dengan demikian H_a diterima dan H_o ditolak artinya terdapat pengaruh yang signifikan latihan *figure eight wraps around* terhadap keterampilan *dribble* pemain bola basket DM Basket Club Tahun 2025. Hasil analisis hipotesis kedua diperoleh nilai $t_{hitung} 4,11 > t_{tabel} 2,01$ dengan demikian H_a diterima dan H_o ditolak artinya terdapat pengaruh yang signifikan latihan *figure eight dribble* terhadap keterampilan *dribble* pemain bola basket DM Basket Club Tahun 2025. Hasil analisis hipotesis ketiga diperoleh $t_{hitung} 0,4 < t_{tabel} 2,22$ dengan demikian H_o diterima dan H_a ditolak artinya tidak terdapat perbedaan pengaruh yang signifikan antara latihan *figure eight around* dan latihan *figure eight dribble* terhadap keterampilan *dribble* pemain bola basket DM Basket Club Tahun 2025.

Kata Kunci: *Figure Eight Wraps Around, Figure Eight Dribble, Bola Basket*

ABSTRACT

Fadlan Harahap. NIM 6213121001 (2021). "The Difference in the Effects of Figure Eight Wraps Around Training and Figure Eight Dribble Training on the Dribbling Skills of DM Basketball Club Players in 2025."

(Thesis Supervisor: Amir Supriadi)

Thesis: Faculty of Sports Sciences UNIMED 2026.

Dribbling is one of the most important basic skills in basketball, especially for beginner players, because it plays a major role in controlling the game. Based on observations, several problems were found in athletes, including low dribbling skills, stiff movements, eyes still focused on the ball, poor ball control and direction, and suboptimal coordination and agility. These conditions make it difficult for athletes to avoid opponents and cause them to easily lose possession of the ball during games.

This study aims to determine the difference in the effects of figure eight wraps around training and figure eight dribble training on the dribbling skills of DM Basketball Club players in 2025. The research method used was a quantitative experiment. The research design employed a pre-test & post-test two group design with matching pairing. The population in this study consisted of 12 athletes, and the sampling technique used was total sampling, resulting in 12 athletes as the research sample. Data analysis techniques included normality test, homogeneity test, and t-test. The results of the first hypothesis analysis obtained a t-count of $5.29 > t\text{-table of } 2.01$; thus, H_a is accepted and H_o is rejected, meaning there is a significant effect of figure eight wraps around training on the dribbling skills of DM Basketball Club players in 2025. The results of the second hypothesis analysis obtained a t-count of $4.11 > t\text{-table of } 2.01$; thus, H_a is accepted and H_o is rejected, meaning there is a significant effect of figure eight dribble training on the dribbling skills of DM Basketball Club players in 2025. The results of the third hypothesis analysis obtained t-count $0.4 < t\text{-table } 2.22$, thus H_o was accepted and H_a was rejected, meaning there was no significant difference in the influence between figure eight around training and figure eight dribble training on the dribbling skills of DM Basket Club basketball players in 2025.

Keywords: *Figure Eight Wraps Around, Figure Eight Dribble, Basketball*