

ABSTRAK

Gabriel Midian Raymond Gultom, NIM. 6213111063, “Pengaruh Latihan Shooting Dengan Level Terhadap Akurasi Shooting Siswa Ekstrakurikuler Petanque UPT SMPN 17 Medan”, Skripsi Jurusan Pendidikan Jasmani Kesehatan dan Rekreasi, Fakultas Ilmu Keolahragaan, Universitas Negeri Medan 2026.

Penelitian ini bertujuan untuk mengetahui pengaruh latihan shooting dengan level terhadap akurasi shooting siswa ekstrakurikuler petanque UPT SMPN 17 Medan. Jenis penelitian ini adalah eksperimen dengan rancangan *one group pretest-posttest design*. Sampel penelitian berjumlah 10 siswa yang mengikuti kegiatan ekstrakurikuler petanque. Instrumen penelitian menggunakan tes akurasi shooting petanque.

Data dianalisis dengan uji *t* menggunakan taraf signifikansi 0,05. Hasil penelitian menunjukkan adanya peningkatan yang signifikan pada kemampuan akurasi shooting setelah diberikan latihan shooting dengan level. Rata-rata nilai pretest sebesar 34,1 meningkat menjadi 50,4 pada posttest, dengan peningkatan sebesar 16,3 poin.

Latihan shooting dengan level efektif meningkatkan akurasi karena melatih konsistensi, kekuatan, serta kontrol sudut lemparan melalui variasi jarak bertahap (6–9 meter), sesuai dengan prinsip *progressive overload* dan adaptasi neuromotorik. Dengan demikian, dapat disimpulkan bahwa latihan shooting dengan level berpengaruh signifikan terhadap peningkatan akurasi shooting siswa dalam permainan petanque.

Kata kunci : Petanque, Latihan Shooting, Level, Akurasi, Siswa SMP



ABSTRACT

Gabriel Midian Raymond Gultom, NIM. 6213111063, “The Effect of Level-Based Shooting Training on Shooting Accuracy of Petanque Extracurricular Students at UPT SMPN 17 Medan” Undergraduate Thesis, Department of Physical Education, Health, and Recreation, Faculty of Sports Science, State University of Medan, 2026.

This study aims to determine the effect of level-based shooting training on the shooting accuracy of students participating in the petanque extracurricular program at UPT SMPN 17 Medan. The research employed an experimental method with a *one group pretest-posttest design*. The sample consisted of 10 students engaged in petanque extracurricular activities. The research instrument used was a petanque shooting accuracy test.

Data were analyzed using a *t-test* at a 0.05 significance level. The results showed a significant improvement in shooting accuracy after the implementation of level-based shooting training. The mean score increased from 34.1 (pretest) to 50.4 (posttest), with a gain of 16.3 points.

This improvement occurred because level-based training develops consistency, throwing control, and distance adaptation (6–9 meters) through gradual progression based on *progressive overload* and neuromotor adaptation principles. Therefore, it can be concluded that level-based shooting training significantly improves students' shooting accuracy in petanque.

Keywords : Petanque, Shooting Training, Level, Accuracy, Junior High School Students

