

## ABSTRAK

**M. ANAS SURIMEIRIAN.8186117004** Pengembangan Variasi Latihan *Lay up* Bola Basket Pada Siswa Ekstrakurikuler Basket Tahun 2020. *Tesis*. Medan: Program Pascasarjana Universitas Negeri Medan. Maret 2021

Penelitian ini bertujuan untuk mengetahui pengembangan variasi latihan *lay up* bola basket pada siswa ekstrakurikuler basket SMA di Kota Medan. Penelitian ini menggunakan metode penelitian pengembangan (R&D). Subjek penelitian yaitu keseluruhan objek dimana terdapat beberapa narasumber atau informan yang dapat memberikan informasi tentang produk variasi latihan *lay up* pada penelitian pengembangan. Hasil uji kelayakan produk variasi oleh ahli olahraga bola basket diperoleh skor 54 dengan skor maksimal 60 sehingga persentase kelayakan sebesar 90%. Hasil uji kelayakan produk variasi oleh ahli media diperoleh skor 94 dengan skor maksimal 100 sehingga persentase diperoleh 94%. Hasil uji coba pemakaian kepada pelatih diperoleh skor 77 dengan skor maksimal 80 sehingga persentase diperoleh 96,25%. Hasil tanggapan subjek uji coba pemakaian diperoleh skor 2700 dengan skor maksimal 3000 sehingga persentase diperoleh 90%. Kesimpulan penelitian ini yaitu pengembangan variasi latihan *lay up* bola basket pada atlet ekstrakurikuler basket di SMA Kota Medan dikembangkan dalam bentuk buku panduan. Kelayakan variasi latihan *lay up* bola basket pada atlet ekstrakurikuler basket dapat dikategorikan Sangat Baik layak dan dapat digunakan

Kata Kunci :, *Variasi Latihan, Latihan Lay up, dan Bola Basket*



## ABSTRACT

**M. ANAS SURIMEIRIAN. 8186117004** Development of Basketball Lay-up Exercises for Basketball Extracurricular Students in 2020. Thesis. Medan: Postgraduate Program, State University of Medan. March 2021

This study aims to determine the development of a variety of basketball lay up exercises for high school basketball extracurricular students in Medan. This study uses a research development (R&D) method. The research subject is the whole object where there are several sources or informants who can provide information about the product variety of lay up exercises in development research. The results of the feasibility test for the variation product by basketball sports experts obtained a score of 54 with a maximum score of 60 so that the percentage of eligibility was 90%. The results of the feasibility test for the variation product by media experts obtained a score of 94 with a maximum score of 100 so that the percentage was 94%. The results of the trial using the trainer obtained a score of 77 with a maximum score of 80 so that the percentage was 96.25%. The results of the responses of the subject of the trial use obtained a score of 2700 with a maximum score of 3000 so that the percentage was obtained 90%. The conclusion of this study is the development of a variety of basketball lay up exercises for basketball extracurricular athletes in Medan City High School developed in the form of a guidebook. The feasibility of a variety of basketball lay up exercises for basketball extracurricular athletes can be categorized as Very Good, feasible and usable

**Key Word :** *Variation of Exercises, Lay up exercise, and Basketball*

