

## ABSTRAK

**THONY AZAENY, 6163321050. KONTRIBUSI LATIHAN *PUSH UP* DAN *DUMBBEL WRIST* TERHADAP PENINGKATAN HASIL *FREE THROW* PADA ATLET CLUB BOLA BASKET XYZ TAHUN 2020 (PEMBIMBING SKRIPSI: RAHMAN SITUMEANG) SKRIPSI : FAKULTAS ILMU KEOLAHRAGAAN UNIMED**

Basket merupakan salah satu olahraga paling populer di dunia, khususnya di Indonesia. Dalam permainan bola basket *free throw* atau lemparan bebas adalah percobaan mencetak poin tanpa rintangan dengan menembak dari belakang garis lemparan bebas. Untuk mendapatkan hasil *free throw* yang memuaskan maka diperlukan teknik yang tepat, dan disertai pula dengan kekuatan otot lengan serta fleksibilitas pergelangan tangan yang maksimal.

Penelitian ini bertujuan untuk mengetahui kontribusi latihan *push up* dan *dumbbel wrist* terhadap peningkatan hasil *free throw* pada atlet Klub Bola Basket XYZ tahun 2020. Metode penelitian yang digunakan adalah metode deksriptif. Populasi dalam penelitian ini berjumlah 30 atlet, dan sampel dalam penelitian ini berjumlah 12 atlet yang dipilih dengan metode *purposive sampling*.

Hasil penelitian ini menunjukkan bahwa (1) Terdapat kontribusi latihan *push up* terhadap peningkatan hasil *free throw* (2) Terdapat kontribusi latihan *dumbel wrist* terhadap peningkatan hasil *free throw* (3) Terdapat kontribusi latihan *push up* dan *dumbbell wrist* terhadap peningkatan hasil *free throw*.

**Kata Kunci : *Push Up, Dumbbel Wrist, Free throw, Bola Basket***



## ABSTRACT

**THONY AZAENY, 6163321050. CONTRIBUTION OF PUSH UP AND DUMBBEL WRIST TRAINING TO IMPROVING FREE THROW RESULTS IN XYZ BASKET BALL CLUB ATHLETES IN 2020 (MENTOR: RAHMAN SITUMEANG) THESIS: FACULTY OF SPORT KNOWLEDGE.**

*Basketball is one of the most popular sports in the world, especially in Indonesia. In basketball, a free throw is an attempt to score points without a hitch by shooting from behind the free throw line. To get a satisfactory free throw, proper technique is needed, along with maximum arm muscle strength and wrist flexibility.*

*This study aims to determine the contribution of push up and dumbbell wrist exercises to the improvement of free throw results for XYZ Basketball Club athletes in 2020. The research method used is descriptive method. The population in this study amounted to 30 athletes, and the sample in this study amounted to 12 athletes who were selected by purposive sampling method.*

*The results of this study indicate that (1) There is a contribution of push up training to an increase in the results of free throws (2) There is a contribution of dumbbell wrist training to an increase in the results of free throws, (3) There is a contribution of push up and dumbbell wrist training the increase in the results of the free throw.*

**Keywords: Push Up, Dumbbell Wrist, Free throw, Basketball**

