

ABSTRACT

Bagas Gilang Ramadhan 6173321011 "Development of Dribble Training Aids in Basketball Games", Thesis Supervisor : Basyaruddin Daulay, Thesis : Faculty of Sports Science Unimed 2022

This study aims to develop a dribble training tool in the basketball game in Medan. This research method is a type of research and development (R&D). The subjects of this study were taken from the Medan Basketball Academy Club, Citra Surya Pratama Club, Team Jojo Medan Club, and Angsapura Club. Dribble training aids were first validated by 3 experts, 1 coach expert, 1 sports expert, and 1 tool/media expert, the average value of the validity percentage is 96%, according to basketball coaches, sports experts, and equipment experts /media gets category "Very Good/Used". The results of a small group trial involving 10 athletes, 4 Club Citra Surya Pratama athletes, 4 Club Team Jojo Medan athletes, and 2 Medan Basketball Academy Club athletes, showed that this dribble training aid met the criteria to be continued in the large group test with a percentage of 80% - 90%. The results of a large group trial involving 20 athletes, 5 athletes from Club Citra Surya Pratama, 5 athletes from Club Team Jojo Medan, 5 athletes from Club Akademi Basket Medan, and 5 athletes from Club Angsapura, showed that this dribble training aid met the criteria to be continued in the effectiveness test with a percentage of 90% - 100%. From the results of tool validation, in small group trials and large group trials, it can be concluded that dribble training aids are needed in the dribbling training process and greatly facilitate the coach in training athletes' dribbling, in addition to the attractive shape of the tool can increase the athlete's willingness to improve. good dribbling technique.

Keywords: Dribble Training Aid, Basketball

ABSTRAK

Bagas Gilang Ramadhan 6173321011 “Pengembangan Alat Bantu Latihan Dribble Pada Permainan Bola Basket”, Pembimbing Skripsi : Basyaruddin Daulay, Skripsi : Fakultas Ilmu Keolahragaan Unimed 2022

Penelitian ini bertujuan untuk mengembangkan alat bantu latihan *dribble* pada permainan bola basket kota Medan. Metode penelitian ini merupakan jenis penelitian pengembangan atau *Research and Development* (R&D). Subjek penelitian ini diambil dari *Club* Akademi Basket Medan, *Club* Citra Surya pratama, *Club* Team Jojo Medan, dan *Club* Angsapura. Alat bantu latihan *dribble* terlebih dahulu di validasi oleh 3 ahli, 1 ahli pelatih, 1 ahli olahraga, dan 1 ahli alat/media, nilai rata-rata persentasenya adalah 96% dengan demikian menurut ahli pelatih bola basket, ahli olahraga, dan ahli alat/media mendapatkan kategori “Sangat Baik/Digunakan”. Hasil uji coba kelompok kecil melibatkan 10 atlet, 4 atlet *Club* Citra Surya Pratama, 4 atlet *Club* Team Jojo Medan, dan 2 atlet *Club* Akademi basket Medan, menunjukkan bahwa alat bantu latihan *dribble* ini memenuhi kriteria untuk dilanjutkan dalam uji kelompok besar dengan persentase 80% - 90%. Hasil uji coba kelompok besar melibatkan 20 atlet, 5 atlet *Club* Citra Surya Pratama, 5 atlet *Club* Team Jojo Medan, 5 atlet *Club* Akademi Basket Medan, dan 5 atlet *Club* Angsapura, menunjukkan bahwa alat bantu latihan *dribble* ini memenuhi kriteria untuk dilanjutkan dalam uji keefektifan dengan persentase 90% - 100%. Dari hasil validasi alat, pada uji coba kelompok kecil dan uji coba kelompok besar dapat disimpulkan bahwa alat bantu latihan *dribble* sangat dibutuhkan dalam proses latihan *dribble* dan sangat mempermudah pelatih dalam melatih *dribble* atlet, selain itu dengan bentuk alat yang menarik dapat meningkatkan kamauan atlet dalam memperbaiki teknik *dribble* dengan baik.

Kata Kunci : Alat Bantu Latihan *Dribble*, Bola Basket