ABSTRAK

FINSEN WIJAYA DUHA. NIM 6212210003. Analisis Keterampilan Teknik Dasar *Batting* Atlet Cricket Di Unimed Cricket Club Tahun 2025. (Pembimbing : Fajar Apollo Sinaga)
Skripsi : Fakultas Ilmu Keolahragaan, Universitas Negeri Medan 2025.

Penelitian ini bertujuan untuk menganalisis keterampilan teknik dasar *batting* pada atlet Cricket di Unimed Cricket Club Tahun 2025. Teknik dasar *batting* dalam olahraga cricket mencakup beberapa komponen penting seperti posisi awal (*stance*), pegangan *bet* (*grip*), ayunan *bet* (*swing*), gerakan kaki (*footwork*), dan *timing* pukulan. Metode yang digunakan adalah deskriptif kuantitatif dengan pendekatan survei dan teknik pengumpulan data berupa tes dan observasi terhadap 15 atlet.

Instrumen penelitian menggunakan lembar observasi berdasarkan indikator teknik dasar *batting*, yang sebelumnya telah diuji validitas dan reliabilitasnya. Penelitian ini dilaksanakan di lapangan latihan Unimed Cricket Club, yang berlokasi di Jl. William Iskandar, Pasar V, Kabupaten Deli Serdang, Sumatera Utara. Waktu pelaksanaan penelitian berlangsung pada bulan Juni hingga Juli tahun 2025.

Berdasarkan hasil penelitian menunjukkan bahwa dari 15 atlet yang diuji, 1 orang (6,7%) berada dalam kategori cukup, 7 orang (46,7%) dalam kategori baik, dan 7 orang (46,7%) dalam kategori sangat baik. Kesalahan paling dominan ditemukan pada *follow through* antara lain siku yang kurang maksimal diangkat kearah depan sebelah atas kepala dan pandangan mengikuti arah bola. Berdasarkan hasil tersebut, disarankan agar pelatih memberikan program latihan yang lebih terstruktur dan terfokus pada perbaikan teknik dasar, guna meningkatkan performa atlet secara optimal dalam pertandingan.

Berdasarkan hasil penelitian, dapat disimpulkan bahwa tingkat keterampilan teknik dasar *batting* atlet Unimed Cricket Club tahun 2025 tergolong baik. Hal ini menunjukkan bahwa sebagian besar atlet telah menguasai teknik *batting* sesuai standar permainan Cricket. Namun, masih diperlukan peningkatan konsistensi pada fase akhir pukulan (*follow through*) agar efisiensi dan akurasi pukulan dapat lebih maksimal. Oleh karena itu, pelatih disarankan untuk menyusun program latihan yang lebih sistematis dan berfokus pada peningkatan koordinasi mata-tangan, keseimbangan tubuh, serta penguatan teknik dasar agar performa atlet dalam pertandingan dapat meningkat secara signifikan.

Kata Kunci : Cricket, keterampilan, teknik dasar, *batting*, Unimed Cricket Club.

ABSTRACT

FINSEN WIJAYA DUHA. NIM 6212210003. Analysis of Basic Batting Technique Skills of Cricket Athletes at Unimed Cricket Club in 2025.
(Guide: Fajar Apollo Sinaga)
Skripsi : Faculty of Sports Science, Universitas Negeri Medan 2025.

This research aims to analyze the basic batting technical skills of cricket athletes at the Unimed Cricket Club in 2025. The basic batting technique in cricket includes several important components such as starting position (stance), grip, swing, footwork and timing of the shot. The method used is descriptive quantitative with a survey approach and data collection techniques in the form of tests and observations of 15 athletes.

The research instrument uses an observation sheet based on basic batting technique indicators, which have previously been tested for validity and reliability. This research was carried out at the Unimed Cricket Club training field, located on Jl. William Iskandar, Pasar V, Deli Serdang Regency, North Sumatra. The time for conducting the research took place from June to July 2025.

Based on the results of the study, it was shown that of the 15 athletes tested, 1 person (6.7%) was in the sufficient category, 7 people (46.7%) were in the good category, and 7 people (46.7%) were in the very good category. The most dominant error was found in the follow-up between the other elbow which was not optimally lifted forward above the head and the gaze following the direction of the ball. Based on these results, it is recommended that coaches provide a more structured training program and focus on improving basic techniques, in order to optimally improve athlete performance in matches.

Based on the research results, it can be concluded that the basic batting technique skills of Unimed Cricket Club athletes in 2025 are considered good. This indicates that most athletes have mastered batting techniques according to cricket standards. However, consistency in the final phase of the stroke (follow-through) is still needed to maximize stroke efficiency and accuracy. Therefore, coaches are advised to develop a more systematic training program that focuses on improving hand-eye coordination, body balance, and strengthening basic techniques to significantly improve athlete performance in matches.

Keywords: Cricket, skills, basic techniques, batting, Unimed Cricket Club.