

ABSTRAK

Yudanto, Geral Dio. Pengaruh latihan *plyometric single leg jump* terhadap kemampuan *lay up shoot* tim putra ukm bola basket UNIPA Surabaya. Program Studi Pendidikan Jasmani. Fakultas Pedagogi dan Psikologi. Universitas PGRI Adi Buana Buana Surabaya. Pembimbing Dr. Ujang Rohman, M.kes.

Kata Kunci : Kemampuan *Lay Up Shoot, Plyometric, Single Leg Jump*

Penelitian ini bertujuan untuk mengetahui pengaruh latihan *Plyometric Single Leg Jump* Terhadap Kemampuan *Lay Up Shoot* Tim Putra Ukm Bola Basket UNIPA Surabaya. Metode penelitian yang digunakan adalah pre experimental dengan rancangan *one group pretest posttest design*. Populasi penelitian ini adalah mahasiswa putra yang mengikuti UKM Bola Basket UNIPA Surabaya. Sampel dalam penelitian ini berjumlah 10 orang. Instrumen penelitian yang digunakan adalah *lay up shoot* selama 10 kali. Perlakuan pada penelitian ini latihan *plyometric single leg jump*. Teknik analisis data dilakukan dengan uji normalitas, uji homogenitas dan uji t.

The result concluded in increase in the experimental group. Based on the results of the hypothesis test using t-test analisis (sign. 0,05) obtained sig valueHasil Penelitian menyimpulkan adanya peningkatan dalam kelompok eksperimen. Berdasarkan hasil uji hipotesis menggunakan analisis uji-t (sign. 0,05) diperoleh nilai sig.(2-tailed) sebesar $0,001 < 0,05$, berarti ada pengaruh yang signifikan penerapan metode latihan single leg jump terhadap kemampuan *lay up shoot* bola basket. Hasil tersebut membuktikan bahwa metode latihan single leg jump memiliki pengaruh terhadap kemampuan *lay up shoot* bola basket.

ABSTRACT

Yudanto, Geral Dio. The Effect Of Single Leg Jump Plyometric Exercise On The Lay Up Shoot Ability Of The UNIPA Surabaya Men's UKM Basketball Team. Physical Education Study Program. Faculty of Pedagogy and Psychology. PGRI Adi Buana University Surabaya. Mentor Dr. Ujang Rohman, M.kes.

Keywords : Ability To Lay Up Shoot, Plyometric, Single Leg Jump

This research aims to find out the effect of Plyometric Single Leg Jump training on the Lay Up Shoot Ability of the UNIPA Surabaya Basketball Men's Team. The research method used is pre-experimental with the design of one group pretest-posttest design. The populations of this study is male student who follows UKM bola basket UNIPA Surabaya. The sample in the study was 10 people. The research instrument used is a lay-up shoot 10 times. The treatment in this study was a plyometric single-leg jump exercise. Data analysis techniques are performed by normality test, homogeneity test, and t-test.

The results concluded an increase in the experimental group. Based on the results of the hypothesis test using t-test analysis (sign. 0,05) obtained sig value. (2-tailed) of $0,001 < 0,05$, meaning there is a significant influence on the application of single-leg jump practice methods to basketball lay-up shooting ability. The results prove that the single-leg jump practice method has an influence on the ability to lay up shoot basketball.