

ABSTRACT

Basketball requires accurate jump shooting as one of the primary techniques for scoring points. However, the jump shoot ability of students participating in the basketball extracurricular program at junior high school level remains relatively low, highlighting the need for an effective training method. This study aimed to analyze the effect of drill shoot training on the jump shoot ability of students in the basketball extracurricular program at SMPN 1 Panumbangan. This research employed a quantitative method with a quasi-experimental approach using a One-Group Pretest–Posttest design. The sample consisted of 10 male students, selected through a total sampling technique. Data were collected using a jump shoot accuracy test administered before and after a six-week drill shoot training program based on the FITT principle. Data analysis included the Shapiro–Wilk normality test and the Paired Samples t-Test with a significance level of 0.05. The results showed that the mean jump shoot score increased from 12.50 in the pretest to 20.00 in the posttest, representing an improvement of 7.50 points (60%). Furthermore, there was a statistically significant difference between the pretest and posttest scores ($p < 0.05$). It can be concluded that drill shoot training has a significant positive effect on improving students' jump shoot ability. Therefore, this training method is recommended as a structured practice program for enhancing shooting skills in junior high school basketball development..

Keywords: *Keywords: Basketball, Drill Shoot Training, Jump Shoot, Shooting Accuracy, Junior High School Extracurricular.*

ABSTRAK

Permainan bola basket menuntut kemampuan jump shoot yang akurat sebagai salah satu teknik utama dalam mencetak poin, namun kemampuan tersebut masih rendah pada peserta ekstrakurikuler SMP sehingga diperlukan metode latihan yang efektif. Penelitian ini bertujuan menganalisis pengaruh latihan drill shoot terhadap kemampuan jump shoot siswa ekstrakurikuler bola basket SMPN 1 Panumbangan. Penelitian menggunakan metode kuantitatif dengan pendekatan eksperimen semu (quasi-experimental) melalui desain One-Group Pretest–Posttest. Sampel berjumlah 10 siswa putra yang dipilih menggunakan teknik total sampling. Pengumpulan data dilakukan menggunakan tes akurasi jump shoot sebelum dan sesudah program latihan drill shoot berbasis prinsip FITT selama enam minggu. Analisis data meliputi uji normalitas Shapiro–Wilk dan uji hipotesis Paired Samples t-Test pada taraf signifikansi 0,05. Hasil penelitian menunjukkan rata-rata skor jump shoot meningkat dari 12,50 menjadi 20,00, atau mengalami kenaikan 7,50 poin (60%), serta terdapat perbedaan yang signifikan antara nilai pretest dan posttest ($p < 0,05$). Disimpulkan bahwa latihan drill shoot berpengaruh signifikan dalam meningkatkan kemampuan jump shoot siswa. Implikasinya, metode ini layak diterapkan sebagai program latihan terstruktur untuk meningkatkan keterampilan menembak pada pembinaan bola basket tingkat SMP.

Kata Kunci: Bola Basket, Latihan Drill Shoot, Jump Shoot, Akurasi Tembakan, Ekstrakurikuler SMP.