

ABSTRACT

ABI CHRISTIAWAN. 2023. THE CONTRIBUTION OF ARM AND LEG MUSCLE POWER TO THE RESULTS OF JUMP SHOOT IN BASKETBALL. Department of Physical Education, Faculty of Teacher Training and Education, Siliwangi University, Tasikmalaya.

This study aims to determine the contribution of arm muscle power and leg muscle power to the results of jump shoots in a basketball game at One Roof Middle School 1 Wanareja Basketball Extracurricular, Cilacap Regency. The method in this study used a descriptive method and the instruments in this study were the Medicine Ball Putt test, the vertical jump test, and the basketball jump shoot test. The population and sample in this study were 20 members of the Basketball Extracurricular at One-Roof SMPN 1 Wanareja, Cilacap Regency, using a purposive sampling technique. Based on the results of data processing with statistical tests, it turns out that empirically there is a significant contribution to arm muscle power and leg muscle power to the results of jump shoots in basketball games for members of the Basketball Extracurricular Team at One Roof Middle School 1 Wanareja Cilacap Regency, the results of the hypothesis are accepted and fall into the sufficient category

Keywords: arm muscle power, leg muscle power, jump shoot, basketball