

ABSTRACT

RAHMA FITRIYANTI. 2019. *Contribution of Leg Muscle Power and Balance to Basketball Lay-UP Skills.* Department of Physical Education, Faculty of Teacher Training and Education, Siliwangi University, Tasikmalaya.

This study aims to find out about the contribution of leg muscle Power and balance to the lay-up Shoot in basketball games at the Siliwangi University Basketball UKM. The method used is descriptive method. The research population was Siliwangi University Basketball UKM with 85 people using purposive sampling technique, 30 people were taken. Based on the results of repetition of data with statistical tests, it turns out that there is a significant contribution between the Contribution of Leg Muscle Power and Balance to Lay-Up Shoot in Basketball Games at Siliwangi University Basketball UKM. Based on the results of the research above, the authors suggest to various parties related to the field of sports, especially with the sport of basketball to produce good and effective Lay Up Shoot achievements, prioritizing leg muscle Power and balance training so that they can contribute well to Lay Up Shoot skills.

Keyword: Balance, Lay Up Shoot, Leg Muscle Power.