

ABSTRAK

Ragawa Cahyana Kusumah. 2022. **Pengaruh Latihan *Push Up* Terhadap Hasil *Shooting Free Throw* Pemain Putri Bola Basket SMAN 11 Garut.** Jurusan Pendidikan Jasmanai, Fakultas Keguruan dan Ilmu Pendidikan, Universitas Siliwangi, Tasikmalaya.

Hasil observasi yang penulis lakukan, pemain putri di SMAN 11 Garut sudah mempunyai teknik dasar *shooting free throw* yang baik namun tidak adanya penunjang untuk melakukan *shooting free throw* sehingga, tidak dapat mengenai sasaran, hal ini disebabkan karena adanya kelemahan dan kekurangan pada pemain putri bola basket di SMAN 11 Garut. Tujuan penelitian kali ini untuk mengetahui pengaruh latihan *push up* terhadap hasil *shooting free throw* pemain putri bola basket SMAN 11 Garut. Metode penelitian yang digunakan adalah metode eksperimen, dengan populasi sampel terdiri atas 20 orang. Teknik pengambilan sampel yang digunakan penelitian ini menggunakan sampel jenuh. Berdasarkan hasil penelitian, pengolahan data, analisis data dan pengujian hipotesis dengan pendekatan *statistic*. Maka terdapat pengaruh secara signifikan antara Latihan *Push Up* Terhadap Hasil *Shooting Free Throw* Pemain Putri Bola Basket SMAN 11 Garut.

Kata kunci: Bola Basket, Latihan *Push Up*, *Shooting Free Throw*

ABSTRACT

Ragawa Cahyana Kusumah. 2022. *The Effect of Push Up Exercise on the Result of Free Throw Shooting in Women's Basketball Players at SMAN 11 Garut. Department of Physical Education, Faculty of Teacher Training and Education, Siliwangi University, Tasikmalaya.*

Based on the observations made by the author, the female players at SMAN 11 Garut already have good basic free throw shooting techniques but there is no support for shooting free throws so they cannot hit the target, this is due to weaknesses and deficiencies in female basketball players. at SMAN 11 Garut. The purpose of this study was to determine the effect of push-up training on the free throw shooting results of female basketball players at SMAN 11 Garut. The research method used is the experimental method, with a sample population consisting of 20 people. The sampling technique used in this study uses a saturated sample. Based on research results, data processing, data analysis and hypothesis testing with a statistical approach. So there is a significant influence between the Push Up Exercise on the Results of Free Throw Shooting for Women's Basketball Players at SMAN 11 Garut.

Keywords: Basketball, Push Up Exercise, Free Throw Shooting