

ABSTRAK

MUHAMMAD RIZKY BASKARA. 2025. **Pengaruh Variasi Latihan terhadap Peningkatan Keterampilan *Chest pass* dalam Permainan Bola Basket pada Siswa Ekstrakurikuler SMA Negeri 6 Tasikmalaya.** Jurusan Pendidikan Jasmani, Fakultas Keguruan dan Ilmu Pendidikan, Universitas Siliwangi, Tasikmalaya.

Masalah utama dalam penelitian ini adalah keterampilan *chest pass* siswa ekstrakurikuler bola basket yang masih kurang optimal akibat latihan yang monoton dan cenderung menimbulkan kejenuhan. Penelitian ini bertujuan untuk mengetahui pengaruh variasi latihan terhadap peningkatan keterampilan *chest pass* dalam permainan bola basket. Metode penelitian yang digunakan adalah eksperimen dengan desain *one group pretest-posttest design*. Populasi penelitian adalah seluruh siswa ekstrakurikuler bola basket SMA Negeri 6 Tasikmalaya yang berjumlah 20 orang, dengan teknik *sampling jenuh*. Instrumen yang digunakan adalah tes *chest pass*. Hasil penelitian menunjukkan adanya peningkatan nilai rata-rata keterampilan *chest pass* dari 17,10 pada pretest menjadi 25,55 pada posttest. Uji normalitas dan homogenitas menunjukkan data berdistribusi normal dan homogen. Hasil uji-t menunjukkan $t_{hitung} = 11,29$ lebih besar daripada $t_{tabel} = 1,72$ pada taraf signifikansi 0,05. Dengan demikian, variasi latihan berpengaruh secara signifikan terhadap peningkatan keterampilan *chest pass* siswa. Berdasarkan hasil penelitian dapat disimpulkan bahwa variasi latihan yang meliputi operan berdua, operan bertiga, lari menyilang, dan operan dalam segi empat mampu meningkatkan keterampilan *chest pass* serta mengurangi kejenuhan siswa dalam latihan.

Kata kunci: bola basket , keterampilan *chest pass*, variasi latihan,

ABSTRACT

MUHAMMAD RIZKY BASKARA. 2025. *The Influence of Training Variations on Improving Chest pass Skills in Basketball at Extracurricular Students of SMA Negeri 6 Tasikmalaya*. Department of Physical Education, Faculty of Teacher Training and Education, Siliwangi University, Tasikmalaya.

The main problem in this study is the suboptimal chest pass skills of basketball extracurricular students, caused by monotonous training methods that tend to create boredom. This study aims to determine the influence of training variations on improving chest pass skills in basketball. The method used was an experimental approach with a one group pretest-posttest design. The population consisted of 20 students participating in the basketball extracurricular program at SMA Negeri 6 Tasikmalaya, and the sampling technique used was saturated sampling. The instrument used was a chest pass skill test. The results showed an increase in the average chest pass score from 17.10 in the pretest to 25.55 in the posttest. Normality and homogeneity tests indicated that the data were normally distributed and homogeneous. The t-test result showed that $t_{count} = 11.29$ was greater than $t_{table} = 1.72$ at the 0.05 significance level. Thus, training variations had a significant influence on improving students' chest pass skills. Based on the findings, it can be concluded that training variations, including two-person passing, three-person passing, crossover running, and four-corner passing, improved students' chest pass skills and reduced boredom during practice.

Keywords: *Basketball,chest pass skills,training variation*