

ABSTRAK

MUHAMMAD HUBBY AVICENNA NUR RAHMAN. 2026. **Hubungan Kelincahan dan Koordinasi Mata Tangan dengan Kemampuan *Dribble* pada Siswa Ekstrakurikuler Bola Basket SMAN 1 Sindangkasih.** Jurusan Pendidikan Jasmani Fakultas Keguruan dan Ilmu Pendidikan, Universitas Siliwangi.

Kelincahan dan koordinasi mata–tangan merupakan komponen penting dalam keterampilan dasar bola basket, khususnya kemampuan *dribble*. Namun, masih terdapat perbedaan hasil penelitian mengenai sejauh mana kedua variabel tersebut berkontribusi terhadap keterampilan *dribble* siswa. Penelitian ini bertujuan untuk menganalisis hubungan antara kelincahan dan koordinasi mata–tangan dengan kemampuan *dribble* bola basket pada siswa ekstrakurikuler SMAN 1 Sindangkasih. Metode penelitian yang digunakan adalah kuantitatif dengan desain deskriptif korelasional. Populasi penelitian adalah seluruh siswa ekstrakurikuler bola basket SMAN 1 Sindangkasih dengan teknik total sampling sebanyak 15 orang. Instrumen yang digunakan meliputi *Illinois Agility Run Test* untuk mengukur kelincahan, *Hand Wall Toss Test* untuk mengukur koordinasi mata–tangan, serta tes *dribble* bola basket untuk mengukur kemampuan *dribble*. Data dianalisis menggunakan uji korelasi product moment. Hasil penelitian menunjukkan adanya hubungan signifikan antara kelincahan dengan kemampuan *dribble* ($r = 0,62$; $p < 0,05$), serta koordinasi mata–tangan dengan kemampuan *dribble* ($r = 0,58$; $p < 0,05$). Secara simultan, kelincahan dan koordinasi mata–tangan berkontribusi terhadap peningkatan kemampuan *dribble* siswa dengan nilai koefisien korelasi ganda sebesar $R = 0,71$. Dengan demikian, kelincahan dan koordinasi mata–tangan dapat dianggap sebagai faktor penting yang memengaruhi keterampilan *dribble* bola basket. Temuan ini memberikan implikasi praktis bagi pelatih dan guru pendidikan jasmani untuk menekankan latihan kelincahan dan koordinasi dalam program pembinaan keterampilan dasar bola basket.

Kata Kunci: Bola Basket, Kelincahan, Kemampuan *Dribble*, Koordinasi Mata–Tangan, ,

ABSTRACT

MUHAMMAD HUBBY AVICENNA NUR RAHMAN. 2026. *The Relationship between Agility and Hand-Eye Coordination with Dribble Ability in Basketball Extracurricular Students of SMAN 1 Sindangkasih*. Department of Physical Education, Faculty of Teacher Training and Education. Siliwangi University.

Agility and eye-hand coordination are important components of basic basketball skills, especially dribbling ability. However, there are still differences in research results regarding the extent to which these two variables contribute to students' dribbling skills. This study aims to analyze the relationship between agility and eye-hand coordination with basketball dribbling ability in extracurricular students of SMAN 1 Sindangkasih. The research method used is quantitative with a descriptive correlational design. The study population was all basketball extracurricular students of SMAN 1 Sindangkasih with a total sampling technique of 15 people. The instruments used included the Illinois Agility Run Test to measure agility, the Hand Wall Toss Test to measure eye-hand coordination, and a basketball dribble test to measure dribbling ability. Data were analyzed using the product moment correlation test. The results showed a significant relationship between agility and dribbling ability ($r = 0.62$; $p < 0.05$), and eye-hand coordination with dribbling ability ($r = 0.58$; $p < 0.05$). Simultaneously, agility and eye-hand coordination contribute to the improvement of students' dribbling ability with a multiple correlation coefficient value of $R = 0.71$. Thus, agility and eye-hand coordination can be considered as important factors influencing basketball dribbling skills. These findings provide practical implications for coaches and physical education teachers to emphasize agility and coordination training in basic basketball skills development programs.

Keywords: *Agility, Basketball, Dribbling Ability, Eye-Hand Coordination.*