

# MODEL LATIHAN KETERAMPILAN *THREE POINTS SHOOT* UNTUK ATLET BOLABASKET TINGKAT SMA

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## Abstrak

Tujuan dari penelitian dan pengembangan ini adalah untuk memperoleh informasi secara mendalam tentang pengembangan dan penerapan model latihan *shooting three points* bola basket untuk atlet tingkat SMA dan mengetahui efektivitas, efisiensi serta daya tarik atlet terhadap model yang dibuat. Penelitian ini menggunakan metode penelitian pengembangan Research & Development (R & D) dari Borg and Gall. Subyek dalam penelitian dan pengembangan ini adalah atlet-atlet pelajar SMA yang terdiri dari 60 atlet. Instrumen yang digunakan dalam penelitian dan pengembangan ini adalah angket, kuisioner, serta instrumen test *shooting three points* bola basket yang digunakan untuk mengumpulkan data *shooting three points* bola basket atlet tingkat SMA, adapun tahapan dalam penelitian dan pengembangan ini adalah, pada tahap: (1) analisis kebutuhan, (2) evaluasi ahli (evaluasi produk awal); (3) uji coba terbatas (ujicoba kelompok kecil); dan (4) uji coba utama (field testing). Uji efektivitas model menggunakan tes *shooting three points* pada 5 titik untuk mengetahui tingkat kesempurnaan sikap dan kemampuan *shooting three points* bola basket untuk atlet tingkat SMA sebelum pemberian treatment berupa model *shooting three points* bola basket yang dikembangkan dan untuk mengetahui tingkat kesempurnaan sikap dan kemampuan *shooting three points* setelah perlakuan atau treatment model *shooting three points* yang dikembangkan, dari tes awal yang dilakukan diperoleh hasil rata-rata 35,80, kemudian setelah diberikan perlakuan berupa model *shooting three points* diperoleh peningkatan rata-rata 50,43, hasil dari tes awal dan tes akhir terdapat peningkatan sebesar 14,63 atau sekitar 40,88%. Maka model *shooting* bola basket ini efektif dalam meningkatkan latihan *shooting three points* bola basket untuk atlet tingkat SMA. Berdasarkan hasil pengembangan dapat disimpulkan bahwa: (1) Dengan model latihan *shooting three points* bola basket untuk atlet tingkat SMA dapat dikembangkan dan diterapkan dalam latihan di Sekolah-sekolah (2) Dengan model latihan *shooting three points* bola basket untuk atlet tingkat SMA yang telah dikembangkan, diperoleh bukti adanya peningkatan ini di tunjukan pada hasil pengujian data hasil pretes dan posttest adanya perbedaan yang signifikan antara sebelum dan sesudah adanya perlakuan model.

**Keywords:** Pengembangan, Model, Shooting Three Points Bola Basket

**MODEL OF THREE POINTS SHOOT BASKETBALL TRAINING SKILL FOR  
ATLET OF HIGH SCHOOL LEVEL**

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*Abstract*

*The purpose of this research and development is to produce a basketball three-point shooting model for high school athletes. In addition, this research and development was carried out to obtain in-depth information about the development and implementation of basketball three-point shooting practice models for high school athletes and to know the effectiveness, efficiency and attractiveness of athletes towards the model made. This research used research & development (R & D) research methods from Borg and Gall. The subjects in this research and development were high school athletes consisting of 60 athletes. The instruments used in this research and development were questionnaires, and three-point basketball shooting test instruments used to collect three-point shooting data for high school basketball athletes, as for the stages in this research and development, in stages: (1) needs analysis, (2) expert evaluation (initial product evaluation); (3) limited testing (small group trials); and (4) main testing (field testing). Test the effectiveness of the model using the three points shooting test at 5 points to know the level of perfection of the attitude and ability of three points shooting basketball for high school athletes before giving treatment in the form of a three-point basketball shooting model developed and to know the level of perfection and ability to shoot three points after the treatment or treatment of the shooting three points model developed, from the initial tests performed the results of the athlete's average of 35,80, then after being given a treatment in the form of a three-point shooting model an increase in the average level of perfection of the athlete's was 50,43, the results of the initial test and the final test experienced an increase in the level of perfection of the athlete's by 14,63 or 40,88%. So this basketball Shooting model is effective in increasing basketball three-point shooting practice for high school athletes. Based on the results of the development it can be concluded that: (1) With a three-point basketball shooting exercise model for high school level athletes it can be developed and applied in training in Schools (2) With a basketball three-point shooting exercise model for high school athletes who have been developed, evidence of this increase is shown in the results of pretest and posttest data which showed a significant difference between before and after the treatment model.*

**Keywords: Development, Model, Three Points Basketball Shooting**