

ABSTRACT

DESI LESTARI, Development of the Fast Break Exercise Model on Basketball Games. Thesis: Jakarta, Sports Achievement, Faculty of Sports Science, Jakarta State University, 2019.

This research aims to develop a fast break training model in basketball games. The method used in this research is the research and development method. This training model can later be used as a reference material for trainers in creating a fast break training model to develop an exercise program.

The subjects in this study were 10 dustbasketball club athletes as small group trial subjects. And 20 athletes of SMAN 36 Jakarta as the subject of a large trial. In this study the researchers worked with 3 experts in the field of basketball as an expert judgment. The validity test used in this study is to use the expert justification test, where the training model that has been created is then consulted and assessed by experts in the field of basketball.

The time of data collection in this research was carried out on May 28, 2019. From the potentials and problems in the field, as well as the collection of data by researchers by analyzing the needs of the experts / basketball coaches available. Then through the validity test conducted by expert justification trials. Furthermore, the researchers got the final product design in the form of 13 items of basketball fast break training model for athletes of SMAN 36 Jakarta.

Then 13 items of this exercise model were tested on a small group, and large groups in this trial the researchers also provided a questionnaire of attractiveness and convenience to the research subjects. The final conclusion obtained through this study was 13 models of fast break exercises that researchers made interesting and easy to do. for as well as feasible to use for the Basketball training process for SMAN 36 Jakarta Athletes.