

ABSTRACT

MEUTHIA LESTARI PUTRI, RESEARCH DEVELOPMENT OF REBOUND EXERCISE ON BASKETBALL. Skripsi. Jakarta, Sport Achievement, Faculty of Sport Sciences State University of Jakarta, 2017.

The aim of this study is to develop a new models of rebound that can be used as a training for student basketball athlete university specially for basketball team of State University of Jakarta.

The method that be used is Research and Development (R & D). The modifications developed through small scale trial procedure with 6 people from basketball woman team B UNJ and wide scale trial procedure with 12 people from basketball woman team A UNJ.

The products that have been created and developed in the form of rebound basketball practice as much as 25 forms of exercise. Validity test used in this study is by using expert justification test, where the form of training that has been created and tested then assessed by experts who are experts in the field.

The result of this research is the writer found a new 25 models of rebound exercise on basketball.