

**PERBANDINGAN LATIHAN *MEDICINE BALL* DAN *PUSH-UP*
TERHADAP KEMAMPUAN *PASSING CHESTPASS* PADA SISWA
EKSTRAKURIKULER BOLA BASKET SMA NEGERI 85 JAKARTA
BARAT**

ABSTRAK

Secara umum penelitian ini bertujuan untuk mengetahui perbandingan Metode latihan menggunakan media *medicine ball* dan metode latihan *push-up* pada siswa ekstrakurikuler bola basket SMA Negeri 85 Jakarta Barat.

Penelitian ini bertempat di SMA Negeri 85 Jakarta Barat. Waktu yang digunakan selama penelitian mulai dari rencana penelitian hingga penyusunan dilakukan bulan November 2019 sampai dengan Desember 2019. Penelitian dilakukan untuk menerapkan latihan menggunakan media *medicine ball* dan latihan *push-up* pada siswa SMA. Penelitian Eksperimen ini menggunakan desain *Two Group Pretest – Posttest*. Pengumpulan data dilakukan dengan cara menggunakan tes *Wall Pass* dan hasil uji coba. Setelah hasil uji coba tes *Wall Pass* akhirnya tercipta program latihan menggunakan media *Medicine ball* dan program latihan *push up*.

Hasil penelitian ini menyimpulkan bahwa penerapan latihan menggunakan media *Medicine ball* berpengaruh lebih dibandingkan latihan *Push-up* dalam proses kegiatan latihan ekstrakurikuler bola basket, sehingga dapat memberikan kontribusi yang baik dalam proses latihan untuk meningkatkan keterampilan. Berdasarkan hasil penelitian model latihan menggunakan media *Medicine ball* dapat dikembangkan dan dapat diterapkan terhadap siswa ekstrakurikuler bola basket SMA Negeri 85 Jakarta Barat.

**COMPARISON OF MEDICINE BALL AND PUSH-UP TRAINING ON
PASSING CHESTPASS ABILITIES IN EXTRACURRICULAR
BASKETBALL STUDENTS OF SMA NEGERI 85 WEST JAKARTA**

ABSTRACT

In general, this study aims to compare the training methods using medicine ball media and push-up training methods for basketball extracurricular students at SMA Negeri 85 West Jakarta.

This research took place at SMA 85 West Jakarta. The time spent during the study from the research plan to the preparation was carried out in November 2019 until December 2019. The study was conducted to implement exercises using media medicine ball and push-up exercises for high school students. Research This experiment used the design of the Two Group Pretest - Posttest. Data collection is done by using a Wall Pass test and the results of trials. After the test results of the Wall Pass test finally created an exercise program using Medicine ball and a push up exercise program.

The results of this study concluded that the application of exercise using the Medicine ball media had more effect than the Push-up training in the basketball extracurricular training process, so that it could make a good contribution in the training process to improve skills. Based on the research results, an exercise model using Medicine ball can be developed and can be applied to basketball extracurricular students at SMA Negeri 85 West Jakarta.

Keyword : Basketball, Medicineball, Push-up, Wall Pass.