

ABSTRAK

RBU, Anantha. 2025. *Survei Keterampilan Dasar Dribbling dan Passing Pada Ekstrakurikuler Bola Basket di SDN Kencong 03*. Skripsi, Program Studi Pendidikan Jasmani, Fakultas Keguruan dan Ilmu Pendidikan, Universitas Muhammadiyah Jember.

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Kata Kunci : Bola basket, keterampilan dasar, survei

Penelitian ini bertujuan untuk mendeskripsikan tingkat keterampilan dasar dribbling dan passing pada peserta didik yang mengikuti kegiatan ekstrakurikuler bola basket di SDN Kencong 03. Penelitian menggunakan metode kuantitatif deskriptif dengan teknik survei. Subjek penelitian berjumlah 15 siswa yang dipilih dengan total sampling. Instrumen yang digunakan berupa tes keterampilan dribbling, chest pass, dan bounce pass. Hasil penelitian menunjukkan bahwa pada keterampilan dribbling, 7% siswa berada pada kategori sangat baik, 40% baik, 33% sedang, dan 20% kurang. Pada keterampilan chest pass, tidak ada siswa yang mencapai kategori sangat baik, 33% baik, 40% sedang, dan 27% kurang. Sementara itu, keterampilan bounce pass menunjukkan 6% siswa sangat baik, 27% baik, 40% sedang, dan 27% kurang. Secara keseluruhan, kemampuan dribbling dan passing siswa sebagian besar berada pada kategori sedang. Temuan ini mengindikasikan perlunya program latihan yang lebih terarah untuk meningkatkan teknik passing dan memperkuat keterampilan dribbling. Hasil penelitian diharapkan dapat menjadi acuan bagi guru pembina dalam merancang pembinaan yang efektif guna meningkatkan prestasi bola basket di sekolah.

ABSTRACT

RBU, Anantha. 2025. *Survey of Basic Dribbling and Passing Skills in Basketball Extracurricular Activities at SDN Kencong 03*. Thesis, Physical Education Study Program, Faculty of Teacher Training and Education, Muhammadiyah University of Jember.

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Keywords : *Basketball, basic skills, survey*

This study aims to describe the fundamental dribbling and passing skills of students participating in the basketball extracurricular program at SDN Kencong 03. The research employed a descriptive quantitative method with a survey approach. The sample consisted of 15 students selected through total sampling. The instruments used were dribbling, chest pass, and bounce pass skill tests. The results showed that dribbling skills were categorized as excellent in 7% of students, good in 40%, fair in 33%, and poor in 20%. For chest pass skills, no students achieved the excellent category, with 33% in good, 40% in fair, and 27% in poor categories. Bounce pass skills were rated excellent in 6% of students, good in 27%, fair in 40%, and poor in 27%. Overall, both dribbling and passing skills were mostly in the fair category, indicating the need for a more structured training program, particularly to enhance passing techniques and strengthen dribbling proficiency. The findings of this study are expected to serve as a reference for coaches in designing effective training strategies to improve students' skills and foster basketball achievements at both school and higher competition levels.

