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Abstract

This research begins from the low ability of chest pass on basketball game female student SMPN 3 Kayuagung. The purpose of this study was to determine the effect medicine ball training toward chest pass on basketball game female student SMPN 3 Kayuagung. This type of research is a quasi experiment. In this study using total sampling technique, a sample is 68 female students. The entire sample of the initial test and the result is sorted from largest to smallest number. After the samples were divided into 2 groups by ordinal pairing that 34 female students as experimental group were given a medicine ball training and 34 female students as a control group who did not receive treatment. After being given the medicine ball training for 6 weeks with a frequency of training 3 times a week and the intensity of 60% maximum load it can rise by an average of 5 or 32.4%. Based on the analysis of statistical data by t test with significance level α = 0.05 was obtained ttable = 6.899 t hitung= 1.669. Conclusion of this research show that: there was effect medicine ball training toward chest pass on basketball game. Explosive power arm muscles is an element of physical fitness that is most important to improve the ability of chest pass on basketball game.

Keywords: medicine ball training, chest pass, basketball.

**1 INTRODUCTION**

Cultivate the sport community and promote sports is the motto that made the government as evidence of the government's attention to the sport, because sport is an integral part of education that can provide a valuable contribution to the growth and human development.Kosasih (1985: 9) suggests that exercise is an attempt to stimulate, arouse, to develop and maintain physical strength and spiritual in every human being. Meanwhile, according to the Matveyev in Lutan (2002: 37), sport is an energetic and muscular activity in the activities of athletes demonstrate the ability of motion (performance) and his will as much as possible.

Providing education as a process of human development that lasts a lifetime role of physical education is very important that provide opportunities for students to engage directly in a variety of learning experiences through play and sports physical activity performed systematically. The purpose of physical education in educational institutions is to improve the ability of students through physical activity which is applied through the branches of sport that has grown in popularity in the environment of an educational institution or school. Learning the sport in schools mainly include sports branches based curriculum. In general, sports are implemented and developed in schools is a sports game. Sports game consists of a large ball game and a small ball. One of the big ball game sport favored the game of basketball.

The game of basketball is a sport game played by two teams, each team consists of 5 players. Each team tried to incorporate as many balls to the opponent and retaining ring. Itself for not conceding. Teams are more make value (score) was declared the winner in the match. A basketball player to achieve a good game should be able to master all kinds of parts and basic engineering skills to play basketball, basketball game basic techniques determine the extent to which a player can improve the quality of his game. Good mastery of basic techniques and perfect, players can easily implement tactics game because the players have confidence in yourself is quite high and each processing a lot of balls that do not waste energy unnecessarily. According to the New Testament. PERBASI (2006: 18), there are three basic techniques of moving the ball in basketball, namely, operand (passing), dribbling, shooting (shooting).The basic technique that must be mastered by a basketball player is to pass the ball (passing). Pass the ball is an attempt to move the ball from one place to another by hand. A player who can’t master the technique to pass the ball well, there will probably be a good player. Basketball player controls the ball with good technique, fast, accurate and to the point, both targeted at distant friends.

Techniques passes the ball in the game of basketball there are several kinds, one of the basic techniques that pass the ball chest pass or chest pass. Operand types is very effective in the game of basketball as it can be done quickly and accurately. To generate operand (passing) faster and much needed strength in the muscles of the arm. Shoulder arm muscle strength is the maximum force produced by a muscle contraction in dealing with certain prisoners and to obtain an increase in strength with weight training program, because the stimulation performed with sub-maximal load to maximum will stimulate maximum muscle to contract, so that the muscle has a large volume and a muscle also great explosive power. Thanks to coaching as directed and continuously gained explosive power means to perform chest pass.

Based on observations, student daughter who follow basketball lessons at SMPN 3 Kayuagung have mastered the technique of playing basketball well, but to do a chest pass the student is not doing well, because the resulting operand is not far away, not hard and fast. Meanwhile, to make a chest pass must have explosive power arm muscles that are not owned by the female student in SMPN 3 Kayuagung, so in the game a lot of girls are deprived of the opportunity to control the ball and lose the game pattern. On this basis, researchers interested in making a form of training methods to improve explosive power of muscles while doing chest pass using the medicine ball. To the writer tries to make a research on the "Effect of medicine ball training toward chest pass on basketball game female student at SMPN 3 Kayuagung"

**2. RESEARCH METHODOLOGIES**

This type of research type of research used in this study is quasi-experimental. The population in this study were all female students SMPN 3 Kayuagung totaling 68 people. Samples taken in this study is 68 people. The technique of sampling in the study using total sampling technique. The design of this experimental study using a pretest-posttest control group design. According Sugiyono (2013: 76) study design pretest-posttest control group design as follows:

R O1 X O2

R O3  O4

**Figure 1. Research Design**

A study needed a data collection tool that is commonly also called a measurement instrument. In this case the test instrument to test the student's ability daughter chest pass. This test aims to determine measure the ability of a test to perform passing or catching a ball thrown to the wall for 30 seconds (Ambler: 118).

Data analysis technique is a way in which to analyze the data that has been obtained. Analysis of these data aims at truth of the hypothesis will be accepted or rejected depending on the result of the processing of statistical data analysis data. Technique researchers use a 't' test

**3 RESULTS AND DISCUSSION**

Based on the pretest results table chest pass ability is known that the pretest in the experimental group had an average value of 15.44 and a standard deviation of 7.22, whereas for the pretest results in the control group had an average value of 15.59 and a standard deviation of 7,56. Judging from the difference in average pretest experimental group and the control group there was no significant difference in these two groups showed that the experimental group and the control group derived from the same population, has similarity or homogeneity. The results of the pretest and posttest ability chest pass is known that the pretest in the experimental group had an average value of 15,44 and a standard deviation of 7,22, while for the results posttest in the experimental group had an average value of 20,44 and a standard deviation of 5 22. Judging from the average difference in pretest and posttest are the average increase for the experimental group of 5. The results of the pretest and posttest ability chest pass control group pretest results showed that the control group had an average value of 15,59 and a standard deviation of 7,56, whereas for posttest results in the control group had an average value of 14,85 and a standard deviation of 6,63. Judging from the average difference in pretest and posttest contained an average decline of 0,74 for the control group. Results pretest chest pass ability is known that the pretest in the experimental group had an average value of 20,44 and a standard deviation of 5,22, whereas for the pretest results in the control group had an average value of 14.85 and a standard deviation of 6,63. Judging from the average difference in the posttest in the experimental group and the control contained an average increase of 5.59. This shows that the medicine ball exercises great influence on the result of the ability of a chest pass in the experimental group and the control group did not increase due to untreated.

Research on the ability of chest pass performed on the entire female student SMPN 3 Kayuagung, aged 13-15 years, amounting to 68 people. The student did pretest at the beginning of the experiment and then of the student pretest results are divided into two groups, namely 34 experimental group and 34 control group. This division is done by ordinal pairing. The results of the initial test in the experimental group female student SMPN 3 Kayuagung have the greatest value when making a chest pass to the wall for 30 seconds which is 28 whereas the smallest value 3. With the average value after a given form of exercise for 6 weeks in the experimental group, the group the increased on average by 5, the average score for the experimental group became 2044 average of 15,44. This initial tests showed that there was an effect on the ability of exercise medicine ball chest pass, to the experimental group after treated for 6 weeks with a frequency of exercise for 3 times a week. In accordance with the opinion Sumardjuno (1987: 11) "When the exercise has lasted long enough term of at least 4-8 weeks, and you practice fairly regularly with a dose sufficient exercise then there is the effect of exercise". And in accordance with the opinion of Kosasih (1993: 40) "Why at least 3 times a week for endurance someone will start to decline after 48 hours".

While doing the initial test (pretest) obtained at the beginning of the experiment two groups: the experimental group and the control group, the division is based in the division by means of ordinal pairing. From the beginning of the test results obtained was experimental data concerning the control group. The control group during a pretest have the ability chest pass to the wall at 28 and the smallest capability 3, with an average value of 15,59 and after 6 weeks of the control group and the experimental group was given a test result chest pass to the wall control group decreased by a mean value -rata at 14,85. The control group did not increase capacity building chest pass, because of the control group was not given any treatment, in contrast to the experimental group were given shape by using a medicine ball training.

Training are used to enhance the ability of chest pass by using a medicine ball or the ball is health. According Brittenham (1998: 60), uses medicine ball, ... is a system that is used to increase labor force, especially for basketball movement. Medicine ball exercises are used to increase the explosive power of the arm muscles while doing chest pass in the game of basketball. Explosive power arm muscles contribute significantly to the ability of chest pass. Strong arm muscles will then produce a perfect chest pass, the combined contraction of the muscles that are in arm strength and speed resulting in a much ball speed, hard and fast. Pass technique is also an equally important technique used in the game of basketball to score points. Therefore, techniques, especially chest pass the ball which is a technique that is often used for attack and defense patterns need to be trained to produce optimal basketball game. Based on the results of the pretest and posttest given that tests chest pass to the wall for 30 seconds to two groups that their effect medicine ball training toward chest pass on basketball game female student SMPN 3. And significance t 0,95 (66) of 1,669 is smaller than the value thitung of 6,899

**4. Conclusion**

From the research and analysis of data it can be concluded as follows:   
1. There is an effect medicine ball training toward chest on the basketball game female student at SMPN 3 Kayuagung.

2. Explosive power arm muscles is an element of physical fitness that is most important to improve the ability of chest pass on basketball game female student SMPN 3 Kayuagung.

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