



LEMBAR PENGESAHAN

Judul : HUBUNGAN KECEPATAN DAN KELINCAHAN TERHADAP KETERAMPILAN DRIBBLING BOLA BASKET PADA EKSTRAKULIKULER INTERNATIONAL MUHAMMADIYAH BOARDING SCHOOL (IMBS) MIFTAHUL ULUM PEKAJANGAN

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**RELATIONSHIP BETWEEN SPEED AND AGILITY TO BASKETBALL DRIBBLING SKILLS
IN EXTRACURRICULAR COURSES IN INTERNATIONAL MUHAMMADIYAH BOARDING
SCHOOL (IMBS) MIFTAHUL ULUM PEKAJANGAN**

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Introduction

The problem in this study is that many athletes have poor physical fitness. The students' dribbling movements are often stiff, causing the ball to frequently slip away, and they struggle to get past opponents. This study aims as to analyze the relationship between speed and agility and dribbling a basketball in the IMBS Miftahul Ulum Pekajangan extracurricular activity.

Method

It is quantitative research using a correlational method. This study involved all 31 male students who participate in the IMBS Miftahul Ulum basketball extracurricular program. There are independent and dependent variables in this study. The independent variable is speed and agility, whereas dependent variable is dribbling skills in basket ball. Data were collected by test and measurement involving 60 meters running speed, ilinois test to measure agility, and basket ball dribbling skills. The spearmant test showed that (1) there are significant correlation between speed and basket ball dribbling skills among students of IMBS Miftahul Ulum Pekajangan Extracullicur. (2) There are significant correlation between agility and basket ball dribbling skills among students of IMBS Miftahul Ulum Pekajangan Extracullicur. (3) There are significant correlation between speed and agility toward basket ball dribbling skills among students of IMBS Miftahul Ulum Pekajangan Extracullicur Activities.

Result

The study's findings revealed a significant association between IMBS Miftahul Urum Pekajangan's speed and agility in extracurricular activities and basketball dribbling skills (p -value = 0.006, p -value < 0.05). Therefore, X1 (speed) and X2 (agility) have a significant correlation with Y (the ability to dribble a basketball).

Discussion and Conclusion

According to the findings, there is a significant association between speed and basketball dribbling skills in the IMBS Miftahul Ulum Pekajangan extracurricular, with a significant value of 0.013 (p -value <0.05). There is a significant association between agility and basketball dribbling skills in the IMBS Miftahul Ulum Pekajangan extracurricular, with a significant value of 0.003 (p -value <0.05). There is a significant association between speed and agility toward basketball dribbling skills in the IMBS Miftahul Ulum Pekajangan extracurricular, with a significant value of 0.006 (p -value <0.05).