LAMPIRAN

Lampiran 1. Data Penelitian Daya Ledak Tungkai

No	Nama	Daya Ledak Tungkai
1	Agung	1,54
2	Hamri	1,70
3	Galang	1,60
4	Dirman	1,58
5	Azlan	1,80
6	Adrian	1,82
7	Fadly	1,75
8	Aqsar	1,72
9	Jusdi	1,77
10	Fadel	1,78
11	Aldi	1,58
12	Senga	1,70
13	Malik	1,60
14	Aril	1,82
15	Fahrian	1,60
16	Algi	1,67
17	Rizal	1,70
18	Ramdan	1,79
19	Nabil	1,61
20	Rahmat	1,72
21	Salman	1,59
22	Rehan	1,55
23	Fatan	1,62
24	Yusril	1,66
25	Pandi	1,66

Lampiran 2. Data Penelitian Keseimbangan

No	Nama	Keseimbangan
1	Agung	90
2	Hamri	95
3	Galang	95
4	Dirman	93
5	Azlan	98
6	Adrian	100
7	Fadly	95
8	Aqsar	96
9	Jusdi	97
10	Fadel	98
11	Aldi	95
12	Senga	95
13	Malik	94
14	Aril	100
15	Fahrian	97
16	Algi	95
17	Rizal	97
18	Ramdan	99
19	Nabil	97
20	Rahmat	95
21	Salman	92
22	Rehan	92
23	Fatan	95
24	Yusril	95
25	Pandi	94

Lampiran 3. Data Penelitian Kecepatan

No	Nama	Kecepatan
1	Agung	3,69
2	Hamri	4,01
3	Galang	4,14
4	Dirman	3,80
5	Azlan	4,67
6	Adrian	4,78
7	Fadly	4,27
8	Aqsar	4,30
9	Jusdi	4,76
10	Fadel	4,64
11	Aldi	3,91
12	Senga	4,01
13	Malik	3,78
14	Aril	5,02
15	Fahrian	3,90
16	Algi	4,27
17	Rizal	4,50
18	Ramdan	4,75
19	Nabil	4,14
20	Rahmat	4,24
21	Salman	3,78
22	Rehan	3,78
23	Fatan	4,21
24	Yusril	4,51
25	Pandi	4,67

Lampiran 4. Data Penelitian Kemampuan Shooting

No	Nama	Kemampuan Shooting
1	Agung	7
2	Hamri	11
3	Galang	10
4	Dirman	9
5	Azlan	13
6	Adrian	14
7	Fadly	12
8	Aqsar	12
9	Jusdi	13
10	Fadel	13
11	Aldi	10
12	Senga	10
13	Malik	9
14	Aril	17
15	Fahrian	10
16	Algi	10
17	Rizal	12
18	Ramdan	13
19	Nabil	10
20	Rahmat	12
21	Salman	9
22	Rehan	8
23	Fatan	10
24	Yusril	11
25	Pandi	11

Lampiran 5. Data Penelitian Daya Ledak Tungkai, Keseimbangan, Kecepatan dan Kemampuan Shooting

No	Nama	Kondisi Fisik			Kemampuan Shooting
		Daya Ledak Tungkai	Keseimbangan	Kecepatan	
1	Agung	1,54	90	3,69	7
2	Hamri	1,70	95	4,01	11
3	Galang	1,60	95	4,14	10
4	Dirman	1,58	93	3,80	9
5	Azlan	1,80	98	4,67	13
6	Adrian	1,82	100	4,78	14
7	Fadly	1,75	95	4,27	12
8	Aqsar	1,72	96	4,30	12
9	Jusdi	1,77	97	4,76	13
10	Fadel	1,78	98	4,64	13
11	Aldi	1,58	95	3,91	10
12	Senga	1,70	95	4,01	10
13	Malik	1,60	94	3,78	9
14	Aril	1,82	100	5,02	17
15	Fahrian	1,60	97	3,90	10
16	Algi	1,67	95	4,27	10
17	Rizal	1,70	97	4,50	12
18	Ramdan	1,79	99	4,75	13
19	Nabil	1,61	97	4,14	10
20	Rahmat	1,72	95	4,24	12
21	Salman	1,59	92	3,78	9
22	Rehan	1,55	92	3,78	8
23	Fatan	1,62	95	4,21	10
24	Yusril	1,66	95	4,51	11
25	Pandi	1,66	94	4,67	11

Lampiran 6. Hasil Analisis Data Penelitian

a. Analisis Deskriptif

Statistics

		Daya Ledak Tungkai	Keseimbangan	Kecepatan	Kemampuan Shooting
N	Valid	25	25	25	25
	Missing	0	0	0	0
Mean		1,6772	95,56	4,2612	11,04
Median		1,6700	95,00	4,2400	11,00
Mode		1,60[a]	95	3,78	10
Std. Deviation		,08806	2,434	,38606	2,131
Range		,28	10	1,33	10
Minimum		1,54	90	3,69	7
Maximum		1,82	100	5,02	17
Sum		41,93	2389	106,53	276

a. Multiple modes exist. The smallest value is shown

Daya Ledak Tungkai

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1,54	1	4,0	4,0	4,0
	1,55	1	4,0	4,0	8,0
	1,58	2	8,0	8,0	16,0
	1,59	1	4,0	4,0	20,0
	1,60	3	12,0	12,0	32,0
	1,61	1	4,0	4,0	36,0
	1,62	1	4,0	4,0	40,0
	1,66	2	8,0	8,0	48,0
	1,67	1	4,0	4,0	52,0
	1,70	3	12,0	12,0	64,0
	1,72	2	8,0	8,0	72,0
	1,75	1	4,0	4,0	76,0
	1,77	1	4,0	4,0	80,0
	1,78	1	4,0	4,0	84,0
	1,79	1	4,0	4,0	88,0
	1,80	1	4,0	4,0	92,0
	1,82	2	8,0	8,0	100,0
	Total	25	100,0	100,0	

Keseimbangan

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	90	1	4,0	4,0	4,0
	92	2	8,0	8,0	12,0
	93	1	4,0	4,0	16,0
	94	2	8,0	8,0	24,0
	95	9	36,0	36,0	60,0
	96	1	4,0	4,0	64,0
	97	4	16,0	16,0	80,0
	98	2	8,0	8,0	88,0
	99	1	4,0	4,0	92,0
	100	2	8,0	8,0	100,0
	Total	25	100,0	100,0	

Kecepatan

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	3,69	1	4,0	4,0	4,0
	3,78	3	12,0	12,0	16,0
	3,80	1	4,0	4,0	20,0
	3,90	1	4,0	4,0	24,0
	3,91	1	4,0	4,0	28,0
	4,01	2	8,0	8,0	36,0
	4,14	2	8,0	8,0	44,0
	4,21	1	4,0	4,0	48,0
	4,24	1	4,0	4,0	52,0
	4,27	2	8,0	8,0	60,0
	4,30	1	4,0	4,0	64,0
	4,50	1	4,0	4,0	68,0
	4,51	1	4,0	4,0	72,0
	4,64	1	4,0	4,0	76,0
	4,67	2	8,0	8,0	84,0
	4,75	1	4,0	4,0	88,0
	4,76	1	4,0	4,0	92,0
	4,78	1	4,0	4,0	96,0
	5,02	1	4,0	4,0	100,0
	Total	25	100,0	100,0	

Kemampuan Shooting

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	7	1	4,0	4,0	4,0
	8	1	4,0	4,0	8,0
	9	3	12,0	12,0	20,0
	10	7	28,0	28,0	48,0
	11	3	12,0	12,0	60,0
	12	4	16,0	16,0	76,0
	13	4	16,0	16,0	92,0
	14	1	4,0	4,0	96,0
	17	1	4,0	4,0	100,0
	Total	25	100,0	100,0	

b. Normalitas Data

Case Processing Summary

	Cases					
	Valid		Missing		Total	
	N	Percent	N	Percent	N	Percent
Daya Ledak Tungkai	25	100,0%	0	0,0%	25	100,0%
Keseimbangan	25	100,0%	0	0,0%	25	100,0%
Kecepatan	25	100,0%	0	0,0%	25	100,0%
Kemampuan Shooting	25	100,0%	0	0,0%	25	100,0%

Tests of Normality

	Kolmogorov-Smirnov[a]			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
Daya Ledak Tungkai	,142	25	,200*	,938	25	,136
Keseimbangan	,191	25	,019	,954	25	,311
Kecepatan	,117	25	,200*	,943	25	,176
Kemampuan Shooting	,167	25	,069	,949	25	,237

*. This is a lower bound of the true significance.

a. Lilliefors Significance Correction

c. Uji Korelasi

Correlations

		Daya Ledak Tungkai	Keseimbangan	Kecepatan	Kemampuan Shooting
Daya Ledak Tungkai	Pearson Correlation	1	,809**	,862**	,920**
	Sig. (2-tailed)		,000	,000	,000
	N	25	25	25	25
Keseimbangan	Pearson Correlation	,809**	1	,798**	,871**
	Sig. (2-tailed)	,000		,000	,000
	N	25	25	25	25
Kecepatan	Pearson Correlation	,862**	,798**	1	,899**
	Sig. (2-tailed)	,000	,000		,000
	N	25	25	25	25
Kemampuan Shooting	Pearson Correlation	,920**	,871**	,899**	1
	Sig. (2-tailed)	,000	,000	,000	
	N	25	25	25	25

**. Correlation is significant at the 0.01 level (2-tailed).

d. Uji Linearitas

ANOVA Table

			Sum of Squares	df	Mean Square	F	Sig.
Kemampuan Shooting * Daya Ledak Tungkai	Between Groups	(Combined)	101,293	16	6,331	6,606	,005
		Linearity	92,222	1	92,222	96,231	,000
		Deviation from Linearity	9,072	15	,605	,631	,789
	Within Groups		7,667	8	,958		
	Total		108,960	24			

ANOVA Table

			Sum of Squares	df	Mean Square	F	Sig.
Kemampuan Shooting * Keseimbangan	Between Groups	(Combined)	89,210	9	9,912	7,528	,000
		Linearity	82,718	1	82,718	62,824	,000
		Deviation from Linearity	6,492	8	,811	,616	,752
	Within Groups		19,750	15	1,317		
	Total		108,960	24			

ANOVA Table

			Sum of Squares	df	Mean Square	F	Sig.
Kemampuan Shooting * Kecepatan	Between Groups	(Combined)	103,793	18	5,766	6,696	,013
		Linearity	88,067	1	88,067	102,271	,000
		Deviation from Linearity	15,727	17	,925	1,074	,502
	Within Groups		5,167	6	,861		
	Total		108,960	24			

e. Uji Regresi

Variables Entered/Removed[a]

Model	Variables Entered	Variables Removed	Method
1	Daya Ledak Tungkai[b]	.	Enter

a. Dependent Variable: Kemampuan Shooting

b. All requested variables entered.

Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	,920[a]	,846	,840	,853

a. Predictors: (Constant), Daya Ledak Tungkai

ANOVA[a]

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	92,222	1	92,222	126,720	,000[b]
	Residual	16,738	23	,728		
	Total	108,960	24			

a. Dependent Variable: Kemampuan Shooting

b. Predictors: (Constant), Daya Ledak Tungkai

Coefficients[a]

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	-26,296	3,321		-7,918	,000
	Daya Ledak Tungkai	22,261	1,977	,920	11,257	,000

a. Dependent Variable: Kemampuan Shooting

Variables Entered/Removed[a]

Model	Variables Entered	Variables Removed	Method
1	Keseimbangan[b]	.	Enter

a. Dependent Variable: Kemampuan Shooting

b. All requested variables entered.

Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	,871[a]	,759	,749	1,068

a. Predictors: (Constant), Keseimbangan

ANOVA[a]

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	82,718	1	82,718	72,500	,000[b]
	Residual	26,242	23	1,141		
	Total	108,960	24			

a. Dependent Variable: Kemampuan Shooting

b. Predictors: (Constant), Keseimbangan

Coefficients[a]

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	-61,853	8,564		-7,223	,000
	Keseimbangan	,763	,090	,871	8,515	,000

a. Dependent Variable: Kemampuan Shooting

Variables Entered/Removed[a]

Model	Variables Entered	Variables Removed	Method
1	Kecepatan[b]	.	Enter

a. Dependent Variable: Kemampuan Shooting

b. All requested variables entered.

Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	,899[a]	,808	,800	,953

a. Predictors: (Constant), Kecepatan

ANOVA[a]

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	88,067	1	88,067	96,946	,000[b]
	Residual	20,893	23	,908		
	Total	108,960	24			

a. Dependent Variable: Kemampuan Shooting

b. Predictors: (Constant), Kecepatan

Coefficients[a]

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	-10,103	2,156		-4,687	,000
	Kecepatan	4,962	,504	,899	9,846	,000

a. Dependent Variable: Kemampuan Shooting

Variables Entered/Removed[a]

Model	Variables Entered	Variables Removed	Method
1	Kecepatan, Keseimbangan, Daya Ledak Tungkai[b]	.	Enter

a. Dependent Variable: Kemampuan Shooting

b. All requested variables entered.

Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	,956[a]	,914	,902	,667

a. Predictors: (Constant), Kecepatan, Keseimbangan, Daya Ledak Tungkai

ANOVA[a]

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	99,612	3	33,204	74,589	,000[b]
	Residual	9,348	21	,445		
	Total	108,960	24			

a. Dependent Variable: Kemampuan Shooting

b. Predictors: (Constant), Kecepatan, Keseimbangan, Daya Ledak Tungkai

Coefficients[a]

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	-37,031	7,047		-5,255	,000
	Daya Ledak Tungkai	10,476	3,318	,433	3,157	,005
	Keseimbangan	,245	,101	,279	2,419	,025
	Kecepatan	1,673	,739	,303	2,264	,034

a. Dependent Variable: Kemampuan Shooting

Lampiran 7. Dokumentasi Penelitian



Berdoa Sebelum Memulai Aktivitas



Pemanasan





Tes Daya Ledak Tungkai





Tes Keseimbangan Dinamis





Tes Kecepatan





Tes Shooting



Foto Bersama Atlet dan Pelatih

BIODATA PENULIS

Nama Lengkap : Agiel

Tempat, Tanggal Lahir : Walenna, 06 Agustus 1998

Jenis Kelamin: Laki - Laki

Alamat Lengkap : Dusun Walenna Barat, Desa Senga Selatan, Kecamatan Belopa

Kebangsaan: Indonesia

Agama : Islam

NAMA ORANG TUA

Ayah : Hairuddin

Pekerjaan : Guru

Ibu : Hayarna

Pekerjaan : IRT

Alamat : Dusun Walenna Barat, Desa Senga Selatan, Kecamatan Belopa

Riwayat Pendidikan

1. SD Negeri 431 Walenna (2005-2011)
2. SMP Negeri 3 Belopa (2011-2014)
3. SMA Negeri 1 Luwu (2014-2017)