JETISH: Journal of Education Technology Information Social Sciences and Health
E-ISSN: 2964-2507 P-ISSN: 2964-819X
Vol. 2 No. 1 March 2023

The Influence of Agility Training on Basketball Dribble Ability at Universitas PGRI Palembang Basketball KOP

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Abstract
The purpose of this study was to determine whether there was an effect of agility training on the ability to dribble basketball at KOP basketball at the University of PGRI Palembang. The research method used is a quantitative research method. The number of population and samples used in this study were 20 people. The results showed that agility training could improve dribbling in KOP basketball athletes at PGRI Palembang University because there was an increase after being given treatment compared to before being given treatment.
Keywords: Agility Training, Dribble Ability, Basketball

INTRODUCTION

Exercising is a routine activity that must be done every day as part of efforts to maintain health. Sport is an important activity that must be done by humans in order to obtain a healthy body. The development of sport in Indonesia feels more advanced, this is inseparable from the participation of the people who are increasingly aware of and understand the importance and function of sport itself. Besides the government's attention and support, it also supports the development of sports in Indonesia. In carrying out sports, humans have different goals, this is because each human being does sports according to the goals he wants. There are those who aim at achievement, such as athletes, there are also those who aim just for recreation to fill their free time to get joy.

According to Arta (2019: 19) National sports aim to maintain and improve health and fitness, achievement, human quality, instill moral values and noble character, sportsmanship, discipline, strengthen and foster national unity and integrity, strengthen national resilience, and raise dignity, , and national honor. Achievement sports are carried out by everyone who has the talent, ability and potential to achieve achievements. Achievement sports are carried out through coaching and development in a planned, tiered and sustainable manner with the support of sports science and technology. Achievement sports are sports that foster and develop athletes in a planned, tiered and sustainable manner through achievements with the support of sports science and technology, especially in basketball.

Basketball is a sport that is very popular among young people. This sport has 5 main players, in this game each player has their own task whose goal is to put the ball into the basket as much as possible so that they can become a winner. Basketball was created by Dr. James Nainsmith at Springfield College (Springfield City Academy) in the State of Massachusetts in 1891. At first the number of basketball players consisted of 9 people and they didn't know dribble, but over time it now became 5 people per team and already knew dribble (Sugiarto et al, 2015: 3). Basketball is a game played by two teams, each consisting of five players with the principle of the game, namely to get as much score as possible by putting the ball into the opponent's basket and preventing the opponent from getting a score or score. How to play

basketball, namely players can use a pass (pass), dribble with one hand (dribble), and shoot the ball into the basket (shoot) either with one hand or two hands (Khoeron, 2017: 31).

The game of basketball is an entertaining, fun, educational and healthy game. Basketball is a big ball game which is quite popular among the people. Basketball has been played by many people around the world, including in Indonesia. This game is played by all levels of society, middle to lower and upper. The popularity of the game of basketball has made some people pursue it through basketball clubs. The existence of KOP (Sports Achievement Activities) at PGRI Palembang University Basketball is a forum for physical education students at PGRI Palembang University to develop their talents/abilities in the sport of basketball. KOP (Sports Achievement Activities) Basketball PGRI Palembang University is expected to be able to develop the achievements of basketball athletes at PGRI Palembang University, especially in the city of Palembang so that it can bring a good name to PGRI Palembang University and sports education study programs. Training activities for KOP (Sports Achievement Activities) Basketball PGRI Palembang University are carried out once a week, namely every Saturday.

Forming achievements in basketball is basically influenced by many training factors, for example due to physical, technical, tactical and mental factors. In terms of technique, this is very important because technique is the initial capital for a basketball player to become a famous player. Individual technical skills in playing basketball must be supported by excellent physical condition. There are many physical conditions that must be possessed by a basketball player, one of which is agility. Agility is the ability to change the direction or position of the body from one point to another very quickly (Widiastuti, 2017: 137). In the game of agility basketball is needed in several skills, for example dribbling. Someone who has agility and speed will certainly produce good dribbling techniques (Rizhardi: 2017). Therefore, agility is an asset for every basketball player to be able to perform various techniques well.

Based on the results of observations of researchers in the field at KOP Basketball University PGRI Palembang, researchers saw the emergence of several problems, especially in the aspect of agility, which in this case researchers saw when athletes performed dribble techniques in basketball games. Researchers see that the ability of athletes to dribble basketball still often experiences failures such as: still looking at the ball when dribbling, having difficulty controlling the ball, and not protecting the ball when dribbling or dribbling too high and far from the body. There are several factors that affect basketball dribble, namely training programs, facilities and infrastructure, and the frequency of practice. The solution that researchers provide is to use agility training.

RESEARCH METHODS

In a research, it is absolutely necessary to use the method to be used, because by using the method, there is a way to complete a research. According to Sugiyono (2020: 3) "The research method is defined as a scientific way to obtain data with specific purposes and uses." This means that through the use of methods and the selection of an appropriate method it will help the course of a research. Moving on from a problem, problem formulation and research objectives, the method that will be used in this study is the experimental method. According to Sugiyono (2020: 107) "Experimental research methods are research methods used to look for the effect of certain treatments on others under controlled conditions."

The research method is a method that explains what methods are used in the research used in this research is "One Group Pretest Posttest Design" Sugiyono (2020: 74-75). In this design used one group of subjects. First of all measurements are taken, then subjected to treatment for a certain period of time, then measurements are taken for the second time.

Research Variable

The research variable is the object of research, or what is the focus of a research, (Arikunto, 2013: 161). The independent variable is the variable that influences or causes the change or the emergence of the dependent (dependent) variable, while the dependent variable is the variable that is affected or becomes the result, because of the independent variables. Based on this understanding, there are 2 variables in this study, including 1 dependent variable and 1 independent variable. The Free Variable (X) is agility training and the Dependent Variable (Y) is the ability to dribble a basketball.

Place and Time of Research

This research activity is planned at the PGRI Palembang University basketball KOP which is located at Jalan PDAM No. 10, Bukit Lama, Ilir Barat I District, Palembang City, South Sumatra. The research was conducted in August 2022, at the Palembang PGRI University basketball court.

Population and Sample

According to (Sugiyono, 2020: 117) population is a generalization area consisting of: objects/subjects that have certain qualities and characteristics determined by researchers to study and then draw conclusions. The population in this study were 20 men's KOP basketball athletes at the University of PGRI Palembang.

Table 1. Research Population

KOP Basketball Athletes	Male
Total	20 Peoples

Source: PGRI Palembang University Basketball KOP Coach

According to (Arikunto, 2013: 174) the sample is part or representative of the population studied. Meanwhile, according to (Sugiyono, 2020: 118) the sample is part of the number and characteristics possessed by the population. Sampling in this study using total sampling technique. (Sugiyono, 2020: 85) explains total sampling is a sampling technique when all members of the population are used as samples. This is often done when the population is relatively small, less than 100 people, or research that wants to make generalizations with very small errors. Another term for total sampling is census, where all members of the population are sampled. So the number of samples to be studied were 20 male athletes from the KOP basketball team at the University of PGRI Palembang. For more details, see the table below.

Table 1. Research Sample

KOP Basketball Athletes	Male
Total	20 Peoples

Source: PGRI Palembang University Basketball KOP Coach

Data Collection Technique

Data collection techniques are needed in carrying out a study. The data to be collected can be in the form of numbers, written statements, oral information and various facts related to the focus of the research under study. In connection with the understanding of data collection techniques and the form of data to be collected, the data collection technique is an important step in research so that in this study the test technique was used. In obtaining or collecting data, researchers will conduct tests, namely the treatment of agility training using the Illinois Agility Run exercise, and basketball dribble tests by taking research data using standardized tests. The test includes instructions, implementation, time required, materials covered and others to be

analyzed, including actions to analyze, interpret and describe the current state of a particular group.

Basketball Dribble Test

According to Fenanlampir (2015: 194-195) the Basketball Dribble Test will describe the details as follows:

1. Before carrying out the test, the testee stands behind the boundary line while holding the ball.
2. After the signal "yes" the testee dribbles through six obstacles with the route according to the picture.
3. Testees try to pass as many obstacles after obstacles as possible within 30 seconds.
4. If the testee has reached the starting point and time has not expired, then the test participant continues to dribble the ball with the route as before.
5. The score of the test results is determined by the number of obstacles that the testee successfully passed
6. If the testee makes a mistake dribbling the ball or taking the wrong route, the test must be repeated.

Data Analysis Technique

The data obtained as individual scores from the results of the basketball dribble test were processed using statistical procedures to determine whether the hypotheses that have been proposed in this study can be accepted or rejected. This research was conducted with the aim of obtaining an overview of how the influence of agility training on basketball dribble ability at the PGRI Palembang University basketball team.

RESEARCH RESULTS AND DISCUSSION

This research was conducted at the basketball KOP of the PGRI Palembang University in male basketball athletes with a sample of 20 people. This study aims to determine whether there is an effect of agility training on basketball dribble ability in the basketball KOP of the PGRI Palembang University. In this study, the data generated from this study were quantitative data obtained using the experimental method. The data collection technique in this study was by conducting tests. The test used was the basketball dribbling test using the existing field at PGRI Palembang University.

Research Result

This section contains a description of the data about the results of the research which are the results of the basketball dribbling test obtained by the athletes from the results of the initial test (pretest) and posttest (posttest) that have been given, using the Pre-experimental Design Group method, namely the One-Group Pretest- posttest Design (pretest-posttest) one group. This test was carried out on the basketball court at the Palembang PGRI University.

Table 3. List of Distribution of Initial Test Results (Pretest)

No	Interval Class	Fi	Xi	FiXi	Xi^2	$Fi \cdot Xi^2$
1	3-4	2	3.5	7	12.25	24.5
2	5-6	5	5.5	27.5	30.25	151.25
3	7-8	10	7.5	75	56.25	562.5
4	9-10	2	9.5	19	90.25	180.5
5	11-12	1	11.5	11.5	132.25	132.25
Total		20		140	321.25	1051
Average ($\bar{x}$)		7				

Table 4. Frequency Distribution of Basketball Pretest Dribbling KOP University PGRI Palembang Data

Pretest			
No	**Interval Class**	**Frequency**	**Percentage**
1	3-4	2	10%
2	5-6	5	25%
3	7-8	10	50%
4	9-10	2	10%
5	11-12	1	5%
Total		20	100%

Based on the above table of 20 samples. It was found that in intervals 3-4 there were 2 athletes (10%), while in intervals 5-6 there were 5 athletes (25%). In intervals 7-8 there were 10 athletes (50%), while in the 9-10 interval there were 2 athletes (10%). Meanwhile, in the 11-12 interval there were 1 athlete (5%). For more details, see the image below.

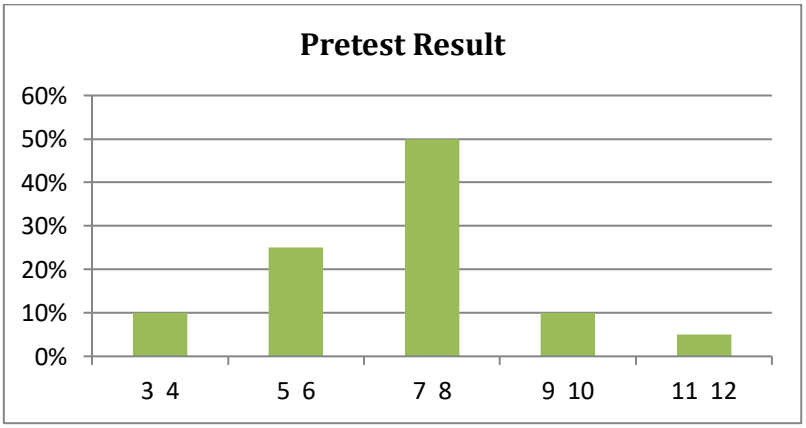

Figure 1. Bar chart of Pretest Data Results

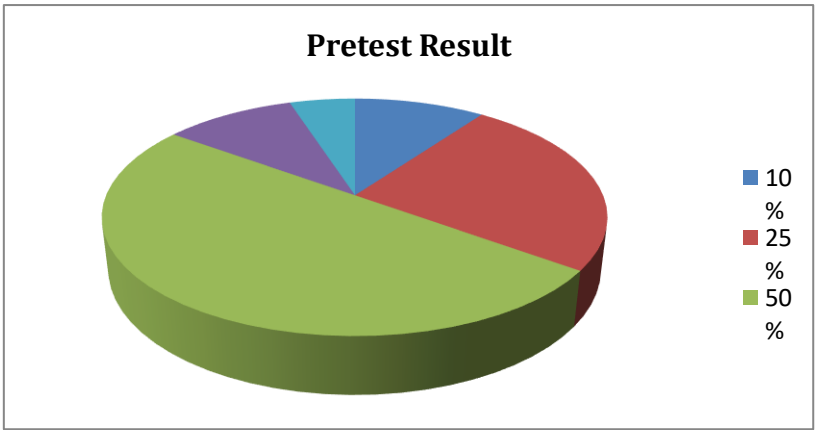

Figure 2. Pretest Results Circle Diagram

Table 5. Distribution List of Posttest Results

No	Interval Class	Fi	Xi	FiXi	Xi^2	$Fi \cdot Xi^2$
1	7-8	2	7.5	15	56.25	112.5
2	9-10	6	9.5	57	90.25	541.5
3	11-12	8	11.5	92	132.25	1058
4	13-14	3	13.5	40.5	182.25	546.75
5	15-16	1	15.5	15.5	240.25	240.25
Total		20		220	701.25	2499
Average ($\bar{x}$)		11				

Table 6. Frequency Distribution of Posttest Dribbling Basketball Data KOP PGRI Palembang University

Posttest			
No	Interval Class	Frequency	Percentage
1	7-8	2	10%
2	9-10	6	30%
3	11-12	8	40%
4	13-14	3	15%
5	15-16	1	5%
Total		20	100%

Based on the table above from 20 samples. It was found that in the 7-8 interval there were 2 athletes (10%), while in the 9-10 interval there were 6 athletes (30%). In the 11-12 interval there were 8 athletes (40%), while in the 13-14 interval there were 3 athletes (15%) .While at intervals of 15-16 there were as many as 1 athlete (5%). For more details, see the image below.

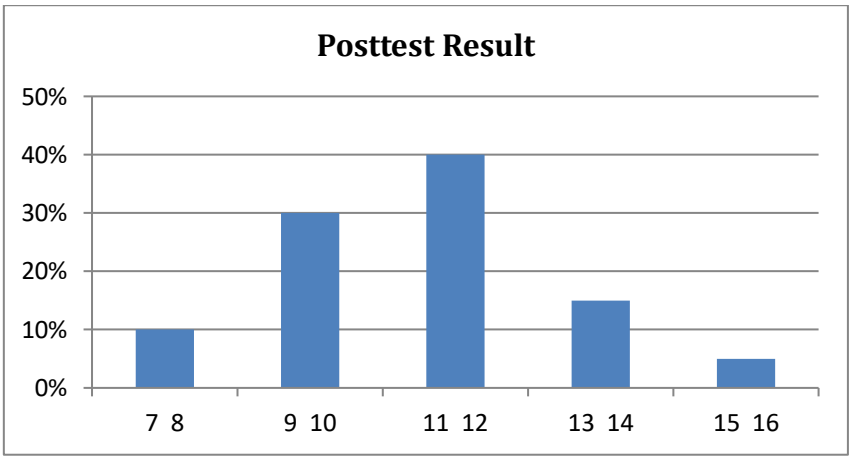

Figure 3. Bar Chart of Posttest Data Results

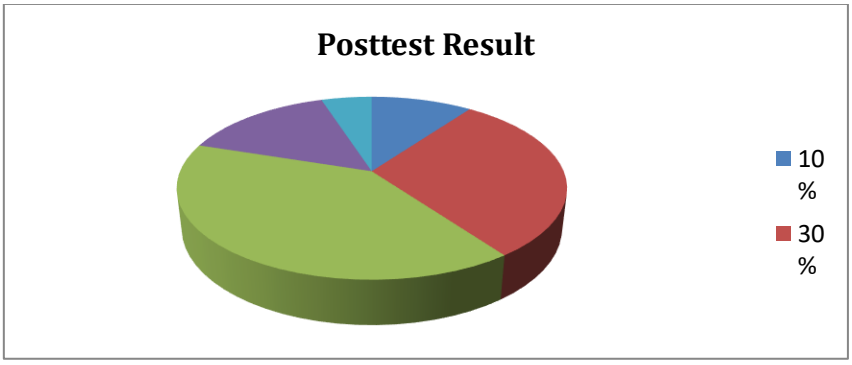

Figure 4. Posttest Results Pie Chart

Data Normality Test

The data normality test is a requirement that must be carried out before analyzing the data, the data to be tested is from the results of the final test (posttest) doing basketball dribbling, using the slope of the curve with the person coefficient formula. The standard deviation for the pretest is 1.93. Based on the analysis of standard deviation data in the pretest, the average is $\bar{X}$=7 and the mode is 7.27. Because the Km data is (-0.14) this value lies between (-1) and (1) so that the data from the pretest test results are normally distributed. The standard deviation for the Posttest is 2.04. Based on the analysis of standard deviation data in the posttest, the average $\bar{X}$=11 and the mode 11.07 are obtained. Because the Km data is (0.03) this price lies between (-1) and (1) so that the posttest test results are normally distributed.

Hypothesis Testing

The data obtained from the pretest and posttest dribbling results of KOP basketball athletes at PGRI Palembang University will be used for hypothesis testing or research significance tests to determine the effect of agility training on basketball dribble ability at PGRI Palembang University basketball KOP. Hypothesis testing or significant test in this study used t-test statistics.

Table 7. Pretest and Posttest Results Data

No	Name	Score		d	d^2	Xd (d-Md)	Xd^2
		Pretest	Posttest				
1	Ardi	5”	10”	5	25	1.1	1.21
2	Rifki	7”	11”	4	16	0.1	0.01
3	Virgo	4”	9”	5	25	1.1	1.21
4	Akbar	5”	10”	5	25	1.1	1.21
5	Fahri	10”	14”	4	16	0.1	0.01
6	Zaki	3”	7”	4	16	0.1	0.01
7	Surya	8”	11”	3	9	-0.9	0.81
8	Awin	11”	15”	4	16	0.1	0.01
9	Rizky	5”	8”	3	9	-0.9	0.81
10	Olek	7”	9”	2	4	-1.9	3.61
11	Noven	7”	10”	3	9	-0.9	0.81
12	Rafli	8”	11”	3	9	-0.9	0.81
13	Dwi	7”	12”	5	25	1.1	1.21
14	Fatur	7”	11”	4	16	0.1	0.01
15	Risky Arif	7”	12”	5	25	1.1	1.21
16	Mawan	6”	11”	5	25	1.1	1.21
17	Ilham	8”	11”	3	9	-0.9	0.81
18	Rasagi	10”	13”	3	9	-0.9	0.81
19	Gaza	8”	13”	5	25	1.1	1.21
20	Ardian	6”	9”	3	9	-0.9	0.81
Total		**139**	**217**	**78**	**322**		**17.8**

Confidence is taken $\alpha = 5\%$ with $t(1- \alpha) = t(0.95)$ or 95% so that the significant test for ttable prices at $\alpha = 0.05$ with $dk = 20 – 2 = 18$ obtains ttable = 1.73 . The calculation above can be concluded tcount> ttable or 17.97> 1.73, then reject Ho and accept Ha. Thus it can be concluded that there is an effect of agility training on the ability to dribble basketball at KOP basketball at the University of PGRI Palembang.

Discussion

In the implementation on the field, the athletes were very enthusiastic about following the training stages given, that was because the basketball athletes at the KOP basketball team at the University of PGRI Palembang really liked the game of basketball, to improve their basketball dribbling abilities, athletes had to do basic training and a series of exercises, for example carrying out exercises with The playing approach is carried out by choosing the type of game whose movements contain elements of the basic techniques of basketball games, especially in basketball dribbling techniques. To fulfill the movement elements of the basic basketball dribbling techniques, the researchers chose the right exercise, namely agility training. The application of agility training is intended to familiarize athletes in practicing the basic motions of dribbling in basketball games.

Agility training in basketball dribbling is enough to give new enthusiasm to learning for athletes, this can be seen from the active role of athletes during the training process and also many athletes who ask to repeat the exercise because they are not satisfied with the results that

have been obtained, then the learning process activities are able to encourage the creativity of athletes to move during the activity. Most athletes can complete the tasks assigned quite well, but are still under the supervision of researchers and KOP basketball coaches at the University of PGRI Palembang. The research data shows that the implementation of basketball dribbling exercises through the application of agility exercises can create more active learning, athletes are enthusiastic about participating in learning and are happy in carrying out the motion tasks given by the coach so that the athlete's movement skills and mastery of basketball dribbling material increase so that the value of basketball dribbling learning outcomes obtained by athletes also increases .

Based on the results of research conducted on KOP basketball athletes at PGRI Palembang University, the initial test results or pretest averaged 7 with the best score for dribbling basketball was 11 and the lowest score was 3, out of 20 samples. It was found that in intervals 3-4 there were 2 athletes (10%), while in intervals 5-6 there were 5 athletes (25%). In the 7-8 interval there were 10 athletes (50%), while in the 9-10 interval there were 2 athletes (10%). Meanwhile, in the 11-12 interval there was 1 athlete (5%). Whereas during the posttest the average obtained was 11 after the athletes did agility exercises with the best score for dribbling basketball was 15 and the lowest score was 7, out of 20 samples. It was obtained that in the 7-8 interval there were 2 athletes (10%), whereas in the 9-10 there are as many as 6 athletes (30%). In the 11-12 interval there were 8 athletes (40%), while in the 13-14 interval there were 3 athletes (15%). While in the 15-16 interval there were 1 athlete (5%). After the initial test data (pretest) and final test (posttest) were obtained, a normality test was carried out, and the results showed that the data were normally distributed with the t-test results obtained with a value of 17.97.

Based on the results of the calculations and data analysis that have been stated above, there is an increase after the athletes are given agility training. After calculating using the t-test, there is tcount = 17.97 and ttable = 1.73, so tcount > ttable, this means that Ha is accepted and Ho is rejected, thus it can be concluded that there is an effect of agility training on the ability to dribble basketball at KOP basketball Palembang PGRI University. Based on relevant previous studies, research conducted by Ketut Ida Lestari, Tono Sugihartono, Defliyanto (2021) journal Sport Gymnatics: Scientific Journal of Physical Education. Vol. 2 No. 1, April 2021, pp. 91-101 with the title "The Effect of Agility Obstacle Run Training on the Dribbling Ability of Men's Athletes Basketball Club Plaza Argamakmur Bengkulu Utara". Based on the statistical requirements test and the statistical test criteria test, the result is that the agility obstacle run exercise has an influence on the results of dribbling abilities. It is known from the data t count 4.902 > t table 1.685 with a level of 0.05. Thus Ha is accepted, that is, there is an influence of agility obstacle run training on the dribbling abilities of the male athletes at the Plaza Argamakmur basketball club, North Bengkulu.

Likewise with research conducted by Mia Wahyuni Arta, Bafirman (2019). Journal of Stamina Volume 2, Number 2, June 2019 with the title "The Effect of Agility Training Using Balls on the Dribble Ability of Basketball Athletes Club Binuang Sakti Sijunjung". The results obtained from the init-count study were 5.69 and t-table 1.77 (t-count 5.69 > t-table 1.77). This means that there is a significant effect of agility training using the ball on the dribble ability of the basketball athletes of the Binuang Sakti Sijunjung Club.

As well as research conducted by Khilliyatuz Zahrina, Siti Nurrochmah (2021). Journal of Sport Science and Health Vol. 3(1): 2021 with the title “The Influence of Direct and Indirect T-Drill Dribble Agility Training on Increasing Dribble Skill Ability of Participants in Middle School Basketball Extracurricular Activities”. To find out the effect of direct and indirect T-Drill dribble training on improving basketball dribble skills, it was obtained Fcount 76.73344 more than

Ftable α equals 0.05 4.149097, meaning that there is a difference related to the dribble skill ability test between before direct and indirect T-Drill form agility dribble skill test. The results of the F test analysis were continued by calculating the Leat Significance Difference (LSD) form of the advanced test, the mean data for all groups was 5.61707 and the LSD coefficient was 0.05 1.652. Direct T-Drill dribble training is better than indirect T-Drill training.

Based on the previous studies above, the results of research on the effect of agility training on basketball dribble ability at the PGRI University Palembang basketball team show that in dribbling a basketball is the basic technical ability of a player to move the ball using his hands as quickly as possible as a form goals to counterattack, pass opponents and set the tempo of the game and to score as many points as possible without losing balance. In order for athletes to be able to dribble well, what is important to note is to do exercises to improve physical conditions such as agility. With this treatment, it is expected that athletes can understand properly and correctly the dribble technique in basketball games. Because agility is needed to change the direction of movement without reducing movement.

CONCLUSION

Based on the results of research conducted on KOP basketball athletes at PGRI Palembang University, the average pretest result was 7 and the post-test average was 11, this shows that agility training can improve dribbling in KOP basketball athletes at PGRI Palembang University. Because there was an increase after being given treatment compared to before being given treatment or treatment. In testing the hypothesis, the value of tcount> ttable or 17.97> 1.73 is obtained, so it can be concluded that there is an effect of agility training on the ability to dribble basketball at KOP basketball at the University of PGRI Palembang.

Based on the conclusions above, the researcher can provide the following suggestions: For universities, the results of this study can be material for improving basketball achievement in KOP basketball at the University of PGRI Palembang. For sports coaches/teachers, the results of this study can be used as material for improving basketball dribbling exercises for KOP basketball athletes at the University of PGRI Palembang. For athletes, the results of this study are expected to improve the quality of dribbling abilities in basketball athlete games at the PGRI Palembang University basketball team.

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