

ABSTRACT

**THE LEVEL OF LAY UP SHOOT SKILLS OF BASKETBALL
EXTRACURRICULAR FEMALE ATHLETES AT SMAN 1
CENTRAL BENGKULU IN SCHOOL YEAR 2023/2024**

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The purpose of this study is to determine how the Level of lay up shoot skills of basketball extracurricular female athletes at SMAN 1 Central Bengkulu. The research method used is a survey using tests. The population was 20 female students and the sample in this study used saturated sampling, namely all female students of Bolabasket Extracurricular at SMAN 1 Central Bengkulu as many as 20 female students. The data collection method used in this study was a survey method with a one shot method approach. The data analysis technique used is descriptive percentage statistics. The lay up shoot test results were mostly in the moderate category with an average of 12.8. The lay up shoot skills of basketball extracurricular female athletes at SMAN 1 Central Bengkulu who are in the very high category, namely 2 people (10%), high category, namely 2 people (10%), and moderate category, namely 8 people (40%), and low category, namely 8 people (40%), and very low category, namely 0 people (0%). The conclusion is in the good enough category.

Keywords: Skill, Lay Up, Female, Basketball.

