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BASKETBALL SHOOTING LEARNING MODEL FOR ELEMENTARY SCHOOL AGE 9-12 YEARS OLD

Zendy Praja[1], Widiastuti[1], Ramdan Pelana[1]

[1]*Physical Education, Universitas Negeri Jakarta,*
Universitas Negeri Jakarta Complex, Jalan Rawamangun Muka, East Jakarta 13220

Correspondiing author. Email: **zendy_praja@yahoo.com**

Abstract This study aims to develop a basketball shooting learning model for elementary school (SD) children aged 9-12 years, in order to produce an efficient and effective basketball shooting learning model for improving basketball shooting for elementary school (SD) children aged 9-12 years old. This research is a development research using Research and Development from Borg and Gall. To determine the effectiveness of the product, an implementation process was carried out using a pre-experimental research design in the form of "one group pretest-posttest design". The research subjects were 10 students of Duren Sawit Public Elementary School aged 9-12 years in Jakarta. The results of the product effectiveness test were carried out on 10 children / subjects. This research was conducted during the Covid-19 pandemic in 2020. This learning model as a whole was declared feasible and effective in developing and improving basketball shooting for elementary school children aged 9-12 years. The test instrument used was a test of basketball shooting skills and accuracy. Basketball shooting learning model for elementary school children aged 9-12 years has been declared valid both model and test instrument by two basketball experts and motor learning experts. Data analysis used the T-test formula. The data from the pretest and posttest shooting skills and the accuracy of shooting basketball used the Lilifors test at a significance level of = 0.05. The average score before treatment was 173.10 and after it was given it was 259.20, meaning that the average basketball shooting score was increasing. In the significance test of the difference with SPSS 26, the results of T-count = 13,249, df = 9 and p-value = 0.00 <0.05, which means that there is a significant difference in learning basketball shooting for elementary school children before and after the treatment of shooting basketball learning models, it can be said that the learning model for shooting basketball for elementary school children aged 9-12 years which is developed can effectively improve basketball shooting skills for elementary school children aged 9-12 years. The products of the research were in the form of manuals book and videos of basketball shooting learning models for elementary school children aged 9-12 years.

Keywords: modeling, models, learning, development, shoot, shooting, basketball, children, elementary school, games

INTRODUCTION

There are many problems with learning education in schools. Such as inadequate infrastructure and facilities owned by these schools. Besides that, the dependence of physical education teachers on standard faciliries and learning approaches in presenting basic techniques and also standard according to the established curriculum. Both of these make learning patterns that are mediocre and make students bored, so that the learning process is taken for granted.

Based on the problems above, the authors conclude that it was necessary to develop learning that can provide learning motivation and benefits, interesting, and effective in developing learning and can provide convenience to physical education teachers in delivering material. To overcome this, it is necessary to develop learning skills through learning models for elementary school students that are more interesting and more varied.

This research focuses on the deveopment model of basketball shooting learning material, then seeks to correct deficiencies in the physical education learning process as well as to find a way out and make physical education lessons in general and basketball will be part of subject so that students will not get bored of following it and enrich students' motor experiences. So that the result of this study can be used as a teaching material in improving learning process.

Shooting is the ultimate goal of basketball games. By shooting a team willscore points. Getting these numbers will determine whether a team wins or loses. So that every player involved in the field must have good shooting skills. Shooting is one of the most important basic techniques in basketball. According to Amber in Afandi and Siantoro (2017) states that " The most important skill in this basetball game is the ability to shoot or shoot the ball into the basket."

Kurniawan in Alfiansyah and Januarto (2017) adds how important shooting is for a team's victory, namely " The most dominant technique in basketball, namely shooting technique because the victory of a basketball team is measured by collecting the most numbers or points". Zhen, Wang, and Hao (2015) also said that "Basketball is a sport that scores determines its result, and shooting skill determines score percentage which means shooting determines the result of a basketball game to some extent." In shooting learning the final result not only in terms of the right technique in shooting but from the accuracy of scoring, this shows that every student must

master shooting techniques well if they want to get good scores.

However, shooting skills are very complicated skills, many student and even adults shoot with imprecise movement due to the complexity of basketball shooting skills. According to the journal researched by F.J Rojas et.al in Adina, Saichudin, and Kinanti (2017) that in conclusion, it can be stated that players attempt to release the ball more quickly and from a greater height when confronted with an opponent. This strategy lessens the chance of the opponent intercepting the ball. Many players do jump shoot with inappropriate techniques, because the wrong basic techniques result in the jump shoot less than perfect. (Adina, et.al. 2017). "Shooting is not easy to learn. many different type of shots (free throws, lay up, set-shoot, jumpt shoot, and so you must be learned." (Runasari & Isdaryono, 2018). According to the journal above, the author concludes that shooting is an important skill that can give maximum result in Physical Education scores and can even win a match but it is not easy because in fact shooting skills are cmplex to master so that the need for ideas is to easily master and improve shooting skills well. James and Wahyuningtyas in Widiastuti and Hutomo (2018) which states that coordination exercises can be developed between 8-13 years old because in that ages children have a characterictic namely having an extraordinary learning speed. Budiwanto in Subagio and Tomi (2017) explains that "Coordination is a series of complex activities." With this statement that shooting requires good coordination.

So based on these statements to make children proficient in doing basic techniques at children's age cause it is necessary as early as possible because complex movements such as shooting will be more easily mastered and improved by children. Therefore, proper and quality learning is also needed, so that the teacher's expectations of the child are in line with their goals, namely to be able to master basic techniques (shooting) properly and effective.

Teachers are expected to have a strategy in carrying out the learning process, so that in its implementation students can carry out it easily and according to expectations without considering the situation and conditions of learning, learning resources, learning materials, and the characteristics of their students so that the learning process achieves its goals. This achivement is very ddependent on the planning of the scope of learning provided by the teacher in accordance with the situation and condition during the learning process. The planning of the learning process that has been designed will have an influence on the learning process that will be carried out.

Therefore, to be able to do a good basketball shooting techniques, the author tries to improve basketball shooting skills by developing a basketball learning model. The purpose of developing this learning model for improve shooting skill basktball, and students are expected to be able to score as much as possible to get a good scores, win the game and get achivements. So it takes learning learning material that is developed by the learning model, both the material for the fundamental stages to the complex learning variations on basketball shooting techniques so that the basketball shooting skills of the students are getting better and more precise in demonstrating it and increasing learning motivation and enriching basketball skill movements.

The development of the learning model for basketball shooting skills which is the main attraction in this development research is to be used, the model learning of variation into varied and challleging learning models which are the material development in this research.

The novelty of this research is the development of a basketball shooting learning model to improve basketball shooting learning model to improve basketball shooting skills for elementary school aged 9-12 years old. The final objective of this study is to produce a basketball shooting learning model that can provide benefits to corner teachers and basketball coaches to convey learning material for big ball games, especially basketball and to help students understand and achieve the expected learning outcomes in these materials

METHODS

To solve the problems in this research need steps that are relevant to the problem that has been formulated. An appropriate method is needed so that objective data is obtained. According to to Arikunto in Rena Yunita. S (2017) "Research methodology is the method used by researchers in collecting research data". According to Sugiyono in Robiansyah, Simanjuntak, and Hidasari (2018), "The research method is a scientific way to obtain data with specific purposes and uses". From the above opinion, it can be interpreted that the research method is a scientific method or procedure used to solve problems in research with relevant steps including data collection, data analysis techniques and preparation of research reports.

This research approach to developing a basketball shooting skills model uses a research and development model from Borg and Gall which consist of ten steps, including: 1). Do research, 2) Planning, 3) Developing, 4) conducting initial field tests, 5) Revising the main product, 6) Conducting the main field test, 7) Revising the product based on suggestion and

result, 8) Field testing with ten subjects, 9) Revising the final product, 10) Making report.

This research was taken during the Covid-19 pandemic where schools in Jakarta were required to study at home. The subjects of this study were 10 children from the Duren Sawit 10 Jakarta Elementary School. The results of the product effectiveness test were carried out on 10 children / subjects. To determine the effectiveness of the product, an implementation process was carried out using a pre-experimental research design in the form of "one group pretest-posttest design". The test instrument used was a test of basketball shooting skills and accuracy. Basketball shooting learning models for elementary school children aged 9-12 years have been declared valid both models and test instruments by two basketball experts and motor learning experts. The type of data produced is in the form of quantitative data and qualitative data. Qualitative data were obtained from data resulting from reviews of suggestions and input from experts. The quantitative data uses descriptive quantitative analysis techniques with percentages and T test statistics on the product effectiveness test.

RESULT AND DISCUSSION

The results of previous studies or field findings will then be described and analyzed in order to obtain the formulation of the results or data that have been collected. The formulation of these results is descriptive and analytical, with reference to the objectives of the predecessor study.

Based on the expert test conducted, it can be concluded that the 12 items of shooting learning model proposed by the researcher are suitable for learning basketball shooting for elementary school children aged 9-12 years.

Table 1. Conclusion of Expert Test on Basketball Shooting Learning Model.

No.	Model Name	Acceptance Model		Note
		Yes	No	
1.	Squat shoot	√		Valid
2.	Human circle	√		Valid
3.	*Gambreng* circle	√		Valid
4.	Motion, speed, and shoot	√		Valid
5.	Gandeng shoot	√		Valid
6.	*Lorong goa*	√		Valid
7.	Throw, chase	√		Valid
8.	Pocong shoot	√		Valid
9.	Relay shoot	√		Valid

No.	Model Name	Acceptance Model		Note
		Yes	No	
10.	Chain ball	√		Valid
11.	Train running 8	√		Layak/Valid
12.	Zig-zag shoot	√		Layak/Valid

To test the effectiveness of this basketball shooting learning model, researchers will combine pre-test and post-test data between shooting skills and shooting accuracy, as follows:

Table 2. The results of the pre and post test shooting of basketball after being summed

No	Name	Pre Test	Post Test
1.	Adriyan Prasetio	134	262
2.	Akram Yansyah Narayan	166	250
3.	Aulya Azham Soleman	188	262
4.	Muhamad Alghifari	175	262
5.	Muhamad Cristian Farrel	194	262
6.	Muhammad Kholishina Fiddin	173	261
7.	Nafirsa Syla Putri	198	260
8.	Sigit Musthofa	177	249
9.	Syafa Nur Amalia	148	262
10	Vina Wulandari	178	262

To test the effectiveness of the application of the basketball shooting learning model, the "t-test" was used. The data from the pre-test and post-test shooting skills and the accuracy of basketball shooting used the Lilifors test at a significance level of = 0.05. The following are the results of the calculations presented in the figure bellow

Paired Samples Statistics

		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	Pre Test	173.10	10	19.807	6.264
	Post Test	259.20	10	5.160	1.632

Figure 1. the result of the mean sample

Based on the results of the output using SPSS 26, the average value of learning outcomes for shooting basketball before being given the learning model is 173.10 and after being given treatment with the learning model is 259.20 meaning that the average value of shooting basketball is an increase.

Paired Samples Test

		Paired Differences					t	df	Sig. (2-tailed)
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference Lower	Upper			
Pair 1	Pre Test - Post Test	-86.100	20.550	6.499	-100.801	-71.399	-13.249	9	.000

Figure 2. Significance of Difference (T Test)

In the significance test of the difference with SPSS 26, the results of T-count = 13,249, df = 9 and p-value = 0.00 <0.05, which means that there is a significant difference in basketball shooting learning for elementary school children before and after the shooting learning model treatment. basketball. Based on this information, it can be said that the learning model of basketball shooting for elementary school children aged 9-12 years which was developed can effectively improve basketball shooting skills for elementary school children aged 9-12 years.

CONCLUSION

Based on the data that has been obtained, from the results of trials and discussion of research results, it can be concluded that:

1. This basketball shooting learning model for elementary school children can be developed and applied in learning basketball shooting skills.

2. This basketball shooting learning model is effectively used to improve basketball shooting skills for elementary school children.

The implication in this research in developing basketball shooting skills is to make students excited, happy, more active and to enrich students' movements in carrying out various basketball shooting materials to be effective and efficient. The use of this basketball shooting learning model will also instill the values of honesty, confidence, responsibility, courage, respect, and fair play to fellow students.

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