

Development of Basic Basketball Training Models

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Abstract. This study aims to produce a product in the form of a pocketbook for basic basketball practice models. The research method used is Research and Development or research development from Sugiyono (2017) with stages starting from potential and problem analysis, data collection, product design, design validation, design revision, product testing, product revision, use trial, and evaluation to product end. The research subjects included were PKO study program students, athletes, and coaches from basketball clubs in Medan City, Binjai City, and Deliserdang Regency. The implications of this product are expected to make it easier for lecturers, students, athletes, and coaches to basketball fans to learn the basic techniques of the game of basketball. The research carried out to date has gone through the stages of needs analysis, formulation, drafting, revision I, and product testing. From these stages, a product is produced in the form of a product draft of a basic level basketball game model book that has been tested in small groups. This stage will be continued at the trial stage in groups for information related to the use of product drafts. In the end, the expected output of this research is to produce a product in the form of a basic level basketball training model pocketbook.

Keywords: Basketball, Exercise Model.

1 Introduction

Awareness of sports activities in our society is getting higher, especially during the COVID-19 pandemic, people from various walks of life are trying to maintain personal hygiene and health to avoid the attack of this deadly disease. Awareness to increase immunity in the body is shown through a variety of sports activities both at home and outside the home.

Basketball is one of the sports that people are interested in, this team sport is played by involves coordination between members of the body to display various skill movement techniques in this sport. Through the existing movements, apart from increasing the pulse rate, promoting blood circulation, and stimulating the growth of hormones in the body when playing this game, it will also increase the quantity and quality of the body's muscles so that it is not wrong for the government to choose basketball as one of the learning materials taught at the secondary school level.

The goal of each team is to put the ball into the opponent's basket and try to prevent the opposing team from entering the ball (Candra, 2020:107).¹ In playing basketball, several basic techniques need to be mastered, including shooting, passing, dribbling, catching, and pivoting (Siregar, 2019: 36)². In addition to individual abilities, cooperation is very much needed in this sport, especially how a team can defend and attack well so that it can minimize the opponent getting points but can score points into the opponent's basket (Umniyah et al, 2019:219) meaning that in this game each team member must play each other. work together when planning an attack on the opponent's defense and when defending against an opponent's attack.³

Development research is research that is used to produce a particular product and test its effectiveness of the product (Sugiyono, 2008:297).⁴ Starting from ideas that emerged after researchers found problems in the field that needed solutions to overcome them. The solution designed by researchers to overcome these problems is through a product. This study aims to produce a product development in the form of a basic level basketball game training model book that contains basic basketball game materials including ball handling, passing, catching, dribbling, shooting plus basketball game rules.

Ballhandling is a basic technique of playing basketball skills that are shown so that players recognize the ball, master and play the ball well so that other basic techniques can be done properly and correctly. Ballhandling is needed by players to be able to control the ball when playing and competing so that it functions so that the ball is difficult to snatch by the opponent, the opportunity to set the rhythm of the game, attract opponents and look for opportunities to shoot into the opponent's ring will be created well.

Passing and catching is a skill package that aims to: 1) Divert the ball from dense areas of players, 2) Move the ball quickly on fast breaks, 3) Build an offensive game, 4) Pass to friends who are open to score. As for the dribble technique, apart from keeping the ball away from the opponent, bringing the ball closer to the opponent's ring which is the target and can be a way to open up opportunities for other players to get space to score. Meanwhile, the shooting technique which is favored by basketball players is used to score in the opponent's ring to win the game. Five basic techniques of basketball skills plus knowledge of game rules need to be mastered by anyone who wants to play basketball so that they can play basketball smoothly and according to the rules of the game.

¹ Candra. 2020. *Tingkat Kemampuan VO2Max Pada Atlet Bola Basket Puteri POMNAS Riau*. Journal Sport Area Volume 5 (2) Hal 106-115. <https://doi.org/10.25299/sportarea.vol0.3761>

² Siregar, Fajar Sidik., Abady, Andi Nur. 2019. *Upaya Meningkatkan Hasil Belajar Shooting Pada Permainan Bola Basket*. Jurnal Prestasi, Volume 3 (5) Hal 34-41. <https://doi.org/10.24114/jp.v3i5.13447>

³ Umniyah, Zulfa Nur., Mulyana, Dadan., Novian, Gerald. 2019. *Pengaruh Modifikasi Tinggi Ring Basket Terhadap Peningkatan Teknik Tembakan Bebas (Free Throw Shoot) dalam*

⁴ Sugiyono. 2017. *Metode Penelitian Pendidikan, Pendekatan Kuantitatif, Kualitatif dan R& D*. Bandung: Alfabeta

2 Method

This research was conducted in 2022 in the Department of Sports Coaching Education, FIK Unimed. The research method used is the development research method from Sugiyono (2017: 409) including potential and problem analysis, data collection, product design, design validation, design revision, product testing, product revision, usage trials, evaluation, and final production. Further, we can see the following figure 1.

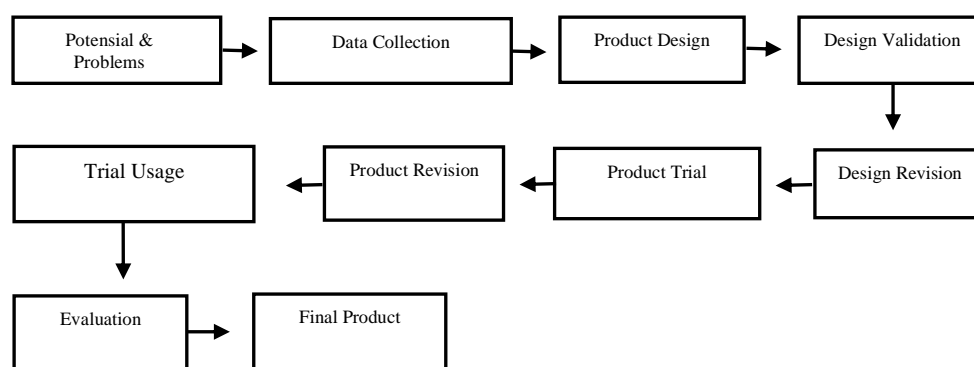


Figure 1. Research Steps

The subjects of this research are students of the Department of Sports Coaching Education, athletes, and coaches from basketball clubs in Medan City. The research subjects will be included in the trial draft of the assessment instrument for small groups and large groups.

Data Collection Techniques and Data Analysis Techniques

The research data collection technique used is data collection through the process of observation, interviews, questionnaires, and document studies. The research data was taken from product draft trials on basketball specialization students majoring in Sports Coaching Education, athletes and coaches from basketball clubs as part of the small group trial implementation and students taking basic basketball courses in the Department of Sports Coaching Education and athletes and coaches from 4 basketball clubs as part large group trial. The data analysis techniques used include quantitative descriptive analysis.

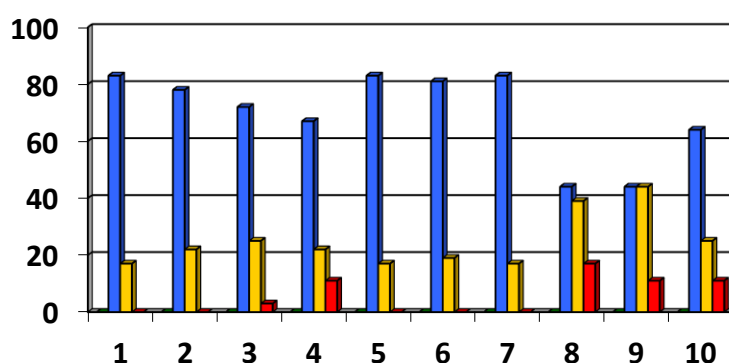
3 Result

Needs analysis was carried out in this study through the distribution of questionnaires, structured interviews, and document studies to students, athletes, coaches, and stakeholders. The results of the questionnaire on the level of need distributed to 50 respondents can be concluded that they need a reading reference to improve their basketball knowledge and skills (80%), training materials that use a scientific approach (92%), clarity of exercise objectives (90%), and interesting reference materials (88%).

The distribution of questionnaires was also carried out to 10 stakeholders from basketball club management, the results that can be conveyed are that respondents assess a coach must be able to design, conduct, and evaluate exercises (90%), coaches need to understand the basic concepts of training (100%), the coach who has experience is preferred (90%).

Data needs from the trainers are also collected by researchers through interviews and questionnaires so that researchers get an overview of the various needs for training in the field. The picture obtained is that undergoing a coaching profession requires continuous improvement of knowledge and skills, especially in developing training models that are in line with scientific developments.

The results of product trials in small groups involving 36 people from students, athletes, and basketball coaches aimed to provide information related to the use of product drafts that have been designed. The percentage of the results of the product draft assessment from the questionnaire given is as follows:



- Qs Number:
- 1 = The suitability of the material with the User
 - 2 = Clarity of Learning Outcomes
 - 3 = Clarity of Instructions for Use
 - 4 = Clarity of Material Order
 - 5 = Interesting Study Topic
 - 6 = Clarity of Assignment
 - 7 = Language Clarity
 - 8 = Font Size Suitability
 - 9 = Content Layout Appeal
 - 10 = Book Design Fascination
- Very appropriate/very clear/very interesting
 - Appropriate/clear/interesting
 - Sufficiently appropriate/sufficiently clear/quite interesting
 - Not appropriate/not clear/not interesting

Figure 2. Assessment Results of the Basic Level Basketball Practice Model Book Draft in the Product Trial

The results of the assessment questionnaire data showed that at this stage the book draft met several criteria for the needs of the respondents although there were still some things that needed improvement, including unclear instructions for use (3%), unclear order of study materials (17%), mismatch of font size used (17%), unattractive content layout (11%), unattractive book design (11%). Various findings obtained from the field during product trials have attracted the attention of researchers to make improvements so that the final product, namely the basic basketball game model book, is produced with higher quality.

4 Discussion

The product development carried out begins with a needs analysis to collect data on the needs of basketball players such as sports students, athletes, coaches, and club administrators as users of these skilled workers. The conclusion of the needs analysis is continued by compiling a draft

of the basketball training model book product. This product draft is then validated by experts in the product validation process, starting from the product draft design, the product draft is reviewed by experts related to product construction and content to produce various notes so that the product is revised before product testing is carried out. Then the results of this trial are reviewed for product improvement before the next use trial is carried out. The experts involved come from certified basketball coaches and referees.

The contents of the study materials included in the book, namely ball handling, passing, catching, dribbling, and shooting, still need to be improved, including the arrangement of pictures and explanations related to the work instructions of the training model that need to be simplified but dense with delivery language that is easier to understand. Besides that improvements are still needed, the draft product that has been prepared also has positive values, including the selection of material topics that are considered appropriate for the needs of users in basic basketball training because mastery of basic basketball skills refers to the ability of players to perform ball handling, passing skills, catching, dribbling, and shooting. From these 5 basic skills, players can develop their skills at an advanced level.

Research products can help users to learn basic basketball skills so as to increase their motivation to practice in order to have better skills. This relationship between motivation and skill achievement is strengthened by the results of a study (Woodard & Kish, 2005) that there was a high correlation between athletes with high levels of motivation and athletic achievement.⁵

5 Conclusion

The development research carried out aims to produce a basic level basketball game model book product that can be used by beginners. Based on the results of the research product trials that have been carried out, it can be concluded that the product draft of the basic level basketball game training model book can be used to practice basic level basketball playing skills although some improvements are still needed in the product for improvement before the product is tested in the use phase with groups. the greater one.

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