

# Proceedings

## The 5th Annual INTERNATIONAL SEMINAR on Transformative Education and Educational Leadership

Theme : Education Innovation in Globalization Practice

22 September 2020  
Postgraduate School - Universitas Negeri Medan



Supported by :



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**Schedule of The 5<sup>th</sup> Annual Internatioanal Seminar on Transformative Education and Educational Leadership (AISTEEL) 2020**  
**Postgraduate School, Universitas Negeri Medan**

**22 September 2020**

(Indonesian time)	Activities	PIC/Moderator
07.00 – 08.30 (am)	Preliminaries	committee
08.30 - 08.45 (am)	<b>Opening Ceremony</b> 1. MC Speech 2. Indonesian National Anthem 3. Pray 4. Chairperson Report 5. Welcoming speech of Director of Postgraduate School 6. Welcoming speech and official opening of Rector of Universitas Negeri Medan 7. Photo session	MC (Dr. Anni Holila Pulungan, M.Hum & Sofianto Gultom, S.Pd)
08.45 – 09.25 (am)	Keynote Speech 1: <b>Prof. Dr. Syawal Gultom, M.Pd</b> (Universitas Negeri Medan– Indonesia)	Dr. Rahmad Husein, M.Ed
09.25 – 10.05 (am)	Keynote Speech 2 <b>Prof. Emmanuel Manalo</b> (Graduate School of Education, Kyoto University, Japan)	Prof. Amrin Saragih, PhD
10.05 – 10.45 (am)	Keynote Speech 3 <b>Dr. Susan Ledger</b> (Head of Education, Murdoch University - Australia)	
10.45 – 11.25 (am)	Keynote Speech 4 <b>Prof. Dr. Ekkarin Sungtong</b> (Dean of Faculty of Education Prince of Songkla University - Thailand)	Mangara Simanjorang, PhD
11.25 – 12.05 (am)	Keynote Speech 5 <b>Assoc. Prof. Yuri Uesaka</b> (The University of Tokyo - Japan)	
<b>12.05 – 13.30</b>	<b>Break</b>	
<b>13.30 – 15.30</b> (pm)	<b>Parallel Session 1</b> <b>(divided to 19 parallel rooms)</b>	Moderator/Operator
15.30 – 15.35 (pm)	Break	
15.35 – 17.00 (pm)	<b>Parallel Session 2</b> <b>(divide to 19 parallel rooms)</b>	Moderator/Operator
17.00 – 17.10 (pm)	Cloosing	committee

**Proceedings of the 5<sup>th</sup> Annual International Seminar on Transformative Education  
and Educational Leadership (AISTEEL 2020)**

**Preface**

The fifth Annual International Seminar on Transformative Education and Educational Leadership (AISTEEL 2020) was held by virtual seminar on 22 September 2020. This seminar is organized by Postgraduate School, Universitas Negeri Medan and become a routine agenda at Postgraduate program of Unimed now.

The AISTEEL is realized this year with various presenters, lecturers, researchers and students from universities both in and out of Indonesia participating in, the seminar with theme “Educational Innovation in Globalization Practice”.

The fifth AISTEEL presents 4 distinguished keynote speakers from Universitas Negeri Medan - Indonesia, Kyoto University - Japan, Murdoch University – Australia, Prince of Songkla University – Thailand and from The University of Tokyo - Japan. In addition, presenters of parallel sessions come from various Government and Private Universities, Institutions, Academy, and Schools. Some of them are those who have sat and will sit in the oral defence examination. The plenary speakers have been present topics covering multi disciplines. They have contributed many inspiring inputs on current trending educational research topics all over the world. The expectation is that all potential lecturers and students have shared their research findings for improving their teaching process and quality, and leadership.

There are 180 articles submitted to committee, some of which are presented orally in parallel sessions, and others are presented through posters. The articles have been reviewed by double blind reviewer and 104 of them were accepted for published by Atlantis Press indexed by International Indexation, while 54 papers are published by digital library indexed by google scholar.

The Committees of AISTEEL invest great efforts in reviewing the papers submitted to the conference and organizing the sessions to enable the participants to gain maximum benefit.

Grateful thanks to all of members of The 5<sup>th</sup> Annual International Seminar on Transformative Education and Educational Leadership (AISTEEL 2020) for their outstanding contributions. Thanks also given to Atlantis Press for producing this volume.

The Editors

**Bornok Sinaga  
Rahmad Husein  
Juniastel Rajagukguk**

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# Development of Dribble Training Variations in The Basketball Extracurricular Club in State High Schools of Medan City 2020

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*Abstract— this research method is development research. The research objective of developing dribble exercises in the form of modules (guidebooks) equipped with videos and modules (exercise manuals) for students of Medan City State Senior High School 2019 is a process used to develop and validate exercise products. The expert review used in this study consisted of 2 experts, namely 1 basketball coach and 1 expert in basketball. The qualifications of an expert in this development must be determined in his role in evaluating or revising. The trial group is a small group trial consisting of 10 people in State Senior High School 3 Medan. And the trial of a large group consisting of 20 students of 19 Medan State Senior High School. The results of the study were that the Development of Dribble Exercise Variations in Basketball Extracurricular Clubs at Medan City Public High Schools in 2020 were declared valid so that they could be applied in basketball learning in extracurricular activities.*

**Keywords—** Development, Exercise Variation, Basketball.

## I. INTRODUCTION

Sports in schools should indeed be managed professionally, starting from the facilities and infrastructure needed to the learning methods used, because professionalism in managing each subject can be said to be a measure of professionalism that can be taught in schools, and this requires a priority scale to choose if you want to develop sports specifically, determining the priority of one type of sport also needs to consider the student's interest in the sport you want to choose. One type of sport that is currently popular and in great demand by teenagers, especially students from abroad or within the country, is currently playing basketball.

Basketball has now developed a lot to become one of the most popular sports in schools or universities in Indonesia. Many basketball clubs exist both professionals and beginners. Basketball gets great attention among the public. People are becoming even more interested in knowing and exploring the sport of basketball. Various basketball competitions include basketball championships between students from high schools such as POPDA, DBL to universities, for example, LIMA, Campus League, and competitions that are handled professionally, namely basketball competitions between clubs throughout Indonesia NBL (National Basketball League), WNBL (Women National Basketball League). Various the competition itself gave rise to potential talents in the field of national basketball.

Basketball is a team sport that requires cooperation in it as well as mastery of basic individual techniques which is one of the important points. Dribble is one of the most dominant basic techniques used in basketball. Because of its use, namely to bring the ball forward or to the opponent's area other than bypassing. The technique of dribbling is an integral part of the basketball game. Dribbling is an offensive weapon that every player must master.

To improve the ability to dribble, players need to have agility and agility in playing. The agility of the player affects the team's ability. This agility can be used in dribbling techniques to pass opponents quickly, rarely an athlete can do agility by dribbling because when dribbling the ball the athlete cannot control the ball when it is bounced off the floor.

For example, in basketball, a player who is doing dribbling suddenly changes his dribbling direction quickly to get past an

opponent and score points. That is because the movement is supported by the legs which become the movers of the body in changing direction. Agility in basketball is very influential because of the characteristics of basketball which have elements of dribbling, passing (catching), and shooting (shooting). With these characteristics, basketball requires high agility to outwit opponents with dribbles or with movement without the ball.

The variety of skills in basketball provides the coach with many options for determining which skills to achieve. Basic skills are usually applied in training for beginners. Such as dribbling, passing, and catching skills. These skills can be the main foundation for good game implementation.

Dribbling skills are fun and amazing, but can be daunting if used to demonstrate personal abilities. This means that if an athlete has mastered dribbling skills well, then wants to show personal abilities, then the athlete will ignore other friends and will ignore the value of cooperation in basketball games. Kosasih (2010: 38) revealed that Dribble is a movement that must lead to the ring. However, dribbling can also be a way to open up opportunities for other players to get space to score and dribble is the movement of a live ball caused by a player who is controlling the ball by throwing, deflecting, rolling the ball on the floor or deliberately throwing the ball onto the bouncing board.

Based on the results of observations made by researchers at the basketball extracurricular club at State Senior High School 3 Medan and State Senior High School 19 Medan, there are several problems where the coach does not have a training program both short and long term, meaning that the coach only trains based on what obtained at that moment. Then from the achievements of the children in the Medan 3 Public Senior High School Club and the Medan 19 Public Senior High School that they have not been able to excel in the national arena compared to Sutomo High School and Wahidin High School. The problem that is the main point is wherein coaching from school age there should be an event to hone the abilities of young athletes, but the basketball championship itself is still limited in North Sumatra, it does not develop rapidly like futsal, this is the main problem why the coach hasn't sufficient synergy in implementing a training process that can affect athletes.

Then in the analysis at the training meeting, that the main problem experienced by the two basketball extracurricular clubs in Medan 3 Senior High School and 19 Medan State Senior High School that the researchers considered that the movement that was the success of the athlete was putting the ball into the ring where a basketball athlete had to able to have good control in dribble techniques. Dribble is usually used by players to bring the ball to the opponent's defense, unfortunately in this observation, it can be concluded that the dribble ability of athletes in these 2 clubs is very lacking. Wherefrom several players in the team, only 1 person has good dribble ability. Then in trials of friendly matches between schools, players usually tend to show selfishness on the field in dribbling to be taken to the opponent's defense,

which is where the end of the game will be in vain and unable to produce points for the team.

The development of dribbling exercises is one form of applying a systems approach in training activities based on a systematic process that produces a training system that is ready to be used appropriately. Training products with development should be gradual, comprehensive, and comprehensive to increase the competence or training results of the players. The consideration of this exercise must be included in the realm of training objectives which indicate the player as the subject of training, training organization, training delivery, training management by taking into account the training objective factors and training obstacles to obtain effective and efficient training.

According to Bompa (2009: 101), "the trainer's ability to create and enable work power in the presence of work power will be very beneficial for the success of variations in training" and then Bompa (2009: 41) explains "if a trainer makes an exercise program, he must consider all the skills and movements which are indispensable to fulfill the objective". So that a trainer must be creative in presenting an exercise program, the trainer must be good at finding and applying variations of exercises.

Harsono (1988: 121) states that "the variations of exercise that are cleverly created and applied will be able to maintain the athlete's physical and mental health so that the occurrence of boredom in training can be avoided as far as possible". Athletes always need variety in training, therefore the coach is obliged and should create it in training. Because with good and correct training variations it will eliminate boredom and boredom of athletes so that the success of training goals will be achieved.

Dribble can be done well if you have good and correct techniques. To get good dribble quality, a player must increase the variety of exercises to accelerate the improvement of dribble techniques. From the observations made by the researchers, it turns out that the variations in dribbling exercises are still limited. The trainer only provides dribble training methods in the form of dribbling zig-zag and straight dribbles and other basic techniques.

The purpose of research and development of dribble technique training in basketball for athletes in extracurricular clubs is to develop dribble technique training in basketball for beginners and to test the effectiveness of dribble technique training for basketball for beginners.

Based on the above background, the researcher conducted development research entitled "Development of Dribble Training Variations in Basketball Extracurricular Clubs in Medan City Public High Schools in 2020"

## II. LITERATURE REVIEW

### A. *The Nature of Exercise*

Harsono (1988: 102) states that: "Even though the training is carried out continuously, repeatedly and

systematically, if it is not accompanied by additional loads, then the achievement will not increase".

### B. The Nature of Exercise Variations

In another opinion, Nothing in the book (Syafuddin 1992: 17) states that "Exercise describes a process of working or processing training material such as movement skills in the form of repeated execution and through various demands in another sense. repetition of automated skills through more difficult demands to improve physical abilities.

### C. The Essence of Basketball

Basketball is a sport for everyone. Although the game of basketball is a youth sport with the most teenage male players, basketball can be played by everyone, both men and women, from children to adults and even those with disabilities, including those sitting in wheelchairs. Basketball (Johnny Padulo, 2015: 1455) is a very complex sport to investigate. During training and competition, physical capacity affects the strategy and performance of basic skills.

### D. The Essence of Basketball Dribble

Dribble is an integral part of basketball and is important for individual play in teams. Dribble is one way of carrying the ball (Wissel, 2000: 95). Mendribble is not allowed with two hands, but only with one hand.

Based on the understanding of dribbling put forward by the three experts, it can be concluded that dribbling is a way of bringing the ball forward by bouncing the ball on the floor with one hand or alternately either walking or running. The most important thing and must be considered in dribbling is protecting the ball so that the ball is not easily grabbed by the opponent. As stated by Wissel (2000: 95), "The ability to dribble with weak hands and strong hands is the key to improving your game. To protect the ball, keep your body between the ball and the opponent". In dribbling, the body has an important role to play if the hand used to dribble is weak, then the body functions to protect the ball. Therefore, when dribbling the ball, the body must always be between the ball and the opponent. This is included, if the opponent is going to grab the ball then the body is ready to block the opponent.

## III. METHOD

In research on developing dribble exercises in the form of modules (guidebooks) equipped with videos and modules (training manuals) for Medan City Senior High School students in 2019, this is a process used to develop and validate exercise products.

There are several development procedures proposed by several experts. One of them is the development research procedure proposed by Sugiyono (2012: 409). In this development, research refers to the development research procedure according to Sugiyono which is tailored to the needs of the researcher. Following are the procedures for the stages of development research according to Sugiono (2012: 409).

In this development research, the data analysis technique used is descriptive quantitative analysis technique with a percentage (Simanullang et al. 2020). This technique is used to analyze quantitative data obtained from the distribution of evaluation questionnaires from basketball experts/coaches regarding the results of the products developed. The formula used to analyze the data is as follows:

The formula for processing responses or evaluations from basketball experts/coaches:

The formula for processing data per test subject.

Information:

P = percentage of evaluation results of trial subjects

X = The number of score answers by the test subjects

X = The maximum number of answers in the assessment aspect by the test subject

100% = Constants

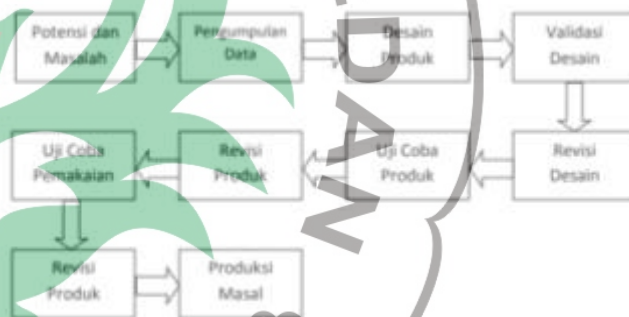


Figure 3.1. Development Research Procedure According to Sugiono.

## IV. RESULTS AND DISCUSSION

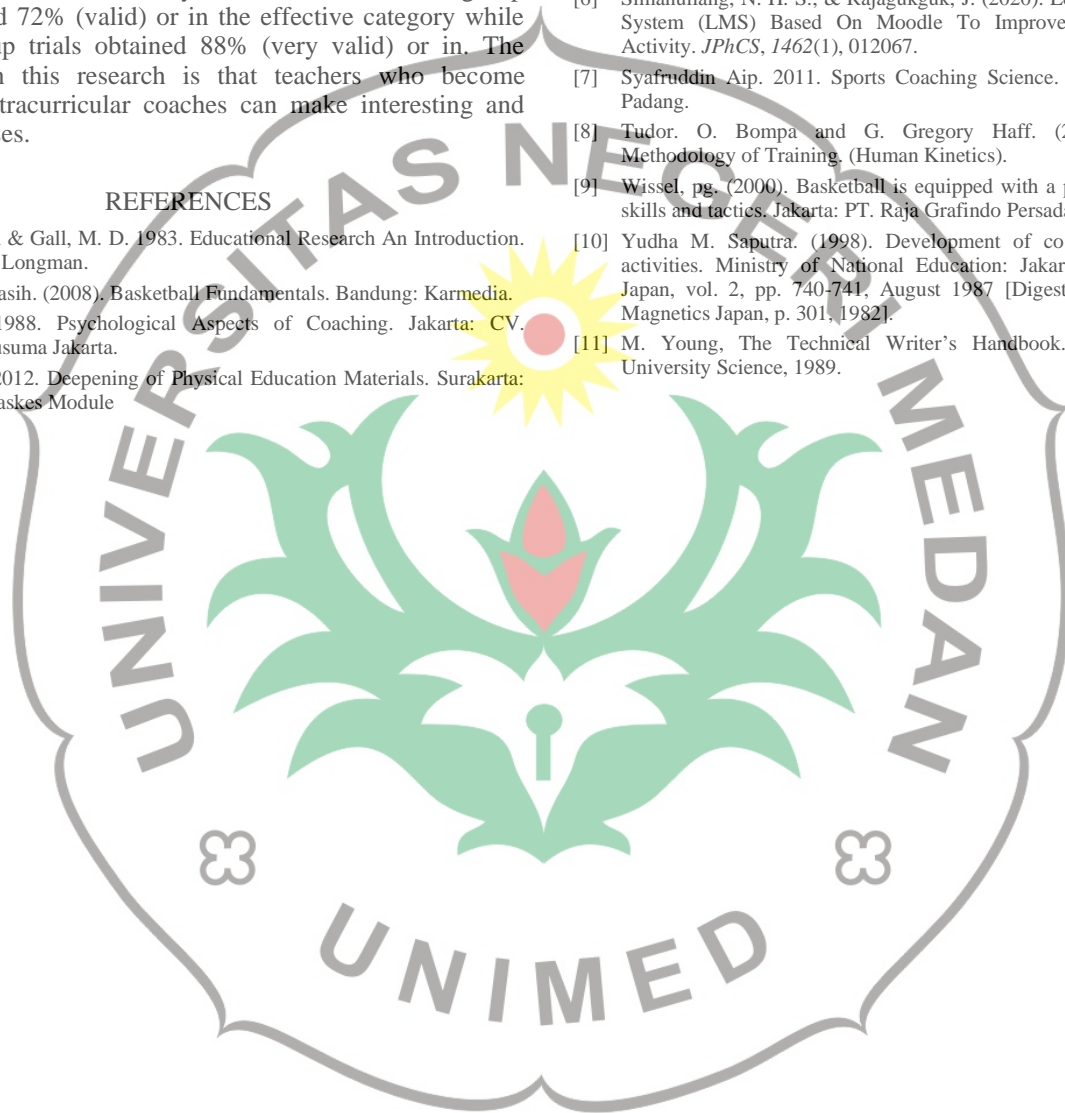
The research objective of developing dribble exercises in the form of modules (guidebooks) equipped with videos and modules (exercise manuals) for students of Medan City State Senior High School 2019 is a process used to develop and validate exercise products. The expert review used in this study consisted of 2 experts, namely 1 basketball coach and 1 expert in basketball. The qualifications of an expert in this development must be determined in his role in evaluating or revising. The trial group is a small group trial consisting of 10 people in State Senior High School 3 Medan. And the trial of a large group consisting of 20 students of 19 Medan State Senior High School. The results of the study were that the Development of Dribble Exercise Variations in Basketball Extracurricular Clubs at Medan City Public High Schools in 2020 were declared valid so that they could be applied in basketball learning in extracurricular activities. The results of this study in small group trials obtained 72% (valid) or in the effective category while in large group trials it was obtained 88% (very valid) or in the very effective category. This means that the products in this study can be used for training basketball athletes.

## V. CONCLUSION

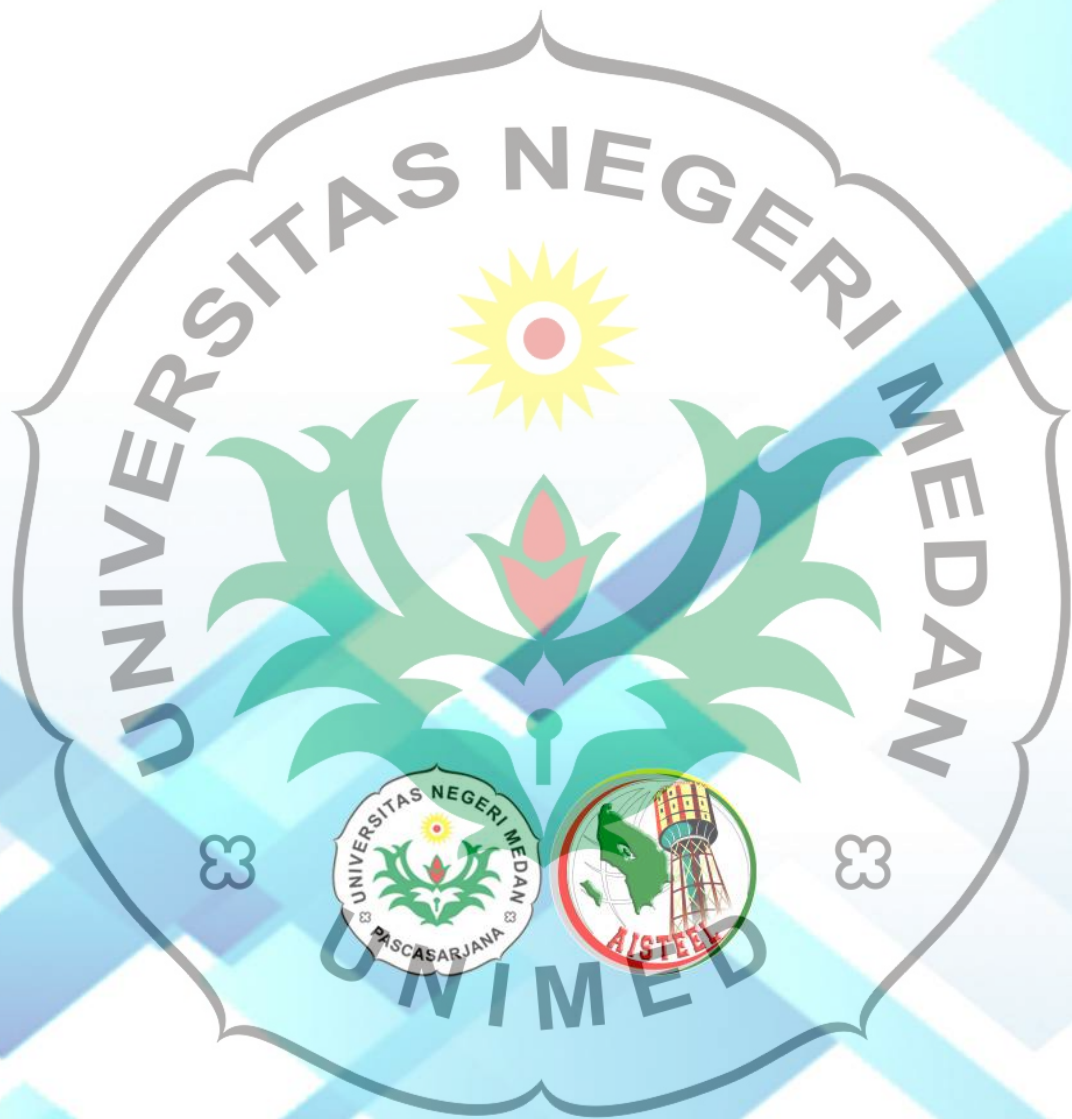
The conclusion in this study is this research in small group trials obtained 72% (valid) or in the effective category while in large group trials obtained 88% (very valid) or in. The suggestion in this research is that teachers who become basketball extracurricular coaches can make interesting and varied exercises.

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