

Development of Exercise Variations Race After Lay Up Basketball

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Schedule of The 5th Annual International 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)	Opening Ceremony 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: Prof. Dr. Syawal Gultom, M.Pd (Universitas Negeri Medan– Indonesia)	Dr. Rahmad Husein, M.Ed
09.25 – 10.05 (am)	Keynote Speech 2 Prof. Emmanuel Manalo (Graduate School of Education, Kyoto University, Japan)	Prof. Amrin Saragih, PhD
10.05 – 10.45 (am)	Keynote Speech 3 Dr. Susan Ledger (Head of Education, Murdoch University - Australia)	
10.45 – 11.25 (am)	Keynote Speech 4 Prof. Dr. Ekkarin Sungtong (Dean of Faculty of Education Prince of Songkla University - Thailand)	Mangara Simanjorang, PhD
11.25 – 12.05 (am)	Keynote Speech 5 Assoc. Prof. Yuri Uesaka (The University of Tokyo - Japan)	
12.05 – 13.30	Break	
13.30 – 15.30 (pm)	Parallel Session 1 (divided to 19 parallel rooms)	Moderator/Operator
15.30 – 15.35 (pm)	Break	
15.35 – 17.00 (pm)	Parallel Session 2 (divide to 19 parallel rooms)	Moderator/Operator
17.00 – 17.10 (pm)	Cloosing	committee

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

Preface

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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.

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Grateful thanks to all of members of The 5th 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 Exercise Variations Race After Lay Up Basketball

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Abstract—This study aims to determine how the development of variations of race after lay-up basketball. This study uses a research and development (R&D) method. The results of the study are the form of exercise that is exercise 1) Pivot to Lay up Four Sides, 2) Race Cutting to lay up, 3) Race Step And Lay up, 4) Sprint Lay up Step And Shooting, 5) Pivot Step And Lay up, 6) Wind Mill To Lay up, 7) Jump Stop Pass And Lay up, 8) Sprint Feak Control and Lay up, 9) Two Pass And Lay up, 10) Dribbling Jump Stop And Lay up, 11) Sprint Lay up Step and Under Basket, 12) Dribbling Two Cross Over And Lay up, 13) Pick And Roll To Lay up, 14) Pass to Pass and Lay up, 15) Pivot And Jump Over Pass To Lay up, 16) Dribbling Pivot And Lay up, 17) Race Batman Eyeglasses To Lay up, 18) Zig-Zag Dribbling and Lay up, 19) Cutting Control Pass Pivot And Lay up, 20) Pass Control To Lay up. The conclusion of this research is the development of variations of basketball after lay-up basketball practice consisting of 20 training models for basketball player lay-up technical skills.

Keywords— *Development, Variation, and practice race after lay up*

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I. INTRODUCTION

Basketball is a sport that is loved and played by the public and students in education. The sport of basketball is growing rapidly and can be proven by the increasing number of clubs or activities in the school environment and also holding regional, national and international basketball championships. This type of sport involves many people, mostly played by young people with the most players being teenage boys, basketball can also be played by men and women of all ages and body sizes even by those who are physically deficient. Basketball was discovered as an indoor sport and is now played both indoors and outdoors.

The achievement of the person who performs the lay-up itself is largely determined by the starting speed in the steps, the angle when bending the knee, the strength of the hands and feet, the angle of releasing the ball, the view, and the technique of adjusting the position of the body during the lay up. The actual lay-up process only takes a few seconds. The slower the players take steps, the violation can occur (traveling). Therefore, technical parts which are believed to support the lay-up achievement need more attention than others.

Based on the results of observation sheets or field observations on extracurricular activities at 19 Medan Senior High School, Marta Dinata High School and Medan 3 Senior High School. The three high schools have well-known extracurricular activities routines and participate in many basketball competition events every year. Researchers made observations during a trial match on February 5, 2020. The results of observations during student games often failed to generate points through the lay up technique. The cooperation that is applied is easily dammed against one another. The dominant lay-up technique is done by students in producing points but often fails and gets match points. Based on the observation sheet, the success rate of the lay-up during a basketball match, namely from 23 times the players lay up during the match only 5 times or 21.73% who managed to enter perfectly and generate points.

Furthermore, the researchers observed the training session during extracurricular hours at SMA 19 Medan, SMA Marta Dinata and SMA 3 Medan, it was found that the trainer applied a form of lay up training that focused more on the steps in laying up without paying attention to the implementation of hand techniques in inserting the ball and

the implementation before laying up. So that with the implementation of the lay-up exercise which is still focused on the lay-up step, students find it difficult to arrange attacks to be able to generate points through the lay up technique. Therefore the trainer must pay special attention in making an interesting and fun exercise by paying attention to all aspects related to the implementation of the lay up technique.

Based on the above background, it is found that athletes are still not maximal in performing lay up techniques due to the lack of motivation and interest of athletes in performing basic techniques specifically, athletes tend to only want to play, in essence, to be skilled, of course they have to go through the training stages in a systematic and varied manner. From the results of the needs carried out on extracurricular students and coaches, it is found that the need for varied forms of training is because currently athletes tend to be bored during training. Race after lay up practice is a fun exercise in which the training system competes during training. The intensity of race after lay training is quite high and can stimulate motivation and desire to try. Lay-up training will be more fun if it is applied in a competitive manner so that students are more interested and want to try the practice by maximizing their ability to do lay-ups. For this reason, the researcher determined the title of this research, namely "Development of Training Variations in the Race after Lay up of Basketball Extracurricular Students in 2020".

II. LITERATURE REVIEW

A. The Nature of Basketball Sports

Machfud Irsyada, (2000: 15) basketball is a sport played by 5 people for each team and the ball must be reflected while running or walking, or it can be passed by teammates with the ultimate goal of putting the ball into the opponent's basket (basketball).

Dedy Sumiyarsono (2002: 1) states that the basis for playing basketball by throwing catch, dribbling and shooting with a field area of 28 m x 15 m can be made of hardened soil, floors, and boards. Perbasi, (2014: 9) The game of basketball using a ball that can be pushed, tapped with open palms, throws, and catches, dribbling in all directions on the playing field.

Oliver, J (2007: 8) that in the raw basketball game, each team has five players on the field. Three points are awarded for each incoming ball scored from within the three-point line, and one point is awarded for each free shot. Each match is divided into 4 quarters, each lasting 8 to 12 minutes or divided into 2 rounds which each last 20 minutes.

B. The Nature of Lay Up Techniques

Dedy Sumiyarsono (2002: 35-36) the lay up shot is a type of shot that is carried out as close as possible to the basketball which is preceded by jumping-step-jumping. The lay-up shot can be done by running, dribbling or cutting then running and heading towards the basketball. In making lay up shots, it is

better to practice beforehand, before it is carried out during the actual play.

C. The Essence of Basketball Extracurricular Activities

Amung Yudha M.S (2000: 8) said extracurricular activities are an arrangement of programs outside school hours which are developed to smoothen the curricular program with direction and guidance from the teacher or supervisor. Depdiknas (2003: 16), is an activity organized to fulfill mastery of study materials and lessons with time allocations that are regulated independently based on patterns of need. Extracurricular activities in the form of enrichment and improvement activities related to curricular programs or study visits to certain places related to the essence of certain subject matter.

D. The Nature of Exercise

Exercise is a process that is carried out systematically and continuously by increasing the amount of load to increase the athlete's performance in achieving predetermined goals (Imran Akhmad, 2013: 2)

III. METHOD

This research is a type of research and development or Research and Development (R&D). Borg & Gall (1983: 772) research and development is "educational Research and Development (R&D) is a process used to develop and validate educational products". According to Nana Syaodih (2006: 164) research and development is a process to develop a new product or improve an existing product, which can be justified. According to Sugiyono (2012: 407) research and development is a research method used to produce certain products and test the effectiveness of these products. So development research is a method for producing certain products or perfecting existing products and testing the effectiveness of these products.

IV. RESULT AND DISCUSSION

The research subject is the whole object where there are several sources or informants who can provide information about the variety of race after lay up training products in development research. The experts who are appointed to be informants for improvement in training based on scientific studies are as follows:

- Basketball Sports Expert
- Basketball Coach / Referee
- Linguist
- Basketball Extracurricular Students
- In this research it becomes

The object of this research is the product of the variation of the lay up exercise, namely the variation of the basketball extracurricular basketball training after lay up.

The place for this research is:

- 1) *Design Trial*. Medan 19 High School Basketball Court
- 2) *Product Trials*
 - a) *Basketball Court for SMA 19 Medan*
 - b) *Marta Dinata Medan High School Basketball Court*
- 3) *Trial Use*
 - a) *Basketball Court for SMA 19 Medan*
 - b) *Marta Dinata Medan High School Basketball Court*
 - c) *Basketball Court for SMA Negeri 3 Medan*

The procedure carried out in this development research includes several stages as suggested by Sugiyono (2012: 409), namely:

- 1) *Potentials and problems*. Research and Development (R&D) can start with potentials and problems. Data about potentials and problems do not have to be searched alone, but can be based on other people's research reports or documentation of activity reports from individuals.
- 2) *Data collection*. After the potential and problems can be shown factually, then it is necessary to collect a variety of information that can be used as material for planning.
- 3) *Product design*. The 2nd result of a series of preliminary research, can be a new work design or a new product
- 4) *Design validation*. The process of assessing whether a new work design or new product is rationally fit for use by invoking the judgment of experienced experts.
- 5) *Revised product design*. Products that have been designed are then revised after their weaknesses are identified.
- 6) *Test the product*. Conduct a limited trial run.
- 7) *Product revisions*. Product revised based on limited trial results
- 8) *Test usage*. Performed trials in real conditions.
- 9) *Product revisions*. If there is any defect in the actual use, the product is repaired.
- 10) *Limited production*. For the sake of the final project, in this development research the resulting product will be produced in a limited manner.

V. CONCLUSION

The result of the research is a form of exercise, namely training :

- Pivot to Lay up Four Sides,
- Race Cutting to lay up,
- Race Step And Lay up,
- Sprint Lay up Step And Shooting,
- Pivot Step And Lay up,
- Wind Mill To Lay up,
- Jump Stop Pass And Lay up,
- Sprint Feak Control and Lay up,
- Two Pass And Lay up,
- Dribbling Jump Stop And Lay up,
- Sprint Lay up Step and Under Basket,
- Dribbling Two Cross Over And Lay up,
- Pick And Roll To Lay up,
- Pass to Pass and Lay up,
- Pivot And Jump Over Pass To Lay up, 16)Dribbling Pivot And Lay up,
- Race Batman Eyeglasses To Lay up,
- Zig-Zag Dribbling and Lay up,
- Cutting Control Pass Pivot And Lay up,
- Pass Control To Lay up.

The conclusion of this study is the development of a variety of basketball training after lay-ups consisting of 20 training models for basketball player lay-up technical skills.

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