

**DIFFERENCES EFFECT OF SHOOTING EXERCISE AND
TASTE BELIEVE YOURSELF IN FREE THROW
ON EXTRACULICULAR STUDENTS
SMA NEGERI 1 MEDAN**

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Abstract

The purpose of this study was to determine the effect of rope training and wall shoots with confidence. This study uses the experimental method. Data collection techniques in this study used questionnaires and observations. Analysis technique.

Introduction

Physical Education is very much determined by a good curriculum. Physical Education has many components of a wide range of physical activity that can be obtained by students. The components of physical activity are useful for shaping the physical fitness and character of students. One of the basic components of Physical Education, sports and health subjects which is contained in the high school curriculum is to practice the ability to play big ball. In this big ball game, one of which is the teaching material for basketball games.

Imam Sodikun (1992:8). Basketball is a sport game that uses a large ball, played by hand. The ball can be passed, thrown at a friend, or it can be bounced off the floor on the spot or while walking. The aim is to get the ball into the opponent's basket. The game is played by two teams, each consisting of five players, each team tries to enter the ball into the opponent's basket or make a number and keep or prevent the basket from entering the ball. In basketball games, the ball is pushed over, passed, thrown, rolled, reflected or dribbled in all directions according to the rules or provisions of the Federation International Basket Ball Association (FIBA). The game of basketball is a complex game that consists of combining elements of motion that are well coordinated.

Hal Wissel (2000: 2), The game of basketball is a combination of defense and attack, for that a player must master the basic techniques and skills of playing basketball to play well. To continue the level of achievement, it is only necessary to increase the number of exercises (drill), so that it can become an automatic movement. Basketball is played by two teams of 5 players per team with the aim of getting a score by putting the ball in the opponent's basket and preventing the opposing team from doing the same.

PERBASI (2008: 41), Basketball is a game played by two teams of five people each. The team consists of twelve players including the captain. Each team tries to score. Basketball is played by two teams, each consisting of five players. PERBASI (2008: 1), The objective of each team is to get the ball into the

opponent's basket and try to prevent the opposing team from entering the ball. The match is controlled by the referee, table clerk and a commissioner if available

According to the basketball game rules in article 43 (Perbasi, 2006: 31), a free throw is an opportunity for a player to get one point without being hindered, which is done from behind the penalty shot line and in a semicircle. Barth & Boesing (2010:75) explains the shooting technique, namely the ball is located in the strongest or dominant hand and is slightly tilted to that part of the hand, the other hand only supports the ball, the elbow shows the direction of the shot target, the knees are slightly bent to withstand gravity, when the shot occurs the knees are straightened upright and the hands are straightened all power originates from the feet flowing to the hands and the body following up by following the ball forward. Dinata (2008 :28) is of the opinion that shooting is an attempt to enter the ball after receiving a pass or after dribbling the ball which is carried out two hands or one hand and with a jump or not.

Bompa (1994) expressed his opinion that exercise is a systematic sport activity in a long time, gradually and individually, aimed at forming a human who functions physiologically and psychologically to meet the demands of the task. Kent (1994), that training is a physical exercise program that is planned to help learn skills, improve physical fitness and especially to prepare athletes for an important competition. Fox, Bowers dan Foss (1993), training is a physical training program to develop an athlete's ability to face important competitions.

Rope exercise media is a tool used to improve the accuracy of basketball shooting skills. Rope media is a shooting practice method in basketball playing with 2 poles and a rope that is used as an obstacle in front of the person who will shoot. The rope media used in the shooting free throw training model aims to improve shooting accuracy (precision) and ball hull (parabol) when the player takes a shot at the basketball hoop. The use of a rope that stretches between 2 poles as a medium aims to familiarize the players when shooting.

Jon Oliver (2007: 30) stated that skilled perimeter shooters usually used a high curved shot to carry out their shots. Using a higher shot allows the ball to dry out the basketball at a more favorable angle, increasing the likelihood of the ball touching the front of the hoop and into the basket.

Wall shot practice focuses on the hand to shoot behind the ball, placing the elbow, releasing the index finger, following through, and catching the ball in shooting position. Facing a wall or hoop, choose a point at least 3 m high on the wall as your target. a point on the side of the hoop is excellent for straight shots. (journal I Made Andika Bayu: 2019: 56)

Start with the ball in the over-the-shoulder firing position, place your hand to shoot behind the ball with your index finger at the center of the ball. Check elbow placement. Shoot the ball, with perfect follow through (full elbow alignment), towards the wall or the target of the hoop, getting the ball back to you in the shooting position without changing your hand when catching it (Wissel: 1996: 64).

Self-confidence in English is also called self confidence. According to the Big Indonesian Dictionary, self-confidence is a belief in ability, strength, and self-assessment (Depdikbud, 2008). Self-confidence is one of the aspects of personality, which is a belief in one's own abilities so that they are not influenced by others and can act according to their will, are happy, optimistic, tolerant, and responsible (Ghufron and Risnawati, 2010).

Lauster (2003) self-confidence is an attitude or belief in one's own abilities, so that in his actions he is not too anxious, feels free to do things according to his wishes and responsibilities for his actions, is polite in interacting with others, have a drive for achievement and can recognize your own strengths and weaknesses.

Method

The research was conducted using the experimental method. The experimental method is a research method used to find the effect of certain treatments (Sugiyono, 2010: 12). In this research is to compare two different shooting exercises, namely the rope media exercise and the wall shoot exercise with the students' self-confidence which consists of high self-confidence and low self-confidence.

This research will be conducted at SMA Negeri 1 Medan. The implementation of this research is planned to start in September 2020. The treatment is given for 6 weeks and has a significant effect on the research subjects, the frequency of training is carried out 3 times per week. The treatment in this study lasted for 18 meetings, with details of the training every week being carried out 3 times. The meeting was conducted two days during training hours and one day outside of training hours. The schedule for training hours is Monday and Wednesday, and from 16.00 to 18.00 WIB for the rope media method group and 16.00 to 18.00 WIB for the wall shoot group. Outside training hours are Saturday, 16.00 to 18.00 WIB. Overall, the treatment activities lasted for 6 meetings, the last one was used for the free throw shooting test.

Result and Discussion

In training using rope media that has high self-confidence, the average shooting result is 9.60 with Std. Deviation 0.548 with a total sample of 5 basketball extracurricular students at SMA Negeri 1 Medan. Research data on rope media exercises that have low self-confidence obtained an average shooting result of 6.20 with Std. Deviation 0.837 with a total sample of 5 basketball extracurricular students at SMA Negeri 1 Medan. The average results of shooting free throws of students in the rope media exercise group as a whole were 7.90 with Std. Deviation 1.912 with a total sample of 10 basketball extracurricular students at SMA Negeri 1 Medan.

The results of the research on the exercise using the wall shoot exercise which has high self-confidence obtained an average shooting result of 7.80 with

Std. Deviation 0.837 with a total sample of 5 basketball extracurricular students at SMA Negeri 1 Medan. Research data on the wall shoot exercise that has low self-confidence, the average shooting result is 4.60 with Std. Deviation 1.342 with a total sample of 5 basketball extracurricular students at SMA Negeri 1 Medan. The average results of shooting free throws of students in the wall shoot exercise group as a whole were 6.20 with Std. Deviation 1.989 with a total sample of 10 basketball extracurricular students at SMA Negeri 1 Medan.

The result of the combined data between rope shooting practice and wall shoot which has a high self-confidence obtained an average of 8.70 shooting free throws with Std. Deviation 1,160 with a total sample of 10 basketball extracurricular students at SMA Negeri 1 Medan. The results of the combined data between rope shooting practice and wall shoots that have low self-confidence obtained an average shooting free throw of 5.40 with Std. Deviation 1.350 with a total sample of 10 basketball extracurricular students at SMA Negeri 1 Medan. The results of the combined shooting practice data as a whole are obtained data from shooting free throw 7.05 with Std. Deviation 2.089 with a sample size of 20 basketball extracurricular students at SMA Negeri 1 Medan.

The hypotheses in the discussion of this research are:

Average results of shooting free throws in a group basketball game of students using rope training, Average results of shooting free throws in the group basketball game students use the wall shoot exercise, Average results of shooting free throws in the basketball game of the student rope media exercise group who have high self-confidence, Average results of shooting free throws in the basketball game group Chair shoot students who have high self-confidence. Average results of shooting free throws in the basketball game of the rope-media training group with low self-confidence, Average results of shooting free throws in the basketball game chair shoot group of students who have low attitudes.

Conclusion

Based on the results of research and discussion, it can be concluded that this research is:

There is a significant effect of rope media training on the shooting free throw results of basketball extracurricular students at SMA Negeri 1 Medan. There is a significant effect of wall shoot training on the results of shooting free throws for basketball extracurricular students at SMA Negeri 1 Medan. There is a significant influence on group self-confidence. rope media training on the shooting free throw results of basketball extracurricular students at SMA Negeri 1 Medan, there is a significant influence on the self-confidence of the wall shoot training group on the results of shooting free throws for basketball extracurricular students at SMA Negeri 1 Medan. wall shoot on the results of shooting free throw of basketball extracurricular students at SMA Negeri 1 Medan, High self-esteem is more influential than low self-confidence on shooting results for extracurricular basketball extracurricular students at SMA Negeri 1 Medan, There is no

interaction between training methods and race a confident in the shooting free throw results of basketball extracurricular students at SMA Negeri 1 Medan

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