

REVIEW ARTICLE

Analysis of Basketball Passing Basic Movement Skills in Extracurricular Students

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- A. Conception and design of the study
- B. Acquisition of data
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Fikri Badriyudin Ramadhan^{1A-E*}, Davi Sofyan^{1D^{2CD}}, Brio Alfatiyah Rama Yudha^{1D^{3AB}}

¹Department of Physical Education, Universitas Majalengka, Indonesia

² Department of Physical Education, Universitas Majalengka, Indonesia

³ Department of Physical Education, Universitas Majalengka, Indonesia

Corresponding author: Fikri Badriyudin Ramadhan, Department of Physical Education, Faculty Teaching and Education Science, Universitas Majalengka, Majalengka (45418), Indonesia; E-mail: badriyudinf@gmail.com

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Abstract. The participants in the basketball extracurricular activities at Sekolah Menengah Atas (Senior High School) 1 Karangwareng have good physical condition, while the technical aspects of playing basketball are unknown. This study aims to determine the level of basic skills in basketball for students who take part in extracurricular activities at SMAN 1 Karangwareng, Cirebon Regency. This research uses a descriptive method. The population and sample in this study were basketball extracurricular activities at SMAN 1 Karangwareng, which consisted of 15 players. The sampling technique in this study used a total sampling technique with a total sample of 15 players. The instrument of this study was observation sheets, and to find out the results, a series of basic basketball technique tests were used, which included the chest pass, bounce pass, and overhead pass. Based on descriptive statistical analysis, the following research results were obtained: The ability to pass extracurricular basketball at SMAN 1 Karangwareng was mostly in the less good category, with a T-Score of 50–59 and a percentage of 40%. The ability to bounce pass extracurricular basketball at SMAN 1 Karangwareng is in the moderate category with a T-Score of 60–64 and a percentage of 33.33%, and the ability to overhead pass extracurricular basketball at SMAN 1 Karangwareng is in the good category with a T-Score of 65–69 and a percentage of 33.33%. The conclusion of this study is that the basic movement skill level of extracurricular passing at SMAN 1 Karangwareng is included in the sufficient category.

Keywords: basic movement; passing; basketball; extracurricular

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INTRODUCTION

The game of basketball is played by two teams, and each team consists of five players. To win the game, one of the teams must put as many balls as possible into the opponent's basket (ring) (Yuliandra & Fahrizqi, 2020). Basketball is a sport that is quite popular in society today, especially for achievement sports among teenagers (Alfian et al., 2021). Besides that, basketball has received quite good attention from the world community (Indrayogi & Heryanto, 2019). In Indonesia, the sport of basketball was first introduced by Chinese immigrants and only developed in several big cities such as Medan, Jakarta, Bandung, Surabaya, Semarang, and Yogyakarta. Basketball is a type of game that is technically complex. This means that the technique consists of a combination of technical elements that are neatly coordinated so that they can play well (Rustanto, 2017). To achieve maximum results in the game of basketball, learning outcomes in the game of basketball are needed, such as basic techniques of catching the ball (catching), basic techniques of dribbling (dribbling), basic techniques of passing the ball (passing), and basic shooting techniques (Prasetyo & Sukarmin, 2017).

Passing in the game of basketball is one of the basic techniques that every player should master. This is because the right pass (passing) is the main key to the success of a team and is a determining element of shots that have a high chance of scoring. Precise and fast passes can motivate teammates, show teamwork, and be an interesting spectacle for spectators (Ramadan & Iskandar, 2018). To be able to make the right pass, each player is required to master the basic techniques of passing basketball games correctly. The basic passing techniques that must be mastered by a player are chest passes, bounce passes, and overhead passes. To master the basic movement skills of passing requires basic movement skills (Akbar et al., 2019).

Skill is a consistent degree of success in achieving a goal effectively and efficiently determined by speed, accuracy, shape, and the ability to adapt (Rasulovna, 2022). From the above, I can conclude that basic movements are a series of movements that can improve a person's daily lifestyle. Basic movements are simple forms of movements that can be divided into 3 categories, namely: 1) locomotor, 2) non-locomotor, and 3) manipulative (Sundara, 2020). To improve the basic movement of good passing, there is coaching, such as extracurriculars.

Co-curricular and intra-curricular programmes can be enhanced and improved through extracurricular activities. Students that are interested in taking part in these activities might use this activity as a forum (Nurdyansyah & Fahyuni, 2016). This extracurricular activity is done after school hours when classes are not required. With this activity, students have the freedom to choose activities that suit their interests and talents. Extracurricular activities, as defined by Febryanto (2015), are extracurricular activities that take place during and outside of school hours with the goal of deepening and enriching students' knowledge, recognizing connections between various lessons, and developing talents and interests.

In order for students or players to master the fundamentals of passing in basketball, extracurricular coaching is necessary, but it cannot be separated from the training regimens offered by the coach (Sofyan, 2020). These mistakes include passes that do not reach the intended target, passes that are not executed in a relaxed manner, inappropriate ball rotation, and many others. Implementing the coach's training programme is the answer to the aforementioned issues. The aforementioned issues are meant to hone fundamental passing abilities so that players or students can correctly grasp fundamental passing abilities (Munir et al., 2021).

According to the findings of their observations and interviews at the high school (SMA) basketball extracurricular, the researchers discovered that a large number of students had trouble acquiring the fundamental movement skills technique of passing the basketball. The researchers therefore sought to conduct an extracurricular study at SMAN 1 Karangwareng, which has its own training programme for kids who fall short in terms of fundamental movement abilities for basketball passing.

The fundamental basketball passing movement skills have been extensively used, as seen by the preceding description. The researchers discovered that many students, particularly in the basketball club at SMAN 1 Karangwareng, failed to practise fundamental movement skills when passing during games. The study "Basic Movement Skill Analysis of Passing Basketball in Extracurricular Students of SMAN 1 Karangwareng" is therefore of interest to scholars. Therefore, the goal of this course is to teach pupils the proper technique for passing a basketball.

METHOD

This method uses descriptive and quantitative methods, starting with collecting data, analysing it, and interpreting it (Priyono, 2008). The descriptive method is implemented through: survey techniques, case studies (different from a case), comparative studies, studies of time and motion, behavioural analysis, and documentary analysis (Kathleen & Macdonald, 2012). The population used as research subjects were all basketball extracurricular students at SMA Negeri 1 Karangwareng, namely 15 students. The samples taken from this study had a total sample size of 15 students. In this study, the instrument used was the observation instrument, namely data collection, which was carried out through systematic observation and recording of the symptoms and phenomena being investigated. The observation in this research is structured observation. The data analysis technique uses descriptive statistical analysis, namely the passing skills test (Pasaribu, 2020).

RESULTS

The description of the data that the researcher obtained from the basic skill level of passing basketball among the extracurricular students of SMAN 1 Karangwareng was obtained from the results of the tests carried out.

Basic Basketball Movement Skills Test Results

The basic movement skills of the basketball extracurricular team of SMAN 1 Karangwareng and the numbers from the tests and measurements carried out are transmitted to the T-score values. For more details, see the table below:

Table 1. Basic Basketball Movement Skill Value.

No	Chest Pass	Overhead Pass	BouncePass
1	20	23	20
2	22	21	19
3	18	22	25
4	17	18	22
5	19	20	15
6	23	22	25
7	21	23	21
8	20	25	20

9	15	23	25
10	18	17	15
11	15	25	18
12	18	14	15
13	20	15	23
14	17	18	21
15	18	15	15

The ability to pass the chest pass at SMAN 1 Karangwareng extracurricular from tests and measurements obtained the highest score of 25, the lowest score of 9, the mean of 16.2, and the standard deviation of 4.5. For more details, see the table below:

Table 2. Chestpass Frequency

No	Category	Frequency	
		Absolut (Fa)	Relatif (Fr)
1.	Very good	0	0
2.	Good	2	13,33%
3.	Enough	5	33,33%
4.	Not enough	6	40%
5.	Less once	2	13,33%
Total		15	100%

Based on the frequency distribution table above, the result is that of the 15 samples, 2 people (13.33%) have good passing skills with a T-Score of 70–79, 5 people (33.33%) have sufficient passing abilities with a T-Score of 60–69, and 6 people (40%) have poor passing abilities with a T-Score of 50–59. 2 people (13.33%) have poor passing ability with a T-Score of 40–49.

The ability to pass the overhead pass on the extracurricular SMAN 1 Karangwareng from tests and measurements obtained the highest score of 14.43, the lowest score of 10.44, the mean of 12.53, and the standard deviation of 1.49. For more details, see the table below:

Table 3. Overhead pass frequency

No	Category	Frequency	
		Absolut (Fa)	Relatif (Fr)
1.	Very good	2	13,33%
2.	Good	5	33,33%
3.	Enough	2	13,33%
4.	Not enough	3	20%
5.	Less once	3	20%
Total		15	100%

Based on the frequency distribution table above, the result is that of the 60–64 samples, 2 people (13.33%) have very good passing skills with a T-Score of 70–74. 5 people (33.33%) have good passing skills with T-Scores 65–69. 2 people (13.33%) have sufficient passing ability with a T-Score of 60–64. 3 people (20%) have less passing ability with a T-Score of 55–59. 3 people (20%) have poor passing skills with a T-Score of 50–54.

The ability to bounce pass on the extracurricular SMAN 1 Karangwareng from tests and measurements obtained the highest score of 23, the lowest score of 17, the mean of 20.44, and the standard deviation of 1.96. For more details, see the table below:

Table 4. Frequency of Passing Bounce pass

No	Category	Frequency	
		Absolut (Fa)	Relatif (Fr)
1.	Very good	3	20%
2.	Good	2	13,33%
3.	Enough	5	33,33%
4.	Not enough	2	13,33%
5.	Less once	3	20%
Total		15	100%

Based on the frequency distribution table above, the result is that of the 15 samples, 3 people (20%) have very good passing skills with a T-Score of 70–74, 2 people (13.33%) have good passing skills with a T-Score of 65–69, 5 people (33.33%) have sufficient passing ability with a T-Score of 60–64.2 people (13.33%) have less passing ability with a T-Score of 55–59.3 people (20%) have poor passing skills with a T-Score of 50–54.

Data analysis

Data collection was carried out on the sample of this study starting the test by using the observation sheet instrument with the aim of knowing the level of basic movement skills of passing a basketball in extracurricular activities at SMAN 1 Karangwareng. Before processing the data, the calculation of the conditional test is carried out as follows:

Validity test is a measuring tool for the degree of accuracy of the measuring instrument regarding the actual content or meaning being measured, validity indicates the extent to which the measuring instrument measures what is being measured or the extent to which the measuring instrument is used on the target. The higher the validity of a test tool, the more the tool is on target, or the more it shows what should be measured.

Table 5. Validity Test Results

Instrumen	Item	Valid	Invalid
Observation sheet	Initial Attitude	1,2,3	4,5
	Implementation	1,2,3,4	5
	Sikap akhir	1	-

The statement items can all be used or included in further processing because they have meaning in research. Based on the results of data processing with the validity of the instrument, it was discovered that the items that were declared invalid at the initial attitudes no. 4 and 5, the attitude of implementation no. 5, and finally the final attitude are valid, and all other items are declared valid. Measurement tool accuracy is a concern with reliability. Important components of dependability include the need for the measuring device to be steady, dependable, and predictable in order to have high reliability or to be trusted. Internal testing of instrument dependability will be done for this investigation.

DISCUSSION

According to the research's findings, the following conclusion can be drawn: At the SMAN 1 Karangwareng extracurricular programme, the basic movement skills for passing

basketball using chest pass material fall into the 40% LESS category. For extracurricular students at SMAN 1 Karangwareng GOOD, the basic movement abilities of passing basketball over overhead pass material have a percentage of 33.33%. Basketball passing fundamentals on bounce passes were demonstrated by SMAN 1 Karangwareng's lack of extracurricular students with a percentage of 33.33%.

Basketball players who can't pass can't play the game (Malik & Rubiana, 2019). Passing is a crucial component of the sport. With a T-Score of 60–69, the SMAN 1 Karangwareng extracurricular students who participated in this study had enough passing skills on average. Since this is obviously the best scenario for success, there needs to be a reminder so that what has been accomplished can continue. There is an increase in the training process as a result of the wall pass and drill, which are performed in groups, couples, or with media like walls, as well as other training techniques that can enhance the fundamental passing movement skills (Ramadan & Iskandar, 2018).

The player's capacity to use these motions heavily depends on their mastery of the fundamental gameplay mechanics (Yuliandra & Fahrizqi, 2019). It will be simpler to mix different techniques with a good and sound basic technique because it will increase movement efficiency and effectiveness. Following examinations of each passing strategy used in basketball games, conclusions concerning the fundamentals of basketball passing among SMAN 1 Karangwareng pupils can be drawn, scoring 60 to 69. Of course, this falls short of ideal performance standards; as a result, it must be enhanced with a predefined training plan.

CONCLUSION

Thus, it can be concluded that in basketball, a variety of things occur on the court, including attacks and defenses, and that all of them require high technical skills in basketball in order to resolve the issues that arise on the court. However, the SMAN basketball team 1 Karangwareng's fundamental technical skills, which are currently owned, fall into the sufficient category, so they must be further improved by following the trainer's training plans and consistently producing even better fundamental technical skills.

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