



Basic basketball technique skill levels at the men's dukun basketball club Magelang 2021

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Abstract

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The Dukun Basketball Boys Club is one of the youngest basketball clubs in the district. Magelang and there has never been a test to measure the level of basic basketball technical skills. This research aims to determine the level of basic basketball technical skills of the 2021 Dukun Basketball Magelang Men's Club players.

This research uses a descriptive quantitative method approach to describe or illustrate the data that has been collected as it is. The sample used was all male participants from the Dukun Basketball Magelang club, totaling 20 players. The data collection techniques used are tests and measurements. The instrument used in this research uses a test of basic technical skills in playing basketball. The data analysis technique in this research includes three steps, namely: 1) preparation 2) Tabulation 3) Descriptive statistics.

The results of the research show that the level of basic basketball technical skills at the Dukun Basketball Magelang Club is as follows: 10% or 2 players are very good, 75% or 15 players are good, 15% or 3 players are adequate, 0% or 0 players are medium, 0% or 0 Poor Players, 0% or 0 Very Poor players and 0% or 0 Bad players.

It can be seen that the level of basic basketball technical skills at the Dukun Basketball Magelang Club is as follows: 2 Players or 10% Very Good, 15 Players or 75% Good, and 3 players or 15% fair, 0 students or 0% Average, 0 players or 0% Poor, 0 players or 0% Very Poor and 0 players or 0% Poor.

Keywords: Skills, basic techniques, basketball, shaman basketball club

Introduction

The development of sports today is more advanced than before. The development of this sport is demonstrated in the current conditions with the Covid-19 pandemic which requires everyone to maintain their immune system. Many branches and types of sports have been developed, one of which is basketball. Basketball is a big ball game that is played in groups of 5 people. The detailed definition is explained by (Fatahilah, 2018) ^[15] that basketball is a large ball game played by two groups/teams consisting of five people, each team dribbling, passing and trying to put the ball into the ring or score as many points as possible.

Dr. James Naismith was the first inventor of the sport of basketball, one of the members of the training school Young Mans Christian Association (YMCA) in Springfield, Massachusetts In December 1891 (Nourayi, 2020) ^[34]. Currently, basketball is very popular in the world, in almost every country. has an official basketball organization. According to (Schiltz, M, Lehance, *et al*, 2009) ^[46] basketball has become popular in many countries and is played throughout the world by more than 450 million people. In 1948 basketball was introduced in Indonesia and began to develop after the proclamation of independence. The organization that protects the sport of basketball in Indonesia, namely PERBASI (Indonesian Basketball Association), was only founded on October 23 1951, inaugurated by the initiative of the Chairman of KONI (Indonesian National Sports Committee), namely Maladi (Kusuma, 2018) ^[27]. Thus, the development of basketball in Indonesia began through PERBASI from the central level (PB Perbasi), provincial areas by PERBASI regional administrators, district regions / PERBASI branch administrators (SARUMPAET, Aip, 1992) ^[45]

Basketball is popular among various groups of people in various regions. The development and progress of basketball in society is quite rapid. This development was also felt in Magelang Regency, Central Java. The development and progress of basketball is quite rapid. The progress of basketball is also felt in the District. Magelang, namely basketball extracurriculars, has had quite a lot in recent years so that many teams have been formed. Apart from that, many basketball clubs have also been formed. This is due to the increasing number of people who like basketball as seen or proven by the inter-club championships held by PERBASI Kab. Every year Magelang increases and new clubs emerge in Magelang.

The development and enthusiasm for basketball will have an impact on increasing basketball achievements in the district. Magelang. So, there are things that must be supported to achieve sporting achievements, namely by increasing training to the maximum and other supporting factors. According to (Adi, 2016) sports performance must include four important components that must be related, namely technique, physical, tactical and mental. So that achievements in sports can be achieved. Basketball has basic techniques that must be mastered, these basic techniques are one of the fundamental factors for achieving sporting achievements. Mastery of basic internal techniques. The game of basketball is important to improve individual quality so that they can support team play (Altavilla, D'isanto, & Francesca, 2020) ^[1]. Mastery of basic techniques is also very important for every player in addition to tactical abilities in the game so that performance in playing can run well (Erčulj, Blas, & Bračić, 2010) ^[14]. In basketball itself, there are several basic techniques that must be mastered to support the individual player's abilities,

namely: dribbling, passing, shooting, rebound, dan pivot (Temmassonge, 2020b). Meanwhile, according to (Irsyada Machfud, 2000) ^[21] basic basketball techniques consist of 1) dribbling the ball, 2) passing and catching the ball, 3) shooting the ball, 4) catching the ball without entering the basketball ring. It can be concluded that the basic basketball techniques are herding, catching, receiving, rebound, Shooting.

Carrying out measurements of basic basketball technical skills tests should be carried out to find out the results of the basketball players' training, how effective they are in training. Moreover, the test measures basic basketball technical skills, namely: dribble, passing and shooting which is the basic movement in the game of basketball. From the results of this measurement, it can be seen to what extent the players have mastered the basic techniques of playing basketball

The Shaman Basketball Club is one of the basketball clubs in the district. Magelang, which was founded in 2018. This club is also one of the relatively young clubs in the district. Magelang or the youngest at the moment. Magelang Regency itself has 6 basketball clubs, namely Barrier, Tunas, Ballhight, Hooray, Grone and Dukun Basketball. The oldest or earliest club that was founded was the Tunas Club in 1974 (Perbasi, Magelang Regency). The Dukun Basketball Club, which was initially just a group of Dukun High School alumni who liked the sport of basketball. As it developed and had many members, finally in 2018 this club was officially registered in PERBASI, Magelang Regency. Now the Dukun Basketball club has 50 active members consisting of 30 women and 20 men Magelang district basketball team in the regional and national championships. This was stated by the person in charge of the Aldi 20 Men's Cup and was still a champion III Perbasi Cup Magelang KU 16 Men 2019.

When conducting an initial interview with the basketball coach, Dukun Basketball, Dimas said that training had stopped due to the Covid-19 pandemic and had been on hiatus for a year due to the lockdown and regional restrictions at the time. Forcing players to only practice at home without being able to practice on the field. The Shaman Basketball Club started training again in July 2021 and the current training focus is still on technique, physicality and playing strategy, this was chosen to strengthen the technique and strategy of the playing style or game patterns of the Dukun Basketball club. Dimas also said that the team's achievements had not been optimal because of the several competitions in which the shaman basketball club had participated, they had never won first place or second place in the Perbasi Cup District. Magelang KU 20 Men's 2019, even that was won by the men's club while the women's club has never won any championship.

Seeing that the achievements of the Dukun Basketball men's club are better than the women's club, the researcher will focus more on the men's club. From this, to support training that focuses on technique, physicality and game strategy, I want to carry out a test to measure mastery of basic basketball techniques so that the achievements of the Dukun Basketball men's club can be maximized, apart from that it can also be maximized by the coach for player evaluation. So, it is necessary to research the level of basic basketball technical skills at the Men's Dukun Basketball Magelang Club in 2021.

Purpose

The aim of this research is to determine the level of basic basketball technical skills in the male players of the Magelang Basketball Shaman Club in 2021.

Research methods

a. Research types and designs

The method used is a descriptive quantitative method used to describe or describe the data that has been collected as it is (Sugiyono, 2018). Data collection techniques in this research used tests and measurements. To get real test results, a basketball playing skill test from the Sports College (STO) was used (Ngatman, 2001) ^[31]. The collected data was then entered into the existing assessment norms to determine the level of basic basketball technical skills at the Putra Dukun Basketball Magelang club. in 2021.

b. Population and sample

The sampling technique in this research used total sampling, the population in this study were all male players from the Dukun Basketball Magelang club, totaling 20 players.

c. Data collection and retrieval techniques

The research begins with warming up first to avoid the risk of injury when the test is carried out. After that, instructions were given for the implementation of the test at the Dukun Basketball Magelang men's club. Carry out the first test, namely passing which is conducted during 15 seconds of bouncing the ball to the target point created on the wall. The second test is dribbling the ball across a path that has been created with a calculated time. Third test shooting for 1 minute by shooting as many balls as possible and with the shooting position determined by the test participant himself.

Table 1: Norms for assessing basketball playing skills

Classification	Total T-Score
Very well	222 – up
Good	193 – 221
Enough	165 – 192
Currently	136 – 164
Not enough	107 – 135
Less than once	79 – 108
Signs	78 – down

The table above is the result of data processing and analysis in this research which includes three steps, namely: 1) preparation 2) Tabulation 3) Descriptive statistics. In table 1 assessment norms Passing, Dribble, shooting used to calculate the skill level for each test, namely the test Passing, Dribble, Shooting. Table 2 is the norm for assessing basketball playing skills to calculate the overall level of basic basketball technical skills.

Research results and discussion

From the table below, it can be seen that the level of basic basketball technical skills of the Dukun Basketball Magelang Club is as follows: 2 Players or 10% Very Good, 15 Players or 75% Good, and 3 players or 15% fair, 0 students or 0% Average, 0 players or 0% Poor, 0 players or 0% Very Poor and 0 players or 0% Poor.

Table 2: Distribution of basic basketball technique skill levels at the Dukun Basketball men's club Magelang

Total T-Score	Classification	f	f%
222 – up	Very well	2	10%
193 – 221	Good	15	75%
165 – 192	Enough	3	15%
136 – 164	Currently	0	0 %
107 – 135	Not enough	0	0 %
79 – 108	Less than once	0	0 %
78 – down	Signs	0	0 %
Amount		20	100%



Fig 1: Histogram of Basic Basketball Technical Skills Test Results

The results of the level of basic basketball technical skills show that 2 players or 10% are in the "Very Good" category, 15 players or 75% are in the "Good" category, 3 players or 15% are in the "Fair" category, 0 players or 0% are in the "Fair" category. "Medium", 0 players or 0% in the "Money" category and 0 players or 0% in the "Very Less" category,

In the game of basketball, there are several determining factors in the game, apart from team play, individual skills are no less important. Therefore, basketball athletes must master basic basketball techniques such as (Amber, 2012) ^[2] the basic techniques when playing basketball are: 1) throwing the ball and catching the ball (passing and catching), 2) Shooting (shooting), 3) herding (dribble) 4) exercise the legs (pivot), 5) fight for the ball in the air (rebounding) , 6) Jumping (jump). Meanwhile, according to (Sodikun, 1992) ^[48] the basic technical skills of playing basketball consist of 6: 1) basic throwing and catching skills, 2) basic dribbling skills, 3) shooting skills, 4) pivoting skills, 5) shooting lay up, and 6) snatch the ball in the air. In basketball itself, there are several basic techniques that must be mastered to support the individual player's abilities, namely: dribbling, passing, shooting, rebound, dan pivot, (Temmassonge, 2020a)

The game of basketball in order to gain proficient and proficient skills. It is very important to master the right technique, "to become a great basketball player, an individual must have the ability and good foundation to play basketball properly (Danny, 2008) ^[12]. In order to obtain skilled and proficient movements requires special procedures and mastery of various techniques: 1) Throwing and Catching Techniques (passing), 2) dribbling technique (dribble), Shooting technique (shooting, 4) Axis movement technique (pivot), 5) technique lay up shoot (lay up), 6) creeping technique (Rebound) (Sodikun, 1992) ^[48]. (Heri Amirullah, 2003) ^[18] says that skill is defined as an action or movement and an indicator of the level of

proficiency. On the other hand, sports skills can be understood from two main dimensions. First, skill is a movement task so that skill can be interpreted as a response to a stimulus which is described qualitatively and quantitatively. (Sukanti, 2007) skills are motor movements in the high category, so that when the eyes see they will form beautiful movements because the movements will be organized and aesthetic.

(Amber, 2012) ^[2] basic basketball techniques are the basic movements in the game of basketball, namely: 1) throwing the ball and catching the ball (passing and catching), 2) Shooting (shooting), 3) herding (dribble) 4) exercise the legs (pivot), 5) fight for the ball in the air (rebounding) , 6) Jumping (jump)(Irsyada Machfud, 2000) ^[21] basic basketball techniques consist of 1) dribbling the ball, 2) passing and catching the ball, 3) shooting the ball, 4) catching the ball without entering the basketball ring.

The understanding of the experts above can be concluded that basic basketball technical skills are actions or movements that a person or individual has to carry out basic movements passing, dribble and shooting in the game of basketball so that the movements made are beautiful because they are organized. Judging from the results of the research, it shows that the level of basic basketball technical skills at the Putra Dukun Basketball Magelang Club is in the "Good" category.

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