

## One Hand Pass Training Model in Basketball Games For 13-15 Years

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### Abstract

This study aims to produce an innovative one-handed passing training model in basketball games for beginners that can provide benefits for basketball coaches to convey these varied training models and can help athletes to understand and achieve the expected training results to play basketball well. This research method uses research and development (Research & Development). The time required for this research refers to the research and development of the Borg and Gall development model which takes 4 months. The subjects of this study were adolescent athletes aged 13-15 years, The Hawk Basketball team with a total of 60 basketball athletes.

**Keywords:** Passing, basketball, learning model

### Introduction

Basketball is one of the most popular sports in the world. Its fans of all ages find basketball a fun, competitive, educational, entertaining, and healthy sport. The five-on-five form of the game became the most popular form of basketball. In its development, basketball has various entertaining games and matches to help its fans develop their basic skills and knowledge. (Sulaiman et al., 2021b). Basketball is a sport that is included in the sports that are competed in the highest multi-event events in the world, starting from the Olympics, Asian Games, SEA Games, and other championships including at the National Sports Week (PON). The sport of basketball in Indonesia has developed and progressed and is popular with the public. It is proven by the increase in the number of branch managers (pengcab) and associations (clubs) of members of the Indonesian Basketball Association (PERBASI). The development of the sport of Basketball in Indonesia can also be seen from the number of championships held both single and multi-event events in cities and districts.

Basketball is a group game consisting of two teams of five people each competing to score points by putting the ball into the opponent's basket. Basketball can be played on an open court, although professional matches are generally played in an enclosed space. Now the world is familiar with the development of this branch of basketball into a smaller one-court game played by 4 x 4 and a half-court game played by 3 x 3. (Sulaiman et al., 2021b)

There are 9 basic basketball techniques, namely Dribbling, Passing, Shooting, Ball Handling, Catching, Rebound, Tuck Position, Footwork, and Pivot. Every player is required

to be able to master good playing skills and basic techniques. Each basic technique has a different function and purpose, such as passing is used to feed the ball, catching is used to receive or catch the ball, dribbling is used to control and dribble, and shooting is to enter the ball into the opponent's ring to get points, ball handling to control the dribble of the ball better, rebound to pick up and grab the ball in the air to attack, tuck position to protect the ball with a strong stance so that the ball is not easily grabbed by the opponent, footwork to make our movement more agile and fast to change direction, and pivot for movement with a pedestal of 1 axis to get the spacing of the defending opponent. (Sulaiman & Fitrianto, 2013). Each technique carried out has several stages of motion, namely the initial attitude, implementation attitude, and final attitude which are mutually sustainable between stages. Each series of movements if done properly and correctly starting from the stance of the stance legs, body posture, hand attitude when holding the ball and the direction of view, the technique used will be good, so that every movement is expected to be more effective and efficient.

Passing technique is one of the mandatory skills that must be possessed by a basketball player. With the skill of the passing technique possessed by the player, making the course of the game in the match easier, making the opponent's defense always move so that there will be a blemish to penetrate and delay the movement of his defense, and the attack will reach the opponent's attack point faster. so that the opponent is late to return to his defensive ring.

Teamwork is indispensable in every team sport. In this basketball game, teamwork is necessary to achieve success, a team must play by combining teamwork with the individual skills of the players. Good teamwork can be created through a series of exercises that involve all team members. While individual skills absolutely must be possessed by everyone by practicing all basic techniques in the basketball game. (Fajrin, 2017) If a team cooperates with fellow players, during the game the system will run better and more efficiently.

Therefore, it is very important passing technique in the game of basketball. To achieve the ability of assists, each player must be very proficient in all forms of passing in basketball games such as: chest pass - bounce pass - over head pass - one-handed pass (baseball pass) - Opera hook - pass behind the body (behind the back pass) - pass does not see (no look pass) and many other types of passes that are not recorded in the book of basic techniques of basketball games. Where usually the name is adjusted to the title nickname of the greatest player in the area where the game is played (Sulaiman et al., 2018).

## **Methods**

This research was made using research and development (Research & Development) which resulted in a model of passing practice in basketball games for beginners. The subjects of this study were adolescent athletes aged 13-15 years, The Hawk Basketball team with a total of 60 basketball athletes. The objectives of research and development of passing practice models in basketball games for beginners include:

1. Develop and apply a model of passing practice in basketball games for beginner clubs in South Tangerang.
2. Obtain empirical data on the effectiveness and efficiency of the development of models of passing training in basketball games for beginners in South Tangerang clubs. So that it can produce an innovative model of passing practice in basketball games for beginners that can provide benefits for basketball coaches to convey these varied

training models and can help athletes to be able to understand and achieve the expected training results to play basketball well.

The training model designed will pass with one hand to a stationary and moving target. In this study, the characteristics of the model developed is a one-handed passing exercise model. This means that researchers will develop forms of one-handed passing practice to a stationary and moving target with several variations. This training model will be compiled and developed as well as possible so that later it will produce a product that can be a guide and guide for basketball coaches.

The characteristics of the training model developed can increase the motivation of basketball players in undergoing the one-handed passing training process, which so far tends not to be fully implemented for basketball players in the basketball junior high school athlete association in South Tangerang. The target users in the research and development of this one-handed passing exercise model are basketball players from the Junior High School (SMP) athlete associations who practice at the South Tangerang city club. This one-handed passing exercise model consists of 20 models of passing exercises.

The development of a passing training model (one hand pass) for junior high school athletes uses the steps of model development developed by Borg and Gall which are adapted to the needs of researchers. Research and development of this model using the steps of developing the model include: 1. The first time it is determined is an idea that will be developed, R&D can depart from the potential problems that exist in the surrounding environment, in this case the problem that researchers get is the lack of models in basketball training, especially passing exercises. 2. Gathering information; After the potential and problems can be shown factually, then it is necessary to collect various information that can be used as material for planning. Field surveys are a way for researchers to collect information, information that can be obtained through trainers or through athletes. 3. The product design is the result of a series of initial studies, which in this study is a basketball passing practice model 4. Design validation is the process of assessing the training model created which will be assessed by experts 5. Design improvements after revision and known weaknesses 6. Limited product trials by practicing training models on junior high school athletes 7. Re-product revision based on limited field test results. 8. Trial of use in real conditions using different athletes from limited product trials. 9. Revise the product again if it is found to be deficient in actual condition 10. Manufacture of mass products after repair or revision. Passing Accuracy (One Hand Pass)

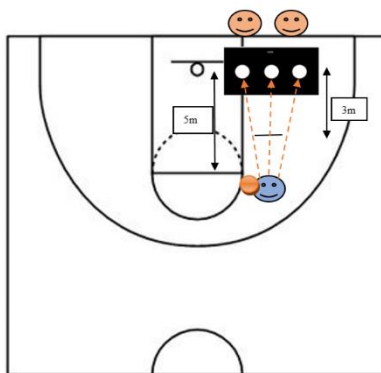


Figure 1. Basketball field

Aims to measure the ability of passing accuracy. In the implementation of the Testee standing behind the line that has been marked and may not step on or pass it ready to pass one hand pass, after the whistle sounds the testee may immediately pass 15 times to different targets, the first pass must go to target number 1 first. first, then pass the 2nd target, and then to target 3 and repeat from the beginning again so on until the ball runs out, each testee has 3 minutes to make a pass, after completion of passing 15x the testee alternates with the others and prepares to pass 15x chest pass /straightpass. Evaluation: a. Success in entering the ball into the target passing, is said to be successful if the ball enters under any circumstances, touches the cloth or not, a score of 2 for each ball entered. b. Fail if the ball does not enter the target and the testee steps on or crosses the line.

### **Result and Discussion**

From the Pre-Test data, the results of the measurement of the accuracy of the one hand pass basketball of The Hawk Basketball athletes obtained the highest score of 38, the lowest score of 12, the mean (average) 26.7 and a standard deviation of 5.8. To be clear, the distribution of pre-test data on the accuracy of the one hand pass for The Hawk Basketball athletes can be seen in table 1:

Table 1. Pretest Result accuracy of the one hand pass

<b>SKOR</b>	<b>FREKUENSI</b>	
	<b>ABSOLUT</b>	<b>PERSENTASE (F.RELATIF)</b>
12-15,7	2	3%
15,8-19,5	5	8%
19,6-23,3	6	10%
23,4-27,1	20	33%
27,2-30,9	16	27%
31-34,7	7	12%
34,8-38,5	4	7%

Based on the table above, it can be seen that there are 2 athletes (3%) who have a one-hand pass accuracy score of 12-15.7, as many as 5 athletes (8%) have a one-hand pass accuracy score of 15.8-19.5, as many as 6 athletes (10%) had a one-hand pass accuracy score of 19.6-23.3, as many as 20 athletes (33%) had a one-hand pass accuracy score of 23.4-27.1, as many as 16 athletes (27%) had an accuracy score of one hand pass 27.2-30.9, as many as 7 athletes (12%) had a one-hand pass accuracy score of 31-34.7, and as many as 4 athletes (7%) had a one-hand pass accuracy score of 34.8-38.5 . From the post-test data for measuring the accuracy of one hand pass basketball, The Hawk Basketball athletes obtained the highest score of 50, the lowest score of 32, the mean (average) 41.8 and the standard deviation 4.9. For clarity, the distribution of pre-test data for the accuracy of The Hawk Basketball athlete's one hand pass can be seen in table 2:

Table 2. distribution of post-test data for the accuracy of one hand pass for The Hawk basketball athlete

<b>SKOR</b>	<b>FREKUENSI ABSOLUT</b>	<b>PERSENTASE (F.RELATIF)</b>
32-34,6	6	10%
34,7-37,3	5	8%
37,4-40	13	22%
40,1-42,7	10	17%
42,8-45,4	10	17%
45,5-48,1	11	18%
48,2-50,8	5	8%

Based on table 2 it can be seen that there are 6 athletes (10%) who have a one-hand pass accuracy score of 32-34.6, as many as 5 athletes (8%) have a one-hand pass accuracy score of 34.7-37.3, as many as 13 athletes (22%) had a one-hand pass accuracy score of 37.4 – 40, as many as 10 athletes (17%) had a one-hand pass accuracy score of 40.1-42.7, as many as 10 athletes (17%) had a one-hand pass accuracy score. 42.8-45.4, as many as 11 athletes (18%) had a one-hand pass accuracy score of 45.5-48.1, and as many as 5 athletes (8%) had a one-hand pass accuracy score of 48.2-50.8.

### **Conclusion**

Based on the data that has been obtained, from the results of small group trials and large group trials and discussion of research results, it can be concluded that: This model of one hand pass basketball practice for ages 13 -15 years can be developed and applied in training the accuracy of one hand pass and one hand pass technique in basketball games. This basketball one hand pass training model is effectively used to add variations to basketball one hand pass exercises for ages 13-15 years.

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