



## Basketball Game Shooting Training Model Through Beef Approach

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### Abstract

This research aims to produce a basketball shooting training model using the BEEF approach and improve the BEEF training model to improve basketball shooting skills. To carry out a shot requires coordination from the body to the fingertips, which is called BEEF. The research method used in this research is a quantitative research method by carrying out pretest and posttest tests to obtain data on students' shooting abilities. The population of this study were students of SMP Negeri 1 Tanjung Raja who took part in basketball extracurriculars with a sample size of 20 people. The results of the data obtained were then carried out with a Normality test, obtained  $.166 > 0.05$  (pre-test) and  $0.065 > 0.05$  (post-test). Hypothesis. Based on the SPSS results that have been carried out, it was found that the hypothesis test was significantly smaller than 0.05 ( $\text{sig} < 0.05$ ) stating that there was an influence of providing a training model with the BEEF approach on students' shooting abilities.

Keywords: *Shooting Training Model, BEEF Approach*

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## **A. Introduction**

Sports are one of the efforts to improve the quality of human life. Besides its primary goal of promoting a healthy lifestyle, sports offer various benefits, including enhancing the body's metabolic system efficiency (Hardiyono et al., 2020). According to Jamalong (2014), sports development aims to enhance physical, mental, and spiritual fitness and to instill discipline and sportsmanship in Indonesian individuals to achieve success. Additionally, self-discipline is crucial in pursuing and mastering a sport (Rifandi, 2019). One of the prominent sports branches in Indonesia is basketball.

Basketball is a team sport played with a large ball by two teams of five players each, aiming to score points by shooting the ball through the opponent's hoop. Pratama et al. (2017) emphasize the significance of changing directions both offensively and defensively in basketball, whether with or without the ball.

Perfecting shots and scoring points in every opportunity is the objective of basketball to secure victory. Shooting in basketball matches involves attempting to score by throwing the ball into the opponent's basket (Tangel et al., 2021). Free throw shooting in basketball significantly contributes to a team's victory (Angraini et al., 2020). Shooting is a fundamental skill in basketball that

players must master, as it is essential for scoring points (Agung, 2020).

According to Hardiyono (2017), basketball shooting is divided into two types: field goals and free throws. Field goals are attempted during active play, while free throws are awarded by referees to players in specific situations to score one point from a designated spot behind the free-throw line. Shooting technique in basketball involves shooting the ball into the basket to score points (Podmenik et al., 2017). A shooter holds the ball near the forehead, extends and straightens the arm, and flicks the wrist forward (Okubo and Hubbard, 2016).

Based on the above explanation, to execute proper shooting techniques among members of the Extracurricular Activity of SMP Negeri 1 Tanjung Raja, an appropriate training model is required. Hence, based on this background, the author is interested in conducting research on the topic "Shooting Basketball Training Model Through The (Beef) Approach."

## **B. Method**

This research utilized an experimental method, involving pretest and posttest treatments. Thus, the experimental research method can be defined as a method used to investigate the influence of specific treatments on each other under

controlled conditions.

There were two data analysis techniques employed in this study: (1) prerequisite analysis tests and (2) hypothesis testing:

### 1. Prerequisite Analysis:

#### a. Normality Test

The normality test in this study utilized the Kolmogorov-Smirnov test with a significance level of 5% (0.05). The decision criterion for normality is that data are considered normal if the significance value (sig) > 0.05 and abnormal if sig < 0.05.

#### b. Homogeneity Test

The homogeneity test in this study employed the Bartlett test with a significance level of 5% (0.05). The decision criterion for homogeneity is that data are considered homogeneous if the

significance value (sig) > 0.05 and non-homogeneous if sig < 0.05.

### 2. Hypothesis Testing:

After conducting normality and homogeneity tests, hypothesis testing was performed. Hypothesis testing in this study utilized Two-Way ANOVA at a confidence level of 0.05.

### C. Results and Discussion

This study was conducted to determine the effect of the shooting training model in basketball through the BEEF approach at SMP Negeri 1 Tanjung Raja. Pretest data served as the initial data, while posttest data were collected after implementing the training model on students participating in basketball extracurricular activities at SMP Negeri 1 Tanjung Raja.

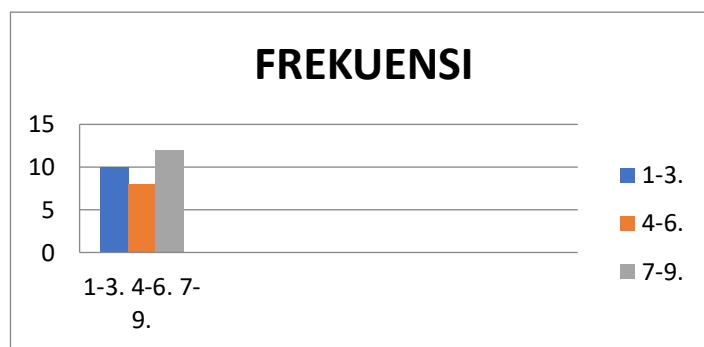
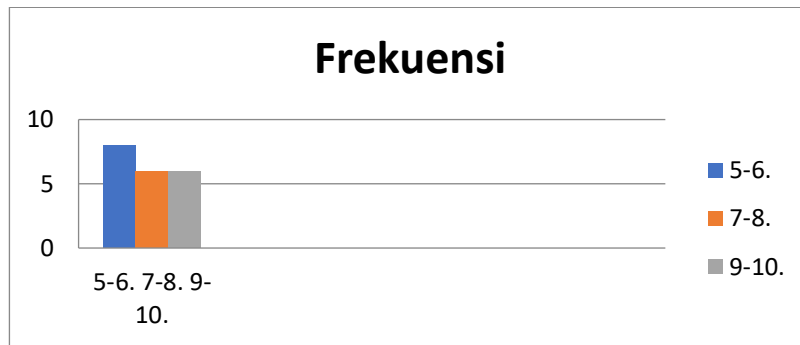


Figure 1. Histogram Distribution of Training Variation

Based on the histogram above, the distribution of training variation results reveals that the data obtained from the pretest show that there were 10 individuals

with scores falling within the class interval (1-3), 8 individuals within the class interval (4-6), and 2 individuals within the class interval (7-9).



**Figure 2. Histogram Distribution of Training Variation**

Based on the histogram above, the distribution of training variation results shows that the data obtained from the posttest scores indicate that there were 8 individuals within the class interval (5-6), 6 individuals within the class interval (7-8), and 6 individuals within the class interval (9-10).

### Normality Test

The normality test was conducted to determine whether the analyzed data are normally distributed or not. The normality test was performed using the Kolmogorov-Smirnov test in IBM SPSS for Windows release 21.0.

**Table 1. Normality Test**

		Normality		
		Kolmogorov-Smirnov <sup>a</sup>		
	Class	Statistic	Df	Sig.
Learning	Pretest	,164	20	,166
Outcome	Posttest	,187	20	,065

Based on the Normality Test conducted, it was found that the significance value (sig) for the improvement in basketball shooting performance between the pre-test and post-test scores yielded values higher than the alpha level of 5% or 0.05. The significance values obtained for the pre-test were  $0.166 > 0.05$  (Normal), and for the post-test were  $0.065 > 0.05$

(Normal). Therefore, both pre-test and post-test scores are considered to have a normal distribution. According to Pratama et al. (2017), all variables with p-values (Sig.)  $> 0.05$  are considered to have a normal distribution.

### Homogeneity Test

**Table 2. Homogeneity Test**

		<b>Homogenitas</b>			
		Levene	df1	df2	Sig.
		Statistic			
Learning	Based on Mean	,247	1	38	,622
Outcome	Based on Median	,293	1	38	,591
	Based on Median and with adjusted df	,293	1	34,859	,592
	Based on trimmed mean	,239	1	38	,628

The homogeneity test aims to determine whether the data in this study exhibit homogeneous variances or not, with a significance level of 5%. Thus, data are considered homogeneous if the significance value (sig) > 0.05 and non-homogeneous if sig < 0.05.

Based on the analysis results above, the sig value obtained is 0.622. The homogeneity sig value obtained is greater than 0.05 (sig > 0.05). This indicates that the obtained values are homogeneous, thus it can be concluded that the data in this

study have homogeneous variances. Supported by Pratama et al. (2017), stating that according to the homogeneity rule, if  $p > 0.05$ , the test is declared homogeneous; if  $p < 0.05$ , the test is declared non-homogeneous.

**Hypothesis Testing**

Hypothesis testing for the research is conducted based on the data analysis results and the interpretation of the two-way ANOVA analysis. The sequence of hypothesis testing results is as follows:

**Table 3. Hypothesis Testing**

<b>Hypothesis Testing</b>					
<b>Dependent Variable: Hasil</b>					
<b>Source</b>	Type III Sum of Squares	Df	Mean Square	F	Sig.
<b>Corrected Model</b>	119,025 <sup>a</sup>	1	119,025	43,933	,000
<b>Intercept</b>	1199,025	1	1199,025	442,574	,000
<b>Class</b>	119,025	1	119,025	43,933	,000
<b>Error</b>	102,950	38	2,709		
<b>Total</b>	1421,000	40			
<b>Corrected Total</b>	221,975	39			

From the results of the Two-Way ANOVA test above, it can be seen that the value of F is 43.933 and the significance is 0.000. Since the significance value is  $0.000 < 0.05$ , it means  $H_0$  is rejected and  $H_1$  is accepted. Thus, it can be stated that there is a significant influence of implementing the shooting training model with the BEEF approach on the improvement of shooting abilities of students at SMP Negeri 1 Tanjung Raja.

### **Discussion**

Based on the calculation results and data analysis of the research, it can be observed that there is an influence of shooting using the BEEF approach training method on the shooting outcomes of students at SMP Negeri 1 Tanjung Raja. The average score obtained by students in shooting training with the BEEF approach increased from 75 before the experiment to 144 after the experiment. According to Ramadhan and Irawan (2022), improving basketball shooting skills using the BEEF concept (balance, eyes, elbow, follow-through) can assist athletes in achieving shooting success. Shooting technique can be measured by ball accuracy, where if the ball is placed precisely in the middle of the ring box, it is likely to go in. However, if the ball deviates from the ring box line, it is unlikely to go in (Ombi et al., 2021).

According to Safitiri (2021), successful shooting requires players to pay attention to their stance, ball handling, set point, ball push, directing the ball to the basket, releasing the ball, and follow-through. Mastery of shooting techniques requires regular and continuous practice. Regular and continuous shooting practice can affect shooting accuracy, which in turn can help a team achieve victory (Afrizal, 2019). Good shooting technique will determine the chances of scoring points and winning a game (Pratama et al., 2020).

Effective shooting results in scores rather than just attraction. Good technique movements will lead to work efficiency, and thanks to regular training, good effectiveness will be achieved as well. A team's success in this game is always determined by its success in shooting. To succeed in shooting, proper techniques must be employed (Hardiyono, 2017). The improvement in shooting ability due to the shooting training program using the BEEF method is achieved through correct techniques from preparation, execution, to follow-through (Alamsyah et al., 2022).

Bayu (2019) emphasizes that shooting techniques in basketball, introduced to players from an early age, such as the BEEF concept, facilitate athletes in understanding and mastering shooting techniques properly. The BEEF concept is a shooting technique that helps athletes

understand and master shooting properly (Hardiyono, 2017). Continuous improvement movements, starting from preparation, execution, to follow-through, are crucial.

Students are said to have good shooting movement skills from the preparation phase to the follow-through phase, which is performed continuously and smoothly (Litrenta et al., 2020). Continuous improvement movements, starting from preparation, execution, to follow-through, are crucial. If these steps are executed smoothly or continuously, good shooting results will be obtained (Hidayat and Kartiko, 2018).

The advantages of shooting with the BEEF concept include efficient and effective movements that are easy to understand, with goals always considering the difficulties experienced by students, especially when performing shooting movements (Aryanti and Supriyadi, 2021).

#### **D. Conclusion**

Based on the research and data analysis conducted, it can be concluded that: There is a significant influence of the training model with the BEEF approach on the shooting abilities of students at SMP Negeri 1 Tanjung Raja; There is an improvement in shooting techniques using the BEEF concept among students at SMP

Negeri 1 Tanjung Raja, as evidenced by balanced movements, focused eyes, elbows forming a 90° angle, and relaxed follow-through resulting in good ball release and rotation.

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#### **F. Conflict of Interest**

No conflict of interest

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