Development the Learning Model of Basketball Passing With Playing Approach on Junior High School Students

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ABSTRACT
This research aims to develop a product of basketball passing model with playing approach on junior high school students. The method which used in this study is a research and development methods using development research model by Borg and Gall. The steps are: 1) preliminary assessment, 2) planning the development of the model, validation, evaluation, 3) revision of the model and 4) implementation of the model. To test the effectiveness of the model used an instrument test of basketball. The validation of instrument test using assessment by expert judgement. To view the results of the effectiveness of the model used statistical test by using t-test formula, one group pretest-posttest design. The result of the effectiveness test is 6.83 when the pre test increased to 10.25 during the post test, an increase of 28.06%. From the results of data analysis proved that there is an increase of the results pre test and post test both students of male and female. Based on the test results of this research, empirically proven that the product results in the form of learning model of basketball passing with playing approach on junior high school students have a very good effectiveness and can be implemented.

Keywords: Development, Model, Learning, Passing, Basketball, Playing

1. INTRODUCTION

Physical education is one of the subjects included in the school curriculum. Physical education teaches a variety of sports, one of which is basketball. There are some basic skills that are taught such as dribble, shooting and passing. Based on the needs analysis in the field obtained by observation in the learning process, many students have difficulty learning passing skills. Researchers see that until now the learning method applied by most physical education teachers is still conventional and tends to make students easily bored in living it.

The researcher believes that such learning is less effective for junior high school students. Researchers see many students who are not interested in participating in learning so the goals of learning are not achieved. Students are bored and feel bored with such learning because it does not make students feel happy doing it. For that researchers want to try to develop a passing learning model with a playing approach that can help in learning.

Based on the problems experienced by students in passing basketball learning, researchers want to develop a passing basketball learning model that fits their learning needs in junior high school. The development meant means completing the existing one by holding a simple, multiplying learning or modifying it. The model that will be developed is a challenging and exciting game concept that makes students enthusiastic to do it, but there are still learning elements in it. So that students without realizing it still do it but it is not boring because it is a fun designed game without losing the element of mastering the technique in doing passing skills.

In addition, the form of learning will be designed to resemble the real situation in a competition so students will be familiar with the conditions when on the field in the real game. Learning like this can not only improve fitness and practice motoric movements of students physically but also can improve emotional abilities, instill moral values through games so that it has a positive impact on growth and development both physically and psychologically. The effort is expected that students will have many and varied experiences of motion so that students will become children who know a lot of motion variations and grow varied concepts of motion. The purpose of this study is to help students move more in interesting and joyful situations without losing the essence of physical education itself.

1.1 Basketball Passing

In basketball games there are several basic techniques known as dribble, passing and shooting. Passing is a fundamental technique in basketball games. This skill is done by passing or moving the ball to a teammate. "Accurate passing is one of the keys to the success of a team's attack and is a decisive element of shots that have a high chance of scoring"[1].

"In coaching, good passing tends to take the pressure off a team's defensive play and break down the opponent's defense. Because passing is the quickest way

to move the ball and challenge the defense, it should be the primary weapon of offensive attack, thus applying the priority principle of balance and quickness"[2].

Passing can be done quickly and can also be done slowly. The type of passing depends on the overall situation, namely the position of friends, opponent's position, time and tactics. "A team that passes well will have fewer turnovers and create more scoring opportunities"[3]. To be able to pass well in various situations, players must master various kinds of basic techniques to pass the ball well.

In basketball games, there are several types of passing, such as: chest pass which is a type of passing at breast height, bounce pass is an passing that bounces to the floor, and an overhead pass which is a head-high passing. This technique can be done in various ways, you can use the media, in pairs or in groups according to your training needs and the situation during the match. Next, some forms of passing in basketball games:

1.1.1 Chest Pass

Chest Pass is a type of passing performed in front of the chest, faster and more accurate to reach a teammate who is the target for catching the ball. When doing chest passes there are several technical sequences including: How to hold the ball, prefix, throw repulsion, and follows through movement. This type of operand is commonly done if there is no defender between the passer and his teammate. The way to do this is to hold the ball at chest level and close to the body. Elbows are bent and fingers open holding the ball. When the ball is released, the arms and hands are straightened with the palm facing outward. This type of operand is the most accurate. "The chest pass is the most commonly used pass in the game. Accuracy is the key here, achieved by using good follow-through and keeping eye contact with your intended receiver"[4].

1.1.2 Bounce Pass

The basic bounce pass movement is the same as a chest pass, even though the situation when it is done is different. Bounce pass is often done in pivot games when players pass to their teammates guarded from behind, or in situations where chest passes are not possible. "The bounce pass is especially useful for smaller players in game situations. Rather than throw a pass around or over the long arms of taller players, the smaller player can use a bounce pass to reach the target"[5].

1.1.3 Overhead Pass

This passing is usually done to throw a ball into a high and low post area or as a throw that starts a fast attack after the ball bounces or when throws in. "The overhead pass is a two-handed pass that is thrown from above the passer's head. This pass is most effective when a player is closely guarded and needs to pass over the defender. The overhead pass is often used by players as an outlet pass to start the break, a skip pass over the defense, or an option for feeding the post"[6].

"Basketball is a game in which five players move the ball as a team. Good passing and catching are the essence of team play—the skills that make basketball such a beautiful team sport"[7]. Basketball is a type of complex game of movement. This means that the movement consists of a combination of neatly coordinated motion elements. The analogy is in basketball, before passing, we must first know how to catch the passing ball well, after that we must also pay attention to how to hold the ball correctly. If the way to hold the ball is wrong, of course we cannot pass well. Meanwhile, "Consistently successful basketball teams pass the ball well, yet passing might be one of the most neglected of the three primary offensive skills (shooting, dribbling, and passing)"[8].

Technically, passing is one of the basic techniques of the game that must be mastered by a basketball player besides shooting and shooting. Seen when a player is in a game arena, it is not uncommon for them to always pass. Passing is used to build attacks or when doing fast breaks. For this reason, each player is required to have a high

quality of passing so that they can help the team get as many scores as possible. "Accurate passing is one of the keys to the success of a team's attack and is a decisive element of shots that have a high chance of scoring"[9].

In games, passing is very important skill besides dribble and shooting. "At every level of the game, players need to know the basic passes. You should know why you're using a certain pass, what its purpose is, and what the result will be. Passing is the thinking player's part of the game"[10]. Passing is the most effective way to move the ball from one player to another quickly. By making accurate passes it will help to attack the opponent's area so that it is easy to put the ball into the basket.

"Effective passing is the key to moving the ball into position to take high percentage shots. Players pass the ball to maintain possession and to create scoring opportunities. Passes should usually be short and crisp, and they should arrive above the waist and within easy reach of the receiver. Long or slow passes are likely to be stolen, and players should avoid throwing too hard or using passes that are difficult to control. Additionally, if possible, passes should be thrown to the receiver's side that is farthest from the defender"[11].

From the above opinions, it can be concluded that passing techniques are fundamental in basketball games. Passing is used to pass or move the ball to a teammate. There are many factors that can influence it, including the player's position, the player's anxiety in executing the ball, nervous, or even not at all. Success in passing requires the use of techniques and the right timing to produce quality operands. Therefore we need a learning process and the application of exercises systematically (planned, from simple movements to more complex movements), repetitive and progressive (gradual) in improving passing movement skills.

1.2   Playing Approach

Playing is a common activity commonly used by people who are in a society, such as the environment of children, youth, and adults. Even said children fill a large part of their lives by playing. "Children play in many ways and for many reasons. There are multiple meanings for play and multiple forms of activities that we call play"[12]. The game is a tool for children to explore their world, from what is not recognized to what is known, and from what they cannot do until they are able to do it.

"For adults play is what what they do when they have finished their works. It is a form of relaxation. For young children play is what they do all day. Playing is living and living is playing"[13]. For a child, playing is an activity they do throughout the day because for children playing is life and life is a game. Children generally enjoy the game very much and will continue to do it wherever they have the opportunity, because through playing, children learn about what they want to know and ultimately be able to recognize all the events that occur around them.

"Children like to play because there is an inner urge in them and an urge to develop themselves. Many scientists are interested in researching the game because they are aware of the importance of the role of the game in development "[14]. Playing for children has values and characteristics that are important in the progress of the development of everyday life. At the beginning of each playing experience there is a risk. There is a risk for children to learn for example riding their own bicycle, learning to jump. Another element is repetition. "Playing is an activity carried out by children repeatedly for pleasure without any goals and objectives to be achieved"[15]. From this definition, an absolute requirement when a child does an activity called play is that the activity he performs creates a pleasant effect on the child.

Pleasant feelings are only one small part of the benefits that children get from playing activities. Because through playing, children can develop all aspects of their development. "Why do children play? Play certainly takes up an appreciable portion of many children's time budgets. It seems likely it is an important part of children's development"[16]. For children, playing is learning. When adults build their knowledge through reading, the child builds his knowledge through playing. through various kinds of play activities, children exercise their physical and motoric abilities, mature emotions and hone their social skills, expedite their communication, also develop their cognition.

When playing, children can practice all gross motor movements such as running, jumping, jumping and other movements with the aim of their movements even though they are not systematically organized but meaningful or desired that is achieved by functioning their gross motor movements.

Playing approach in basketball passing learning is designed to produce fun, challenge, creativity, problem solving, and motivation. Children should be involved in dynamic and fun activities with lots of freedom to move. Playing approach will make students interested and enthusiastic about learning, will also develop students creativity, improve their ability to make decisions, and improve their physical abilities. In Playing approach children get the opportunity to develop their physical condition such as strength, speed, agility, coordination, dexterity that can add to the richness of the child's movements. With this concept children develop in all aspects - physical, social, emotional, and mental.
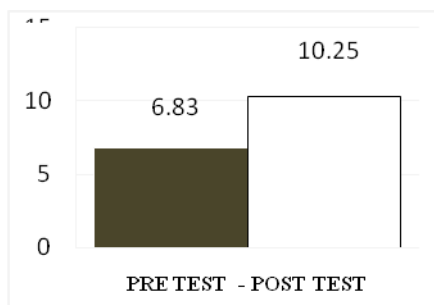
2.   METHODS

This research and development began with the authorization of research titles to research in the field from January to September 2017. The samples in this study were: (1) 34 students in a small group trial, (2) 72 students in a large group trial, and (3) 72 students will be involved in the effectiveness test. Students who are involved in each trial and effectiveness test are carried out in different groups. The selection of students as the subject of the trial is carried out by random.

The method which used in this study is a research and develolmpment methods using development reaserch model by Borg and Gall. The

steps are: 1) preliminary assessment, 2) planning the development of the model, validation, evaluation, 3) revision of the model and 4) implementation of the model.The validation of instrument test using assesment by expert judgement. To view the results of the effectiveness model used statistical test by using t-test formula, one group pretest-posttest design.

3. RESULTS AND DISCUSSION

Based on the results of the study there was an increase in the results of the pre test and post test conducted by students. It will be explained by the diagram below:

When the pre test is done the average value achieved by students is 6.83, then given a treatment in the form of passing basketball learning with the approach to play. The result is when the post test is done the average student score increases to 10.25. Data analysis also provides an increase from the results of the pre test and post test of 28.25%. The following will describe the results of data analysis in the table below.

Data	Pre Test	Post Test
Sample	72	72
Mean	6.83	10.25
Higheest Score	9	12
Lowest Score	5	7
Standars Deviation	12.87	13.12

4. CONCLUSION

This research has produced a product in the form of a passing basketball learning model with playing approach on junior high school students. The product of this study consists of 41 game material which is divided into three parts: 1) 16 basketball passing learning material with playing approach using chest pass, 2) 12 basketball passing learning material with playing approach using a bounce pass, and 3) 13 basketball passing learning material with playing approach use an overhead pass.

Based on the test results of this research, empirically proven that the product results in the form of learning model of basketball passing with playing approach on junior high school students have a very good effectiveness and can be implemented.

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