



Basketball Basic Skills Levels of Students in East Java, Indonesia

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Abstract. This research describes fundamental basketball skills of basketball extracurricular students individual at MA Negeri 2 Probolinggo City which is still unknown. The type of this research is the quantitative descriptive with the survey method. The number of students who took part in basketball extracurricular was 30 students so the type of total of the sample. The Johnson Basketball Test as the instrument of this research has a reliability of 0.80 and validity of 0.79. There are three test variables, they are dribbling, passing, and shooting. This data analysis technique uses descriptive statistics and data presentation in the form of percentages. From the overall test results, the Basic skill level of basketball extracurricular players at MA Negeri 2 Probolinggo City, there is a student carried the “Very Good” category with a percentage of 3.33%, two students within the “Good” category skill with 6, 67%, three students categorized as “Enough” with 10.00%, one student categorized as the “Less” skill with a 3.33% and twenty-three students categorized as “Very Less” skill with 76.67%. In conclusion, the Basic skill level of basketball extracurricular players at MA Negeri 2 Probolinggo City could be categorized as the low skill level of basketball extracurricular.

Keywords: Basic Skills · Basketball · Estracurricular Introduction

1 Introduction

Basketball is a game using a large ball, is played with the hands, it aims to put the ball into the opponent’s ring, and preventing the opponent’s ball into own ring [1]. The basis of this game is included in the school curriculum, namely in the physical education lesson or when students take extracurricular activities. Basketball games are included in the school curriculum, namely physical education. The basic material for playing basketball skills obtained by students is limited to cognitive knowledge. Considering the purpose of physical education itself, namely the psychological development of students and physical growth of students through sports and physical activities. According to Indonesian Law No. 3 2005, it is stated that physical education is carried out continuously in order to gain knowledge, skills, personality and physical fitness. While extracurricular, it does not only have a purpose to develop the body, it has many goals such as improving skills furtherly, maximizing the talents of each student, obtaining various basic techniques

and to be the winner in the competition. Extracurricular activities are very important because they improve physical activities for students with maximum efforts. That one of the goals of sports extracurricular is to develop the students' talents and interests to pursue the achievements in sports. To pursue achievements in basketball games, not only a healthy body but basic basketball skills are one of the important things [2].

During the tournaments, playing techniques and basic skills become benchmarks in the game because the better the technique mastered, the better the game will be and it will be easier to win the tournament and vice versa. Basic techniques in basketball games are basic movements that must be achieved in basketball game skills. In basketball matches, skills must be mastered so that the movement is better to determine match victory. Similar with Prasetyo & Sukarmin, who stated that the technique should be carried out efficiently and effectively during the match [3]. Basic techniques in basketball games are important because they will affect the game starting from dribbling, passing, and shooting. The basic technique of skills is important because it will have a big impact on the individual itself, the school and the country because if the game techniques are good and enjoyable, the country will have potential athletes who can bring the country's glory in international level.

MA Negeri 2 Probolinggo (Public Islamic Senior High School 2 Probolinggo) is one of the schools that quite often participates in the tournaments. From the observation result, since the establishment of the MA Negeri 2 Probolinggo, this school only got one achievement by becoming the runner up of Probolinggo Mayor's Cup event in 2018, and the basketball team of MA Negeri 2 Probolinggo never won another title since. Some reasons why the basketball team of MA Negeri 2 Probolinggo has not win any title are because their regular practice schedule is only once a week, lack of students taking the basketball extracurricular, lack of school support, and there is no data to record students' basic basketball skills.

Tests and measurements become one of the important activities in an extracurricular activity in order to get results and carry out evaluations [4]. Some aspects in the measurement are: 1. Clear goals. 2. The test values. 3. Measurements for the program improvement. 4. Performed by a coach or expert in the field. The purpose of the measurement test is to classify something, provide motivation, evaluation and research. In this study, the emphasis is on data to determine the basic basketball skills level of students who take basketball extracurricular at MA Negeri 2 Probolinggo, and to answer on why the basketball team of this school no longer achieve good results in the tournaments they participated in. The data is useful for basketball coaches to determine what needs to be improved on students' basic skill techniques and also useful for the school to know the progress of athletes and coaches carrying out routine practices.

2 Method

This study uses quantitative descriptive research to describe the students' basketball basic skills. This study uses total sampling which is in accordance with the observation results that there are 30 students taking the basketball extracurricular at MA Negeri 2 Probolinggo, East Java. This study was conducted on Friday, April 1, 2022. The data was collected using the Johnson Basketball Test because this test is suitable for junior

Table 1. Basic skills test results of students taking basketball extracurricular at MA Negeri 2 Probolinggo.

No	Variable	Unit	Max	Min	Mean	SD
1	Shooting	Attempts	14.00	1.00	6.13	2.94
2	Dribbling	Attempts	28.00	12.00	15.77	3.67
3	Passing	Attempts	28.00	12.00	16.50	4.99

Table 2. Frequency distribution of shooting skill test results of students taking basketball extracurricular at MA Negeri 2 Probolinggo.

Category	Interval	Frequency	Percentage
Very Good	11–14	3	10.00%
Good	8–10	3	10.00%
Fair	6–7	10	33.33%
Poor	3–5	12	40.00%
Very Poor	1–2	2	6.67%

high schools and high schools. Test validity is 0.79 and test reliability is 0.80. The test consists of *shooting*, which is by throwing the ball by the nearest distance, *dribbling*, which is by passing through obstacles and the last is *passing*, by throwing the ball to a predetermined target. The data analysis technique used is descriptive statistics, then the results of each test were calculated and presented with percentage.

3 Result and Discussion

3.1 Result

Presentation of data from tests conducted at MA Negeri 2 Probolinggo on Friday, April 1, 2022, it shows the lowest and highest scores on each variable of basic basketball skills. This data is described in the following table.

Table 1 shows the scores of various tests carried out to the students taking basketball extracurricular with the highest shooting skill score is 14.00 and the lowest score is 1.00. The average is 6.13 so that the standard deviation (SD) is 2.94. The results of the highest dribbling skill score is 28.00 and the lowest score is 12.00. The average is 15.77 so that the standard deviation (SD) is 3.67. The result of the highest passing skill score is 28.00 attempts and the lowest score is 12.00. The average is 16.50 so that the standard deviation (SD) is 4.99.

Based on Table 2, there are 3 students who can be categorized as very good with the percentage (10.00%), there are 3 students who can be categorized as good with the percentage (10.00%), there are 10 students who can categorized as fair with the percentage (33.33%), there are 12 students who can categorized as poor with the percentage

Table 3. Frequency distribution of dribbling skill test results of students taking basketball extracurricular at MA Negeri 2 Probolinggo.

Category	Interval	Frequency	Percentage
Very Good	26–28	2	6.67%
Good	23–25	0	0.00%
Fair	20–22	2	6.67%
Poor	18–19	1	3.33%
Very Poor	14–17	25	83.33%

Table 4. Frequency distribution of passing skills test results of students taking basketball extracurricular at MA Negeri 2 Probolinggo.

Category	Interval	Frequency	Percentage
Very Good	27–28	3	10.00%
Good	25–26	1	3.33%
Fair	23–24	2	6.67%
Poor	20–22	1	3.33%
Very Poor	14–19	23	76.67%

(40.00%), and there are 2 people who can categorized as very poor with the percentage (6.67%).

Based on Table 3 above, there are 2 students who can be categorized as very good with a percentage (6.67%), there are no student who can be categorized as good with a percentage (00.00%), there are 2 students who can be categorized as fair with the percentage (6.67%), there is 1 student who can be categorized as poor with the percentage (3.33%), and there are 25 students who can categorized as very poor with the percentage (83.33%).

Based on Table 4 above, there are 3 students who can be categorized as very good with a percentage (10.00%), there is 1 student who can be categorized as good with a percentage (3.33%), there are 2 students who can be categorized as fair with a percentage (6.67%), there is 1 student who can be categorized as poor with a percentage (3.33%), and there are 25 students who can be categorized as very poor with a percentage (76.67%).

3.2 Discussion

The shooting skills of basketball extracurricular students at MA Negeri 2 Probolinggo with a percentage of 40.00% can be categorized as poor and it can be seen in the table above that only 3 students who got a very good percentage with a maximum interval of 14 points. The aspects that cause students' shooting skills in poor category are described in the following explanation. During the data collection, students did ineffective shooting

movements. This test frees students to choose the type of shot and the distance of the shot, but during the test, students chose to do it too far from the ring, so that their percentage points are low. It would be better if the students do shooting tests with the closer distance to the ring and looking for a position that suits their current shooting skill levels because the researchers have allowed them to do it freely. Shots in basketball are the main way to earn points and an important element of the game [5]. According to Matulaitis & Grėbliūnas, the match victory is easier to achieve from close range shot rather than from far distance shot, using the closest to the ring shots such as *under basket shot*, *lay-up* and *slam-dunk* will have a better winning percentage than using long distance shot such as *3-points shot* [6].

Under basket is the easiest type of shot to do because it is very close to the ring [7]. Under basket can be done in two ways, first is by the help of a backboard and the second is by targeting ring directly. Actually, under basket shot can be done by shooting using less force, but the students chose to shoot from distant with their current skills and lack of accuracy, so the results are not so great. The basic shooting technique requires correct basic movements starting from the rotation of the shoulders, elbows and wrists. Before shooting, the height of the ball is in front of the forehead and the upper arms position is almost horizontal, then raise the hands, extend the elbows and throw the ball by straightening the hands towards the ring. There are important aspects in shooting, namely balance, eye, elbow and follow up movements. 1. Balance is the movement when catching the ball with the balance positions of knees and ankles. 2. Eye is when the player focuses on the target so that the shot will be accurate. 3. Elbow is maintaining the position of the elbows to make vertical arm movements. 4. Follow up movements are releasing the movements of the arms, wrists and fingers towards the ring.

The dribbling skills of basketball extracurricular students at MA Negeri 2 Probolinggo in very poor category is 83.33% and only 6.57% in very good category. During taking the test data, they were like losing control, their body was too bent or too upright so they did not achieve the intended speed and agility. This test aims to see the speed and agility of students' basic basketball dribbling skills. During a match dribbling speed is needed, for example to transfer from backcourt to frontcourt. In order to get more speed and effectiveness, dribbling amount can be reduced. Dribbling varies in terms of height, such as dribbling with a height below the knees and above the knees. To accelerate and reach long distances when dribbling, use a dribbling above the knees technique to move easier. Dribbling skills aim to get through obstacles and in 30 s to pass as many obstacles as possible and use the speed and agility as the basis. Dribbling is needed to move the ball from one place to another as quickly as possible. Takes agility when dribbling a to make it easier for players to move or control the speed of the ball in certain conditions. Body balance is important because basketball is a body contact game, so a high balance is needed. Balance affects agility and speed when dribbling if you don't have a high balance, it will be easy for you to fall and lose the ball. According to Krause and Nelson in Li, Rupčić, & Knjaz, 2021 that dribbling in matches has important impacts such as being able to change speed, direction while still on the track [8].

The passing skills of basketball extracurricular students at MA Negeri 2 Probolinggo in very poor category is 76.67%. During the passing test, there are still many bad positions such as legs that are still parallel, swing the aligned, swing and the way putting the ball

before it is thrown. In the passing test, researchers allowed the students to do the passing techniques freely, such as chest pass, overhead pass and bounce pass. Passing can speed up the chances of getting points and a team with good cooperation and good passing techniques is a great team. If they lack of power, they can maximize their swing to throw the ball and use their strongest foot to step forward to get more thrust.

Passing using the *chest pass* technique starts from the triple threat and the thumb facing up in order to push the ball backwards. *Bounce pass* is almost the same as the *chest pass* except that it is directed downwards and bounced. This throw is done by throwing the ball high or throwing to start the attack quickly. With a very good percentage less than 50% in the table above, it indicates that the level of students' basic passing skills is still far from perfect. Regular and constant exercise aims to master the movement techniques. The training can be done by gradually increasing the training loads to motivate the athletes so that they can reach maximum results. Some of the exercises to train arm muscles strength are push-up and pull up. Push-up and pull up are effective to form arm muscles so that they have the intended strength to do the passing techniques [9–11].

The basketball basic skills of students taking basketball extracurricular at MA Negeri 2 Probolinggo is in the very poor category with a percentage of 76.67%. The data are a collection of the of the basketball basic skill technique test results of the students taking basketball extracurricular. The data is collected and calculated to determine the categories from very poor to very good. From three basic skills of basketball, shooting is in the poor category, dribbling is in the poor category and passing is in the very poor category. From these data, it can be concluded that students taking basketball extracurricular at MA Negeri 2 Probolinggo are in very poor category. In basketball games, the basic skills are the athletes' must mastered skills. The training portion becomes very important aspect to improve the basketball basic skills in terms of cognitive and psychomotor techniques.

Training by using the simplest exercise design is flexible and able to stimulate the athlete's cognitive in order to accelerate the development of athletes and their methodological knowledge. Training becomes remarkable when it is adapted to the athlete's condition and self-learning. Exercise that is particularly remarkable when training is adapted to the athlete's condition and self-learning. Improving skills is also important for athletes as it determines whether they deserve to be the champions or not. Basic basketball skills techniques can determine victory, one of which is shooting correctly into the ring. Mental factors affect team's condition during the match, cooperation and a player's mentality can determine who will win and lose. Not only technique, self-confidence and belief in the team mates are important things during a match because they will affect team members' performances.

4 Conclusion

Based on the results and discussions of this research, it can be concluded that basic skill techniques in basketball games for students taking basketball extracurricular are very important. From the results of the data, 76.67% is categorized as very poor for playing skills in students who take extracurricular activities at MA Negeri 2 Probolinggo. The time and portion of training need to be increased because this is the extracurricular activity with the aim of earning achievements so that it requires more training portions. The

quality improvement of basic basketball skills is obtained from frequent practice and increasing game time by doing friendly matches. In order to get achievements, individual basic skill techniques and teamwork are needed. In extracurricular, tests and measurements become a guidance to see and develop students' weaknesses. It is expected that school and basketball coaches will pay more attention to their athletes and take measurements regularly. The data for the basic skill level with very poor category becomes a benchmark for coaches and school that the training program needs a lot of improvement.

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