



REVIEW

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The Effect of Wall Shooting Exercise Using the Beef Concept on Free Throw Shooting Accuracy in High School Women Students

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ABSTRACT

The purpose of the study. This research was motivated by the results of the free throw performed by the women's basketball extracurricular which was not optimal and not appropriate in its implementation. free throw is the accuracy of the direction of the ball shot towards the ring, where this shot is taken from behind the free throw line in a basketball game.

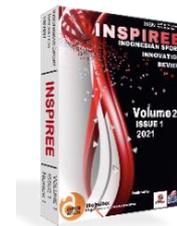
Materials and methods. Methods This research uses an experimental method with One Group, namely Pre-test and Post-test Design. The data collection technique was saturated sampling with inclusion and exclusion criteria. Data analysis in this study used the Wilcoxon test, Paired Sample T-test.

Results. Data analysis in this study used the Wilcoxon test, Paired Sample T-test. Research results based on the statistical output "Test Statistics", it is known that Asymp.Sig (2-tailed) is worth 0.001. Because the value of 0.001 is smaller than <0.05 .

Conclusions. The conclusion in this study is that there is a significant effect between the beef concept wall shooting exercise method on the extracurricular free throw ability of SMAN 1 bangkinang city.

Keywords: *basketball; wall shooting; free throw.*

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INTRODUCTION

Basketball is a group sport consisting of 2 teams of 5 people each competing to score points by throwing the ball into the opponent's hoop. This sport is generally played in a closed room or indoor. The difference is that you get at school, where basketball is mostly played in open spaces (Hardiyono, 2017). The most important skill in basketball is shooting skills or shooting the ball into the hoop. This skill is a skill that makes the biggest contribution to a team in winning matches (Putri & Umar, 2020). Basketball can be played by anyone, both young and old will find it easy to learn and

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play. Apart from using a fairly large ball, it is also easy to learn the basic techniques. Basketball is in great demand by young people, as evidenced by the many athletes and basketball clubs in Indonesia. Application of basketball games in extracurriculars to develop student achievement in the field of basketball. The game of basketball has basic techniques that must be mastered so that the game can run according to the rules (Awali, 2018).

In basketball games sometimes violations occur, the team that receives the violation is given a penalty shot or what is known as a free throw. According to Wicaksono (2013) Sodikun explains that a free throw is a prize given to a player to score one point. Entering one free throw does not only add one point, but can bring down the opponent's mentality, because to get points other than free throws there will be obstacles from opposing players. Free throw shots are taken according to the rules, at a position directly behind the free throw line. The ability to free throw must be trained and given special attention so that every opportunity to get a free throw shot can get maximum points. One of the training methods that we can pay attention to is wall shooting exercises (Bayu, 2019).

Wall shooting is a practice shot against the wall focusing on the hands to shoot behind the ball, elbow placement, releasing the index finger, follow through, and catching the ball in a shooting position. In addition to wall shooting exercises, there is a BEEF concept training method. According to Bayu (2019) one of the methods most often taught to students is the BEEF concept shooting exercise, because it is considered very effective and easy to understand. According to Riswan et al. (2021) Kosasih explains that BEEF is Balance, Eyes, Elbows, and Follow through. The BEEF training method can be applied to basic attitudes in shooting. The advantage of BEEF training is that it can maintain the basic attitude to do the right shooting.

Based on research observations when making observations on the Kodim basketball court, the women's basketball team still makes many mistakes in shooting free throws. The accuracy of the students' shots is still not quite right, There is no specific training to practice penalty shots (free throws), Students have not mastered the correct basic attitude when making shots, The intensity of training for free throws



is very little. Apart from the problems with this technique, there are also problems with the current pandemic.

MATERIALS AND METHODS

Study participants

Sample and Population The population in this study were students in the women's basketball extracurricular high school in Bangkinang City. The sample in this study is the technique of taking saturated sampling, namely taking samples where the entire population is used as a sample.

Study Organization

The research method used is the pre-experimental research method with the aim of knowing the effect of the independent variables on the dependent variable in this study is the free throw movement, and the independent variable is Wall Shooting practice. Thus this study is intended to find changes that occur from the application of wall shooting exercises to the Free Throw results.

Test and measurement procedures

In this study, the researchers used the test instrument, namely the free throw which was carried out in 2 stages, namely during the pretest (not given training) and posttest (after being given training). In this study, the data collection method used was sports tests and measurements, namely tests and measurements at free throws.

RESULTS AND DISCUSSION

Based on the results of data analysis, description, testing of research results and discussion, it can be concluded that there is a significant effect between wall shooting exercises and the results of free throw ability in female students, with the statistical output value "Test Statistics", known Asymp.Sig (2-tailed) has a value of 0.000. Because the value of 0.000 is smaller than 0.05, it can be concluded that "there is a significant difference in pre-test and post-test scores". The results of this study indicate that there is a significant influence between the results of the pre-test and post-test free throw abilities.

The results of the normality test of the Kolmogorov Smirnov test data show that the significance value for the pre-test and post-test scores is $0.93 > 0.05$, so it can be



said that the data is normally distributed. Since the data are normally distributed, the comparative test used is the paired parametric t-test. Based on the paired test table, it is known that the significance value is $0.001 < 0.05$, which means that there is a significant difference in the pre-test scores with the post-test scores. As shown in the descriptive statistics table, it is known that the average student free throw repetitions during the post test takes less time than during the pre test. This means that there is a significant effect of the wall shooting training method on the results of the free throw.

DISCUSSION

Based on the analysis of the t test conducted, it can be seen whether there is a significant effect on wall shooting exercises with the BEEF concept on free throw results in high school girls' basketball extracurriculars. The t test is also used to find out whether there are differences in the results obtained between the pretest and posttest. From the results of the t test, it can be seen that the significant value of t is ($0.001 < 0.05$). This result indicates that there is a significant difference between the pre-test and post-test of shooting free throws for extracurricular girls' basketball. From the pre-test data it has an average of 3 and during the post-test the average reaches 3.9. Thus it shows that wall shooting exercises with the BEEF concept can improve extracurricular basketball free throw shooting.

The magnitude of the change in Shooting ability can be seen from the average difference, which is equal to 3. There was an increase because the BEEF concept wall shooting training program was carried out with the correct technical stages starting from the preparation phase, the implementation phase, and the follow through phase. BEEF is a shooting concept that makes it easier for students to understand and master shooting techniques properly and correctly. The advantage of shooting with the BEEF concept is that it is efficient, effective and easy to understand. According to Hidayat & Dwi (2018), which was put forward by Kosasih BEEF, namely: 1. B (Balance) balance: Movement always starts from the floor, when catching the ball bend your knees and arrange so that the body is in a balanced position. 2. E (Eyes) eye: In order for shooting to be accurate the player must immediately focus on the target (players can quickly



coordinate the location of the ring), and the eyes are not blocked by the ball and hands.

3. E (Elbow) elbow: Maintain the position of the elbow so that the movement of the arm will remain vertical. 4. F (Follow through) follow-up movement: Lock your elbows and then release your arms, fingers and wrists to follow towards the ring. So that the results of hypothesis testing were answered showing that there was a significant effect of wall shooting exercises with the BEEF concept (X) on extracurricular women's basketball free throw shooting (Y)

CONCLUSION

Based on the results and discussion, it can be concluded that there is a significant influence between Wall Shooting exercises and the Beef concept on the accuracy of Free Throw Shooting in the women's basketball extracurricular at SMAN 1 Bangkinang Kota, with the statistical output value "Test Statistics", known as Asymp.Sig (2-tailed) is 0.001. Because the value of 0.001 is less than <0.05 . So it can be concluded that "there is a significant difference in the scores of the pre-test and post-test".

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APPENDIX

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