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Basic technical skills of basketball extracurricular members of senior high school

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Abstract

This research aims to see the profile of basic basketball technique abilities in male students who participate in extracurricular basketball at SMA Negeri 1 Klaten. So in this research aims to determine the basic basketball technical abilities in male of students who participate in extracurricular basketball at SMA Negeri 1 Klaten. This research is quantitative descriptive research using a survey type. The subjects in this research were 15 male students of SMA Negeri 1 Klaten who took part in extracurricular basketball. The instrument used is the STO test and measurement which consists of three test items, namely a passing test in the form of the Wall Bound Test, a dribbling test in the form of the Dribble Test, and a shooting test in the form of the Basketball Per Minute Test. Then the data was analyzed using descriptive statistical techniques. The research results show that the number of students in the good category of 6.67% or totaling 1 person, an above average category of 60% or totaling 9 people, and an average category of 33.33% or totaling 5 people. So, it can be concluded that the average basic basketball technical abilities of Klaten 1 Public High School students who participate in basketball extracurriculars are in the above average category.

Keywords: Basketball, Basic Techniques Test, STO, High School Students

1. Introduction

Basketball is a sport that is currently popular and is in great demand by Indonesian people from various backgrounds and age groups. Basketball is a group sport consisting of two teams consisting of five players on the court competing against each other to score as many points as possible by putting the ball into the opponent's basket and preventing the opponent from doing the opposite. This definition follows what is written in the official 2022 basketball rules guide in Rule One - Match. Article 1.1 regarding the definition of a basketball match states that "Basketball is played by 2 teams, each consisting of 5 players. The goal of each team is to score points into the opponent's basket and try to prevent the opposing team from scoring" [1]. This sport can generally be played on indoor or outdoor fields. Basketball is played for 40 minutes which is divided into four rounds usually called quarters, so that each quarter is played for 10 minutes. The game of basketball is a sport that is fun, very entertaining, and also more competitive because the game tends to be very complex when compared to other team sports such as football or volleyball. Basketball is a complex sport that consists complex and simple motions in terms of cooperation, collaboration performed by members of the team in the game [2]. The game of basketball is said to be complex because it has the characteristics of an aerobic-based anaerobic sport and requires high-intensity movements such as running, stopping, and moving according to the situation in the game. Apart from that, every basketball player must have individual skills in the form of basic techniques so they can support team play.

Basically as an athlete must be able to master the physical, technical, tactical, and psychological aspects [3]. All of these aspects are very important to train in order to support achievement. Physical is the foundation of technical training, but this technique itself is the basis for developing skills when playing [3]. So every athlete including basketball must be able to master basic techniques. Being able to master basic basketball techniques is useful as a foundation for playing basketball.

Based on good and correct mastery of basic techniques, the game of basketball can be played with effective and efficient movements [4].

In the game of basketball there are several basic techniques that need to be learned and mastered by the players so that the game runs competitively. Basketball is a team game where mastery of basic technical skills is important for each player to have in addition to tactical abilities in the game so that playing performance can run well [5]. States that basic basketball techniques consist of passing techniques, dribble techniques, and shooting techniques [6]. Meanwhile, according to Saichudin and Munawar, basic basketball techniques consist of dribbling, passing, shooting, pivot, and rebound. So it can be concluded that there are several basic basketball techniques players need to be master consist of dribble, passing, and shooting [7].

The coach must know the basic technical abilities of a basketball player in order to provide the right formulation and method so that the coach can target training programs and training achievements and events as desired. Mastery of basic techniques in basketball is needed to make it easier for students to achieve achievements. In addition, when applied in games or match simulations, good mastery of basic techniques can make movements effective and efficient. Therefore, knowing the ability of basic basketball techniques is needed as an initial description of the ability of individuals who take part in basketball training.

To find out the level of a player's technical skills, tests and measurements are needed. Test is an instrument or tool used to obtain information related to an individual. While measurement is the process of collecting data in the form of values on individuals which is carried out systematically to state the situation [8]. So that tests and measurements are related and useful for providing a means that can be used to collect the necessary information. After the necessary information has been collected, the data is evaluated between the measurement results and the predetermined norms or criteria. This study discusses tests and measurements of basic basketball technical skills to determine the level of ability in order to determine its profile.

Based on research, carrying out tests and measurements to see technical abilities is important. Meanwhile, some coaches still rarely conduct tests and measurements to determine the abilities of their athletes. Especially basketball coach in the basketball extracurricular at SMA Negeri 1 Klaten has never been tested for basic technical abilities. Researchers want to help coaches to determine the basic basketball technical abilities of male students at SMA Negeri 1 Klaten. Thus, Researchers want to conduct research that aims to find out the profile of basic basketball technical abilities among male students at SMA Negeri 1 Klaten who take part in basketball extracurriculars in 2024.

2. Materials and methods

This research is a type of descriptive research, which means research that is directed to provide symptoms, facts, or events systematically and accurately, regarding the properties of the population [11]. Also, the type of descriptive research used is survey research. Hence, the method used in this research is descriptive quantitative using a type of survey related to tests and measurements of basic basketball techniques.

In this research, the population used was male students of SMA Negeri 1 Klaten in 2024 who participated in extracurricular basketball as many as 23 students. While the sampling technique in this study used purposive sampling.

Where this determination technique is based on certain criteria, namely 10th and 11th grade students who take part in extracurricular basketball and who are active in participating in basketball training. So, the sample in this study were male students of SMA Negeri 1 Klaten who participated in extracurricular basketball as many as 15 students aged 15-18 years.

Instruments are needed to be a tool for collecting research data. Research instrument is a tool used to measure observed natural and social phenomena [12]. In this study, the instrument used in this research was the STO basic basketball technique test. This test consists of three test battery items, such as a passing test in the form of the Wall Bound Test, a dribbling test in the form of the Dribble Test, and a shooting test in the form of the Basketball Per Minute Test. Each test battery has been tested and is said to be valid and reliable based on research conducted by Tri Ani Hastuti and Budi Aryanto [13].

The research carried out aimed to test the variables and reliability of the STO basic basketball technique test and the following results were obtained. (1) Wall Bound Test is a test of bouncing the ball against a wall as many times as possible for 15 seconds. This test has a validity coefficient of 0.804 and a reliability of 0.893. (2) Dribble Test in the form of a zigzag dribbling test, this test has a validity coefficient of 0.804 and a reliability of 0.879. (3) Basketball Per Minute Test in the form of a test of shooting the ball into a basketball ring for 1 minute, this test has a validity of 0.804 and a reliability of 0.878. Next, the data from the test results are converted into T-scores and analyzed using descriptive statistical techniques based on norms that have been created and established [8]. The assessment norm categories for each STO basketball test battery are detailed as can be seen in Table 1. Then to assess the overall score of each test and classify them based on the norms for the level of basketball playing skills [8]. The classification of skill levels for playing basketball is shown in Table 2.

Table 1: Category norms for basic basketball technique assessment

T Value Range	Category
65 and above	Excellent
55 - 64	Good
45 - 54	Average
35 - 44	Fair
34 and under	Poor

Table 2: Basketball Playing Skills Qualification

Range of T Values	Category
> 222	Excellent
193-221	Good
165-192	Above Average
136-164	Average
107-135	Below Average
79-106	Poor

3. Results and Discussion

This study aims to determine the description of the ability of basic basketball techniques in students who participate in extracurricular basketball at SMA Negeri 1 Klaten. The data obtained from the research conducted is to describe the level of ability of basic basketball techniques in the form of passing, dribbling, and shooting. The descriptive summary of the original research data is as follows.

From the table of descriptive statistical analysis results, it can be seen that the passing test has a minimum value of 6 and a maximum of 14, the average value is 11.27 with a standard

deviation of 2.18. Then the dribble test has a minimum value of 9.59 and a maximum of 14.97, the average value is 11.31 with a standard deviation of 1.33. While the shooting test has a minimum value of 14 and a maximum of 34, the average value is 25.07 with a standard deviation of 5.02. As additional information that the higher the passing and shooting points obtained, the better the assessment, while the faster or less time required when dribbling, the better the assessment category.

After obtaining the results of data collection through tests and measurements, the data is then converted into T-values. The T-value is adjusted to the standard score of the STO basketball test item. The following are the results of data that have been converted into T-values from the results of the STO skills test for male basketball extracurricular participants of SMA Negeri 1 Klaten.

Table 3: Descriptive statistics of passing, dribbling, and shooting test results passing dribble shooting statistics

Statistik	Passing	Dribbling	Shooting
Minimum	6	9.59	14
Maksimum	14	14.97	34
Average	11.27	11.31	25.07
Std. Deviation	2.18	1.33	5.02

3.1 Passing Test

The results of descriptive analysis of basic passing skills in men's basketball extracurricular participants of SMA Negeri 1 Klaten in 2024 can be seen in the following table.

From the results table of descriptive statistical analysis, it can be seen that the passing test has a minimum value of 14 and a maximum value of 40, a mode value of 33, a median value of 33, an average value of 30.93, and with a standard deviation of 7.23. The results of the categorization of the passing skills

of the men's basketball extracurricular participants of SMA Negeri 1 Klaten based on the Wall Bound Test norms are as follows.

Table 4: Descriptive Statistics of T Score Results of Passing Test

Information	Value
Minimum	14
Maksimum	40
Average	30.93
Mode	33
Median	33
Std. Deviation	7.23

Table 5: Frequency Distribution of Passing Skill Levels

T Value Range	Category	Frequency	Percentage
65 and above	Excellent	0	0 %
55 - 64	Good	0	0 %
45 - 54	Average	0	0 %
35 - 44	Fair	5	33,33%
34 and under	Poor	10	66,67%
Total		15	100 %

The classification of the group results of the basic passing technique test skills of the men's basketball extracurricular members of SMA Negeri 1 Klaten if presented with a bar diagram.

The results of the basic passing technique test can be described as follows. Students in the poor category were 66.67% or 10 people and the fair category was 33.33% or 5 people. The average student's passing ability is in the poor category. This indicates that the passing ability of students who take part in extracurricular basketball is still relatively low and needs to be improved again.

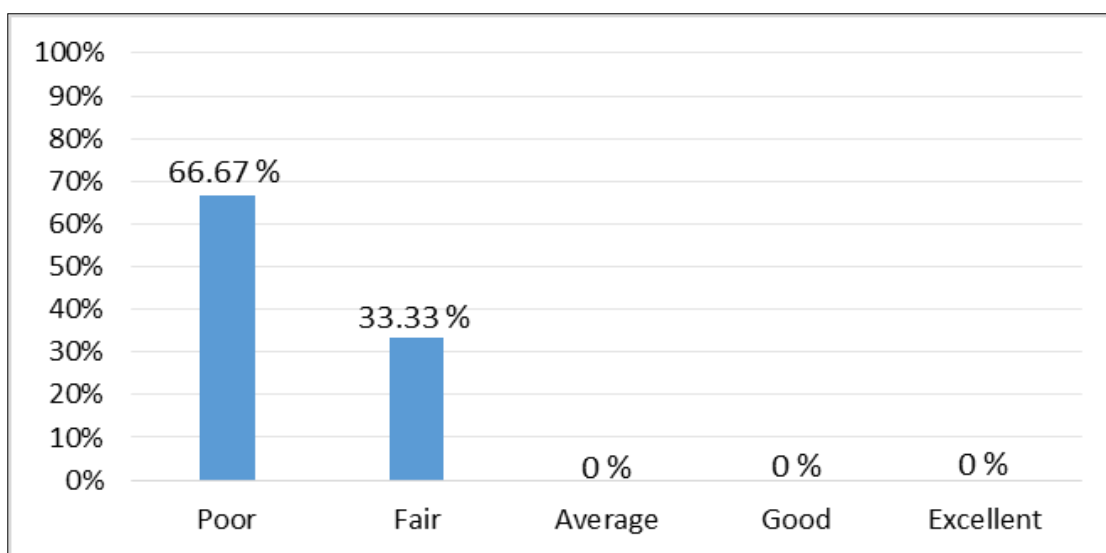


Fig 1: Passing Skill Level Diagram

3.2 Dribble Test

The results of descriptive analysis of basic dribble skills in men's basketball extracurricular participants of SMA Negeri 1 Klaten in 2024 can be seen in the following table.

From the results table of descriptive statistical analysis, it can be seen that the dribble test has a minimum value of 51 and a maximum value of 78, a mode value of 63, a median value of 70, an average value of 68.93, and with a standard deviation of 76.65. The results of the categorization of dribble skills of male basketball extracurricular participants of SMA Negeri 1

Klaten based on the Dribble Test norms are as follows.

Table 6: Descriptive Statistics of T Score Results of Dribble Test

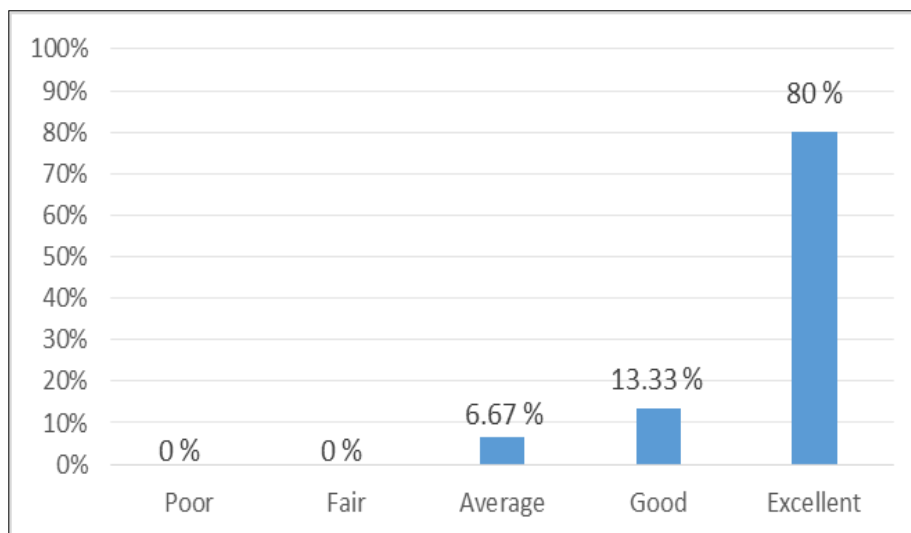
Information	Value
Minimum	51
Maksimum	78
Average	68.93
Mode	63
Median	70
Std. Deviation	76.65

Table 7: Frequency Distribution of Dribble Skill Levels

T Value Range	Category	Frequency	Percentage
65 and above	Excellent	12	80 %
55 - 64	Good	2	13,33 %
45 - 54	Average	1	6,67 %
35 - 44	Fair	0	0 %
34 and under	Poor	0	0 %
Total		15	100 %

The classification of the group results of the basic dribble skills test of students of the men's basketball extracurricular

members of SMA Negeri 1 Klaten if presented with a bar chart.

**Fig 2:** Dribble Skill Level Diagram

The results of the basic dribble technique test can be described as follows. Students who are in the average category are 6.67% or 1 person, good category is 13.33% or 2 people, and excellent category is 80% or 12 people. The average dribble ability of students falls into the excellent category. Signaling that the dribble skills of students who take part in extracurricular basketball are classified as good.

of 78, an average value of 76.20, and with a standard deviation of 10.06. The results of the shooting skill categorization of men's basketball extracurricular participants of SMA Negeri 1 Klaten based on the Basket Per Minute Test norm are as follows.

3.3 Shooting Test

The results of descriptive analysis of basic shooting skills in men's basketball extracurricular participants of SMA Negeri 1 Klaten in 2024 can be seen in the following table.

From the table of descriptive statistical analysis results, it can be seen that the shooting test has a minimum value of 54 and a maximum value of 94, a mode value of 82, a median value

Table 8: Descriptive Statistics of T Score Results of Shooting Test

Information	Value
Minimum	54
Maksimum	94
Average	76.20
Mode	82
Median	78
Std. Deviation	10.06

Table 9: Frequency Distribution of Shooting Skill Levels

T Value Range	Category	Frequency	Percentage
65 and above	Excellent	13	86,67 %
55 - 64	Good	2	13,33 %
45 - 54	Average	0	0 %
35 - 44	Fair	0	0 %
34 and under	Poor	0	0 %
Total		15	100 %

The classification of the group results of the basic shooting technique test skills of the men's basketball extracurricular members of SMA Negeri 1 Klaten if presented with a bar chart.

The results of the basic shooting technique test can be described as follows. Students in the good category were

13.33% or 2 people and the excellent category was 86.67% or 13 people. The average shooting ability of students falls into the excellent category. This indicates that the shooting ability of students who take part in extracurricular basketball is relatively good.

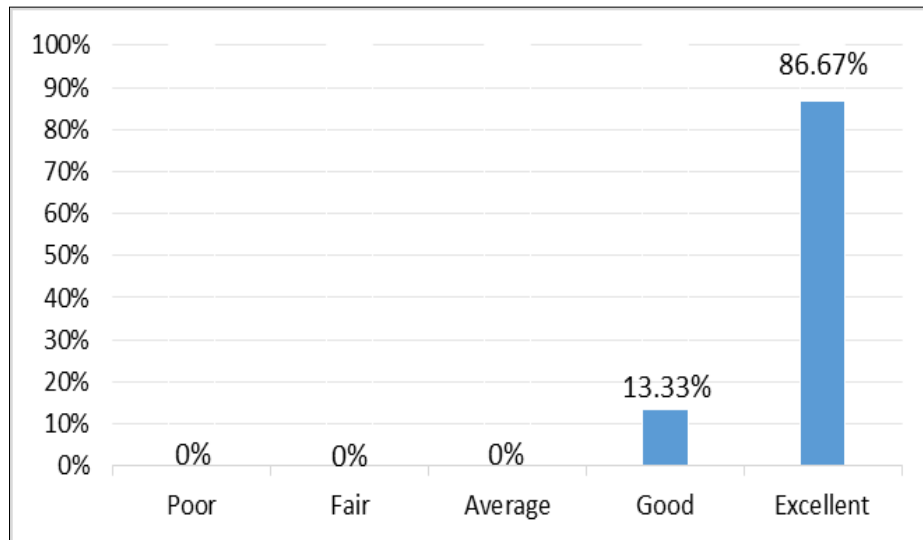


Fig 3: Shooting Skill Level Diagram

3.4 Passing, Dribble, Shooting Test Results

After the results of the T value of each test battery are known, then the total of each value is totaled and classified based on the norms for the level of skills to play basketball STO.

Overall, the results of the clarification of the basic basketball skills of SMA Negeri 1 Klaten male students who take part in extracurricular basketball are shown in the following table.

Table 10: Frequency Distribution of Basic Basketball Skill Levels

Range of T Values	Category	Frequency	Percentage
> 222	Excellent	0	0 %
193 – 221	Good	1	6,67 %
165 – 192	Above Average	9	60 %
136 – 164	Average	5	33,33 %
107 – 135	Below Average	0	0 %
79 – 106	Poor	0	0 %
Total		15	100 %

The classification of the group results of the basic basketball skills test of SMA Negeri 1 Klaten male students which have

been converted into T-values if presented with a bar chart.

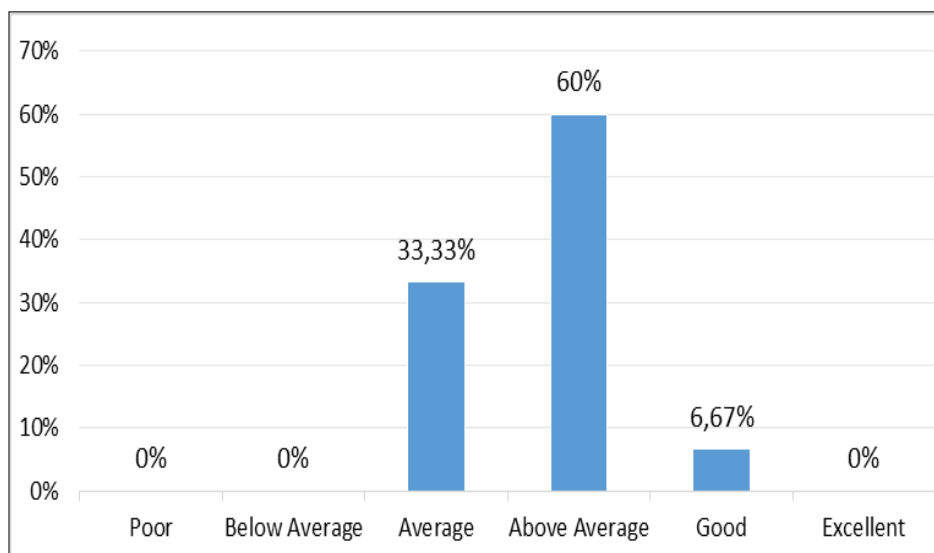


Fig 4: Basic Basketball Skill Level Diagram

The diagram above is a group classification based on the results of the sum of the T-values of the three test components of each male student of SMA Negeri 1 Klaten who participates in extracurricular basketball. The achievement of the basic basketball technique test classification results of male students of SMA Negeri 1 Klaten is a good category of 6.67% or totaling 1 person, an above average category of 60%

or totaling 9 people, and an average category of 33.33% or totaling 5 people. It is unfortunate that there are no students who are included in the excellent classification.

4. Conclusions

In this study, researchers only revealed the basic basketball skills of male students of SMA Negeri 1 Klaten seen with the

test and measurement of basic STO basketball techniques. The basic techniques of basketball skills assessed include passing, dribbling, and shooting skills. In the research analysis of the test results of basketball extracurricular members of SMA Negeri 1 Klaten for each test battery obtained quite satisfactory results in dribble and shooting techniques, while the passing technique was still unsatisfactory. The results of the passing technique test showed that those in the category of very less were 66.67% or 10 people and the category of less was 33.33% or 5 people. The average student's passing ability is in the very poor category. The dribble test results show that those in the moderate category are 6.67% or 1 person, the good category is 13.33% or 2 people, the excellent category is 80% or 12 people. The average dribble ability of students falls into the excellent category. Then the shooting test results showed that those in the good category were 13.33% or 2 people and the excellent category was 86.67% or 13 people. The average student shooting ability falls into the excellent category. Whereas the results of the research analysis for the entire test battery show that the classification of basic basketball techniques of male students of SMA Negeri 1 Klaten is in the good category of 6.67% or totaling 1 person, an above average category of 60% or totaling 9 people, and an average category of 33.33% or totaling 5 people. So it can be concluded that the average basic basketball technique ability of SMA Negeri 1 Klaten students who take part in extracurricular basketball is in the above average category.

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