

DEVELOPMENT OF A BASKETBALL JUMP SHOOT TRAINING MODEL

Jamaludin Bahtiar Gui¹, Muhammad Salahuddin², Abu Bakar³

¹²³ Physical Education , Health and Recreation, Faculty Teacher Training and Education ,
Muhammadiyah University of Luwuk

Correspondence author, email : jamaludingui23@gmail.com

Abstract

This research and development aims to create a new model of basketball jump shoot training . Another goal of this research is to create a new model of basketball jump shoot training. This research and development is to collect information about the process of developing and implementing a jump shoot training model , as well as to determine Is this training model effective , efficient , and interesting ? This research was conducted using a descriptive approach . qualitative and using method study development . This research and development uses questionnaires and surveys to collect data on four stage : (1) analysis needs ; (2) evaluation expert ; (3) trial group small ; and (4) trial field . Validation results from three experts and trials field show that 82.8% is feasible used , and the results of the group test small show that 80.8% is feasible used . The results of this research and development produced two conclusions : (1) that this jump shoot training model can help student in increase skills they in shooting a basketball; and (2) that This research offers a new approach to basketball jump shot training.

INTRODUCTION

At school , education physical including eye helpful lessons student grow motorically , ability physical , reasoning , and appreciation values (attitude , mental, emotional , spiritual , social). Physical education also helps student understand reason why people move and how do movement in a way safe , efficient , and effective . Physical education also helps student understand benefit activity physical to improve quality life them and promote pattern life healthy , which is on the gi It is hoped that , as part from curriculum education physical , students own level adequate fitness , including ability to master at least one of them number athletics , gymnastics, martial arts , swimming and sports game . This will allows student own trust oneself to participate in activity sport in a way orderly and supportive style life active them by giving adequate knowledge about education physical , regulations technical and tactical , and sports strategy .

In education physical , according to Candra and Wahyuni (2025), there are two categories games : big ball games , which include soccer , volleyball , and basketball, and

small ball games , which include hair badminton , tennis table , takraw, and softball. Basketball is one of them big ball game . Expected that playing basketball will increase freshness , health , character discipline and trust yourself to exercise in a way regular .

Every school own branch sport extracurricular activities . Students who are interested in this branch sport certain can follow activity extracurricular activities (Zar'in , at el. 2023) . As stated in the Republic of Indonesia Constitution number 3 concerning system sports national , sports can used as recreation and to improve performance someone (Prima, 2022). In school , there is basketball team which is one of the extracurricular activities . Because there is no There is Enough time for practice physical , students can add time for basketball practice . The goal of the game of basketball is to achieve performance in basketball sports other than increase freshness and health (Purba , at el. 2026).

Syafar & Syafii (2024) said victory in match is performance sports , produce points as much as possible. It is very important for players to work The same One each other to print points . Match will succeed If all player own good technique . Some technique the basics necessary to win in basketball game is dribbling , passing, and jump shooting. Jump shooting, which is done by shooting the ball into the ring direction , is how to get points (values) in basketball game (Candra, at el. 2023).

Observations made at various events or basketball competition in Gorontalo Province shows that the players own poor quality jump shot , which makes they No can optimize chance print points Because they Not yet control good jump shoot technique .

The understanding of the coaches about type appropriate and effective exercises for teaching skills technique the basics of basketball are one of the from Lots problems that still exist There is in learning sports . It is clearly very worrying If condition like that all the time occurs because How a educator can create an effective training model . Thus , the candidate researchers want to develop method basketball shooting practice .

RESEARCH METHOD

Before start research , researchers determine parts . According to Nusa Putra, there are three component room scope : object , subject , and location research (Kiptiyah , 2022).

- 1 Object study is creation of a new basketball jump shoot training model .
- 2 Subject study are 30 members of the UKM Basket Teknokrat .

3 Research location is Arena Sport Student Technocrat .

Research and development (R&D) is method research used to develop or validate products used in education and learning (Waruwu , 2024). Products like curriculum that is specific to your needs education certain methods learning , learning media , textbooks , modules , competencies power education , system evaluation and competency test models arrangement room class for learning certain is a number of example product education .

Final destination from This research and development is to find answer on problem through formulation problem , namely the basketball shooting training model . This research and development also uses approach qualitative and quantitative , and also uses the Borg and Gall Research & Development (R&D) development model , which consists of from ten step .

The following steps taken to develop form basketball jump shoot training for members of the Teknokrat basketball UKM , quoted from Experts , at el (2022):

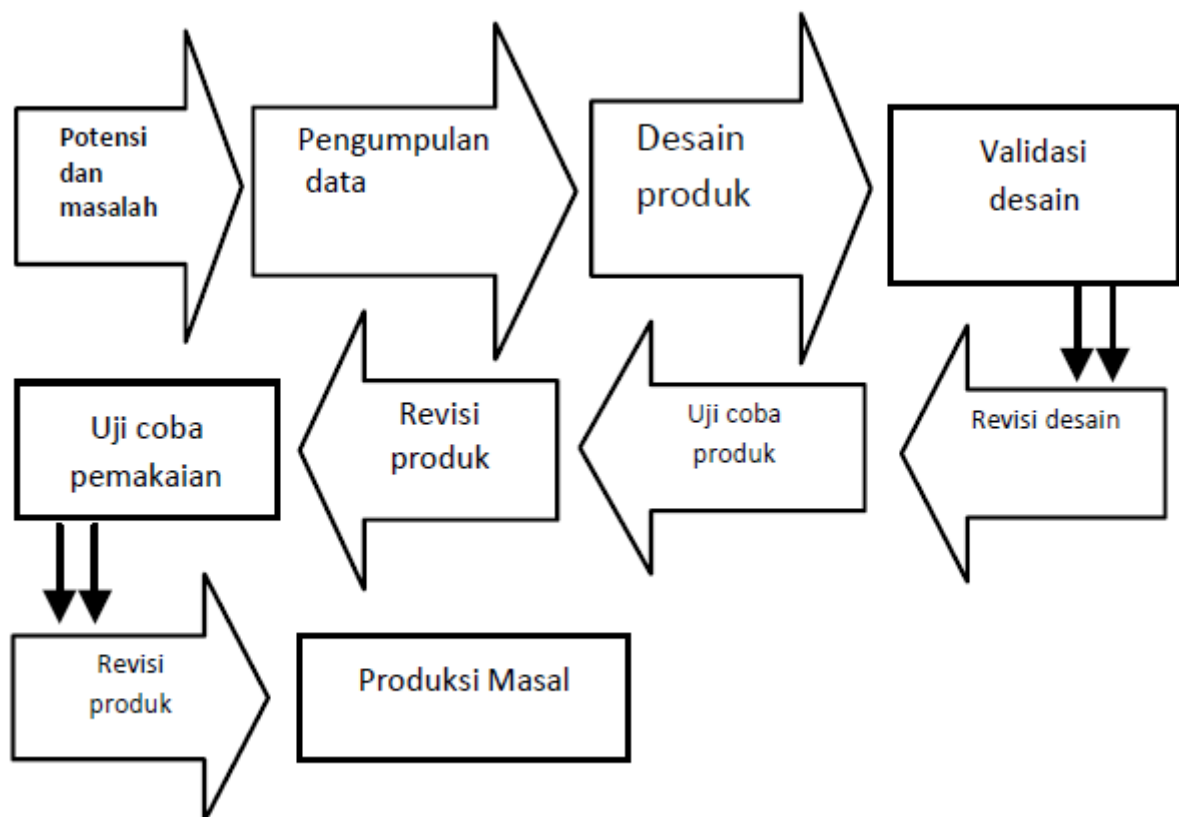


Figure 1: R&D Development Model Source : Sugiyono , Educational Research Methods , Approach Quantitative , Qualitative , and R&D (Waruwu , 2024)

RESULTS AND DISCUSSION

There are 30 members of the activity unit basketball students at Teknokrat Indonesia University who received questionnaire for analysis need study development of this basketball jump shoot training model . Needs analysis done by spreading questionnaire analysis needs . This questionnaire contains questions to determine is this training model necessary or No .

No	Question	Min Score	Max Score	Result Score	%
1	Do you know about shooting jump in basketball?	30	120	75	63
2	What is it? Jump Shoot class boring?	30	120	68	57
3	Whether coach has use various models of Jump shoot training ?	30	120	68	57
4	Whether time available for activities extracurricular activities at school Enough ?	30	120	70	58
5	Do you agree that participant extracurricular activities must follow jump shoot practice ?	30	120	75	62
6	Do you agree that jump shoot	30	120	80	67

	technique is techniques that must be studied by students ?				
7	Whether coach must give various type shooting practice ?	30	120	84	70
8	you agree that variation exercise needed for jump shoot practice ?	30	120	88	73
9	you agree that the jump shoot training model is for students? made ?	30	120	92	77
10	you agree that using different training models can help you better in shoot fall ?	30	120	80	67

Data analysis results table the above requirements show that 65.1% of respondents agree with the development of the basketball jump shoot training model .

Table. Conclusion of Data from Small Group Test

No	Indicator	Minimum Score	Maximum Score	Result Score	Presentation
1	Convenience	150	600	496	82.5%
2	Attraction	15	600	495	82.5%
3	Usefulness	15	600	498	83%
4	Security	15	600	498	83%

In a way overall , product in This category is worthy . This is shown by the table above with an average percentage of 82.75 percent . from trial results group small 15 people.

CONCLUSION

The product model of basketball jump shoot training has been created and validated by experts and tested . The results of the trial analysis products , which include aspect convenience , attractiveness , usefulness , and security , showing that this product is overall worthy used .

The product model of basketball jump shoot training has been created and validated by experts and tested . The results of the trial analysis products , which include aspect convenience , attractiveness , usefulness , and security , showing that this product is overall worthy used .

The following is a number of recommendations made by researchers to continue this research :

- 1 Study must conducted on more subjects wide , both from aspect amount subject and test group .
- 2 This developed basketball jump shoot training model can distributed to all education teachers physical and basketball coaches in Indonesia.

REFERENCES

- Candra, O., & Wahyuni, P. (2025). *Basic Basketball Techniques (Theory/ Practice and Learning)* . CV Eureka Media Aksara.
- Candra, O., Zulraflı , Z., Kamarudin, K., & Rahmadani , A. (2023). Socialization of Basic Basketball Techniques for Students Al Azhar 37 Elementary School Pekanbaru's Basketball Extracurricular Activity . *Journal Devotion Independent* , 2 (6), 1277-1284.
- Kiptiyah , M. (2022). The Use of Online Cooperative Learning Type Inquiry to Improve Student Activities and Learning Outcomes in Competencies Understanding the Scope Biology Based on Problems in Various Object Biology and Levels of Organization in Class X ATP. *Journal Learning and Educators* , 1 (4), 409676.

-
- Prima, I. (2022). LEGAL ANALYSIS OF THE AUTHORITY OF THE SITUBONDO REGIONAL GOVERNMENT BASED ON LAW NUMBER 3 OF 2005 CONCERNING THE NATIONAL SPORTS SYSTEM. *Al- Hukmi : Journal of Islamic Economic Law and Islamic Family* , 3 (1), 9-24.
- Pakarsa , NDB, MUHARRAM, NA, & LUSIANTI, S. (2022). *THE EFFECT OF CONE SHOOT AND WALL SHOOT TRAINING FORMS IN BASKETBALL SPORTS ON FREE THROW ACCURACY IN THE BASKETBALL UKM OF NUSANTARA PGRI UNIVERSITY, KEDIRI IN 2022* (Doctoral dissertation, Nusantara PGRI University, Kediri).
- Purba , MP, Nadeak , R., & Sembiring , BGF (2026). The Influence Teaching Sports Massage Techniques in Addressing Physical Fitness of Players in Basketball Matches for Physical Education , Health and Recreation Students . *Journal of World Education* , 6 (5), 2902-2910.
- Syafar, FM, & Syafii , I. (2024). Analysis Victory Based on Losing Ball Possession Percentage at the 2022 FIFA World Cup. *Journal Performance Sports* , 7 (1), 57-65.
- Waruwu , M. (2024). Research and development (R&D) methods: concepts , types , stages and advantages . *Journal Scientific Educational Professions* , 9 (2), 1220-1230.
- Zar'in , AU, Sugeng , I., & Manjayanti , ESA (2023). Student Interest Survey To Activity Extracurricular Sports and Sports Interest . *Jambura Sports Coaching Academic Journal* , 2 (2), 114-124.