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The Effect Of Right And Left Side Dribble Lay Up On The Students' Lay Up Ability Of Basketball Extracurricular Program

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Abstract

Dribble is the most fundamental technique in basketball to improve the students' lay-up ability in the basketball extracurricular program at SMPN 8 Palopo. The mistakes occur when doing lay-ups, such as the first step, which needs to be longer, traveling, and double. The study aims to determine the effect of right and left dribble lay-ups on the students' lay-up ability in basketball extracurricular programs. The method is experimental (Pretest-Posttest Design). The population is 20 students. The sampling technique is purposive sampling. The result of this research shows that there is a significant relationship between the right and left-side lay-ups of extracurricular basketball students. This research concludes a substantial increase in students' lay-up ability at SMP 8 Palopo by applying right-side and left-side lay-up dribbles. Right-side lay-up dribble is more effective in increasing the extracurricular basketball students' lay-up capacity at SMPN 8 Palopo.

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INTRODUCTION

One of the mediums for coaching basketball in schools is extracurricular activities. Extracurricular is an activity outside school hours that are carried out in order to form an educational program that is structured in the national education curriculum to expand students' knowledge and channel talents and interests. The coach who trains or fosters

basketball extracurriculars at SMP Negeri 8 Palopo is Usman, S.Pd., M.Pd. With extracurricular activities, it is hoped that students' interests can achieve the targeted achievements. Students also gain more knowledge outside of school hours in the cognitive, affective, and psychomotor domains that they do not get due to limited time during school hours.

Basketball is a sport where two teams of five players compete (Fajar et al., 2019). The basketball game is a game that uses a large ball, which is played with the hands and aims to put as many balls as possible into (a basket) (Akbar & Boihaqi, 2020). Basketball games aim to put the ball into the opponent's ring as much as possible (Saputra, 2020). The basketball game is dynamic and attractive, especially about how to play the ball during the dribble, passing, lay-up, and shooting (Rizhardi, 2020). Basketball is among the most popular team sports widely played and watched worldwide. Through time, basketball has improved to involve standard shooting, passing, and dribbling techniques, including player positioning and offensive and defensive structures (Ardiansyah et al., 2021).

Dribbling the ball effectively without being supported by applying the proper training method and according to what you want (Sahabuddin, 2020). Dribble is method basketball players use to bring the ball forward or in all directions by bouncing the ball on the floor using one hand or alternately (Setyawan et al., 2021). A dribbling ball aims to bring the ball forward (Kerru et al., 2015). The dribble is one way that is allowed by law to take a run all over the field with the ball (Pardini, 2021). Dribble skills are integral to basketball and essential to individual and team play (Nurba et al., 2019).

Lay-up attempts to put the ball into a basketball hoop or basket with two steps and jump to gain points (Akbar & Boihaqi, 2020). A lay-up shot is made at very close range to the ring to look like the ball was placed in the

ring, preceded by a wide stride and jump as high as possible (Pradika, 2017). Lay-up attempts to put the ball into a basketball hoop or basket with two steps and jump to gain points. Lay-ups are also known as flying shots (Irham, 2015).

Exercise is a procedure carried out systematically and repeatedly over a long period, with an increasing training load, to increase overall body movement stimulation (Hidayat et al., 2021). Exercise is a systematic process of practicing that is done repeatedly, with more and more increasing the number of training loads and the intensity of the exercise (Prayuda & Firmansyah, 2017). Exercise is a systematic process to improve the physical fitness of an athlete, with a selected activity carried out repeatedly to increase knowledge and skills (Fatmawati et al., 2020).

Lay-up shots can be taken with a two or one-foot count (Norpangaji, 2015). To do a lay-up with your right hand, position your body one step away from the basketball hoop on the right side of the basketball hoop. Position the ball at finger-palm distance to support the ball, and the non-shooting arm and elbow protect against defenders blocking the shot (Son, 2019). Every player must learn to lay up with the right hand. To lay up from the left side of the basketball hoop shoot with your left hand and throw with your right foot (Son, 2019). In this study, the lay-up dribble from the left side using the left hand is the dribble itself using the left hand towards the basketball; after being close, the lay-up shot using the left hand is also carried out on the left side of the basketball court.

Previous research (Hurhayati, 2019) about the comparison of the right and left side lay-up exercises to the improvement of basic lay-up movement skills in extracurricular basketball students at SMK Negeri 5 Bandar Lampung that the use of the proper side lay-up exercise has a more significant influence than the left side lay up exercise. The target achievement in this study by applying the dribble lay-up training model can improve students' lay-up abilities.

Based on the results of researchers' observations in the field and corroborated by the results of interviews with the basketball coach of SMP Negeri 8 Palopo, the achievements so far still need to be improved. The data on the results of the matches that the SMPN 8 Palopo basketball team participated in, namely at the City Sports Week (PORKOT) for the SMP category in Palopo City, was only able to participate in the preliminary round and IBB Vol. I was Between Palopo City Middle Schools in the preliminary round and did not qualify for the next round. Then extracurricular basketball at SMPN 8 Palopo experienced a vacuum of about one year. Because seeing the problems that occur when the game takes place often lose the ball due to lack of control of the ball in dribble.

The research problems are as follows:
 (1) Is there any effect of right-side dribble lay-ups on the lay-up ability of extracurricular basketball students at SMP Negeri 8 Palopo.
 (2) Is there any effect of left-side dribble lay-ups on the lay-up ability of extracurricular basketball students of SMP Negeri 8 Palopo
 (3) Is there a difference between right-side and left-side dribble lay-ups on the lay-up ability of extracurricular basketball students of SMP Negeri 8 Palopo.

The solution to overcome the problems in this research is by applying a form of dribble training. Namely, dribble lay up on the right and left sides. This form of exercise is a suitable alternative to improve abilities and develop the physical aspects of playing basketball, especially lay-up skills. The novelty of the research is more on developing a basketball dribble training model, namely, the dribble lay-up on the right and left sides.

METHODS

The experimental design in this study was the Pretest-Posttest Design, namely giving a pretest before treatment and a posttest afterward in the first and second experimental groups. The research design is as follows:

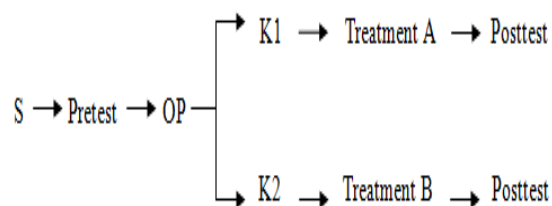


Figure 1 Research Design

The population in this study is all male students in the basketball extracurricular activities at SMP Negeri 8 Palopo. students participating in basketball extracurriculars at SMP Negeri 8 Palopo totaling 20 male students. All students are the sample in this study. The division of groups is carried out odd-even based on a predetermined alphabetical order. Then divided into two groups, experimental group 1 was given right-side dribble lay-up practice with the right hand, and experimental group 2 was given left-side dribble lay-up practice with the left hand. Thus the two groups were given different treatments.

The data collection technique uses a lay-up shot test (Norpanjaga, 2015). The goal is to measure lay-up shots. The research data were analyzed descriptively, the requirements test, namely the data normality test and homogeneity according to the significant level $\alpha = 0.05$. Then use the paired sample t-test and the independent sample t-test.

FINDINGS AND DISCUSSION

Findings

Descriptive data analysis is meant to get an overview of the research data. Descriptive analysis was carried out on lay-up abilities' pretest and posttest data. The descriptive analysis includes the mean, standard deviation, range, minimum and maximum.

The descriptive analysis results show that the pretest dribble lay-up on the right side has N (sample) of 10, an average of 5.30, a

standard deviation of 1.636, a range of 5, the lowest value is 3, and the highest value is 8. The results of the descriptive analysis can be it is known that the posttest dribble lay-up on the right side has N (sample) of 10, the average is 8.20, the standard deviation is 0.919, the range is 3, the lowest value is 7, the highest value is 10. Meanwhile, the pretest dribble lay-up value on the left side has N (sample) of 10, an average of 4.50, a standard deviation of 1.434, a range of 5, the lowest value of 2, and the highest value of 7. The results of the descriptive analysis can be seen in the posttest dribble lay. Up the left side, N (sample) is 10, the average is 5.80, the standard deviation is 1.814, the range is 6, the lowest value is 3, and the highest is 9.

Based on the data normality test results, it is known that the pretest dribble lay-up on the right side has a significant value of $0.487 > 0.05$, and the value of the posttest dribble lay-up on the right side of $0.149 > 0.05$. While valueSignificant the pretest dribble lay-up left side of $0.876 > 0.05$ and valuePosttest dribble lay-up on the left side of $0.861 > 0.05$, it can be said to follow a normal distribution or normally distributed. Based on the lay-up ability data, homogeneity test results with the lavender test of 3.596 with a significant value of 0.074. The conclusion that can be drawn is that the data has a homogeneous population.

The t-test in this study used the paired sample t-test and independent sample t-test to determine the effect of the right-handed and left-handed dribble lay-up on the lay-up skills of extracurricular basketball students at SMP Negeri 8 Palopo. From the table above, it can

be concluded that the $t = \text{calculated value}$ is 10.474; this value is greater than $t = \text{table}$ 2.306 or $t = \text{calculated}$ is $10.474 > t = \text{table}$ 2.306, and the results are sig. (2-tailed) namely $0.000 < 0.05$. This means that there is a significant effect of the ability to dribble the right side with the right hand on the lay-up skills of the extracurricular basketball students at SMP Negeri 8 Palopo. The increase occurred because the exercises were carried out repeatedly and gradually to master lay-up skills. The lay-up exercise, divided into six stages, makes the players understand and

master the lay-up movement technique better (Fadli, 2022).

From the table above, it can be concluded that the $t = \text{calculated value}$ is 8.510; this value is greater than $t = \text{table}$ 2.306 or $t = \text{calculated}$ is $8.510 > t = \text{table}$ 2.306, and the results are sig. (2-tailed) namely $0.000 < 0.05$. This means that there is a significant effect of the ability to dribble the left side with the left hand on the lay-up skills of the extracurricular basketball students at SMP Negeri 8 Palopo.

Table 1 Unpaired t-test

Variable	N	Means	Sig. (2-tailed)
Pretest-Posttest right side	10	8,20	0.002
Pretest-Posttest left side	10	5.80	0.002

From the table above, it can be concluded that the ability to dribble lay up the right side with the right hand with an average value of 8.20 and the ability to dribble lay up the left side with the left hand with an average value of 5.80 and a sig. (2-tailed) namely $0.002 < 0.05$. The conclusion is that dribble lay-ups with the right hand are very effective in improving the lay-up skills of the extracurricular basketball students at SMP Negeri 8 Palopo. This means there is a significant difference in the ability to dribble the right-side lay-up with the right hand and the left-side dribble lay-up with the left hand on the lay-up skills of basketball extracurricular students at SMP Negeri 8 Palopo. Using the right-side lay up exercise gives a greater effect than the left side lay up exercise (Hurhayati, 2019).

Discussion

Training is a systematic practice process done repeatedly by increasing the number of training loads and the intensity of the training (Prayuda & Firmansyah, 2017). To improve lay-up skills because if a player masters the basic techniques of a good lay, then the player has good individual skills because these two basic techniques are decisive in every basketball match (Saputra et al., 2020).

The gradual lay-up training method can get optimal lay-up shots. The ball must be thrown and hit the box that serves as the target of the throw (Norpanjaga, 2015). The lack of achievements proves that the lay-up basic skill level will affect the match. If students have good skills, it will be easy for students to do basketball techniques such as (Grace et al., 2022). The lay-up exercise, divided into six

stages, makes players understand and master the lay-up movement technique (Fadli, 2022). These good lay-up shoot technique skills can then be applied in matches to score points (Khairat, 2020).

The research (Septiono, 2016) discovered a significant difference between students' lay-up shoot ability from the left and right sides at SMAN 3 Yogyakarta. Some factors influenced this, such as the difference in the training intensity, where students are more often training on the proper side lay-up shoot than the left side, and because of the habits, where the students are used to do lay up shoot from the right side than from the left left.

The advantage of this research is more to the application of the training model that has been designed. Namely, the provision of right and left dribble lay-up exercises with various variations of movement, it is necessary to realize that in a basketball game, players are required to dribble using both the right and left hands or alternately in order to outwit or pass the opposing player. The limitation of this research is more to the research process, bearing in mind that there are several technical constraints related to time and training schedules. The less supportive infrastructure related to the field needs renovation or repair.

CONCLUSION

The results of this study contributed to the increase in basketball extracurricular activities at SMP Negeri 8 Palopo. This form of dribble lay-up on the right and left is an alternative to improve skills and develop the

physical aspects of playing basketball, especially lay-up skills. Dribble lay-ups on the right side are more effective in improving the lay-up skills of the extracurricular basketball students at SMP Negeri 8 Palopo. Input from this research is as follows: (1) As a reference material for trainers. (2) The right and left-side dribble lay-up training model can be used as an alternative to developing lay-up skills.

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