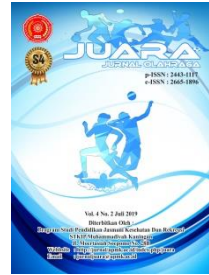




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### THE EFFECT OF BEEF (BALANCE, EYES, ELBOW, FOLLOW THROUGH) CONCEPT EXERCISE ON BASKETBALL FREE THROW SHOOTING ABILITY IN EXTRACURRICULAR STUDENTS SMA NEGERI 2 KARAWANG

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#### Abstract

This study aims to determine whether there is a significant effect of training with the BEEF concept (balance, eyes, elbow, follow through) on the ability to shoot free throw basketballs in extracurricular students at SMA Negeri 2 Karawang. This research is an experimental research to find out whether the effect of training with the BEEF concept on students' free throw shooting abilities in basketball games. The total population is 30 students who were taken by purposive sampling technique where the sample criteria based on the desired to be given treatment amounted to 20 students. The research data was carried out with a one group pretest-posttest design using the shooting free throw test instrument. The results of the study were obtained through a data normality test with the results stating that the pretest data was  $0.867 > 0.05$  and posttest  $0.938 > 0.05$  from the results of the study showed that the data were normally distributed and through the calculation of the homogeneity test which showed the Sig.  $0.253 > 0.05$  that the data from the pretest-posttest results stated that the data had a homogeneous distribution and the t-test calculation obtained the Sig value. (two-tailed)  $0.000 < 0.05$  indicates a significant difference between the results before and after being given treatment, it can be concluded that from the results of the research conducted it can be stated that there is an effect of training with the BEEF concept on the ability to shoot free throw basketball in extracurricular students at SMA Negeri 2 Karawang. 05 that the data from the pretest-posttest results stated that the data had a homogeneous distribution and the t-test calculation obtained the Sig value. (two-tailed)  $0.000 < 0.05$  indicates a significant difference between the results before and after being given treatment, it can be concluded that from the results of the research conducted it can be stated that there is an effect of training with the BEEF concept on the ability to shoot free throw basketball in extracurricular students at SMA Negeri 2 Karawang. 05 that the data from the pretest-posttest results stated that the data had a homogeneous distribution and the t-test calculation obtained the Sig value. (two-tailed)  $0.000 < 0.05$  indicates a significant difference between the results before and after being given treatment, it can be concluded that from the results of the research conducted it can be stated that there is an effect

of training with the BEEF concept on the ability to shoot free throw basketball in extracurricular students at SMA Negeri 2 Karawang.

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## INTRODUCTION

Sports and health physical education in formal educational institutions or schools as part of the educational curriculum is implemented intracurricularly and extracurricularly. Physical Education is basically an integral part of the education system as a whole, aiming to develop aspects of health, physical fitness, critical thinking skills, emotional stability, social skills, reasoning and moral action through physical and sports activities (Rahayu 2016: 1).

Extracurriculars at school consist of extracurriculars in the arts and extracurriculars in sports (Hermawan & Rachman, 2018: 101). In the field of sports, namely physical education which is carried out in the learning process of big ball games, including the game of basketball. Basketball is played on a rectangular court by two teams with five players per team, the goal is to get points by putting the ball in as many baskets as possible and preventing other teams from doing the same (Yuliandra & Fahrizqi, 2020:50).

Basically the game of basketball is passing, shooting and dribbling Nur Reski (2021). Because it is a very important element in achieving success in the game of basketball. To put the ball into the basketball hoop, players need to score or shoot as much as possible, because good shooting is one of the most important factors to win.

The cause that often occurs among basketball players, especially at the high school level, is poor shooting techniques. To form a good and correct shot requires shooting practice with basic techniques. The essence of training is a process that is carried out regularly in order to achieve the goals that have been set. The essence of training in sports means the process is carried out based on the objectives of the sport (Adi, 2017: 3). The general purpose of training is to help coaches, trainers, sports teachers to be able

to apply and have conceptual skills in helping and revealing the potential of sportsmen to reach the top (Gumantan & Fahrizqi, 2020: 51).

Thus, the basic technique in basketball that must be mastered is shooting or shooting the ball towards the opponent's ring (Asmawan & Wimanadi, 2019:36). In the game of basketball according to Kosasih (Bayu, 2019: 56) there are shooting techniques that are commonly used, namely lay-up shots, one-handed shots, jump shoots, free throws or free throw shoots, three point shoots, and hook shoots.

In the game of basketball the shot is divided into two parts, namely the field and the free throw. Free throw is a prize given by the referee to a player to score one point at a position just behind the free throw line. Free throws are usually given when an opposing player commits a violation in a prohibited area (Hardiyono, 2017: 68). The application of tactics in the game of basketball often results in violations and errors. Foul is a deviation from the rules regarding unauthorized personal contact with an opponent and/or unsportsmanlike behavior (PP Perbasi, 2020:40).

There are various strategies or concepts in improving shooting skills, one of which is giving shooting practice with the BEEF concept. BEEF is one of the basketball exercises, namely the concept of shooting which can make it easier for a basketball player in the correct shooting technique (Hidayat & Kartiko, 2018:41). Focus on training using the BEEF concept, especially on free throws, effective and efficient, with concepts that are easy to understand (Bayu, 2019:55). BEEF includes:

(Balance) balance: Movement always starts from the floor, when catching the ball bend your knees and ankles and arrange so that the body is in a balanced position.

(Eyes) eyes : In order for shooting to be accurate the player must immediately focus on the target (players can quickly coordinate the location of

the hoop), and the eyes are not blocked by the ball and hands.

(Elbow) elbow: Maintain the position of the elbow so that the movement of the arm will remain vertical. (Follow through) follow-up movement: Lock your elbows and then release your arms, fingers and wrists to follow towards the ring.

**METHOD**

This research is an experimental research. This research was made using a pre-experimental design in the form of a one group pretest posttest design. In this design, a pretest was carried out to determine the initial state of the subject before being given treatment so that researchers can know more accurately, because it compares with the conditions before and after being given treatment (Sugiyono 2017: 73). The instrument of this study used the basketball free throw shooting test, the test results used through the validity test and reliability test obtained the validity of 0.81 (very high) and the reliability of 0.91 (very good). Where each sample shoots free throws 10 times with a score of 1-10 each.

Data analysis was carried out to find out the results of the research that had been carried out in the form of using the BEEF concept training method as a treatment to be able to find out the increase or effect through the tests given. Systematic data analysis includes 1) carrying out a data normality test with the Shapiro-Wilk test to find out whether the pretest and posttest data are normal or not, 2) conducting a data homogeneity test to find out the variance of the data that has been collected, and to find out whether it is homogeneous or not data, 3) paired sample t-test to determine the effect of the treatment given. The entire data analysis process was carried out using SPSS 25.

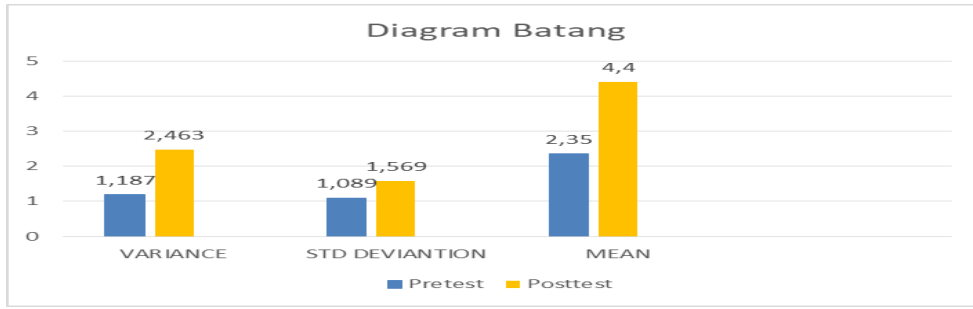
**FINDINGS AND DISCUSSION**

In this study the researcher will present some of the results of the data that have been obtained from the researcher based on the results of observations, where the results of the data will be presented in table form as follows.

Table 1 Descriptive Statistics

Descriptive Statistics								
	N	Range	Minimum	Maximum	Means	std.	Deviation	Variances
	Statistics	Statistics	Statistics	Statistics	Statistics	Error	Statistics	Statistics
Pretest	20	3	1	4	2.35	.244	1,089	1,187
Posttest	20	5	2	7	4.40	.351	1,569	2,463
Valid N (Listwise)	20							

Diagram 1 Descriptive Statistics



It is known from the research data using SPSS 25 on the pretest that totaled 20 samples studied produced a mean of 2.35 and a standard deviation of 1.089 from a minimum value of 1 and a maximum value of 4. In addition, the results of research data obtained using SPSS 25 on posttest which produces a mean of 4.40 and a standard deviation of 1.569 from a minimum value of 2 and a maximum value of 7.

Table 2 Normality Test Results

Tests of Normality						
	Kolmogorov-Smirnova			Shapiro-Wilk		
	Statistics	Df	Sig.	Statistics	df	Sig.
Pretest	.226	20	.009	.867	20	.010
Posttest	.149	20	.200*	.938	20	.219

a. Lilliefors Significance Correction

The results of the study were obtained through a data normality test with the results stating that the pretest data was  $0.867 > 0.05$  and the posttest was  $0.938 > 0.05$ . The results showed that the data were normally distributed.

Table 3 Homogeneity Test Results

Test of Homogeneity of Variances					
		Levene Statistics	df1	df2	Sig.
Prepost	Based on Means	1,497	5	14	.253
	Based on Median	1,004	5	14	.451
	Based on Median and with adjusted df	1,004	5	10,973	.460
	Based on trimmed mean	1,513	5	14	.248

Based on the following table, the pretest-posttest calculation obtained a significance value of 0.253 because the Sig.  $0.253 > 0.05$ , then the decision in the homogeneity test can be stated that the pretest-posttest data is normally distributed.

Table 4 Data t-test results

Paired Samples Test				
	Paired Differences	t	df	

	Mean	std. Deviation	std. Error Mean	95% Confidence Interval of the Difference		Sig. (2-tailed)			
				Lower	Upper				
Pair 1	Pretest - Posttest	2,050	.945	.211	-2,492	-1,608	-	19	.000
							9,706		

Based on the results of the output table of the paired sample test, it is known that the Sig. (two tilled) of  $0.000 < 0.05$ , then  $H_0$  is rejected and  $H_a$  is accepted. So it can be concluded that there is a difference between the pretest and posttest and means that there is an influence from the beef concept exercise (balance, eyes, elbow, follow through) on the ability to shoot free throw basketballs in extracurricular students at SMA Negeri 2 Karawang.

## DISCUSSION

Based on the results of the research above, the aim of the study was to determine the effect of the beef concept exercise (balance, eyes, elbow, follow through) on the ability to shoot free throw basketballs in extracurricular students at SMA Negeri 2 Karawang. Judging from the results of the data on pretest-posttest shooting student free throw has a significant effect.

## CONCLUSION

From the results and discussion that has been described, the researcher concludes that the effect of the beef concept exercise (balance, eyes, elbow, follow through) affects the ability to shoot free throw basketballs in extracurricular students at SMA Negeri 2 Karawang, based on the results of the calculation data that has been carried out that is, the data obtained from the pretest results have an average calculated result of 2.35 and the posttest calculation results also obtained with an average of 4.40 indicating that the pretest data has a smaller calculation result than the posttest calculation results.

Likewise, the results of the calculations obtained through the pretest-posttest data stated that the t-test calculation data obtained the Sig value. (two-tilled)  $0.000 < 0.05$  indicates a significant difference between the results

before and after being given treatment. So, it can be concluded that from the results of the research conducted, it can be stated that there is an effect of the beef concept exercise (balance, eyes, elbow, follow through) on the ability to shoot free throw basketballs in extracurricular students at SMA Negeri 2 Karawang.

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