

COMPARISON OF SLALOM DRIBBLE AND CHAIN DRIBBLE TRAINING ON IMPROVING DRIBBLE SKILLS IN HIGH SCHOOL STUDENTS

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ABSTRACT

This research aims to determine the increase in slalom dribble and relay dribble training and to compare the effectiveness of these training methods in improving the dribble skills of the men's basketball team at Public High School 1 Pangkep. This research is experimental. In this study, the sample consisted of 16 male students who were active in extracurricular basketball. The dribble test and measurement research instrument used is the AAHPERD Basketball Control Dribble Test Data. The data were analyzed using the inferential statistics t-test. The results of this study show that: (1) there is an influence of slalom dribble training on improving ball dribble skills on the men's basketball team at Public High School 1 Pangkep; (2) there is an influence of relay dribble training on improving ball dribble skills on the men's basketball team at Public High School 1 Pangkep; and (3) there is a comparison between slalom dribble training and relay dribble training in improving ball dribble skills on the men's basketball team at Public High School 1 Pangkep.

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1. INTRODUCTION

Basketball is a simple sport that is easy to learn and master, but it also requires good training and discipline to foster teamwork (Papastergiou & Gerodimos, 2013; Han et al., 2021; Tymoshenko et al., 2022). In basketball, passing is a fundamental technique that all players must master. This is because the game is played on a small court with intense pressure, requiring players to master the technique of dribbling the ball to make it easier for them to carry the ball. Players must build attacks and execute variations of these attacks based on the conditions of the field (Abdelkrim et al., 2010; Zhang et al., 2017). Every basketball player must possess the ability to perform good, agile dribbling without losing balance when passing every opponent.

Training is a process of preparing an athlete's organism in a "systematic" manner to achieve maximum performance quality by being given regular, directed, increasing, and "repeated" physical and mental loads (Silva et al., 2021; Rodriguez Macias et al., 2022).

Systematic, as mentioned above, means that the training process is carried out regularly and planned using certain patterns and systems, methodically and continuously, from simple to complex, from easy to difficult, from few to many, and so on (Kostiukevych et al., 2018; Pol et al., 2020). Meanwhile, the repetition referred to above means that each movement must be trained in stages and done many times, so that movements that were previously difficult to perform, less coordinated, become easier, and automatic, reflective movements become more efficient.

Dribbling is the act of bringing the ball forward by bouncing it on the floor with one hand or, alternately, by walking or running (Fujii et al., 2010; Vencúrik et al., 2021). Dribbling involves bringing the ball forward by either bouncing it on the floor with one hand or by walking or running. Furthermore, dribbling the ball is one of the ways permitted by the rules to carry it in any direction (Perkos et al., 2002; Arias-Estero, 2013). A player may carry the ball more than one step, as long as the ball is bounced while walking or running. Dribbling the ball is an attempt to bring it into the opponent's field (Kong et al., 2015).

The relay dribble exercise involves dribbling in place with the right and left hands alternately (Radu, 2015; Nae, 2021). Skills are the ability to do or carry out something well. In a narrow sense, skill (skill) refers to ease, speed, and accuracy in motor behavior, which is also called normal skill. Dribble slalom has a goal: to train the skill of carrying the ball alternately with the right and left hands, and to get used to dribbling the ball without looking at it (Gelen, 2010; Bahtra & Annas, 2020; Yunefri et al., 2020). The relay dribble serves a purpose: to practice dribbling quickly with the right and left hands.

Determining the right type of training and planning it by considering the condition of the player's abilities is an absolute requirement that must be fulfilled in training in order to help players improve their basketball dribbling skills. Public High School 1 Pangkep is a formal institution that educates female students in the world of education and consists of three departments, namely the Department of Science, Social Sciences, and Languages. The extracurriculars consist of Youth Red Cross, Scouts, OSIS, Rohis, Popsi, Baruga Arts, PHS, and basketball. Basketball, which is coached by Mr. Arsyik Umar, is one of the favored extracurriculars and one of the contributors to the greatest achievements.

The basketball achievements that have been made are quite satisfying. From 2012 to 2020, the basketball team of Public High School 1 Pangkep emerged victorious in the Pangkep Regency competition, as well as the Sul-Sel competition. In the 2016 SMANSA CUP Pinrang match, Public High School 1 Pangkep came in second place, and in the 2017 Maros competition, they ranked fourth. The problems on the field indicate that the technical ability of the Public High School 1 Pangkep team still needs to be improved. According to the results of several matches played by the SMA Negeri 1 Pangkep basketball team, students have difficulty developing their game. His dribbling ability is predictable and easy to stop. This lack of skill is evident in the frequent violations that occur during games or matches. During the match, many

violations occur, such as traveling and double dribbles, which can be an advantage for the opponent.

The researcher's observations reveal a multitude of influencing factors. One of them is the lack of variety or training models from coaches and teachers that can improve students' abilities, knowledge, and skills, especially in terms of dribbling the ball. Based on the existing problems, more dribbling practice is required, and we are looking for an effective training model that can improve students' ability to dribble the ball.

2. METHOD

The research is a type of experimental research that includes slalom dribbling and relay dribbling practice as independent variables and dribbling skills as the dependent variable. Dribbling slalom training is an exercise in dribbling a place by crossing the ball. Population refers to the entire group from which samples are taken". Based on the opinion above, the population in this research is the basketball players at Public High-School 1 Pangkep. The sample is a portion of the population that we will use as data for research. Sampling in this research used the ordinal pairing technique. Thus, the researchers decided that 16 students who actively participated in basketball extracurriculars would be used as research samples. The data collection technique is carried out by directly observing in the field and carrying out tests. The dribble test and measurement used are the AAHPERD Basketball Control Dribble Test. The validity of the test is 0.37–0.91" and the reliability of the test is 0.88–0.95'. This test aims to measure a player's dribbling ability and is a measuring tool to see the development of a player's dribbling ability.

The dribbling ability test is carried out as follows: a. Using half a basketball court; b. Carrying out in the keyhole area; c. Test dribbling the ball by passing six stakes or kicks as quickly as possible. The four stakes are square in shape; they are 19 feet long and 12 feet wide and have a fifth stake as the center point of the rectangle. The stake (fifth stake) is the center point of the rectangle. d. The sixth stake, or stake where the implementation starts, is parallel to the middle stake but is just outside the line. This stake is called stake A, e. For left-handed people, the position is to the right of stake A, f. The time recorded is from starting the dribble (pole A) to finishing on pole F. The total score is the sum of the scores from the two tests. g. Special provisions: (1) for ball violations (traveling, double dribbling, etc.). Stop executing the test, return to the starting line, and repeat again from the beginning. (2) If the execution or the ball passes the stake incorrectly (dribbles through the inside of the stake or goes over the stake line), stop the execution and start over again. (3) If the execution fails to pass the point at which you lose control, stop the implementation and start over again.

The data collection technique in this research uses measurement tests. This measurement test is to determine the level of ball-dribbling ability. The measurement test was carried out after each group was given treatment, namely slalom dribble practice with relay dribble.

3. RESULTS AND DISCUSSION

1. The Effect of Slalom Dribble Training on Improving the Dribble Skills of the Men's Basketball Team at Public High-School 1 Pangkep

The form of slalom dribble training involves carrying the ball alternately with the right and left hands and getting used to dribbling without looking at the ball. cones are arranged in a row, considered to be opposing opponents. Therefore, dribbling the ball must be done by changing hands so that the ball is protected by the body from the possibility of being snatched by the opponent. By regularly doing slalom dribble training, you can improve your skills in playing basketball, both in preparing attack and defense patterns, in order to get lots of points.

During the research, the researchers noticed that the slalom dribble experimental group was slower in dribbling the ball, but the level of difficulty in dribbling the ball was more difficult than the slalom dribble exercise, so students really needed high concentration and took into account the distance between changing hands when dribbling the ball as well as hand and foot coordination. Children will feel challenged by passing chair obstacles and improving their ability to dribble the ball, this exercise requires two-handed coordination while running between bouncing the ball, moving the ball, and running. This exercise is good to use once the child is able to do basic ball dribbling.

Based on the results of data analysis through the SPSS 24 application, it shows that the t value = 22.656 with a 2-tailed sig value of 0.000, which means the 2-tailed sig value is <0.05 , so this result shows that there is a significant difference. This means that slalom dribble training has a significant influence on increasing dribbling skills on the men's basketball team at Public High-School 1 Pangkep.

2. The effect of relay dribbling training on improving the dribbling skills of the men's basketball team at Public High-School 1 Pangkep

The relay dribble exercise is a form of dribble training that aims to improve skills in basic basketball dribbling techniques. To achieve good dribbling skills, you need regular, structured, and systematic training to explore your potential and achieve the goals you want to achieve. Training is given to help coaches, trainers, and sports teachers to be able to apply and have conceptual abilities and skills to help reveal the potential of athletes to reach the peak of performance, as well as to enrich the skills of various basic movements and the basics of correct technique.

The form of relay dribble training involves carrying the ball alternately with the right and left hands and getting used to dribbling without looking at the ball. cones are arranged in a row, considered to be opposing opponents. Therefore, dribbling the ball must be done by changing hands so that the ball is protected by the body from the possibility of being snatched by the opponent.

During the research, the researcher noticed that the relay dribble experimental group was faster at dribbling the ball, but the level of difficulty in dribbling the ball was easier compared to the slalom dribble exercise, so students needed less concentration in dribbling the ball as well as hand and foot coordination.

Based on the results of data analysis through the SPSS 24 application, it shows that the t value is 4.869 with a 2-tailed sig value of 0.002, which means the 2-tailed sig value is <0.05 , so this result shows that there is a significant difference. This means that relay dribble training has a significant influence on improving dribbling skills on the men's basketball team at Public High-School 1 Pangkep.

3. Comparison between Slalom Dribble Training and Chained Dribble on Improving the Dribble Skills of the Men's Basketball Team at Public High-School 1 Pangkep

Slalom dribble training and relay dribble training were the treatments given to the two sample groups in this research. The aim of giving treatment is to see the improvement or comparison before and after being given treatment. Based on the researchers' observations, the experimental group with slalom dribble training was more effective than relay dribble training because in the slalom dribble group, the movements were more similar to the ball dribbling test used, namely passing through a chair obstacle and increasing the ability to dribble the ball better. This exercise requires two-handed coordination. while running between bouncing the ball, moving the ball, and running, whereas in the relay dribble practice group, the practice tends to be boring or monotonous and easy to do.

Based on the results of the Independent Sample T-Test analysis via the SPSS 24 application, it shows that slalom dribble training is more effective than relay dribble training on ball dribble skills in the men's basketball team at Public High-School 1 Pangkep, where the t value is -3.464, the sig value. (2-tailed) is 0.004, and the difference in posttest value is 3.11500 seconds.

4. CONCLUSION

Based on the results of data analysis through the SPSS 24 application, it shows that the t value = 22.656 with a 2-tailed sig value of 0.000, which means the 2-tailed sig value is <0.05 , so this result shows that there is a significant difference. This means that slalom dribbling training has a significant influence on increasing dribbling skills on the men's basketball team at Public High-School 1 Pangkep. Based on the results of data analysis through the SPSS 24 application, it shows that the t value is 4.869 with a 2-tailed sig value of 0.002, which means the 2-tailed sig value is <0.05 , so this result shows that there is a significant difference. This means that relay dribbling training has a significant influence on improving dribbling skills on the men's basketball team at Public High-School 1 Pangkep. Based on the results of the Independent Sample T-Test analysis using the SPSS 24 application, it shows that slalom dribble training is more effective than relay dribble training on ball dribble skills in the men's basketball team at Public High-School 1 Pangkep, where the t value is -3.464, the sig value. (2-tailed) is 0.004, and the difference in posttest value is 3.11500 seconds.

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