



## Analysis Of Shooting The Best Ten Athletes Leaders NBA Season 2020-2021

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### Abstract

Basic skills Shooting is the most well-known and most popular basketball basic and is a part of the trainer's training program. The NBA is a good competition and shooting is an important part of scoring points and winning, it is necessary to analyze the abilities of shooting the best ten athlete leaders NBA season 2020-2021. The data obtained will be analyzed using a quantitative descriptive approach. The conclusion of this study is that from the results of data analysis, the results of the data and discussion are the average ability of shooting 1 point Ten Athletes Leaders NBA season 2020-2021 is 84.42%, average ability is shooting 2 points Ten Athletes Leaders NBA season 2020-2021 by 50.02% and an average ability of shooting 3 points Ten Athletes Leaders NBA season 2020-2021 by 39.38%.

### How to Cite

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## INTRODUCTION

Sport is one of the important factors in people's lives today. Several factors can influence community activities during this Covid-19 pandemic. Health factors and sports activities are one of the things that people are interested in facing the Covid-19 pandemic as one that can create a sense of optimism for work and activities.

Basketball is a sport that can help create a sense of optimism and improve health if implemented properly. Basketball is a game that uses speed (legs and hands) and agility (all body movements) in a timely manner. In training we must constantly emphasize the principle of doing all the movements correctly, quickly, and at the right time. All of this must be done when developing and training individual player skills, physically, emotionally, and team balance, both in positions defense and offense (Kosasih, 2010).

Basketball can be used in the aspects of educational sports, recreational sports and achievement sports. The sport of basketball in terms of sports achievements can be carried out, one of them in the form of leagues or tournaments. Basketball leagues in Indonesia include the Indonesian Basketball League (IBL), while the famous international competition/league is the National Basketball Association (NBA) which competes in America (USA).

The NBA or National Basketball Association is a multinational company engaged in the media and entertainment industry as well as the sports industry. The NBA itself is a basketball sports league from the United States (US). The NBA was founded in 1949 as a result of the merger of two basketball sports leagues, the American Basketball Association (ABA) and the National Basketball League (NBL) (Jozsa, 2011). The NBA grew when David J. Stern served as commissioner/leader of the NBA organization in 1984. During his leadership the NBA made various expansion or marketing efforts to various countries (Hitchcock, 2018).

These efforts include bringing in foreign players (outside the US), collaborating with various media to broadcast the matches, conducting exhibition matches involving NBA teams as well as local basketball teams in the country where the NBA is headed, and various activities. -basketball sports activities involving players, coaches and staff of NBA teams. The NBA is a basketball competition that is an example of competition in international and Indonesian competitions.

Basic skills Shooting is the most well known and most popular basketball basic and is part of the coach's training program. Why is that be-

cause every player must have the instinct to score points. Give the ball to a player when on the court alone, what the player will do is most likely he will do a little dribble and then shoot. In order for a player to become a good shooter, the player must enjoy his practice shooting and enjoy it, so that the player will continue to practice shooting without getting bored and happy and happy.

The basketball coach stated, in order to create a shooter good, long-term practice and repeated training processes are needed. However, with a training program from a basketball coach and proper techniques shooting and done seriously, a player can become a reliable shooter in a not too long time. Two basic principles in playing basketball are creating opportunities shooting to score on offense and preventing opponents from doing the same thing on defense.

Shooting in basketball is an attempt to get the ball into the basket using one or two hands. This move can be done from near or far and will contribute points to the team that shoots the ball correctly. There are many types of shooting in basketball, ranging from layups, slam dunks, to three point shoots. Each type will contribute points for the team as much as one, two, or three points. Shooting is a basic technique in playing basketball that must be mastered by all players well. The following sections will teach you how to do shooting good in every attempt.

Shooting is an important part in basketball because to score points the technique used is shooting. The main life in attacking strategy is shooting and there are various variations of formations offensive in basketball and all the endings of these strategies are shooting with different priorities. When the team is at a stalemate due to the formation of a defense zone against a good and tight opponent, shooting long-distance such as 3-point shots will be a solution so that the strategy can run well. If the formation defense faced is full court as well as hard and man-to-man defense, then kills shooting can be done more diversely with lay-ups, jump shots to the area mid-range.

The NBA as a good competition and shooting is an important part of scoring points and winning, it is necessary to analyze the abilities of shooting the best ten athlete leaders in the 2020-2021 NBA season.

## METHODS

The type of research is quantitative research where the main data is statistical secondary data from the top 10 athletes for the 2020-2021 NBA season, obtained from <https://www>.

nba.com/stats/leaders/. The data obtained will be analyzed using a quantitative descriptive approach. The subjects of this study were the 10 best leading athletes from the 2020-2021 NBA season based on the equivalent of all statistical data components during the 2020-2021 NBA season.

A more complete research design is divided into three stages, namely the preparation stage, in the preparation stage the author prepares all existing tools such as laptops, internet networks and preparing stationery, the second stage is to take the data Athletes Leaders NBA season 2020-2021 stored in a laptop. and save in a file that is on the laptop. The third stage is to analyze a data Athletes Leaders NBA season 2020-2021 that has been downloaded and an observation and analysis is carried out. In this analysis, the writer uses non-participant observation on a secondary data shooting Athletes Leaders NBA season 2020-2021. To obtain a result and obtain data in this study, it is recorded in a paper as raw material for improvement of the analysis.

## RESULTS AND DISCUSSION

Data results from secondary data shooting Ten Athletes Leaders NBA season 2020-2021 are as follows:

**Table 1.** Shooting 1 point Athletes Leaders NBA season 2020-2021

| Rank    | Player Name | FTM  | FTA  | FT%   |
|---------|-------------|------|------|-------|
| 1       | LD          | 3.9  | 7.3  | 52.9  |
| 2       | DL          | 7.8  | 8.3  | 94    |
| 3       | DM          | 6    | 6.8  | 87.8  |
| 4       | KD          | 7    | 7.8  | 90.3  |
| 5       | JT          | 9    | 9.8  | 91.8  |
| 6       | NJ          | 4.8  | 5.3  | 90.5  |
| 7       | JM          | 6.2  | 8    | 77.5  |
| 8       | BB          | 6.2  | 7.2  | 86.1  |
| 9       | KL          | 5.7  | 6.3  | 89.5  |
| 10      | JE          | 8.9  | 10.6 | 83.8  |
| Average |             | 6.55 | 7.74 | 84.42 |

The data **Table 1** above shows that Luka Doncic (rank 1) has the opportunity to shoot 1 point shooting an average of 7.3 times per match and 1 point shooting is averaged 3.9 times so the percentage is 52.9%. Damian Lillard (rank 2) has an average of 8.3 times of shooting 1 point per match and an average of 8.3 points of 1 point

shooting, so the percentage is 94%. Donovan Mitchell (rank 3) has an average of 6.8 times a chance to shoot 1 point per game and an average of 6 points to shoot 1 point so the percentage is 87.8%. Kevin Durant (rank 4) has an average of 7.8 times a chance to shoot 1 point in each game and an average of 7 points to shoot 1 point so that the percentage is 90.3%. Jayson Tatum (rank 5) has an average of 9.8 times the opportunity to shoot 1 point in each game and an average of 9 points to shoot 1 point so that the percentage is 91.8%. Nikola Jokic (rank 6) has an average of 5.3 times of shooting 1 point per game and an average of 4.8 times of 1 point shooting, so the percentage is 90.5%. Ja Morant (rank 7) opportunity to shoot 1 point shooting an average of 8 times per game and 1 point shooting an average of 6.2 times so the percentage is 77.5%. Bradley Beal (rank 8) has the opportunity to shoot 1 point shooting an average of 7.2 times per game and 1 point shooting comes in an average of 6.2 times so that the percentage is 86.1%. Kawhi Leonard (rank 9) has the opportunity to shoot 1 point shooting an average of 6.3 times per match and 1 point shooting comes in an average of 5.7 times so the percentage is 89.5%. Joel Embiid (ranked 10) has an average of 10.6 times per match, and an average of 8.9 points is scored, so the percentage is 83.8%. Overall total of shooting 1 point Ten Athletes Leaders NBA season 2020-2021 opportunity to shoot 1 point shooting an average of 7.74 times per game and shooting 1 point in average 6.55 times so the percentage is 84.42%.

**Table 2.** Shooting 2 point Athletes Leaders NBA season 2020-2021

| Rank    | Player Name | FGM   | FGA   | FG%   |
|---------|-------------|-------|-------|-------|
| 1       | LD          | 13.7  | 28    | 49    |
| 2       | DL          | 10.3  | 22.3  | 46.3  |
| 3       | DM          | 11.2  | 23.2  | 48.2  |
| 4       | KD          | 11    | 21    | 52.4  |
| 5       | JT          | 9.4   | 22.2  | 42.3  |
| 6       | NJ          | 11.8  | 22.8  | 51.6  |
| 7       | JM          | 11    | 22.6  | 48.7  |
| 8       | BB          | 11.2  | 24.6  | 45.5  |
| 9       | KL          | 11    | 18.9  | 58.2  |
| 10      | JE          | 9.3   | 16    | 58    |
| Average |             | 10.99 | 22.16 | 50.02 |

The above data **Table 2** shows that Luka Doncic (rank 1) has the opportunity to shoot 2 point average 28 times per game and shoot 2 points on average 13.7 times so the percentage

is 49%. Damian Lillard (rank 2) has an average 2-point shooting opportunity of 22.3 times per game and 2-point shooting is 10.3 times so that the percentage is 46.3%. Donovan Mitchell (rank 3) has an average of 23.2 shooting opportunities per game and 2 points shooting an average of 11.2 times so the percentage is 48.2%. Kevin Durant (rank 4) has the opportunity to shoot 2-point shooting an average of 21 times per game and 2-point shooting comes in an average of 11 times so the percentage is 52.4%. Jayson Tatum (rank 5) has the opportunity to shoot 2 point shooting an average of 22.2 times per game and 2 point shooting comes in an average of 9.4 times so the percentage is 42.3%. Nikola Jokic (rank 6) has an average 2-point shooting opportunity of 22.8 times per game and 2-point shooting is on average 11.8 times so the percentage is 51.6%. Ja Morant (rank 7) has an average of 22.6 shots per match, and an average of 2 points shots 11 times so the percentage is 48.7%. Bradley Beal (rank 8) has the opportunity to shoot 2-point shooting an average of 24.6 times per game and 2-point shooting comes in an average of 11.2 times so the percentage is 45.5%. Kawhi Leonard (rank 9) has an average of 18.9 shots per match, and an average of 11 points for 2-point shooting, so the percentage is 58.2%. Joel Embiid (rank 10) opportunity to shoot 2-point shooting an average of 16 times per game and 2-point shooting comes in an average of 9.3 times so the percentage is 58%.

Overall total of 2 point shooting Ten Athletes Leaders NBA season 2020-2021 opportunity to shoot 2-point shooting an average of 22.16 times per game and 2-point shooting an average of 10.99 times so the percentage is 50.02%.

**Table 3.** Shooting 3 points Athletes Leaders NBA season 2020-2021

| Rank    | Player Name | 3PM  | 3PA  | 3P%   |
|---------|-------------|------|------|-------|
| 1       | LD          | 4.4  | 10.9 | 40.8  |
| 2       | DL          | 5.8  | 13   | 44.9  |
| 3       | DM          | 4.3  | 10.3 | 41.9  |
| 4       | KD          | 2.8  | 5.8  | 47.8  |
| 5       | JT          | 2.8  | 7.2  | 38.9  |
| 6       | NJ          | 2.3  | 5.4  | 41.9  |
| 7       | JM          | 2    | 6.2  | 32.3  |
| 8       | BB          | 1.4  | 6.4  | 21.9  |
| 9       | KL          | 2.2  | 5.3  | 41.7  |
| 10      | JE          | 1.4  | 3.4  | 41.7  |
| Average |             | 2.94 | 7.39 | 39.38 |

The above data **Table 3** shows that Luka Doncic (ranked 1) has an average of 10.9 shots

per match and 3 points shooting. entered an average of 4.4 times so that the percentage of 40.8%. Damian Lillard (rank 2) has the opportunity to shoot 3 point shooting an average of 13 times per match and 3 point shooting comes in an average of 5.8 times so the percentage is 44.9%. Donovan Mitchell (rank 3) has an average of 10.3 times for shooting 3 points per match and 3 points shooting an average of 4.3 times so the percentage is 41.9%. Kevin Durant (rank 4) has the opportunity to shoot 3 point shooting an average of 5.8 times per match and 3 point shooting comes in an average of 2.8 times so the percentage is 47.8%. Jayson Tatum (rank 5) has an average of 7.2 shooting opportunities for 3-point shooting per game and 3-point shooting is on average 2.8 times so the percentage is 38.9%. Nikola Jokic (rank 6) has an average of 5.4 shooting opportunities for 3-point shooting per game and 3-point shooting is on average 2.3 times so the percentage is 41.9%. Ja Morant (rank 7) has an average of 6.2 shooting opportunities for 3-point shooting per match and 3-point shooting is on average 2 times so the percentage is 32.3%. Bradley Beal (rank 8) has the opportunity to shoot 3-point shooting an average of 6.4 times per game and 3-point shooting comes in an average of 1.4 times so that the percentage is 21.9%. Kawhi Leonard (rank 9) has an average of 5.3 shooting opportunities for 3-point shooting per match and 3-point shooting is on average 2.2 times so the percentage is 41.7%. Joel Embiid (rank 10) has an average of 3.4 shooting opportunities for 3-point shooting per match and 3-point shooting has an average of 1.4 times so that the percentage is 39.38%.

Overall total of 3 point shooting Ten Athletes Leaders NBA season 2020-2021 opportunity to shoot 3-point shooting an average of 7.39 times per game and 3-point shooting enters an average of 2.94 times so the percentage is 39.38%.

Average Ability shooting 1 point Ten Athletes Leaders NBA season 2020-2021 opportunity to shoot 1 point shooting an average of 7.74 times and an average of 6.55 times so the percentage is 84.42%. Therefore, if we train a basketball sports club, we must have a target of increasing shooting by 1 point at least it must be close to a percentage of the average ability of the NBA player. Shooting 1 point is often the deciding factor when the points between the two teams are very close and near the end of the match. At the end of the round there are often violations that cause the referee to give a 1 point shot to a team. If a team shoots 1 point well, it will be possible to help the team in winning at the last minute. The coach must not ignore the athlete's ability to shoot 1 point.

Average ability to shoot 2 points Ten Athletes Leaders NBA season 2020-2021 opportunity to shoot 2-point shooting an average of 22.16 times per game and 2-point shooting an average of 10.99 times so the percentage is 50.02%. Shooting 2 points consists of several techniques such as lay-up, jump shot, slam dunk and under basketball. The Technique is 2-point shooting attempted by every coach to help athletes to be able to carry out all the techniques. A look at the average NBA player shows percentage a good of the effort to do half. The coach must be able to increase the percentage each time he practices at least close to the percentage of the NBA player. Shooting 2 points is almost dominant in the number of dos and gains scores so as to make the dominant shooting trained for athletes without neglecting other types of shooting.

Ability 3 point shooting Ten Athletes Leaders NBA season 2020-2021 opportunity to shoot 3-point shooting an average of 7.39 times per game and 3-point shooting enters an average of 2.94 times so the percentage is 39.38%. Shooting 3 points is shooting with the farthest distance so that judging from the percentage above it is the least. There are several obstacles for athletes to do 3 point shooting besides distance, namely the opportunity to do so, especially if the defense applies man to man defense.

Basic skills that should be owned by every basketball player is shooting for the game of basketball goal is to enter the ball into the basket as much as possible opponents and prevent the opponent did not make point. Integrasi between mental aspects and mechanisms of shooting is the key to success educate shooting itself (Wissel, 2012: 71).

The basic shooting technique is an important basic technique, although it does not leave other basic techniques. Vicker in Steciuk and Zwierko (2015: 89) suggests "this ability is crucial in the game and can be described as a complex targeting skill that required the integration of visual information, gained through overt shifts of gaze, with effectors moment that executes the aiming movements". The ability to shoot or shoot is very important in the game and can be described as a complex targeting skill that requires the integration of visual information, with effector movements that execute purposeful movements. with the number of scores made.

## CONCLUSION

The conclusion of this study is that from the results of data analysis, data results and dis-

cussions; The average ability shooting 1 point Ten Athletes Leaders NBA season 2020-2021 amounted to 84.42%; Average ability shooting 2 points Athletes Leaders NBA season 2020-2021 by 50.02%; Average Ability shooting 3 points Ten Athletes Leaders NBA season 2020-2021 by 39.38%.

Based on the conclusions of the study, there are several suggestions that can be submitted, namely; For trainers to provide more varied training as an effort to improve results shooting.; Athlete's Attention to results shooting should pay more so that athletes are more serious in doing shooting exercises and continuous training in accordance with the training program; For club coaches to increase exercise creativity to improve results shooting and with varied training programs.

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