

Grooving The Shoot Free Throw Drill Training and Concentration on Free Throw Shooting Outcome

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Abstract

This research aims to find out the relation between concentration levels of players on a free throw and how much the contribution of concentration levels on free throw outcome of basketball players in Unit Mulyoharjo Sekitar (UMS) PREDATOR club in Pemalang Regency. This research used the Purposive Sampling technique. Data collection technique used Grid concentration test. This research is non-experimental research through quantitative descriptive approach with correlational design. The subject of the research was 40 players of UMS PREDATOR. The sample was collected using purposive sampling from the population consisted of all students. The research instrument used grid concentration test and foul shot. Based on the result of data It can be seen from the result of Anova $F_{\text{value}} = 6.837 > F_{\text{table}} = 2.021$, The result of the third hypothesis shows significant result between factor A (training method of shoot free throw drill) and B (concentration) on free throw shooting skill outcome. The result related to the hypothesis test of interaction proved that there was an interaction between the training method of shoot free throw drill and concentration on free throw shooting outcome.

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INTRODUCTION

Basketball is one of the team sports that has experienced rapid development because basketball is not only an achievement sport but also educational and recreational sport (Tifani, 2016). Basketball is a sport that has a very fast characteristic of motor needs in technical and tactical to support good communication between players in the court (Darmawan, 2013; Ahmad, 2016).

The most dominant technique in basketball is shooting because the winning of a basketball team is measured by the collected or most points (Taryono, 2010; Wicaksono, 2014). Meanwhile, shooting is divided into two types; field goal and free throw. A field goal is any shot attempted in attacking by a basketball team, while the free throw is any shot given to a player because a player from the other team has broken a rule and free throw is decided by the referee (Andianta, Kiyatno, and Purnama, 2014; Murdhani, 2014).

One of the important shooting in basketball is free to throw. Besides the easy point, the free throw can determine the winning or loose of a team in a match (Rubiana, 2017). It is based on the taking of foul shooting done outside of the match, which means that the match time will be stopped during a free throw. The player who executes free throw does not get any disturbance from the opponents. Therefore each player gets an opportunity to perform it as well as possible to gain the point for their team

Based on the results of observation with UMS PREDATOR club Pematang Regency that stated that during the last Pematang Basketball League (PBL), the free throws often missed. From two opportunities, sometimes only one shot that entered the ring or even not at all that entered the ring.

Moreover, when the players were doing ten free throws training, many of them did not perform well, on average they could only succeed in 3-4 free throws or 32% from all of the shots they threw. The percentage of shooting was low, while the free throw technique was relatively good. The free throw should be used as well as possible in

important matches. Even the club was popular for their players, but they missed a lot of free throws

In performing a free throw, it does not only depend on good technique but also a high level of concentration, with the combination of good technique and concentration, the ball will be easily entered to the ring, and the team will get the point (Czech, Ploszay, and Burke, 2004). When performing free throws, the players who perform well generally have high concentration so that the technique becomes better (Foster, Weigand, and Baines, 2006; Kurniawan, 2014). Therefore, concentration is needed in a free throw, because it is one of the factors influencing the success in shooting, especially free throw (Carboni, Burke, Joyner, and Hardy, 2000; Lonsdale, and Tam, 2008).

Based on the background, the researcher decided to conduct a research entitled "The Effect of Training Method using grooving the shoot free throw drill and Concentration Levels on Free Throw Shooting Outcome of male basketball players in Unit Mulyoharjo Sekitar (UMS) PREDATOR club Pematang."

METHODS

This research is non-experimental research with quantitative descriptive approach. The population of this research was all basketball players of UMS PREDATOR Pematang Regency. The population was 60 players registered in UMS PREDATOR club. The sampling technique used purposive sampling. Purposive sampling is a sampling technique in which the characteristics are already known based on the characteristics of the population. The sample of the research was 40 players.

The research instrument used grid concentration test to measure concentration levels and free throw training program.

RESULTS AND DISCUSSION

The level of data normality collected from data collection on the table above shows that A_1B_1 , A_1B_2 , A_2B_1 , A_2B_2 from the population that

had normal distribution because the value of normal significance was greater than 0.05.

Table 1. Data Normality Test

Training method	Concentration	Sig	Information
Grooving the shoot free throw drill distributed practice	High	0.207 > 0.05	Normal
	High	0.117 > 0.05	Normal
Grooving the shoot free throw drill massed practice	High	0.269 > 0.05	Normal
	Low	0.200 > 0.05	Normal

From the calculation of Kolmogorov Smirnov using SPSS 23.0, it shows that data variable was normally distributed as well as free throw variable was distributed normally.

Table 2. Hypothesis Test Result

Source	Type III sum of squares	df	Mean	F	Sig
Corrected model	97.700 ^a	3	32.567	45.442	.000
Intercept	722.500	1	722.500	1008.140	.000
Freethrow	78.400	1	78.400	109.395	.000
Konsentrasi	14.400	1	14.400	20.093	.000
Freethrow * concentration	4.900	1	4.900	6.837	.013
Error	25.800	36	.717		
Total	846.000	40			
Corrected total	123.500	39			

The hypothesis of the interaction of training method and concentration on free throw shooting outcome of basketball players in UMS PREDATOR. Based on the result of statistic variance SPSS 23, it shows that eventually there was an interaction of training method and concentration on free throw outcome, because $F_{\text{value}} = 6.837 > F_{\text{table}} = 3.24$ and the significance

was less than 0.05 ($0.013 < 0.05$), so it was accepted. It can be stated that there was an increase in training method and concentration, and there was an interaction between training method and concentration on free throw shooting outcome of basketball players in UMS PREDATOR.

Table 3. Tuckey Test Result

Training method	Concentration	Mean	Std. error	95% Confidence interval	
				Lower bound	Upper bound
Distributed	High	6.600	.268	6.057	7.143
	Low	4.700	.268	4.157	5.243
Massed	High	3.100	.268	2.557	3.643
	Low	2.600	.268	2.057	3.143

Table 3 shows that training method of grooving the shoot free throw drill distributed and high concentration was better to improve free throw shooting outcome than training method of grooving the shoot free throw drill distributed and low concentration or training method of grooving the shoot free throw drill massed and high and low concentration. It can be seen from the mean score of 6.600.

This research gives further interpretation with the results of data analysis which have been conducted based on the hypothesis test that resulted in two analysis conclusions: (1) there was

an effect between the main factors of this research and (2) there was an interaction between the main factors in the form of two factors interaction.

From each variable, it can give a different effect on gross motor skills, or in other words, the hypothesis of the research is proved. It can be seen from the result of Anova $F_{\text{value}} = 6.837$ and $F_{\text{table}} = 2.021$, which means that $F_{\text{value}} > F_{\text{table}}$.

The result of the third hypothesis shows significant result between factor A (training method of shoot free throw drill) and B (concentration) on free throw shooting skill outcome. The result related to the hypothesis test

of interaction proved that there was an interaction between the training method of shoot free throw drill and concentration on free throw shooting outcome. Darmawan (2013) stated that the training method had a positive effect on jump shoot improvement in basketball.

Test data explains that training method and concentration played a role to improve free throw shooting skill outcome of basketball players in UMS PREDATOR. The training method used by them was divided into two: distributed and masses practice. The two kinds of practice had the same goal to improve free throw shooting skill outcome of basketball players,

Skill is defined as one's ability on a thing involving all skill tasks, attitude, value, and understanding that all of them are considered as an important thing to support his success in doing the tasks (Yanto, 2005). Skill levels are influenced by concentration levels, which means that good concentration, according to Gooding, and Gardner (2009) concentration is very important in sports because if it is interrupted, it will cause troubles. Particularly, for sports that need the accuracy of throwing, hitting, kicking, and shooting on target. Therefore, prime information processing system inside the player is needed to accept the stimulation and answer it in the form of fast and accurate movement in sports that need the accuracy of throwing, hitting, kicking and shooting on target. Because concentration is being the focus of mind on something that has been doing without being interrupted by things around us, concentration is focusing on certain object. Concentration is an ability to focus on certain object without being interrupted by internal or external stimulus, the internal stimulus is sensory or minds disturbances such as fatigue and anxiety, while the external stimulus is from external disturbances such as shouts and bullies from the audience and referee decision error (Wicaksono, 2014). Concentration is an attention-centered activity; some objects are observed, have a certain period, and have the opportunity to influence the process and outcome of behavior (Jamaliah, Sugiharto, and Handayani, 2015). A person who has a good concentration and remains focused on the initial

goal of the match will result in encouragement or motivation from within him both from inside (*internal*) and outside (*external*) (Kuswoyo, Pramono, and Rifai, 2017).

In basketball, there are violations and fouls. Foul are a deviation from the rules which causes contact with opponents or players' impolite behaviors, and it can lower their concentration level during a match (Priyatno, 2012; Englert, Bertrams, Furley, and Oudejans, 2015). In basketball, concentration is very needed especially in performing free throws, the aspect is essential for the success of players to make points because there are factors that lower their concentration level in the court, the coach and teammate should support and keep the concentration levels of the players, moral support and cheers from themselves and others are needed when they are about to perform free throw (Price, Gill, Etnier, and Kornatz, 2009; Chuang, Huang, and Hung, 2013).

A coach should give an understanding of how important the concentration in activities performed by the players because all activities need high-level concentration to finish the tasks quickly and precisely. Focus on players' concentration levels during training is very needed, because concentration can affect the success level of basketball players' free throws, it aims to make them get used to concentrating on every training (Castagna, Impellizzeri, Chaouachi, Abdelkrim, Manzi, 2011; Calleja-González, Terrados, Mielgo-Ayuso, Delextrat, Jukic, Vaquera, Torres, Schelling, Stojanovic, and Ostojic, 2016). In performing free throws, the coach should always warn his athletes to keep concentrating, so they succeed in the better and more maximal shooting. The coach should also evaluate his athletes' concentration levels by monitoring them periodically and training their concentration levels with Grid Concentration Test as the measurement tool (Pau, and Ciuti, 2014; Dereceli, 2018).

CONCLUSION

Based on the result and discussion explained above, it can be concluded that: There

was a relation between concentration levels of players and free throw accuracy in basketball of players in UMS PREDATOR Pematang Regency. The training method of grooving the shoot free throw drill distributed practice and grooving the shoot free throw drill massed practice on free throw shooting skill outcome can be used to improve free throw shooting outcome. The effect of grooving the shoot free throw drill by applying the training method of grooving the shoot free throw drill distributed practice and grooving the shoot free throw drill massed practice is also influenced by concentration levels which will determine the accuracy of movement response. Thus, it can be concluded that the higher the concentration level of a player, the higher the score of free throw accuracy in basketball.

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