

**Original Article Research****Basketball *Free Throw* Skill Level of Grade 8 Boys of Pius Gombong Junior High School**

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**Abstract**

Basketball is included in the junior high school sports curriculum. Shooting is a basic technique that basketball players must master. You must be able to make shots, because shooting can cover up the weaknesses of other basic techniques. To make an accurate shot must multiply practice by increasing confidence, mechanism, rhythm, and range. The purpose of this study was to determine the skill level of free throw basketball for grade 8 boys of Pius Gombong Junior High School. The research method used is the survey method. The results of the calculation study use a percentage descriptive formula. Data collection technique with free throw test from the calculation results, the results showed that overall, the basic technique of playing basketball for 8th grade boys of Pius Gombong Junior High School. The results of the research on the Shooting Ability Free throw of 8th grade male students of Pius Gombong Junior High School. Categorized either with a frequency of 58% or with a good predicate. Free throws in basketball games are needed to make points freely. Free throw itself is done without using obstacles so that it makes it easier for players to make points. The conclusion of the data analysis of the results of the study is known that the results of the analysis of shooting ability are free. Throw students. grade 8 boys of SMP Pius Gombong are categorized as good.

**Keywords:** Skill level, Basketball, shooting, Free throw

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**1. INTRODUCTION**

Understanding basketball is a sport that is played or carried out in groups consisting of two teams with members of each team, namely five people who compete to score points by

entering the opponent's basket (Zulfiani, 2021). In the Asian region, China, Japan, and the Philippines were the first countries to learn basketball. In the 1920s, Chinese immigrants to Indonesia indirectly introduced basketball. A free throw is a shot given to a player for committing a foul. This shot is made in a position just behind the free shot line according to the regulations. Basketball is a popular sport played globally, characterized by two teams of five players each, who compete to score points by shooting the ball through the opposing team's hoop (Nanda et al., 2021). The game is famous for its fast speed, skillful maneuvers, and strategic gameplay.

If soccer has penalties, then basketball has free throws. Although the methods are different, they both have the same meaning. That is, it is a result of a foul committed. In basketball, free throws are considered one of the most dangerous shots for the opposing team (Novriansyah et al., 2019). It is one of the most important, and in some cases, one of the most anxiety-inducing. It is comparable to a penalty situation in a soccer match. Free throws, it is a shot that is awarded because a player has committed a foul. Free throws do require calm and concentration. The reason is, when a player uses this technique, it will usually cause pressure (Olteanu et al., 2023). Free throw penalties may also be imposed if the attacking team is fouled during a free throw awarded by the referee. This depends on the type of foul and the area where the opposing team committed the foul.

Basketball is a group ball sport in which two teams of five people each compete for points by throwing the ball into the opponent's basket. Basketball is played by two teams, each team consisting of five players. Each team puts the ball into the opponent's basket and prevents the opponent from putting the ball into their own basket (Cabarkapa et al., 2023; Kelmendi et al., 2021). Basketball is the center for the production and reproduction of a shared identity in the present and a shared imagined past, which is sequentially illustrated through various techniques: the basketball free throw technique. Basketball free throws, as we know them today, is a fast and dynamic sport played by athletes who require a comprehensive fitness package to perform at the highest level, saying they need free technology. However, some people consider it a fun entertainment sport played by professionals. Basketball is a team sport played in 213 countries around the world (Nor-Al-Din et al., 2021). In addition, participation in the game of basketball is of great interest to both women and men, and in this case participation in the game of basketball increases free throws for the first time compared to other sports, and for teams such as the United States and Australia (Scanlan et al., 2012). Free throws in basketball are very closely related because there are many different techniques in basketball and one of them is the free throw technique. Free throw techniques must be mastered by basketball players (Ransdell et al., 2020). Therefore, this free throw is taken if the team commits a foul or if the attacking team is fouled during the execution of the free throw awarded to the referee, depending on the type of foul and the area where the foul occurred team (Nanda et al., 2020; Pakosz et al., 2021). Carried out by the opposing team. This is in line with FIBA, which states that a free throw gives a player the opportunity to score one point, is done from a position behind the free throw line and cannot be done within a half-circle (Katris, 2023).

Skills are proficiency or mastery of things that require body movements and are obtained through exercises. Like other types of sports, to be able to play basketball, everyone who wants to pursue the sport must first master some basic skills in basketball games such as passing, dribbling, and shooting (Pardini, 2021). In basketball games, to get effective and efficient movements need to be based on mastery of good basic technical skills. Basic technical skills in

the game of basketball can be divided into six, namely: 1) throwing and catching techniques (passing), 2) dribbling techniques, 3) shooting techniques, 4) pivot techniques, 5) lay-up shot techniques (Betul, 2015; Isnaini et al., 2022; Rahmadani et al., 2019). Shooting is the player's attempt to put the ball into the opponent's basket with the aim of getting as many scores as possible. To get the correct shooting position, we must start with the correct body position such as foot movement to movement when jumping (Baso W et al., 2023; Raiola & D'isanto, 2016). Revealing that the ability that must be mastered by a player is the ability to enter the ball or shooting. Free throw can be summarized as the phase of the shooting motion (1) The feet are shoulder-width apart, the knees are bent, and the body is slightly inclined (2) The right hand holds the ball and then places it above the head and in front of the forehead (3) The elbow is bent to form a 90-degree angle (Okubo & Hubbard, 2016; Ramadhan & Irawan, 2022).

Free throw in basketball refers to the opportunity for a player to throw the ball into the basket without any pressure from the opponent's defense. Free throws are given as punishments or rewards after the occurrence of certain violations in the game. Here are some important points about free throws in basketball (Ammar et al., 2016; Iskandar & Ramadan, 2019; Prvulovic et al., 2022), (1) Fouls that Result in Free Throws. A team is awarded a free throw when the opponent commits a certain foul. This violation can be a personal foul or technical foul; (2) Personal foul: When a player makes unauthorized physical contact with an opposing player; (3) Technical foul: Non-physical offense such as unsportsmanlike conduct or violation of other rules; (4) Number of free throws; (5) The number of free throws awarded depends on the type of foul that occurred. On some fouls, fouled players get two free throws. On technical fouls, the fouled player gets one or two free throws, depending on the rules of the league or competition; (6) Free throw release technique. Players must throw the ball from the free throw area, which is located on the free throw line in front of the basket. Players must stay outside the free throw area until the ball touches the hoop or bounceboard; (7) No violation). At the time of free throws, players from both teams are not allowed to violate certain rules, such as breaking the free throw line or getting inside the bounce area before the ball hits the hoop; (8) Points from Free Throw. Each incoming free throw will award one point to the throwing team; (9) Take off free throws after timeouts. After a timeout, the player who gets the free throw must return to the free throw line and throw the ball to continue the game. Free throws become crucial moments in the game because players can score points without any pressure from opposing players. Therefore, the ability to execute free throws well becomes an important skill for basketball players.

In the advanced stage indicators (process) (1) See the target (2) Make a repulsion using both feet. In the final stage indicator (continued) (1) The ball is shot into the basketball basket with a rhythmic movement of the knees, body and elbows straightened (2) The palm of the hand is down when the ball is released (Arya Tangkas Prasetya et al., 2022; Cabarkapa et al., 2021). Basketball is one of the most popular and favorite sports among junior high school, high school, and college students. This can be seen one of them from the always crowded participants who take part in the competition in every basketball championship held, both between schools, and between students. This can be seen from the crowds of participants who take part in competitions in every basketball championship held. Pius Gombong Junior High School is one of the most outstanding private junior high schools among other private schools. This school is quite famous for its basketball because it often wins basketball tournaments in Kebumen Regency. With the many achievements obtained by this junior high school, the author wants to know the skills of free throw shooting techniques of 8th grade students of SMP Pius Gombong. The background for the author to conduct research with the

title Shooting Free throw Basketball Skills of 8th Grade Boys of SMP Pius Gombong.

## 2. METHOD

### 2.1 Participants

This research was conducted at Pius Gombong Junior High School. This research will be conducted on January 12, 2023. Penelitian yang dilaksanakan pada sekolah tersebut, memiliki populasi peserta didik bolabasket 12 student. Kemudian dari keseluruhan populasi diambil partisipan dengan menggunakan total sampling sebagai teknik pengambilannya. Total sampling adalah teknik pengambilan sampel dimana jumlah sampel sama dengan populasi (Fraenkel et al., 2019a). Alasan mengambil total sampling karena jumlah populasi yang kurang dari 100 seluruh populasi dijadikan sampel penelitian semuanya (Fraenkel et al., 2019b). The subjects studied in this study were grade 8 male students of Pius Gombong Junior High School in 2022, totaling 12 children

### 2.2 Research Design

The research method is basically a scientific way to get data with specific purposes and uses. Based on this, there are four keywords that need to be considered, namely, scientific methods, data, objectives, and uses. The research method used is survey research according to survey is an investigation conducted to obtain facts and symptoms that exist and seek information, both about social, economic, or political institutions of a group or area (Fraenkel et al., 2019a).

The survey method dissects and skins and recognizes problems and gets justification for ongoing conditions and practices. The survey itself is a type of descriptive research in which the research aims to describe the state or status of the objective of the problem being investigated. As Descriptive research methods are research that is only carried out only to describe the actual circumstances or events that exist in the field according to the observations of researchers (Fraenkel et al., 2019a). In this case, researchers only want to know the level of basketball free throw skills of 8th grade male students of SMP Pius Gombong in 2022.

### 2.3 Instruments

In this study we used a rubric test to collect data. The test was conducted to find out how proficient the basketball free throw skills of 8th grade male students of SMP Pius Gombong. The results of the survey test were then presented in a quantitative descriptive description. The free throw test is in the form of a performance developed from the BEEF theory which consists of a preparation phase, an implementation phase, and a follow-through phase. The validity of the free throw performance test was obtained at 0.71. The reliability of the free throw performance test was obtained at 0.999. Here's a review of each phase (Aryanto, 2010).

#### Preparatory Phase

- a. Focus view on the ring
- b. Historical legs and stretched shoulders using the stance of the foot horses that are in front according to the hands used to shoot.
- c. The knee is flexed and bent to obtain the prefix.
- d. Relaxed shoulders and balanced posture.
- e. The ball is held with both hands above the head or in front of the chest between the ears and shoulders or the ball in front of the chest.

- f. The shooter's hand is behind the ball while the other hand as a balancer is next to the ball.
- g. The elbows of the shooter's arms form a 90-degree angle.
- h. The elbows go inside, and the fingers relax with the palm part not touching the ball.

### **Implementation Phase**

- a. Lock the elbow at the position of the letter L and bend the wrist not exceeding 70 degrees.
- b. Straighten the legs along with straightening the arms used to shoot until the elbows are straight.
- c. The shooting motion ends with a wrist abrasion until the fingers face down and a release on the index finger.
- d. The balancing hand comes off the ball when the arm is straight now the ball is lifted.

### **Follow Through Phase**

- a. Supine arms.
- b. Palm down.
- c. The index finger points at the target.
- d. Balance with palms up.
- e. The arm position remains straight until the ball goes into the hoop.
- f. The ball bounced and went in.
- g. Movements in the preparation, implementation, and follow-through phases are carried out simultaneously.

### **a. Procedures**

To obtain relevant and accurate data, it is necessary to measure data that can be accounted for and measuring instruments or research instruments. Research instruments are research tools used during research using a method (Nazir, 2014). This research instrument uses a basketball free throw basic technique skill test. By giving each child the opportunity to free throw 20 times, then dividing the number of balls that enter the basketball ring by the number of free throw attempts and the results are presented in the form of a percentage.

### **b. Data Analysis**

After the data is obtained, the next step is to analyze the data to draw conclusions from the research to be carried out. The data analysis technique used in this study is descriptive statistics with percentages. The student free throw data that had been obtained was entered into the test norms. According to Moleong (2007: 3) suggests that quantitative analysis is a research procedure that produces descriptive data in the form of written or spoken words from people and observed behavior. Describing existing business operations, especially related to the basketball free throw training process, analyzing, and designing systems that are suitable for implementation and providing recommendations on information systems for physical education.

### 3. RESULTS

The results of the data description of the 8th grade men's basketball free throw ability at Pius Gombong Junior High School. Described based on tests that have been carried out. And the test carried out consists of one type of test, namely a survey of the ability to free throw basketball in 8th grade boys. The following is a description of the test items described as follows.

**Table 1**

*Classification Table of Free Throw Shooting Results*

NO	PERCENTAGE OF SUCCESS	CLASSIFICATION
1	81%-100%	Excellent
2	61%-80%	Good
3	41%-60%	Quite
4	21%-40%	Less
5	0%-20%	Extremely Disadvantaged

Source: Primary Data

**Table 2**

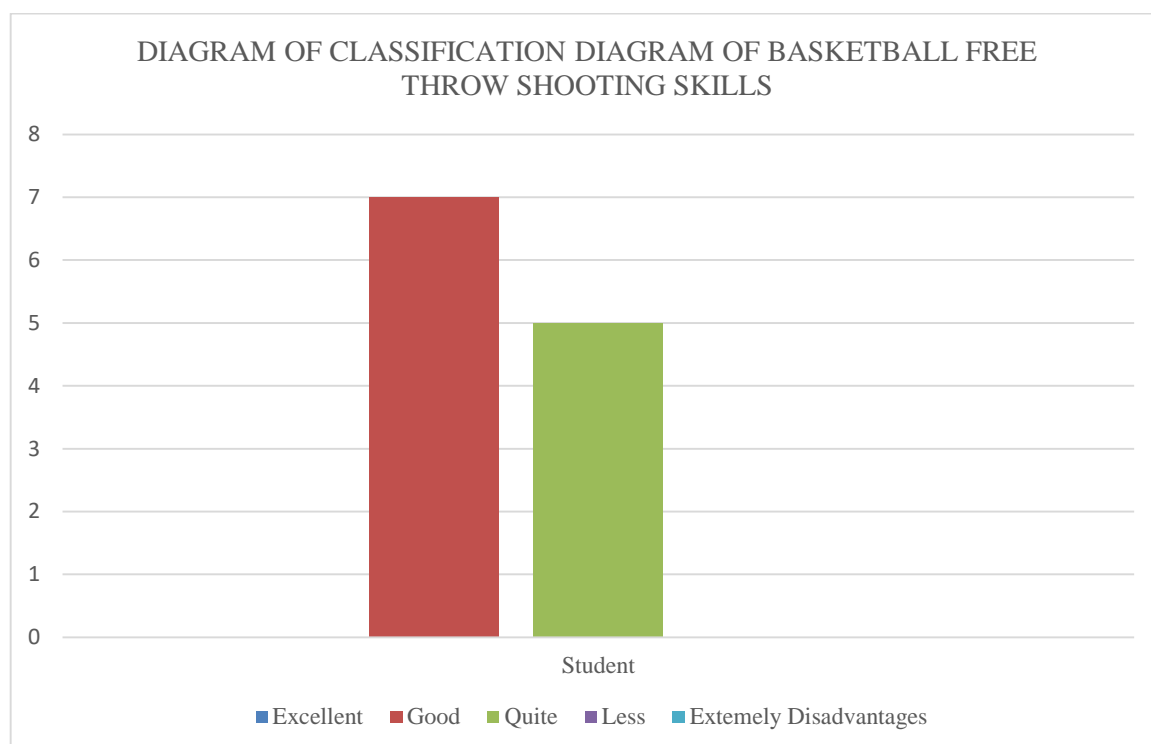
*Success Percentage Results Table*

NO	NAME	GENDER TYPE	RESULTS	SUCCESS PERCENTAGE	CLASSIFICATION
1	ANF	L	13	65%	Good
2	ACS	L	12	60%	Quite
3	CRVS	L	15	75%	Good
4	CFS	L	11	55%	Quite
5	ERSN	L	10	50%	Quite
6	FFBW	L	15	75%	Good
7	JOC	L	13	65%	Good
8	MKH	L	14	70%	Good
9	MY	L	12	60%	Quite
10	NKT	L	16	80%	Good
11	RSA	L	10	50%	Quite
12	SBM	L	14	70%	Good

Source: Primary Data

**Figure 1**

*CLASSIFICATION DIAGRAM OF BASKETBALL FREE THROW SHOOTING SKILLS*



Source: Primary Data

**Table 3**

*Classification Table of Free Throw Shooting Results*

NO	SUCCESS PERCENTAGE	CLASSIFICATION
1	81%-100%	Excellent
2	61%-80%	Good
3	41%-60%	Quite
4	21%-40%	Less
5	0%-20%	Extremely Disadvantaged

Source: Primary Data



**Table 4***Percentage of Free Throw Shooting Results*

Interval	Frequency	Presented	Classification
81%-100%	-	0%	Excellent
61%-80%	7	58%	Good
41%-60%	5	42%	Quite
21%-40%	-	0%	Less
0%-20%	-	0%	Extremely Disadvantaged
Total	12	100%	

Source: Primary Data

**4. DISCUSSIONS**

The ability to throw or free shot in basketball games has considerable urgency, including for junior high school children. Here are some reasons why free throw ability is important including (Irawan et al., 2021; Kozar et al., 1994): (1) Free points. Free throws are an opportunity to score points without any interference from opposing players. Therefore, good ability in free throws can increase a player's point contribution in a match; (2) Critical Situations: In some critical situations in a match, such as a tight end to a game, there may be situations where the match will be decided by a small number of points. Good free throw ability can be a key factor in determining a team's victory or defeat; (3) Punish the opponent's oistake: Free throw is a penalty for a foul committed by an opposing player. Good ability in free throws can make opponents more careful and reduce offenses that may cost the team; (4) Self-confidence. Training and developing free throw skills can give players confidence. High confidence can affect a player's performance in various aspects of the game, not just in free throws; (5) Basic Basketball Skills. Free throws are part of the basic skills in the game of basketball. Ability in free throws often reflects a player's basic skill level in shooting.

For junior high school kids, it's important to develop their free throw skills well as this can form the basis of more complex basketball skills in the future. Regular practice, technical guidance, and confidence development can help kids hone their free throw skills better. The first step a player needs to take in making a shot is to eliminate the pressure in his mind and focus on making the shot. Free throw shooting ability of 8th grade male students of SMP Pius Gombong. categorized as good with a frequency of 58% or with a good predicate. Free throw in a basketball game is needed to make points freely. Free throw itself is done without using obstacles so that it makes it easier for players to make points. However, in its implementation, players must have good concentration and complex coordination of movements. According to (Jiang, 2020) shooting must be able to coordinate the limbs that play a role such as elbows, fingers, feet, waist, and others. Some students have been able to apply the free throw itself which is influenced by the attitude when throwing. Rated at the initial stage of shooting free throw 8th grade male Pius Gombong Junior High School students are good, with a positive affirmation shoulder-width standing position, some of the most frequent mistakes when shooting free throws include: (1) always changing free throw habits. (2) Pressured when doing free throws. (3) Using an unbalanced or slower shooting rhythm during free throws. (4) unsure in making shots due to negative comments from outside the field (5) throws that do not reach the ring. According to Irawan & Prastiwi (2022) said that when shooting players must have good basic techniques, and



complex coordination of movements.

Training junior high school children's free throw skills in basketball requires a planned and sustainable approach. Here are some tips that can help, namely (1) Techniques in the market. Make sure your child masters the basic techniques of throwing the ball during free throws, including correct foot position, ball hold, and arm movement. Teach them to find a comfortable and consistent point of view when throwing; (2) Regular exercise. Set a regular training schedule. Consistency is essential to building good habits. Focus on quality over quantity. Make sure the child does the exercises correctly rather than just doing a lot of throws; (3) Mental toughness. Teach children about the importance of mental toughness. Practicing facing pressure and staying focused are important skills in free throws. Visualization exercises can help them imagine success and increase confidence; (4) Coordinated exercises. In addition to live free throw workouts, add coordination and balance exercises to improve body control. Drills such as dribbling, sprinting, or agility exercises can also help improve body strength and control; (5) Playing under Pressure. Create practice situations that mimic the stress of the game, such as playing in end-of-game situations or doing free throws at the end of a practice session when your child may be tired. It helps them cope with pressure and improves their ability to focus on critical situations; (6) Constructive Feedback. Provide constructive feedback after each training session. Identify areas for improvement and give praise for good achievement. Discuss with your child what can be improved and make plans to involve them in self-improvement; (7) Team Games. Engage children in team games to improve collaboration skills and decision-making speed. Team plays also provides an opportunity for them to feel situational pressure that can improve their free throw skills; (8) Pay attention to body health: Make sure the child has a healthy sleep and eating pattern. Good physical and mental health can affect their performance on the field.

Free throw ability is one of the basic techniques that are important in shooting ability in scoring points. It is important to train yourself even though the free throw ability is already in the good category. But coaches need to always provide positive encouragement and support. Practicing free throws takes time and patience, so give your child time to grow and develop in their skills.

## 5. CONCLUSIONS

Based on the data analysis of the research results, it is known that the results of the analysis of the ability to shoot free. Throw students. 8th grade male SMP Pius Gombong is categorized as good. Rated at the initial stage of shooting free throw 8th grade male Pius Gombong Junior High School students are good, with a positive affirmation shoulder-width standing position, some of the most frequent mistakes when shooting free throws include: (1) always changing free throw habits. (2) Pressured when doing free throws. (3) Using an unbalanced or slower shooting rhythm during free throws. (4) unsure in making shots due to negative comments from outside the field (5) throws that do not reach the ring. Here researchers want to get criticism and suggestions for the perfection of our much better articles. Hopefully this is very useful for researchers and the public.

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