

Efforts to Improve Outcomes Throwshoot Belajarfree At Basketball Game Through Play Approach In Grade VII Private SMP Al-Ikhwan Terrain Academic Year 2015/2016

Pedomanta Keliat

Pendidikan Jasmani Kesehatan Dan Rekreasi, STOK Bina Guna, Jl. Alumunium Raya No.77, Tj. Mulia Hilir, Kec. Medan Deli, Kota Medan, Sumatera Utara 20241

Abstract-*This research is a classroom action research (PTK). The research was conducted within two cycles, with each sikluster themselves on planning, action, observation, and reflection. Sources of data in this study berupates to students in the form of application of the basic techniques of basketball free throw shoot. Data collection techniques with the assessment of learning outcomes shoot basketball free throw. Teknikan alisis descriptive data used is based on a qualitative analysis by percentage. The results obtained from the initial observation that is otherwise completed 9 students (37%), while 15 other students declared incomplete (63%). In the first cycle of 17 students obtained hasildimana otherwise completed (71%), while 7 other students expressed tidaktuntas (29%).*

Keywords: *Approaches to Play, Free Throw Shoot, Basketball*

1. Introduction

Broadly speaking, certainly many things that affect the creation of an atmosphere conducive teaching and learning, starting from the ability of educators (teachers) until the availability of facilities and infrastructure are qualified. If these factors are met, then the learning process will certainly go well too, which in turn will create an atmosphere of learning and teaching more varied to stimulate the interest of students in carrying out various activities in physical education, health, and sports,

Based on observations made on siswakelas VII Private SMP Al-Ikhwan Terrain Academic Year 2015/2016 which specifically does not have the ability to master the basic techniques of shooting, especially basketball free throw shoot. Most students still have difficulty to practice the basic techniques in free throw shoot a basketball. Various problems seen in the implementation of each stage (phase) in free throw shoot basketball, and every student showed the error of motion are very diverse, both in the preparation phase, the phase of implementation, and follow-through phase. In addition, the level of creativity of teachers in the learning of basketball free throw shoot also still fairly low. Where teachers are still applying the kind of learning that are tedious or not varied. Though so many different types of teaching styles and approaches to learning basketball free throw shoot. This causes students to feel saturated, which notabenenya an age group that is at the phase of children toward adolescent phase. Where in the past, a child like activity that is competitive or show the process of competition with other individuals.

In addition, also obtained other information about Private junior high profile Al-Ikhwan Medan. Private SMP Al-Ikhwan Terrain is one of the schools located in the district of Medan Deli, which consists of three classes, namely class VII, VIII, and IX. In addition, Yayasan Al-Ikhwan Medan also filled by other units, namely primary school consists of 6 classes. The school environment has an open space located in the middle school building is often used as a place of execution ruitn flag ceremony is conducted every Monday, or the days of the other state. In the area of the field which has an area of approximately 150 m² there is also a two (2) basketball hoop located at each corner of the width of the field. Basic (floor) field is made of cement material (crude) formed with a flat surface. The field is a multipurpose field that is often used in learning penjasorkes. However, given the limited size of the field, some penjasorkes learning process should be modified by the teacher so that the learning process can still take place. In general, these modifications only oriented on reducing the field size to be smaller than the actual size, given the broad field conditions were

inadequate. Not only field a limited number of sports equipment is also fairly minimal. The school only has a couple of basketball, indoor soccer, and cones. Therefore,

Based on the results of preliminary tests carried out in the process of observation, using assessment portfolio (instrument) free throw shoot a basketball that refers to the source of certain references obtained Percentage Complete Classical (PKK) free throw shoot a basketball class VII SMP Private Al-Ikhwan Medan with 37% with the details of which only 9 students who otherwise completed, while 15 other students declared incomplete. In other words, based on the standard provisions of the classical completeness percentage is 80%, it can be concluded that the class VII student of Al-Ikhwan Private Medan do not meet the level of mastery in the learning process of basketball free throw shoot.

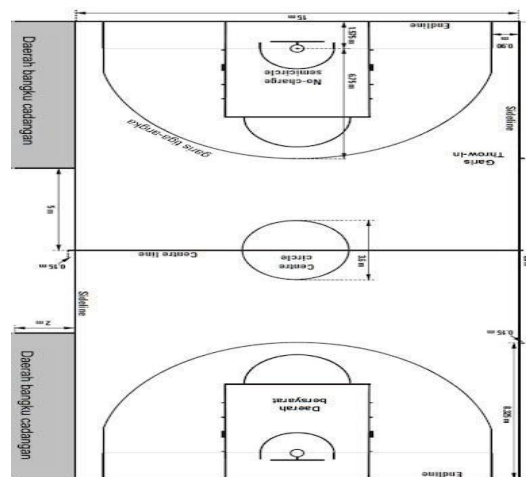
2. Theory

2.1. physical education

According to Seaton in Mardiana, Purwadi, danSatya (2011) "physical education is a form of education that focuses on the teaching of knowledge, attitudes, and skills of human movement". Therefore, physical education should contain a variety of things that are complex sseputarhal that are components of every normal human abilities. Because of course not all men have this capacity as a whole without the slightest deficiency. Is a unique human beings, in which every individual would be different with other people. Every human being must have high levels of shortcomings and advantages of each tanpater exception. Thus, the learning process in physical education ought to be focused on the physical and spiritual abilities are balanced,

2.2. Basketball

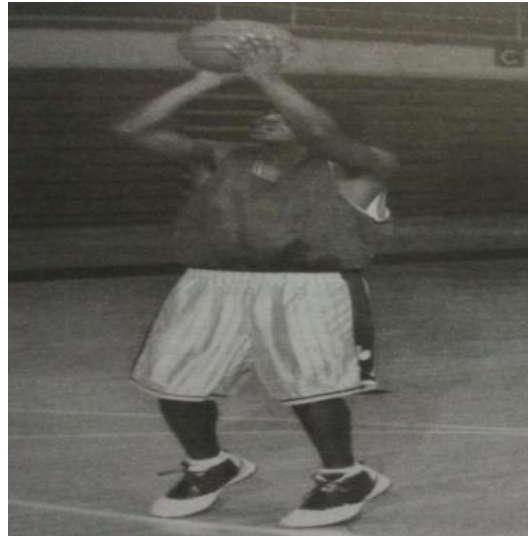
Basketball is a game that is fast, dynamic, exciting, and amazing. Changes that occur every minute numbers makeThis game is very interesting. Thanks to this feature, basketball has become oneMost popular game in the world. Basketball including a complex game, which means that the range of motion consists of a combination of elements neatly coordinated motion so it can be done well. In the game of basketball every player should be able meguasai basic techniques well which in turn can lead to an optimal efficiency of movement, and demanded a regular practice to get better the effectiveness of the movement (PERBASI, 2006).



Picture 1: Basketball Court

2.3. Free Throw Shoot Basketball

According to Oliver (2007) "free throw shoot is one kind of outside shots that carried to score". In general, free throw shoot done if the players find it difficult to penetrate the defense area lawan.Free shootadalah throw shots given for the occurrence of a violation. Free throw shoot gives the opportunity for a player to get 1 (one) figures unhindered by the opposing party, which is done from behind the free throw line in a semi-circle (PERBASI, 2006: 114).



Picture 2: Free Throw Shoot Basketball

2.4. Playing approach

According to Singer in Kusantanti (2004) "play can be used by children to learn about their world, exploring its potential, and develop their creativity". Playing makes children can easily understand itself in a social environment.

3. Research methods

Broadly speaking, the objectives to be achieved in this study, which is to improve learning outcomes shoot basketball free throw. Every action for the achievement of these objectives are designed using two cycles. Each cycle consists of four stages, namely planning, action, observation, and reflection. Each meeting is held with duration of 2x40 minutes. The design used in this study contained the following image:

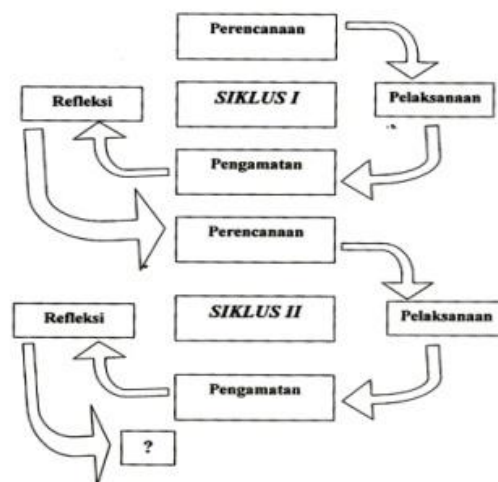


Figure 3. Desain Penelitian
Source: Kristiyanto (2010: 19)

4. Results and Discussion

Based on the results of the test in the first cycle, and their teachers researchers conducted discussions to design the second cycle. The results of a reflection of increased intensity of the game,

especially at the implementation stage motion shoot basketball free throw. In the second cycle, teachers are required to be more observant in the process of implementation of the free throw shoot in the game. If an error occurs motion on the part of the teacher gives the consequences on the team that did. The consequences can be a repetition of the process of the game as well as certain other form of treatment.

Not much different from the first cycle, the second cycle was also carried out the preparations needed in the research process. In the second cycle achievement test most students experience a significant increase in value. In addition, the implementation stage of the assessment process, most students also increased. However, some students still have not undergone significant changes. This can be caused by several factors, including factors and factors of talent limitations keberminatan students to the learning material. In addition, the data obtained specifically where in the classical completeness criteria class VII student of Private Al-Ikhwan are met. Therefore, this study may be stopped or in other words the next cycle does not need to be implemented.

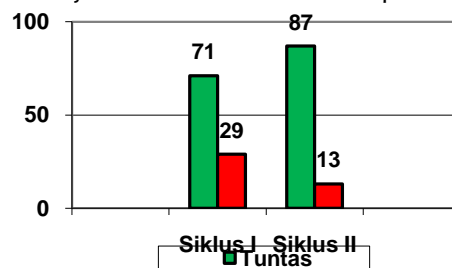


Figure 4: Grafik Perbandingan Setiap Siklus

5. Conclusion

Based on the research that has been described, it can be concluded that an increase learning outcomes basketball free throw shoot through play approach to students kelas VII Private SMP Al-Ikhwan Terrain Academic Year 2015/2016. There punhasil derived from the initial observation that is otherwise completed 9 students (37%), while 15 other students declared incomplete (63%). In the first cycle in which 17 students obtained results declared complete (71%) while 7 siswalainnya declared incomplete (29%). And padasiklus II obtained hasildimana 21 students declared complete (87%), while three other students declared incomplete (13%).

6. Reference

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