

Beginner Basketball Shooting Skills Through the BEEF Method

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Abstract

This research was motivated by the low basketball shooting skills of grade VII students of Mutiara Bangsa Junior High School Depok. The purpose of the research is to improve shooting skills through the BEEF (Balance, Eyes, Elbow, Follow-through) method. The methodology used is Classroom Action Research (CAR) with two cycles that include planning, implementation, observation, and reflection stages. The research sample is 34 students who are selected purposively. Data was collected through shooting practice tests, observations, and documentation. The results of the study showed an improvement in students' skills after the application of the BEEF method. In the first cycle, 50% of students achieved the Minimum Completeness Criteria (KKM), while in the second cycle, the figure increased to 85%, with 29 students achieving the KKM. This study proves that the BEEF method is effective in improving basketball shooting skills. The implication is that this method can be applied continuously in basketball learning to produce more optimal skills.

Keywords: Basketball, Skills, BEEF Method, Shooting.

1 INTRODUCTION

Basketball is a group sport consisting of two opposing teams with 5 members each, where the goal of the basketball game is to get as many points as possible by putting the ball into the opponent's hoop (Isnanto, 2019). According to Pamungkas & Mahfud, the game of basketball is a game that uses a large ball, which is played with the hand and aims to put as many balls as possible into the opponent's basket and hold the opponent so that he rarely puts the basketball in his own (Novriliyani, 2021). The main positions in the game of basketball are the Forward, who is in charge of scoring points and putting the ball into the opponent's hoop, Defense, the player who is in charge of blocking the opponent, and the Playmaker, the player who is in charge of managing the flow of the ball and designing the game strategy (Isnanto, 2019).

Shooting is the most recognizable and most popular basic skill of basketball. Some coaches say that in order to create a good shooter, it takes a long period of practice. But with the right practice and shooting methods, a player can become a reliable shooter in not too long (Wismanadi & Fithroni, 2017). This sport requires the skill of shooting or shooting the ball into the opponent's basketball hoop to score points. Skills can be achieved to a high level if the basic movement is good, therefore the basic techniques need to be done in the right ways so that skills can be improved (Perdima & Syarif, 2018). Skills shooting is one of the skills that must be mastered by students, but in fact in the field students are not able to do shooting well which results in low grades obtained by students (Pratama, 2021). Based on observations known at SMP Mutiara Bangsa Depok, that grade VII students are still experiencing difficulties in doing shooting correctly.

The fulfillment of shooting in grade VII students of SMP Mutiara Bangsa Depok is caused by, among other things, the lack of mastery of the correct basic shooting techniques, the wrong hand position when shooting, and imperfect arm swings. As a

result, the ball fired often misses and does not enter the basket hoop. From the results, the average score of students is still below the Minimum Completeness Criteria (KKM) which is 75 and the percentage of student scores that reach KKM is only around 29%.

To overcome these problems, an effort is needed to improve shooting skills in students. One of the alternative solutions offered is to apply the BEEF (Balance, Eyes, Elbow, Follow through). Teknik BEEF is a basic concept of shooting movements consisting of 4 components, namely: Balance, Eyes, Elbow, and Follow through (Hidayat & Kartiko, 2018). Shooting practice with the BEEF method to stimulate the interest of athletes or students to perform movement tasks as well as a fun hand for every athlete or student. In the shooting technique in basketball games, there is a term that needs to be introduced to students from an early age, namely BEEF (Aryanti & Supriyadi, 2021). The application of this concept is expected to help students perform shooting movements correctly according to basic techniques. Previous research shows that the BEEF (Balance, Eyes, Elbow, Follow-through) method has been proven to be effective in improving shooting skills. However, at the high school level, research applying this method is still limited, especially in beginner students, so there is a gap that needs to be bridged.

2 RESEARCH METHODS

One way to improve teacher professionalism is through research. Meanwhile, the most suitable research conducted by teachers is classroom action research (CAR) for several reasons, including improving the quality of learning, improving the quality of the learning process and improving learning outcomes in the classroom (Dewantara et al., 2018). CAR is one of the new perspectives in educational research, bridging practice and theory in the field of education. In this research model, the researcher can act as an observer as well as a teacher (participant) or as one of the observers or teachers (Rukminingsih et al., 2020). Classroom action research is a practical research conducted by examining the problems faced by teachers in the classroom and taking action to adjust these problems. The results of the research can be immediately applied by the teachers themselves in order to improve the teaching and learning problems faced and improve the professionalism of teachers in the teaching and learning process (Farhana et al., 2019).

Overall, there are four stages in conducting Classroom Action Research (CAR), namely planning, implementation, observation, and reflection. The following is a brief explanation of the four CAR steps made by Arikunto. This research consists of two cycles, each cycle includes the stages of planning, implementation, observation, and reflection. In the first cycle, the focus is on improving and refining the results of the initial observations. In cycle II, improvements were made to the weaknesses of cycle I activities. The purpose of this study was to improve beginner basketball shooting skills in grade VII students of SMP Mutiara Bangsa Depok.

The data collection techniques used by the researcher are: Observation, Documentation, and Practice Tests. Data was obtained from the research subjects, namely 34 students of SMP MUTIARA BANGSA DEPOK consisting of 17 male students and 17 female students. The data obtained were in the form of lesson plans, grades, field notes, and photos. Basketball shooting scoring indicators can be seen in table 1.

Table 1. Assessment Indicators

No	Shot indicator with the BEEF method	Shot sub-indicator with the BEEF method
1	Preparation Phase	<ol style="list-style-type: none"> 1. The body is balanced. 2. The legs are parallel and

No	Shot indicator with the BEEF method	Shot sub-indicator with the BEEF method
		shoulder-width apart. 3. The hand that shoots is behind the ball. 4. The balancing hand of the ball is next to the ball. 5. The ball is held between the shoulder and the ear. 6. Elbows are bent 90°. 7. Eyes see the ring.
2	Implementation Phase	1. Straighten your knees. 2. Straighten the bent arm, which is used to push the ball. 3. Remove the balancing hand from the ball. 4. The wrist is flexed.
3	Fase Follow Through	1. After the ball comes off the fingertips, the position of the hand remains up. 2. The index finger points to the target, which is the basketball hoop . 3. The ball bounced.

The Classroom Action Research on beginner basketball shooting skills through the BEEF method was declared successful if the level of student learning completeness reached $\geq 80\%$ and the average score of the student's KKM was ≥ 75 . This class action research is sufficient for up to II cycles because the success criteria have been met, namely $\geq 80\%$ and the average student KKM score is ≥ 75 .

3 RESULT AND DISCUSSION

The results of the study showed a significant improvement in students' shooting skills after the application of the BEEF method. In the first cycle, only 50% of students achieved KKM, while in the second cycle, the number increased to 85%. This improvement reflects the effectiveness of the BEEF method in improving students' shooting techniques . BEEF components which include body balance, focus of view, elbow position, and movement follow-up are proven to help students in improving the accuracy and consistency of their shots.

During the learning process, some challenges such as difficulty in maintaining balance and holding the ball correctly are identified. However, through repeated practice and

intensive guidance, most students managed to overcome these obstacles and showed significant improvement.

The following is Table 3, which is the results of the pre-action observation sheet on basketball shooting skills

Table 2. Results of the Pre-Action Observation Sheet on basketball shooting skills

Average Student Grade	68,94	
Number of Students Who Have Completed	10 Students	29%
Number of Incomplete Students	24 Students	71%

Based on Table 3, it is known that the average student score is still below KKM 75 and the number of students who have completed is 29% and the number of students who have not completed 71%, this will change if students are given the BEEF method for basketball shooting will increase.

3.1 Comparison of Results

Comparison of shooting research results from pre-action to cycle 2 can be seen in Table 4.

Table 3. Comparison of Pre-Action Research Results, Cycle I, and Cycle II

	SCORE ACQUISITION		
	Pre-Action	Cycle 1	Cycle 2
Average	68,94	73,44	76,82
Number of Students Who Have Completed	10	17	29
Number of Incomplete Students	24	17	5
Completion Percentage	29%	50%	85%

From the comparison data of the percentage of shooting skills above, we can conclude that the results of pre-action have not reached the KKM of 68.94, in the 1st cycle the percentage of shooting skills has increased to 73.44 and in the 2nd cycle it has also increased with an average of 76.82 KKM for 29 students or 85%.

4 CONCLUSION

Thus, the application of the BEEF method is proven to be able to improve students' shooting skills in learning basketball. Data analysis and results of learning improvements in basketball shooting under basketball movements in students at Mutiara Bangsa Junior High School Depok showed a significant improvement during the learning process with the BEEF method. The conclusion of this class action research is that the use of the BEEF method in learning to shoot basketball for beginners can improve students' skills in shooting movements, the results of the study show that there is an increase in beginner basketball shooting skills. This can be seen from the increase in learning outcomes of practical tests. Before the action, only 10 students (29%) were completed, but after the

implementation of the first cycle, the number of students who completed increased to 17 students (50%). In cycle II, after returning to using the BEEF method, the success of students increased to 85%. Thus, the success rate of students has exceeded the expected target of $\geq 80\%$.

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