



## Comparison of Wall Chair Exercises and Set Shoot Exercises on Basketball Free Throw Results

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### Article Info

### Abstract

#### Article History :

Received : May 2024

Revised : June 2024

Accepted : June 2024

#### Keywords:

Basketball,  
Free Throw,  
Set Shoot,  
Wall Chair,

In this research, the researcher will focus on a problem, namely sports coaching, which greatly influences students' achievement at student level and the sport that the researcher focuses on in this research is basketball. In this research, the Upi Sumedang basketball UKM took part in the championship, namely PORSEMA, which was in Upi Bandung. At that time the researcher was a coach in the Sumedang Kamda team, during the semifinal between Sumedang Kamda and FPOK (Faculty of Sports and Health Education), there was a fierce match where the players from the teams Each of them has a sufficient athlete background and has had experience in PORDA (Regional Sports Week) but FPOK is also not inferior to several players who have been directly involved in POMNAS and LIMA (Student League) which can be said to be at the same level as national players. In the match, problems were found when playing for 4 quarters, Sumedang had the opportunity to get 12 free throws, but only got 1 of the 12 free throws or it could be said that it was only less than 10% of that percentage, so the researchers looked for and speculated on how the training was carried out. can increase the percentage of free throw shots. The method used in this research is experimental. This method was chosen because the main aim of this research is to determine the impact of a treatment. The research design used is "two groups pretest-posttest", namely a design that includes a pre-test before giving the treatment and a post-test after giving treatment. After using data processing using the paired sample T test, we found a sig result, (2-tailed) of  $0.003 < 0.05$ , meaning that H1 was accepted, which means that this research has an influence on wall chair and set shoot training on ball free throw results. basketball. It can be concluded that each exercise has an influence on the results of basketball free throws.



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## INTRODUCTION

The learning process is the core of the overall educational process in which the teacher is the main actor. One of the problems with physical learning from elementary school is the lack of quality of learning both in terms of mastery of learning material and the learning process. This learning occurs when students use overhead passing techniques when learning, especially on basketball material. In this research, the researcher will focus on a problem, namely sports coaching, which greatly influences the achievement of students at the high school level and the sport that the researcher focuses on in this research is basketball. An organization or sports association needs to have coaching to achieve success, and this is intended so that through coaching the growth and development of each individual player or athlete can be monitored. Sports development is part of efforts to improve the quality of life of Indonesian people, with the aim of improving the physical and spiritual health of the entire community and producing sports success that can raise national pride (AP Santoso 2022).

During basketball games, free throws are a form of attacking effort in basketball with the aim of scoring points in a basketball game from the center line in basketball itself. When on the field during learning or training, there are often several problems with carrying out this movement: 1. When shooting a free throw, players often lack accuracy in carrying out this movement. This is one way of scoring points without guarding. 2. Training model The free throw itself only has a few models so athletes often feel bored when doing free throw training. In learning basketball, educators and students should know the form of shooting a free throw itself. There are several variations in shooting, firstly a free throw without jumping, with a jump, with a lay up. Some of these techniques are

related to other basic assets in the form of hand-eye coordination, arm strength (Hasyim & Haris, 2021)(Illahi et al., 2021), especially shooting with jumps, the ability to jump upright makes a significant contribution (Winata, 2021), So, research has been carried out to practice vertical jumping for the purposes of improving shooting by providing treatment by varying heights to increase the ability to shoot (IDP Wati 2023).

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### **Training Wall Chair dalam Free Throw Bola Basket**

Shooting from a chair is a type of shooting practice that utilizes a chair, where the shooter sits in a chair using a fully straight back, shoulders and elbows to provide power when shooting. According to Wissel (2012), "Shooting from a chair will train self-focus, the process of balancing yourself both mentally and physically, this training also includes balancing your weight for the technique you will do, especially concentration of power, control of breathing with a focus on being able to raises your center of gravity and shifts power from your back to your shoulders to create full power for shooting." The training process using the shooting method from a chair is to improve the ability of the arm and shoulder muscles to get used to shooting the ball into the ring. Practice shooting from a chair at a fixed distance focuses on correct basic technique as well as back and shoulder

strength. Which aims to improve the free throw shooting ability of basketball players.

Apart from that, it can be done repeatedly so that through the practice method of shooting from a chair at gradual distances it will improve the results of free throw shots for players. So, chair shooting training is shooting training that uses chairs as a training medium to improve the quality of shots. Chair shoot is a shooting method. Shooting from a chair improves basketball consistency in lifting the ball to the basket and straightening the elbows in the follow through phase, this exercise improves shooting distance and helps players who have a tendency to throw the ball. Sitting in a chair makes use of your back, shoulders and elbows completely straight to provide power when shooting (Edyantara, 2023).

### **Training Set Shoot dalam free throw bola basket**

The definition of a free throw itself means a free throw taken in a semi-circular area and given to a player if the opposing team commits a violation in the form of a personal foul or individual foul. According to Apifa, et al, (2020) throwing the ball towards the opponent's basket is the ultimate goal when playing basketball. The thing that needs to be observed when executing a free throw shot is "BEEF". What makes training with the BEEF model superior according to Frasmay & Supriyadi, (2020) is the BEEF training model which is put together completely so that a person can have increased shooting ability because it has the term B: balance, balance, namely balance. When carrying out shooting techniques, the player's body position must be balanced between the legs, hands and body so that the shot thrown does not miss the ring. E: Eye, what is meant by eye here is the direction of the eyes facing the ring and focused when making a free throw shot, F: Follow Through, follow through is the movement of locking the elbows then releasing the fingers and wrist according to where the ring is (Malang et al. , 2023). Set-shot Set-shot is done in a standing

position with the feet not leaving the floor, usually used for free throws. Freethrow is one of the most important shots in basketball, around 20% of all points in NCAA Division 1 are obtained from free throws. The set-shot technique is the basic technique that underlies various shooting techniques. In general, shooting or set-shot techniques have to go through several stages, the common stages are BEEF (Balance, Eyes, Elbow, and Follow Through). Kosasih (2008: 47) provides an explanation of shooting techniques, especially the set-shot technique which contains BEEF, namely:

- 1) Balance or balance. The movement always starts from the floor, when catching the ball bend your knees and ankles and set your body in a balanced position. 17.
- 2) Eyes or view. In order for shooting to be more accurate, you must immediately focus on the target (players can quickly coordinate the position of the ring).
- 3) Elbow or elbow position. Maintain the elbow position so that the arm movement remains vertical.
- 4) Follow Through or continuation movement. Lock your elbows then release your arms, fingers and wrists following the direction of the ring (Saputra, 2021).

### **Student Abilities In Free Throw Basketball**

Most of the athletes' passing ability in doing free throws is still not on target, athletes find it difficult to do free throws because firstly the practice is often repetitive and the children's lack of enthusiasm in doing free throws, secondly children often underestimate free throws because of the throwing fee. is shooting directly from the inside line of the field without any guard, so athletes often underestimate it because the distance between the rings is considered close and easy to enter. Upi Sumedang campus athletes' ability limits are good at attacks such as lay ups, dribbles, under ring shoots, but on average the Upi Sumedang campus men's basketball players are still

not good at executing free throw shots, often they are unable to maximize these shots so there are still many things that are far from existing accuracy. There is a need for a variety of training models to maximize free throw practice itself.

### **METHOD**

The experiments that researchers carried out in this research can be categorized as quasi-experiments (Quasi Experiment). This is because the experiment carried out did not meet one of the criteria required by a real experiment, namely randomization of research subjects. To overcome the impact arising from the absence of randomization, the two samples selected must have the same characteristics. However, in this case the control group did not function fully in controlling things that influenced the treatment of listening skills (Fauziah, 2020). . The research design used was "two groups pretest-posttest", namely a design that included a pre-test before giving treatment and a post-test after giving treatment. The results can be known more precisely because they can be compared with those before administration of intake and treatment (Sugiyono, 2007: 64).

### **Participants**

According to Creswell (2008), a population is a group of individuals who have the same characteristics and criteria as the objectives of the study being carried out. The population is all research subjects with the same traits and characteristics. So the conclusion is that the population is all objects with the same characteristics that are to be generalized. For research, a population is a group of objects or individuals with common characteristics. So the population used here is the basketball SME athletes at the Indonesian Education University, Sumedang Men's Campus, totaling 45 people. The reason for the researcher's population from the Upi Basketball UKM, Sumedang campus is because the researcher has obtained permission from the head of the UKM to

conduct research and in this population there are the same problems for research to be carried out.

### Sampling Procedure

According to Sugiyono (2013), a sample is part of the number and characteristics of a population. The samples taken here were male athletes from the Indonesian University of Education, Sumedang campus, because the club's population is large and there are only 20 people who always participate and are diligent in training. According to Sugiyono (2013), for this research the sample was taken using a purposive sampling technique in which certain characteristics or traits were taken into consideration. The reason the researcher took this sample was because the sample used in the research was male athletes at the Indonesian University of Education at UKM Basketball. The characteristics in this sample were basketball athletes who had deficiencies in free throws in the sport of basketball itself.

### Research Instrument

A research instrument is a measuring tool for the sample to be studied to produce data or numerical information for later processing. According to Fitri & Haryanti (in Arikunto, 2019, p. 112) In the measurement process, measuring instruments are needed to see the progress of a research. Nurhasan (2007, p. 5) explains "Measurement is the process of collecting data/information from a particular object, in the measurement process a measuring instrument is needed". The type of instrument used in this research is the free throw test in basketball with a reliability coefficient of 0.81 and validity of 0.77. Free throw shooting test (penalty shot) Nurhasan (2007, p. 245) Objective: To measure penalty shooting skills in basketball. Tools used:

- Basketball
- Pluit
- Basketball court
- Stationery

Implementation instructions:

- Respondents line up neatly and are given a briefing
- Warming responders
- Respondents are asked to stand behind the line in the free throw area while holding the ball
- Respondent shot 5 free throws.
- Implementation of free throw tests
  - a) Test name: free throw
  - b) Purpose: to measure shooting results
  - c) Supporting equipment/facilities: stationery, basketball court, basketball, basketball hoop
  - d) Implementation:
    - Take a position behind the semi-circular free throw line
    - Release the ball within five (5) seconds of the time set on the handle by the testor
    - Testor throws a free throw towards the basketball ring
    - Chance to throw 5 times

**Tabel 1.** Assessment instrument

Ball	Entry Point
Ball In	3
Touching the Ring	1
Not in	0

This test aims to find out the comparison of basketball free throw results, and the researcher provides a treatment that has been designed by the researcher so that athletes get free throw results by giving two treatments, namely with a wall chair and a set shoot.

### Prosedur

#### Planning Stage

At this stage the researcher took care of the permits with the first step being that the researcher came to visit the Angkawijaya basketball club to first ask the owner of the research place to ask for permission to conduct the research. The researcher also made observations to see the condition of the research site, the researcher also asked and asked for advice regarding the time given to carry out research and the technical aspects of the research. After being given permission to conduct research, the researcher asked for a research permit letter on campus as a sign that the researcher was permitted to conduct the research.

### **Implementation Stage**

At this stage the researcher will first carry out a pre-test on the athletes who will be studied to measure the effectiveness of overhead passing in the game of basketball. Next, the researcher will provide the treatment that will be carried out by the research subjects. The final activity carried out by the researcher is the post test. From the implementation that has been carried out, there are data results in the research itself.

### **Data Processing Stage**

This stage is carried out after all thorough data has been collected. This data will be processed and analyzed further. Researchers carry out hypotheses. Researchers carry out hypothesis tests to find out the hypotheses made.

### **Findings and Discussion**

In Chapter IV, the researcher will present the results of data management and analysis of the variables raised by the researcher, namely the Comparison of Wall Chair Exercises and Set Shoot Exercises on Basketball Free Throw Results at UKM Basketball, Sumedang Campus. This research was conducted on the UPI Sumedang Campus basketball

court on 15 UKM men's basketball athletes. This research was conducted on April 11, where tests and measurements were carried out in the afternoon at 4 pm, Tuesday, April 11 2024. The location of this research was at the UPI basketball court, Sumedang campus, Jl. Major Abdurahman No.211, Kotakaler, Kec. North Sumedang, Sumedang Regency, West Java 45322. The aim of this research is to find out the comparison between these two variables using the free throw shooting test instrument. The type of instrument used in this research is the free throw test in the sport of basketball with a reliability coefficient of 0.81 and validity 0.77. Then, process the data using SPSS for Window 20 and describe the statistical results and data acquisition in the form of tables or diagrams.

### **RESULT**

This research was conducted on April 11, where tests and measurements were carried out in the afternoon at 4 pm, Tuesday, April 11 2024. The location of this research was at the UPI basketball court, Sumedang campus, Jl. Major Abdurahman No.211, Kotakaler, Kec. North Sumedang, Sumedang Regency, West Java 45322. The aim of this research is to find out the comparison between these two variables using the free throw shooting test instrument. The type of instrument used in this research is the free throw test in the sport of basketball with a reliability coefficient of 0.81 and validity 0.77. Then, process the data using SPSS for Window 20 and describe the statistical results and data acquisition. This analysis is used to obtain a general overview of the research variables, so descriptive analysis will be displayed in the form of average value, standard deviation, median, lowest value and highest value. The following are the recapitulation results of descriptive analysis based on data that has been collected and calculated using the SPSS version 20 program.

Paired Samples Test									
Paired Differences									
M	Std	Std.	95%	t	df	Sig.			
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	iati	Me	ce			tail	wer	per	ed)
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P	hasil								
a	pretest	5.							
i	dan	03	2.2	.408	4.19	5.86	12		.00
r	posttest	3	36		8	8	.3	29	0
l	set						31		
	shoot								

Test of Homogeneity of Variances			
Hasil pretest dan post test wall chair dan set shoot			
Levene	df1	df2	Sig.
Statistic			
.165	1	58	.686

Based on the results of the homogeneity test in table above, it can be seen that the significance value is  $0.686 > 0.05$ , so it can be concluded that the data variance that has been input is homogeneous..

## DISCUSSION

Why does it happen that there is a difference in the average of each test result which is influenced by several circumstances and enthusiasm in the test when in the field athletes feel more enthusiastic about the wall chair movement than the set shoot where they feel a new form of training than before while the set shoot is not far from free throw movements in general, this argument is strengthened by Edyantara, R. (2023). The Influence of the Form of Training on Free Throw Skills According to Wissel (2012), "Shooting from a chair will train self-focus, the process of balancing yourself both mentally and physically, this training also includes balancing your weight for the technique you will do, especially concentration of power, breathing control with a focus on increasing your center of gravity and moving power from the back to the shoulders to form full power for shooting. So it can be concluded that the presence of an innovation can influence enthusiasm and results in the test. The wall chair has a pretest of 6.13 and a posttest of 8.40, while the shoot set has a pretest of 5.53 and a posttest of 7.53. It can also be concluded that in this study the wall chair is also more effective than the set shoot.

Independent Samples Test									
Levene' t-test for Equality of Means									
s Test									
for									
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dan	ces	4	9	7	8	72	3	2	.07
postte	assum								0
s wall	ed								
chair	Equal			1	2				
dan	varian			8	.6	.0	.73	.39	1.5
set	ces			7	.9	72	3	2	.07
shoot	not			1	4				38
	assum								
	ed								

Because the sig value is  $(0.072) > 0.05$ , it means that this research has an influence on wall chair and set shoot training on basketball free throw results. It can be concluded that each exercise does not have too significant differences.

The wall chair itself is a very effective movement in learning and increasing basketball throw fees, this is strengthened by Habib, NR (2022) Comparison of Shooting From Chair Exercises and In The Line Shooting Exercises on Increasing Basketball Free Throw Shooting Results for Baiturrahman Islamic Boarding School Extracurricular Students who also explained the results of the wall chair itself. Comparison of the effectiveness of the shooting from chair training method was 37.5% while for shooting on the line it was 30.4%. From this data it can be said that the wall chair has higher effectiveness for training the free throw ball itself and in this study the average pretest and post test results of the wall chair and set shoot

## CONCLUSION

Based on the results that have been analyzed in the field, it can be concluded that the wall chair and set shoot exercises have an effect. This can be seen from chapter IV of this research, namely:

1. Because the sig value is  $(0.072) > 0.05$ , this means that this research has an influence on wall chair and set shoot training on basketball free throw results. It can be concluded that each exercise does not have too significant differences. .
2. Because the sig value is  $(0.000) < 0.05$ , it means that H1 is accepted, which means that this research has a comparative effect on wall chair training in basketball. In this study, the wall chair had a mean value of 5.767 and Std deviation of 2.285.
3. Because the sig value is  $(0.000) < 0.05$ , it means that H1 is accepted, which means that this research has a comparative effect on wall chair training in basketball. In this study the wall chair had a mean value of 5.033 and a Std deviation of 2.236.
4. There is an R square result obtained by squaring the R value or correlation coefficient of 0.782, obtaining an R square of 0.782. To find out the magnitude of the effect, multiply it by 100.  $0.782 \times 100$  so that the magnitude of the effect in this study is 78.2. The effectiveness of the modified ball in using the upper passing stance in basketball games is 78.2%.
5. Based on the results of the R square test, the value is 0.424. The R square results were obtained by squaring the R value or correlation coefficient of 0.424, resulting in an R square of 0.424. To find out the magnitude of the effect, multiply it by 100.  $0.424 \times 100$  so that the magnitude of the effect in this study is 42.4. The effectiveness of the modified ball in using the upper passing stance in basketball games is 42.4%.

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