

## ONE HAND PASS TRAINING MODEL IN BASKETBALL FOR 13-15 YEARS

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**Abstract** This research aims to improve basketball one-hand pass passing skills for 13-15 years old. The research was carried out from May to June 2024 at the Stamford Rafles Hills Cibubur Basketball Court. The research was attended by all warriors academy basketball athletes aged 13-15 years, consisting of 30 athletes. The method used in this study is Research & Development with the ADDIE method. The instrument used is a basketball one-hand pass skill assessment instrument for 13-15 years old that has been validated by basketball experts and experts. Based on the data of the initial test of one hand pass skills, an average result of 140,7. Then after being given training materials in the study to improve basketball one hand pass skills for 13-15 years old for 8 meetings, a final test was carried out with an average result of 178.0 in this study.

**Keywords:** Training model, Passing, One Hand Pass.



## INTRODUCTION

The meaning of exercise derived from the word exercises is the main tool in the daily exercise process to improve the quality of the function of the human organ system, thus making it easier for athletes to improve their movements. Exercises are training materials designed and prepared by coaches for one training session or one face-to-face training session (Taupik & Tobing, 2023) While according to Sukadiyanto (2010) training is a process of improving exercise skills with a scientific approach, using planned and regular educational principles, so that it can increase the readiness and ability of athletes.

According to (Bompa, 2009) exercise is a person's effort to improve the improvement of the organism and its functions to optimize sports performance and performance. The purpose of the exercise is to achieve the maximum possible achievement, but in the process of implementing the exercise is not easy and simple enough. The training program that has been given by the coach is very important in supporting the quality of training in accordance with each branch.

Skills come from the word skilled which means capable, capable, and dexterous. Iverson (2001) said skills require training and the basic abilities that everyone has can help produce something more valuable faster. Skills are a measure of the abilities a person has. Moreover, the skill of making or realizing something, both material and non-material, can be capital in achieving goals. Every ability to manifest something in any form (Nasihudin & Hariyadin, 2021).

Passing technique is one of the mandatory skills that must be possessed by a basketball player. With the passing technique skills possessed by the player, making the course of the game in the match will be easier, making the opponent's defense always move so that there will be flaws to make penetration into the inside and delay the movement of the defense, and the attack will be faster to the point so that the opponent is late to return to the defensive ring, (Sulaiman & Sulaiman, 2023) According to Pranatha 2017 One of the techniques that is important to master is the passing technique, The passing technique is one of the most dominant basic techniques done in basketball, Passing means passing and it is the first technique, With passing the players can make movements approaching the basketball hoop to make shots aimed at scoring. (Teguh Dwi Prasetya et al., 2019) Every basketball player is required to be able to master good basic playing skills and techniques.

Therefore, passing techniques are very important in the game of basketball. To achieve the ability to assist, every player must be very proficient in all forms of passing in the game of basketball such as: chest pass - bounce pass - overhead pass - one-handed pass - baseball pass - opera hook - behind the back pass - no look pass - and many more types of passes that are not recorded in the basic technique book of the game of basketball. Where usually the name is adjusted to the title of the greatest player in the area where the game is played. (Sulaiman et al., 2018).

Based on small observations by watching the Falcons Cup match which was held at Gor Grogol Pertambutan West Jakarta in 2023 which was attended by several basketball club participants in Jakarta, the players who took part in the tournament were players aged U-13, U-15, and U-17, In this small observation, the researcher focused on where players make one hand pass during a 5 on 5 match, it is very rare for players to make one hand pass where the player always makes a pass With 2 hands that make players lose momentum so that late passing occurs, and even the ball is often cut by the opponent which makes a lot of turnovers, because the passing is easy to read by defenders if they pass with two hands. In each game, the average women's team turnover or wrong passing is 40%-50%, while the men's team turnover an average of 30%-45%. The men's team often uses one hand pass so that it is less frequent to turnover.

Research on the sport of basketball itself has not focused much on the passing technique (one hand pass) in the game of basketball. In every basic research of the basketball game, passing is always mentioned, but not much research has focused on the passing technique (one hand pass) in the game of basketball. Such as research conducted by (Ministry of Health of the Republic of Indonesia, 2017) on the method of mixing shooting and passing skills in basketball. Then research from (prasetya et al., 2018) regarding the basket passing training model based on beginner children's games, (Quílez-Maimón et al., 2021) regarding The q-pass index: A multifactorial imus-based tool to assess passing skills in basketball (Fajrin, 2017) regarding the training model to attack basketball games, (Nikolaos et al., 2012) Regarding the effect of a balance and proprioception training program on amateur basketball players' passing skills, (Sulaiman & Sulaiman, 2023) on the one hand pass training model in basketball games for 13-15 years And there is also a study from (Iqbal et al., 2021) regarding the Effect of Throwing and Catching the Ball Using Targets on the Accuracy of High School Basketball Chest

Passes. From the data above, it can be seen that there is very little research conducted related to the basic passing technique (one hand pass).

Based on the background of the problem mentioned above, the researcher wants to develop a model of training the passing of one hand pass skills in basketball for 13-15 years old. It is hoped that with the development of a new skill training model that can be used in training, so that it can help athletes to master the passing skills of one hand pass more quickly and athletes can apply it during field practice (competing) and also become a provision for coaches.

## **METHOD**

This research uses research and development with the ADDIE method, namely analysis, design, development, implementation, and evaluation. In this study, the purpose is to create a training model and to find out the effectiveness of the 13-15 years old basketball passing one hand pass skill training model,

1. Analysis, is the process of identifying and interpreting what will be given to athletes based on the problems that exist on the field. By analyzing needs, identifying problems and analyzing them.
2. Design is to start making a design of the goal formulation to be carried out, then compile the product, based on the previously formulated goals. The next step is to describe the design of the product with the necessary elements
3. Development, in this stage the researcher makes things that have been prepared to be implemented. In this step, a modification procedure will be carried out related to the process of checking the model to the relevant experts. Expert checks are needed to get justification that the model made by the researcher is suitable and appropriate to continue at the implementation stage. Things that need to be revised are at this stage
4. Implementation is the stage where the researcher implements all products that have been designed according to the first stage to the development stage. Namely as many as 8 meetings of 30 samples, in the first meeting the researcher took initial data referring to the instrument that had been validated, in meetings 2 to 7 were given treatment and in the 8th meeting the final data (post-test) was taken
5. Evaluation, this stage is a process to see the product results whether the advantages or disadvantages of the product looking at the product results,
6. whether the advantages or disadvantages of the products produced. The results of this

stage are used as a basis to improve the shortcomings in the products that have been made.

## RESULT AND DISCUSSION

After conducting a pre-test, then giving treatment and also taking final data (post-test) Getting results, namely there is an increase before being given treatment and after being given treatment.

Table 1. Paired Samples Statistics

|       |            | Mean  |   | Std. Deviation | Std. Error Mean |
|-------|------------|-------|---|----------------|-----------------|
| air 1 | P Pre-tes  | 140.7 | 0 | 11.78588       | 2.15180         |
|       | Post- Test | 178.0 | 0 | 6.19195        | 1.13049         |

The table above shows the of the One Hand Pass skill test in the pre-test and post-test conducted by athletes aged 13-15 years warriors Cibubur. The pre-test test was carried out before the implementation of 24 Passing One Hand Pass skill training models and the post-test was carried out after being treated with various variations of Passing One Hand Pass skill training models as many as 24 models that have been validated and evaluated

This test is carried out to find out before and after being given Treatment. After the average pre-test was carried out, which was 140.7, then data was taken again in the post-test and had an average of 178.0. Based on the description above, there is a difference in the results between the pre-test and the post-test, thus it can be concluded based on the table above that, the Passing One Hand Pass skill training for 13-15 years old developed is effective and can improve passing skills (one hand pass) for 13-15 years old

Table 2. Paired Samples Correlations

|       |                       | Correlation | One-Sided p | Significance Two-Sided p |
|-------|-----------------------|-------------|-------------|--------------------------|
| air 1 | Pretest dan post-test | .515        | .002        | .004                     |

Based on the results of the table above, the training correlation coefficient before and after being given the One Hand Pass training model is 0.515 with a p-value of  $0.00 < 0.05$ , so the conclusion is singnifiable.

In the significance test of the difference with SPSS 16, the results of  $t\text{-count} = 20,255$   $df = 29$  and  $p\text{-value} = 0.00 < 0.05$  were obtained, which means that there was a significant difference in the passing of one hand pass training for junior athletes, basketball, before and after the treatment of the passing one hand pass training model of basketball. Based on this information, it can be said that the basketball one hand pass passing training model for 13-15 years old that was developed can effectively improve basketball one hand pass passing skill training for athletes aged 13-15 years

## CONCLUSION

Based on the numbers in the table above, it can be concluded that the basketball One Hand Pass passing skill training model for 13-15 years old can and is feasible to be used in club training and is effective in improving athletes' One Hand Pass skills.

There is a comparison of the results obtained from the initial test and the final test has developed, from the initial test before being given the 4221 treatment then given treatment in the form of One Hand Pass training models that have been developed then the final test or post-test is held to determine the effectiveness of the developed model, and 5342 data is obtained, so the basketball One Hand Pass passing skill training model is effective to improve the basketball one hand pass passing skill for ages 13-15.

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