THE EFFECT LEG MUSCLE EXPLOSIVE POWER, FLEXIBILITY, HAND EYE COORDINATION AND CONFIDENCE OF SKILL LAY UP SHOOT BASKETBALL

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Abstract

The purpose of this research is to obtain information on the direct and indirect influence of leg muscle explosive power, flexibility, hand eye coordination and self confidence in basket lay up shoot skills. The research method used in this research is the type of quantitative research with correlational study approach. Technical analysis using path analysis approach (path analysis). *The total population of this research is 41 students, sampling technique by total sampling. Total samples in this research is 41 students who followed extracurricular. The results of this research concluded: (1) leg muscle explosive power directly affect the skills of lay up shoot as 0.408, (2) flexibility direct influence on skills lay up shoot as 0.297, 3) hand eye coordination directly affect the skills of lay up shoot as 0,217, (4) self confidence directly influence to skill of lay up shoot as 0,151, (5) leg muscle explosive power directly influence to self confidence as 0,317, (6) flexibility direct influence to self confident as 0,261, 7) hand eye coordination has a direct effect self confidence as 0.282.*

Keywords: leg muscle explosive power, flexibility, hand-eye coordination confidence, lay up shoot, survey

Observation that researchers do the students extracurricular basketball in junior high school 9 Cities new week explaining still many students who do lay up shoot basketball with a movement that has not been perfect, to make lay-up shoot not just sticking to the movement that should fix, but also factors of physical condition. In doing the lay up shoot movement is also supported by the explosive power factor of the leg muscle that is instantly the students deliver the ball into the ring. From the results of observation on the students, there are still students who lack the basic skills mastered skills of lay up shoot. Seen from the various matches that they follow, at the time of the first step movement to do the lay up shoot movement and the final step of the lay up shoot less of his student concentration when delivering the ball into the ring opponent.

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Then, there are still students who make mistakes in the phase of motion lay up shoot, it is seen when students make the leap to the ring. Usually this happens because the student is wrong to take the movement of step lay up shoot and there are also students who step excessive so that it affects the jump. This is allegedly because students do not have the power of explosive muscle limbs prime, then there are also students who do follow trowh ball not to the ring (air ball) this can be caused because the students do not have good hand flexibility. There is also when doing lay up shoot students can not bounce the ball to the board first. This can be because students do not have eye coordination. In addition, the trainer lacks motivation during practice, the result can cause self-distrust in students while practicing.

1. Skill Lay Up Shoot

Kosasih (2008: 46), "in order for a player to be a good shooter, the player must enjoy his shooting practice so that the player will continue to do shooting practice well not easily bored. Then Paye (2013: 181) Shooting is the most difficult technique in basketball. It requires precision of muscular movement for the greatest accuracy; these instruments come from the hand, wrist, lower arm, upper arm, torso, upper leg, lower leg, and even the toes. Muscles must memorize these motion patterns so they can be repeated over and over again. According to Vargheese (2016: 2009) explains the shooting drills can be inserted at any time during the practice. The shooting drills may be used after a high-intensity drill. Quick release, one timers and getting in to position to score are keys to score goals. Wissel (2012: 71), "Shooting is the most important skill in basket ball". Gaetano et al (2016: 3) describes the qualities required of a good shooter are: body balance in static and dynamic situations, concentration and attention of detail, coordination, sensitivity and the correct execution of a parabola. The knowledge, sometimes superficial, of the physical systems, the musculature and related elements, is likely to qualify the intervention of the proposition of the field work in a targeted as well as scientific. Perbasi (2006: 18), "lay up shoot is something that should be learned in sports basketball. lay up shoot according to Donovan ", (2010: 53) 1) when dribbling towards the basket at speed, protect the ball, 2) use correct footwork (right-handed lay-up: step right and then left, 3) after taking the second step, take the ball to the basket with two hands and gain as much height as possible, 4) whilst in the air, place the right hand behind the ball and with outstretched arms, push the ball off the top corner of the small square near the basket. Oliver (2007: 44), "success in lay up shoots still requires the use of techniques and the right steps to maximize the shots. Wissel (2012: 71), "Believe in yourself. You want to have confidence in your ability to make the shot every time you shoot. Confident shooters control their thoughts, feelings, and shooting skills. Basketball is a mental as well as physical game. Developing the mental aspect is a key to enhancing shooting as well as performance in all fundamentals. So lay up shoot is a basic

technique that is relatively easy to do but there are still many basketball players who deviated into entering the ball into basketball.

2. Explosive Muscle Limbs (Power)

Explosive power is a biomotor component in sport activities, because explosive power will determine how hard people hit, kicking how far people can do repercussions and how fast people run and vice versa. Bompa (2015: 131) Strength can also be combined with factors such as speed and endurance. Strength and speed result in power, or the rate at which an individual can generate force. Cech (2012: 10) "Power is then related to both strength and speed. In childhood, power depends on size and maturity of the neurological and musculoskeletal systems. Bompa (2015: 13) "The power required to control a landing is on the height of the jump, the athlete's body weight, and the landing is performed by absorbing the shock or with the joints of flexed but stiff". Badriah (2010: 36), "explosive power is the ability of muscles for a group of muscles to perform contractions explosively in a very short time.

Harsono (2015: 59), "explosive power is the ability to direct maximum strength in a very fast time. Syarifuddin (2011: 74) speed indicates the rapidity of muscle contraction to overcome the load, so that the combination of both that produce explosive speed of movement. Lee E Brown (2007: 4), The muscle fibers are grouped together into bundles, and these bundles of muscle fibers make up the intact muscle. the structure of the muscle fibers, the bundles of muscle fibers, Brian Cole (2016: 4) "Power and explosive strength involves the ability to turn on the strength (muscular force). A combination of strength and speed exercises is an exercise to improve the quality of physical conditions with the ultimate goal of increasing explosive power. Lloyd (2014: 25), "Power as a determinant factor for talent identification until late adolescence considering the impact of growth and maturation on this variables, especially the force dependant factors. Wirasasmita (2012: 168) The leg muscle component in question is a member of the lower body motion. The limb serves as a motion device, holds the upper body weight, moves, moves the body upward, jumps, kicks and so on. So the explosive power is a blend of speed and strength with a short amount of time.

3. Flexibility

Syafruddin (2011: 111), "one of the most important elements to learn and master the skills in sport is the formation. Cech (2012: 10) "Flexibility is reflected by a person's ability to move through space without being restricted by the musculoskeletal system". Harsono (2015: 56), "the abnormality is the ability to perform motion in joint space. Sharkley (2011: 165) flexibility is the range of movement that can be hand and foot. Skin, related tissues, and joint conditions limit the range of movement, as well as excessive body fat. Tangkudung (2012: 71), "Abnormal exercises can help reduce the risk of injury by increasing the range of motion of the joints. Lloyd (2014: 27) " flexibility can be developed at any age,

given the appropriate training. During childhood, it is questionable whether children need to stretch at all, due to low risk of injury and the compliance of their tissues. Miskalena et al (2015: 3) Flexibility is one of the components of physical conditions which the body joints over the body such as ankle, knee, fingers, elbow, shoulder, spine, hip to nape of neck. so the formation in basketball especially the movement of lay up shoot is someone's ability to perform movements that are affected by the joints and elasticity of the muscles in supporting efficient lay up shoot movement.

4. Coordination of the Eye

Coordination is a very complex biomotor ability that in its implementation consists of several elements that interact with each other. Bompa (2009: 85), "Coordination is a complex motor skill necessary for high performance. Tangkudung (2006: 72), "coordination is the ability to perform movements with various levels of difficulty quickly and efficiently and with full accuracy. Sukadiyanto (2011: 149), "coordination is the ability of muscles to control the motion appropriately in order to achieve a special physical task. Cech (2012: 11) Coordination implies that various muscles are working together to produce a smooth and efficient movement. The right muscles must activate in the right time, with the right intensity for the movement to be smooth, accurate, and efficient ". According to Dupri hand eye coordination is harmony and cooperation between the eye-hand component or other body parts in one precise and controlled sequential movement. Co-ordination is thus one of the most indispensable elements for mastering a sports skill. The degree of coordination a person determines on the mastery of a sports skill. Frank (2009: 14) Skill / Coordination are the interaction of the central nerveous system and the muscle system with in a movement process we can differentiate between intramuscular and intermuscular coordination. Faruq (2009: 21), "if in a team has good coordination and no coordinating leader then it will cause the team hard to achieve the goals that want to be achieved. So the coordination is a skill of two or more organs that move with a certain movement and very in need in the motion of shooting lay up shoot basketball students.

5. Self Confidence

Burton and Platts (2006: 10), "Confidence is the ability to take appropriate andeffective action in any situation, however challenging it appears to you or others". Husdarta (2010: 92) one of the main modalities and the absolute requirement to achieve outstanding sporting achievement is self-confidence or confidence in oneself Sarastika, "(2014: 27) says confidence is a measure of how big you are respect yourself. Setyobroto (2001: 71) "Self-confidence in yourself is very important in mental coaching athletes, confidence will generate a sense of security. Self confidence is usually closely related to the "emotional security" the more confident the more self-confidently emotional security, this will look at the behavior that is not easy to worry, quiet, firm and so on Lumintarso (2013: 119),

"self-confidence is the result of comparison of objectives and ability of students will have self confidence if they believe in the ability to achieve goals. Wright (2009: 16), "Confidence in self and a positive attitude can not be wished into being. It is a lifelong skill that requires commitment, time and consistent practice. Komarudin (2013: 65), "To achieve peak performance students need to have confidence because confidence has a significant correlation to student performance". So self-confidence is a very important component in the game of basketball. Based on the above description it is very important to note in the development of elements of confidence in the skills of lay up shoot basketball. From the problems that arise is encouraging researchers to examine more about the effect of explosive muscle limb power, elaboration, hand eye coordination and confidence in basketball lay up shoot skills in basketball extracurricular students in State Junior High School 9 Pekanbaru City.

METHOD

Survey method with measurement technique and test, while analysis technique using path analysis approach (path analysis). on path analysis consists of independent variables (exogenous) and dependent variable (endogenous). The independent variable (exogenous) consists of explosive power of the leg muscles (X1), flexibility (X2), hand eye coordination (X3), self confidence (X4) and endogenous variables consist of lay up shoot (Y) skills. The research contents are:
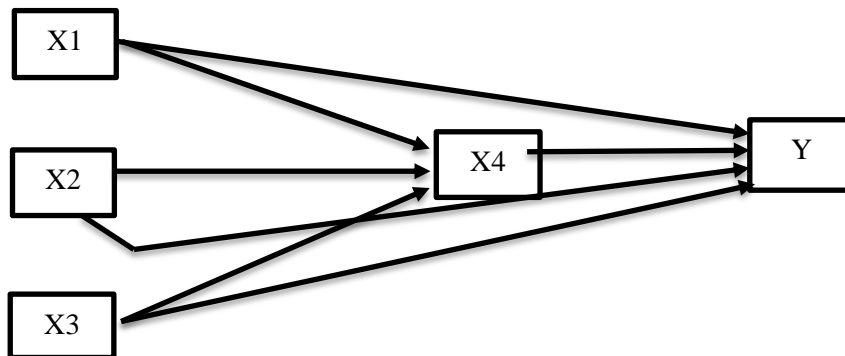
Figure 3.1. The constellations X1, X2, X3 and X4 Against Y

Findings

Based on the results of research that has been done on the variables that exist in this study are the dependent variable skills lay up shoot (Y) and the free variable explosive muscle limbs (X1), flexibility (X2), hand eye coordination (X3) self confidence (X4). The following elaboration of research results in the form of statistical data descriptions as in the table below:

Table 4. 1 Description of Research Results

Statistik	Variables				
	X_1	X_2	X_3	X_4	Y
Number of Sample (n)	41	41	41	41	41
Maximum Value	8	98	52	142	55
Minimum Value	27	40	4	110	25
Range	19	49	48	32	30
Average	17,54	53,93	22,49	124,27	37,02
Standard Deviation	7,517	12,449	12,303	11,205	10,827
Variants	56,505	154,970	151,356	125,551	117,224

1. Data Test Results Skills Lay Up Shoot (Y)

The result of the measurement in Table 4.2, that the result of skill lay up shoot test is obtained 41 sample people with range 30, minimum value 25, maximum value 55, value. The mean is 37.02 and the standard deviation is 10.827. Here's the frequency distribution of lay up shoot skills below:

Table 4.3 Distribution of Skills Layout Shoot Test Results

No	Interval Class	Class Boundaries		Frequency Absolute	Relative Frequency (%)	Cumulative Frequency (%)
		Under	On			
1	25 - 29	24.5	29.5	14	34	34
2	30 - 34	29.5	34.5	9	22	56
3	35 - 39	34.5	39.5	1	2	59
4	40 - 44	39.5	44.5	4	10	68
5	45 - 49	44.5	49.5	4	10	78
6	50 - 54	49.5	54.5	7	17	95
7	55 - 59	54.5	59.5	2	5	100
	Total			41	100	

Table 4.3 shows that out of 41 samples can be classified into 7 classes, 14 of them score 25-29 with a percentage of 34%, 9 persons with 30-34 intervals with 22% percentage, 1 person with intervals of 35-39 with percentage of 2% , 4 people with intervals 40 - 44 with percentage 10%, 4 people with intervals 45 - 49 with percentage 10%, 7 people with intervals 50 - 54 with percentage 17%, 2 people with interval 55 - 59 with percentage 5%. The following histogram skills lay up shoot below:
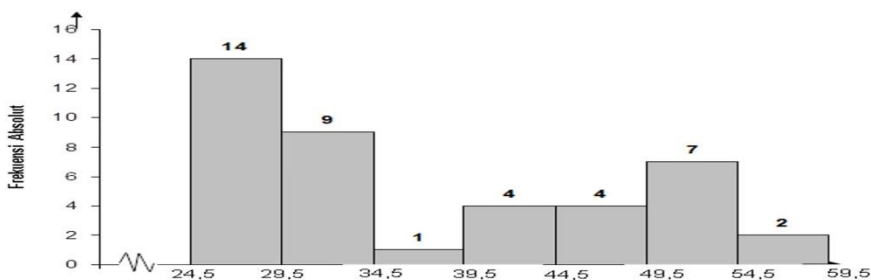
Figure 4.1 Histogram Skills Lay Up Shoot

2. Explosive Muscle Power Test Result Data (X1)

The results of the measurements in Table 4.4, that the test results of explosive muscle limb power obtained 41 people with a sample range 19, minimum value 8, maximum value 27, value. The mean is 17.54 and the standard deviation is 7,517. Here is the frequency distribution of explosive muscle power of the limbs below:

Table 4.5. Distribution of Explosive Muscle Power Explosion (X1)

No	Interval Class	Class Boundaries		Frequency Absolute	Relative Frequency (%)	Cumulative Frequency (%)
		Under	On			
1	8 - 10	7.5	10.5	11	27	27
2	11 - 13	10.5	13.5	6	15	41
3	14 -16	13.5	16.5	4	10	51
4	17 - 19	16.5	19.5	3	7	59
5	20 - 22	19.5	22.5	2	5	63
6	23 - 25	22.5	25.5	3	7	71
7	26 - 28	25.5	28.5	12	29	100
	Total			41	100	

Table 4.5 shows that out of 41 samples can be classified in 7 classes, 11 people with intervals ranging from 8 to 10 with a percentage of 27%, 6 persons at intervals of 11 to 13 with a percentage of 15%, 4 persons at 14 -16 intervals with a percentage of 10% , 3 people with intervals 17 - 19 with percentage of 7%, 2 people with intervals 20-22 with percentage 5%, 3 people with intervals 50 - 54 with percentage 7%, 12 people with intervals 26-28 with percentage 29%. Here Histogram explosive muscle limb power below:
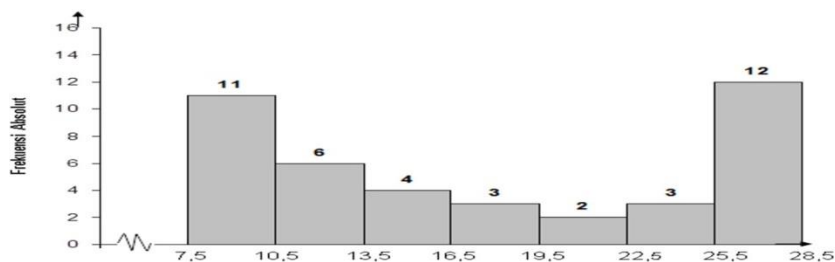
Figure 4.2 Limb Muscle Histogram (X1)

3. Test Result Data of Flexibility (X2)

The result of the measurement in Table 4.6, that the result of the gained is 41 people sample with range 49, minimum value 40, maximum value 89, value. The mean is 53.93 and the standard deviation is 12.449. Here is the below-rated frequency distribution:

Table 4.7 Distribution of Results of Formation Test (X2)

No	Interval Class	Class Boundaries		Frequency Absolute	Relative Frequency (%)	Cumulative Frequency (%)
		Under	On			
1	40 - 47	39.5	47.5	14	34	34
2	48 - 55	47.5	55.5	15	37	71
3	56 - 63	55.5	63.5	6	15	85
4	64 - 71	63.5	71.5	0	0	85
5	72 - 79	71.5	79.5	4	10	95
6	80 - 87	79.5	87.5	1	2	98
7	88 - 95	87.5	95.5	1	2	100
	Total			41	100	

Table 4.7 shows that out of 41 samples can be classified into 7 classes, 14 persons with intervals of 40-47 with percentages of 34%, 15 persons at 48 to 55 intervals with a percentage of 37%, 6 persons at intervals of 56 to 63 with a percentage of 15% 0 people with intervals 64 - 71 with percentage 0%, 4 people with intervals 72 - 79 with percentage 10%, 1 person with interval 80 - 87 with percentage 2%, 1 person with interval 88 - 95 with percentage 2%. Here Histogram flexibility below:
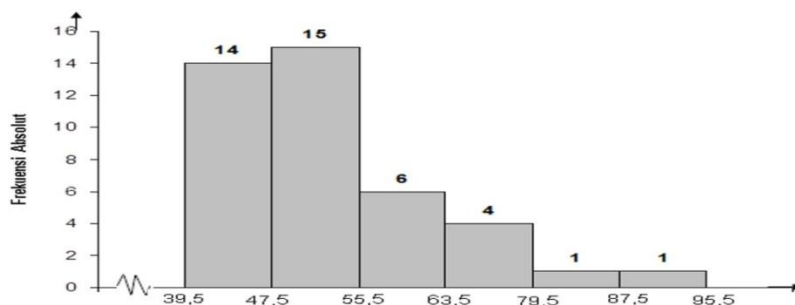
Figure 4.3 Histogram Data of Result of Formation (X2)

4. Data from the Test of Speech Coordination (X3)

The results of measurements in table 4.8, that the results of eye and hand coordination obtained 41 samples with a range of 48, minimum value 4, maximum value 52, value. The mean is 22.49 and the standard deviation is 12.303. Here is the distribution of eye and hand coordination frequencies below:

Table 4.9 Distribution of Speech Coordination (X3)

No	Interval Class	Class Boundaries		Frequency Absolute	Relative Frequency (%)	Cumulative Frequency (%)
		Under	On			
1	4 - 11	3.5	11.5	8	20	20
2	12 - 19	11.5	19.5	11	27	46
3	20 - 27	19.5	27.5	8	20	66
4	28 - 35	27.5	35.5	5	12	78
5	36 - 43	35.5	43.5	7	17	95
6	44 - 51	43.5	51.5	1	2	98
7	52 - 59	51.5	59.5	1	2	100
	Total			41	100	

Table 4.9 shows that out of 41 samples can be classified into 7 classes, 8 persons with intervals of 4 to 11 with a percentage of 20%, 11 persons with intervals 12-19 with a percentage of 27%, 8 persons at intervals of 20-27 with a percentage of 20% 5 people with 28 - 35 intervals with 12% percentage, 7 people with intervals 36 - 43 with percentage 17%, 1 person with interval 44 - 51 with percentage 2%, 1 person with interval 52 - 59 with percentage 2%. Here Histogram eye and hand coordination below:
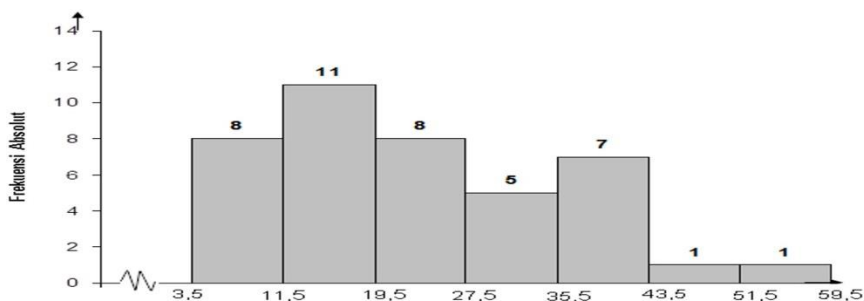
Figure 4.4 Histogram of Speech Coordination Test Result (X3)

5. Confidence Test Result Data (X4)

The result of measurement in Table 4:10, that the results of confidence obtained 41 people with a sample range of 32, the minimum value 110, the maximum value of 142. The mean is 124.27 and the standard deviation 11.205. Here's the confident frequency distribution below:

Table 4.11. Distribution of Self Confidence Test Results (X4)

No	Interval Class	Class Boundaries		Frequency Absolute	Relative Frequency (%)	Cumulative Frequency (%)
		Under	On			
1	110 - 114	109.5	114.5	13	32	32
2	115 - 119	114.5	119.5	6	15	46
3	120 - 124	119.5	124.5	3	7	54
4	125 - 129	124.5	129.5	5	12	66
5	130 - 134	129.5	134.5	3	7	73
6	135 - 139	134.5	139.5	4	10	83
7	140 - 144	139.5	144.5	7	17	100
	Total			41	100	

Table 4.11 shows that out of 41 samples can be classified in 7 classes, 13 people scores of instruments ranging from 110 to 114 with a percentage of 32%, 6 persons with intervals of 115-199 with a percentage of 15%, 3 persons with intervals of 120 to 124 with percentage of 7% , 5 people with interval 125 - 129 with percentage 12%, 3 people with interval 130 - 134 with percentage 7%, 4 people with interval 135 - 139 with percentage 10%, 7 people with interval 140 - 144 with percentage 17%. Here Histogram confident below:
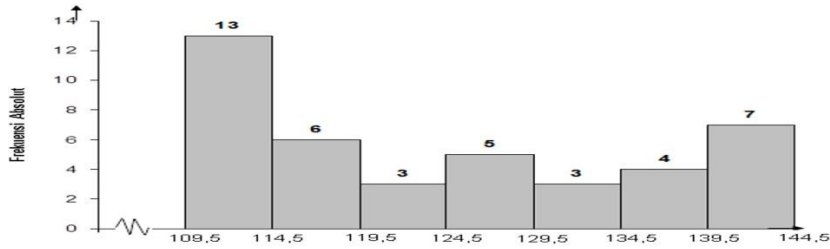
Figure 4.5. Histogram Confidence Test Results (X4)

Testing Data Analysis Requirements

Prior to testing the research hypothesis, firstly done testing requirements analysis. Testing requirements analysis includes:

1. **Normality Test**

Normality test is done to find out more, whether the data processed can be used path analysis techniques (path analysis), so the results can be used to draw conclusions.

Normality test is done by using kolmogrov smirnov test with real level (α) = 0.05, the testing criterion is that Ho is rejected if Lo obtained from observation data exceeds Lt and otherwise Ho accepted if Lt is greater than Lo can be used simply the formula as follows:

Ho = rejected if Lo> Lt (Ltabel)

Ha = accepted if Lo <Lt (Label)

a. Normality Test X1

Result of normality test with kolmograv smirnov value of L0 equal to 0182. Where the value of L0 in the liliefors table for sample size (n) = 41 with a = 0.05 obtained value of 0.212. When compared to the value of L0 count was smaller than L0 table, as for the conclusion normality test X1 normal distribution.

b. Normality Test X2

The results of normality test with kolmograv smirnov L0 value of 0.064. Where the value of L0 in the liliefors table for sample size (n) = 41 with a = 0.05 obtained value of 0.212 When compared the value of L0 count was smaller than L0 table, as for the conclusion normality test X2 normal distributed.

c. Normality Test X3

Normality test results with kolmograv smirnov L0 value of 0.090. Where the value of L0 in the liliefors table for sample size (n) = 41 with a = 0.05 obtained value of 0.212. When compared to the value of L0 count was smaller than L0 table, as for the normality X3 normal distribution test.

d. Normality Test X4

Result of normality test with kolmograv smirnov value of L0 equal to 0,160. Where the value of L0 in the liliefors table for sample size (n) = 41 with a = 0.05 obtained value of 0.212. When compared to the value of L0 count was smaller than the L0 table, as for the conclusion normality test X4 normal distribution.

e. Normality Test

Result of normality test with kolmograv smirnov value of L0 equal to 0,137. Where the value of L0 in the liliefors table for sample size (n) = 41 with a = 0.05 obtained value of 0.212. When compared to the value of L0 count was smaller than L0 table, as for the conclusion of normality test Y normal distributed.

Table 4.12. Summary of One Sample Test Result of Kolmogorov Smirnov Test Normality

		Explosive Muscle Limbs	Abstinence	Eye Coordination	Confidence	Skills Lay Up Shoot
N		41	41	41	41	41
Normal Parameters[a,,][b]	Mean	17.54	53.93	22.49	124.27	37.02
	Std. Deviation	7.517	12.449	12.303	11.205	10.827
Most Extreme Differences	Absolute	.171	.205	.194	.175	.181
	Positive	.160	.205	.194	.175	.181
	Negative	-.171	-.132	-.095	-.116	-.133
Kolmogrove Smirnov Z		1.094	1.312	1.244	1.124	1.158
Asymp. Sig. (2-tailed)		**.182**	**.064**	**.090**	**.160**	**.137**

a. Test distribution is Normal.

b. Calculated from data.

Based on the results of the normality test calculation group research above found that the price (Lo) obtained is smaller than the price of L-tablel (Lt) at a real level of 0.05. Thus it can be concluded that all the data groups in this study were taken from the population that is normally distributed so that it can be used for testing the research hypothesis.

2. Homogeneity Test

The test results of the research sample are used to draw the conclusion that whether the observed population is homogeneous distributed or not. As the testing criteria, if the value of significance> 0.05, then all the variables in this study can be said to be homogeneous. The calculation of SPSS version 22 homogeneity test is as follows:

Table 4.13. Tes of Homogenity of Variance

Levane Statistik	df1	df2	Sig .
2.350	4	200	.056

Based on the analysis on the table of Test of Homogeneity of Variances obtained p-value = 0.056> 0.05 or H0 accepted. Thus the data of five homogeneous research variables.

3. Significance Test and Regression Linierity

Test linearity and significance that see regression equation is linear or not then tested F-anava. The test criterion, if F arithmetic <F table means the data influence linear.

a. Significance Test Results and Linearity Regression Skills Lay Up Shoot (Y) to Explosive Muscle Limb (X1)

Based on the calculation of regression equation model using SPSS version 22 is as follows:

Table 4.14. Coefficients X_1 to Y

Model	Unstandardized Cooficience		Standardized Coefficients	t	Sig .
	B	Std Error	Beta		
1 (Constant)	14.605	2.023		7.219	.000
Explosive Muscle Limbs	1.278	.106	.888	12.032	.000

a. Dependent Variable: Skill Lay Up Shoot

Here the output of SPSS version 22, the constant and coefficient of linear regression equation obtained from column B, so that the regression equation is Y = 14.605 + 1.278. From the analysis result obtained t-count = 12,032 and sig or p-value = 0,000 <0,05 or H0 rejected. Thus the explosive muscle power of the legs directly affect the skills of lay up shoot. The following tests the linearity and significance of regression equations determined based on the ANOVA table below:

Table 4.15. ANOVA Table X_1 to Y

			Sum of Squares	df	Mean Square	F	Sig.
Y * X1	Between Groups	(Combined)	3949.092	15	263.273	8.896	.000
		Linearity	3693.928	1	3693.928	124.815	.000
		Deviation from Linearity	255.164	14	18.226	.616	.827
	Within Groups		739.883	25	29.595		
	Total		4688.976	40			

Table 4.16. ANOVA X_1 to Y

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	3693.928	1	3693.928	144.780	.000[a]
	Residual	995.047	39	25.514		
	Total	4688.976	40			

a. Predictors: (Constant), Explosive Muscle Limbs

b. Dependent Variable: Skill Lay Up Shoot

The result of linearity test of regression equation obtained from ANOVA Table line deviation from linearity obtained F-count = 0,616 with p-value = 0,827> 0,05, H0 accepted or regression equation Y over X1 is linear. While the significance test of regression equation is obtained from the regression line that is F-count (b / a) = 144,780 and p-value = 0,000 <0.05 H0 is rejected. Thus the regression of Y over X1 is significant.

Table 4.17. Model Summary X_1 to Y

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	Change Statistics				
					R Square Change	F Change	df1	df2	Sig. F Change
1	.888[a]	.788	.782	5.051	.788	144.780	1	39	.000

a. Predictors: (Constant), Explosive Muscle Limbs

Seen in the first line of correlation coefficient (ry1) = 0.888 and F-count = 144.780 with p-value = 0,000 <0.05 this means H0 is rejected. Thus the correlation

coefficient Y with X1 is significant. While the coefficient of determination of the table is R Square = 0.788 which means that 78.8% skills of lay up shoot influenced by explosive muscle limb power and the rest influenced by other variables.

b. Significance Test Results and Linearity Regression Skills Lay Up Shoot (Y) on Formation (X2)

Based on the calculation of regression equation model using SPSS version 22 is as follows:

Table 4.18. Coefficients X_2 to Y

Model		Unstandardized Coefficients		Standardized Coefficients		
		B	Std. Error	Beta	t	Sig.
1	(Constant)	-.280	4.669		-.060	.952
	Flexibility	.692	.084	.795	8.195	.000

a. Dependent Variable: Skill Lay Up Shoot

Here the output of SPSS version 22, the constant and coefficient of linear regression equation obtained from column B, so that the regression equation is Y = -0.280 + 0.692. From the analysis result obtained t-count = 8,195 and sig or p-value = 0,000 <0,05 or H0 rejected. Thus the elasticity directly affect the skills of lay up shoot. The following tests the linearity and significance of regression equations determined based on the ANOVA table below:

Table 4.19. ANOVA Table X_2 to Y

			Sum of Squares	df	Mean Square	F	Sig.
Y * X2	Between Groups	(Combined)	3937.942	23	171.215	3.876	.003
		Linearity	2966.321	1	2966.321	67.144	.000
		Deviation from Linearity	971.621	22	44.165	1.000	.508
	Within Groups		751.033	17	44.178		
	Total		4688.976	40			

Table 4.20. ANOVA X_2 to Y

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	2966.321	1	2966.321	67.156	.000[a]
	Residual	1722.655	39	44.171		
	Total	4688.976	40			

a. Predictors: (Constant), Formation

b. Dependent Variable: Skill Lay Up Shoot

The result of linearity test of regression equation obtained from ANOVA Table line deviation from linearity obtained F count = 1,000 with p-value = 0,508> 0,05, H0 accepted or regression equation Y over X2 is linear. While the significance test of regression equation is obtained from the regression line that is F count (b / a) = 67.156 and p-value = 0,000 <0.05 H0 is rejected. Thus the regression of Y over X2 is significant.

Table 4.21. Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	Change Statistics				
					R Square Change	F Change	df1	df2	Sig. F Change
1	.795a	.633	.623	6.646	.633	67.156	1	39	.000

a. Predictors: (Constant), Formation

Seen in the first line of correlation coefficient (ry1) = 0.795 and F-count = 67.156 with p-value = 0,000 <0.05 this means H0 is rejected. Thus the correlation coefficient Y with X2 is significant. While the coefficient of determination of the table is R Square = 0.633 which means that 6.33% skill lay up shoot is influenced by elasticity and the rest influenced by other variables.

c. Significance Test Results and Linearity Regression Skills Lay Up Shoot (Y) to Eye and Hand Coordination (X3)

Based on the calculation of regression equation model using SPSS version 22 is as follows:

Table 4.22. Coefficients X_3 to Y

Model		Unstandardized Coefficients		Standardized Coefficients		
		B	Std. Error	Beta	t	Sig.
1	(Constant)	20.779	2.057		10.100	.000
	Eye Coordination	.722	.080	.821	8.975	.000

    a.   Dependent Variable: Skill Lay Up Shoot

Here the output of SPSS version 22, constants and coefficients of linear regression equation obtained from column B, so that the regression equation is Y = 20,779 + 0,722. From the analysis result obtained t-coun = 8,975 and sig or p-value = 0,000 <0,05 or H0 rejected. Thus eye and hand coordination directly affect the skills of lay up shoot. The following tests the linearity and significance of regression equations determined based on the ANOVA table below:

Table 4.24. ANOVA Table X_3 to Y

			Sum of Squares	df	Mean Square	F	Sig.
Y * X3	Between Groups	(Combined)	4179.142	25	167.166	4.918	.001
		Linearity	3159.372	1	3159.372	92.953	.000
		Deviation from Linearity	1019.770	24	42.490	1.250	.333
	Within Groups		509.833	15	33.989		
	Total		4688.976	40			

Table 4.25 ANOVA X_3 to Y

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	3159.372	1	3159.372	80.554	.000[a]
	Residual	1529.604	39	39.221		
	Total	4688.976	40			

a. Predictors: (Constant), Eye Coordination

Table 4.24. ANOVA Table X_3 to Y

			Sum of Squares	df	Mean Square	F	Sig.
Y * X3	Between Groups	(Combined)	4179.142	25	167.166	4.918	.001
		Linearity	3159.372	1	3159.372	92.953	.000
		Deviation from Linearity	1019.770	24	42.490	1.250	.333
	Within Groups		509.833	15	33.989		

b. Dependent Variable: Skill Lay Up Shoot

The result of linearity test of regression equation obtained from ANOVA Table line deviation from linearity obtained F-count = 1,250 with p-value = 0,333> 0,05, H0 accepted or regression equation Y over X3 is linear. While the significance test of regression equation is obtained from the regression line that is F-count (b / a) = 80,554 and p-value = 0,000 <0,05 H0 is rejected. Thus the Y regression over X3 is significant.

Table 4.26. Model Summary X_3 to Y

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	Change Statistics				
					R Square Change	F Change	df1	df2	Sig. F Change
1	.821a	.674	.665	6.263	.674	80.554	1	39	.000

a. Predictors: (Constant), Eye Coordination

Seen in the first line of correlation coefficient (ry1) = 0.821 and F-count = 80.554 with p-value = 0,000 <0.05 this means H0 is rejected. Thus the correlation coefficient Y with X3 is significant. While the coefficient of determination of the table is R Square = 0,674 which means that 67,4% skill of lay up shoot influenced by eye and hand coordination and the rest influenced by other variable.

d. Significance Test Results and Linearity Regression Skills Lay Up Shoot (Y) to Confidence (X4)

Based on the calculation of regression equation model using SPSS version 22 is as follows:

Table 4.27. Coeficients X_4 to Y

Model		Unstandardized Coefficients		Standardized Coefficients		
		B	Std. Error	Beta	t	Sig.
1	(Constant)	-57.270	11.952		-4.792	.000
	Confidence	.759	.096	.785	7.921	.000

a. Dependent Variable: Skill Lay Up Shoot

Here the output of SPSS version 22, constants and coefficients of linear regression equation obtained from column B, so that the regression equation is Y = -57,270 + 0.759. From the analysis result obtained t count = 7,921 and sig or p-value = 0,000 <0,05 or H0 rejected. Thus confidence directly affects the skills of lay up shoot. The following tests the linearity and significance of regression equations determined based on the ANOVA table below:

Table 4.28. ANOVA Table X_4 to Y

			Sum of Squares	df	Mean Square	F	Sig.
Y* X4	Between Groups	(Combined)	4036.926	22	183.497	5.065	.000
		Linearity	2891.584	1	2891.584	79.823	.000
		Deviation from Linearity	1145.342	21	54.540	1.506	.192
	Within Groups		652.050	18	36.225		
	Total		4688.976	40			

Table 4.29. ANOVA X_4 to Y

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	2891.584	1	2891.584	62.742	.000[a]
	Residual	1797.392	39	46.087		
	Total	4688.976	40			

a. Predictors: (Constant), Confidence

b. Dependent Variable: Skill Lay Up Shoot

The result of linearity test of regression equation obtained from ANOVA Table line deviation from linearity obtained F-count = 1,506 with p-value = 0,192> 0,05, H0 accepted or regression equation Y over X4 is linear. While the significance test of regression equation is obtained from the regression line that is F-count (b / a) = 62,742 and p-value = 0,000 <0.05 H0 is rejected. Thus the Y regression over X4 is significant.

Table 4.30. Model Summary X_4 to Y

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	Change Statistics				
					R Square Change	F Change	df1	df2	Sig. F Change
1	.785[a]	.617	.607	6.789	.617	62.742	1	39	.000

a. Predictors: (Constant), Confident

Seen in the first line of correlation coefficient (ry1) = 0.785 and F-count = 62.742 with p-value = 0,000 <0.05 this means H0 is rejected. Thus the correlation coefficient Y with X4 is significant. While the coefficient of determination of the table is R Square = 0.617 which means that 61.7% skill lay up shoot is influenced by confidence and the rest is influenced by other variables.

e. Significance Test Results and Linearity Regression of Self Confidence (X4) to Explosive Muscle Limb (X1)

Based on the calculation of regression equation model using SPSS version 22 is as follows:

Table 4.31. Coefficients X_1 to X_4

Model	Unstandardized Coefficients		Standardized Coefficients		
	B	Std. Error	Beta	t	Sig.
1 (Constant)	106.088	3.266		32.480	.000
Explosive Muscle Limbs	1.037	.172	.695	6.044	.000

a. Dependent Variable: Confidence

Here the output of SPSS version 22, the constant and coefficient of linear regression equation is obtained from column B, so the regression equation is Y = 106,088 + 1,037. From the analysis result obtained t-count = 6,044 and sig or p-value = 0,000 <0,05 or H0 rejected. Thus the explosive muscles of the legs directly

affect the confidence. The following tests the linearity and significance of regression equations determined based on the ANOVA table below:

Table 4.32. ANOVA Table X_1 to X_4

			Sum of Squares	df	Mean Square	F	Sig.
X4 * X1	Between Groups	(Combined)	3205.040	15	213.669	2.940	.008
		Linearity	2429.041	1	2429.041	33.421	.000
		Deviation from Linearity	776.000	14	55.429	.763	.696
	Within Groups		1817.008	25	72.680		
	Total		5022.049	40			

Table 4.33. ANOVA X_1 to X_4

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	2429.041	1	2429.041	36.534	.000[a]
	Residual	2593.008	39	66.487		
	Total	5022.049	40			

a. Predictors: (Constant), Explosive Muscle Limbs

b. Dependent Variable: Confidence

The result of linearity test of regression equation obtained from ANOVA Table line deviation from linearity obtained F-count = 0,763 with p-value = 0,696> 0,05, H0 accepted or X4 regression equation over X1 is linear. While the significance test of regression equation is obtained from the regression line that is F-count (b / a) = 38,534 and p-value = 0,000 <0.05 H0 is rejected. Thus the regression X4 to X1 is significant.

Table 4.33. Model Summary X_1 to X_4

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	Change Statistics				
					R Square Change	F Change	df1	df2	Sig. F Change
1	.695[a]	.484	.470	8.154	.484	36.534	1	39	.000

Table 4.32. ANOVA Table X_1 to X_4

			Sum of Squares	df	Mean Square	F	Sig.
X4 * X1	Between Groups	(Combined)	3205.040	15	213.669	2.940	.008
		Linearity	2429.041	1	2429.041	33.421	.000
		Deviation from Linearity	776.000	14	55.429	.763	.696
	Within Groups		1817.008	25	72.680		

a. Predictors: (Constant), Explosive Muscle Limbs

Seen in the first line of correlation coefficient (ry1) = 0.695 and F-count = 36.534 with p-value = 0,000 <0.05 this means H0 is rejected. Thus the correlation coefficient X4 with X1 is significant. While the coefficient of determination of the table is R Square = 0.484 which means that 48.4% confidence is affected by explosive muscle limb power and the rest is influenced by other variables.

f. Significance Test Results and Linearity Regression of Self Confidence (X4) to Formation (X2)

Based on the calculation of regression equation model using SPSS version 22 is as follows:

Table 4.34. Coefficients X_2 to X_4

Model		Unstandardized Coefficients		Standardized Coefficients		
		B	Std. Error	Beta	t	Sig.
1	(Constant)	93.830	6.210		15.110	.000
	Flexibility	.564	.112	.627	5.027	.000

a. Dependent Variable: Confidence

The following output of SPSS version 22, the constant and coefficient of linear regression equation is obtained from column B, so the regression equation is Y = 93, 830 + 0.564. From the analysis result obtained t-count = 5,027 and sig or p-value = 0,000 <0,05 or H0 rejected. Thus the formation directly affects the self-confidence. The following tests the linearity and significance of regression equations determined based on the ANOVA table below:

Table 4.35. ANOVA Table X_2 to X_4

			Sum of Squares	df	Mean Square	F	Sig.
X4 * Between X2 Groups	(Combined)		4469.765	23	194.338	5.982	.000
	Linearity		1974.846	1	1974.846	60.788	.000
	Deviation from Linearity		2494.920	22	113.405	1.491	.066
	Within Groups		552.283	17	32.487		
	Total		5022.049	40			

Table 4.36. ANOVA X_2 to X_4

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	1974.846	1	1974.846	25.275	.000[a]
	Residual	3047.203	39	78.133		
	Total	5022.049	40			

a. Predictors: (Constant), Formation

b. Dependent Variable: Confidence

The result of linearity test of regression equation obtained from ANOVA Table line deviation from linearity obtained F-count = 1,491 with p-value = 0,066> 0,05, H0 accepted or X4 regression equation over X2 is linear. While the regression equation significance test is obtained from the regression row of column 5 which is F-count (b / a) = 25.275 and p-value = 0,000 <0.05 H0 is rejected. Thus the X4 regression over X2 is significant.

Table 4.37. Model Summary X_2 to X_4

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	Change Statistics				
					R Square Change	F Change	df1	df2	Sig. F Change
1	.627[a]	.393	.378	8.839	.393	25.275	1	39	.000

a. Predictors: (Constant), Formation

Seen in the first line of correlation coefficient (ry1) = 0.627 and F-hitung = 25.275 with p-value = 0,000 <0.05 this means H0 is rejected. Thus the correlation coefficient X4 with X2 is significant. While the coefficient of determination of the table is R Square = 0.393 which means that 39.3% confidence is influenced elasticity and the rest is influenced by other variables.

g. Significance Test Results and Linearity Regression of Self Confidence (X4) to Eye and Hand Coordination (X3)

Based on the calculation of regression equation model using SPSS version 22 is as follows:

Table 4.38. Coefficients X_3 to X_4

	Model	Unstandardized Coefficients		Standardized Coefficients		
		B	Std. Error	Beta	t	Sig.
1	(Constant)	110.586	2.774		39.866	.000
	Eye Coordination	.608	.109	.668	5.607	.000

a. Dependent Variable: Confidence

Here the output of SPSS version 22, the constant and coefficient of linear regression equation is obtained from column B, so the regression equation is Y = 110,586 + 0,608. From the analysis result obtained t-count = 5,607 and sig or p-value = 0,000 <0,05 or H0 rejected. Thus eye and hand coordination have an immediate effect on self-confidence. The following tests the linearity and significance of regression equations determined based on the ANOVA table below:

Table 4.39. ANOVA Table X_3 to X_4

			Sum of Squares	df	Mean Square	F	Sig.
X4 * X3	Between Groups	(Combined)	4263.549	25	170.542	3.373	.009
		Linearity	2241.264	1	2241.264	44.323	.000
		Deviation from Linearity	2022.285	24	84.262	1.666	.154
	Within Groups		758.500	15	50.567		
	Total		5022.049	40			

Table 4.40. ANOVA[b]

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	2241.264	1	2241.264	31.433	.000[a]
	Residual	2780.785	39	71.302		
	Total	5022.049	40			

a. Predictors: (Constant), Eye Coordination

b. Dependent Variable: Confidence

The result of linearity test of regression equation obtained from ANOVA Table line deviation from linearity obtained F-count = 1,666 with p-value = 0,154> 0,05, H0 accepted or X4 regression equation over X3 is linear. While the significance test of regression equation is obtained from the regression line that is F-count (b / a) = 31,443 and p-value = 0,000 <0.05 H0 is rejected. Thus the X4 regression over X3 is significant.

Table 4.41. Model Summary X3 to X4

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	Change Statistics				
					R Square Change	F Change	df1	df2	Sig. F Change
1	.668[a]	.446	.432	8.444	.446	31.433	1	39	.000

a. Predictors: (Constant), Eye Coordination

Seen in the first line of correlation coefficient (ry1) = 0.668 and F-count = 31.433 with p-value = 0,000 <0.05 this means H0 is rejected. Thus the correlation coefficient X4 with X3 is significant. While the coefficient of determination of the table is R Square = 0.446 which means that 44.6% confidence is affected by eye and hand coordination and the rest is influenced by other variables.
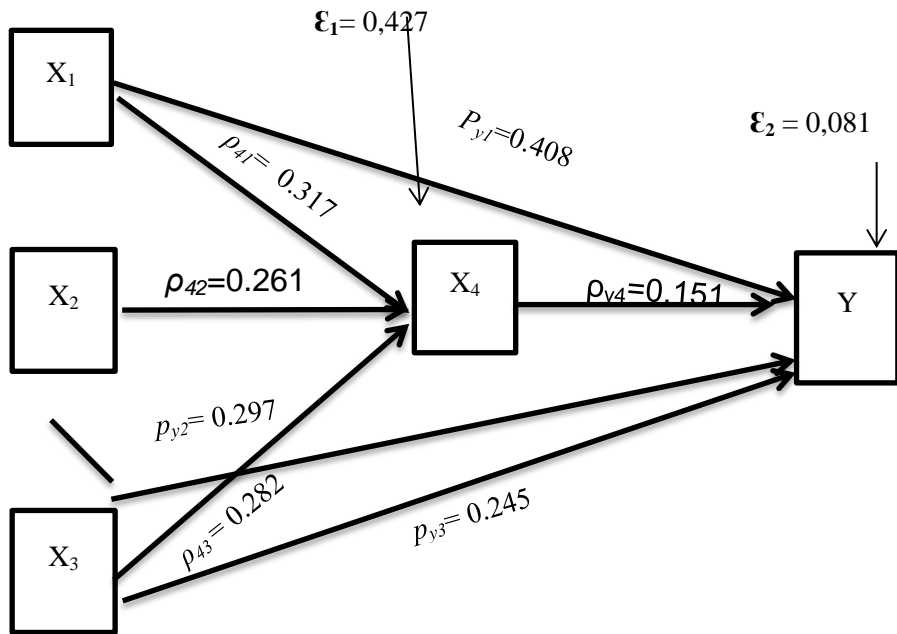
Model Testing

Figure 4.9. Influence Structure Research Results X1, X2, X3, X4, Y

Table 4.48. Summary of Interconnected Line Coefficient Summary

No	Influence between Variables	Path Coefficient	t count	*p-value*	Conclusion
1	X_1 to Y	0,408	5,041	0,000	Significant
2	X_2 to Y	0,297	4,495	0,000	Significant
3	X_3 to Y	0,245	3,257	0,001	Significant
4	X_4 to Y	0,151	2,081	0,023	Significant
5	X_1 to X_4	0,317	1,806	0,040	Significant
6	X_2 to X_4	0,261	1,826	0,038	Significant
7	X_3 to X_4	0,282	1,721	0,047	Significant

Hypothesis testing

1. Direct Effect Limb muscle explosive power (X1) to Skills lay up shoot (Y)

H0: β Y1 $\leq$ 0 (There is no real effect between X1 to Y)

Ha: β Y1> 0 (There is a real influence between X1 and Y)

Based on result of path analysis test between X1 to Y equal to 0,408. To further explain the significant effect of variable X1 to Y is t-count = 5,041 with p-value = 0.000 <0.05. then Ho is rejected Ha accepted, meaning there is a direct influence between explosive muscle limb power to the skills of lay up shoot.

2. **Direct Impact of Custody (X2) on Lay Up Shoot Skills (Y)**

   The second hypothesis in this study is

   H0: β Y2 ≤ 0 (There is no real effect between X2 to Y)

   Ha: β Y2> 0 (There is a real effect between X2 and Y)

   Based on result of path analysis test between X2 to Y equal to 0,297. To further explain the significant effect of variable X2 to Y is t-count = 4.495 with p-value = 0.000 <0.05. then Ho is rejected Ha accepted, means there is a direct influence between the formation of skills lay up shoot.

3. **Direct Influence of Coordination of the Hand (X3) on Lay Up Shoot (Y) Skills.**

   The third hypothesis in this study are:

   H0: β Y3 ≤ 0 (There is no real effect between X3 to Y)

   Ha: β Y3> 0 (There is a real influence between X3 and Y)

   Based on result of path analysis test between X3 to Y equal to 0,245. To further explain the effect of significant variables X3 to Y is the value t-count = 3.257 with p-value = 0.000 <0.05. then Ho is rejected Ha accepted, meaning there is a direct influence between eye and hand coordination of skills lay up shoot.

4. **Direct Effects of Self Confidence (X4) Towards Lay Up Shoot Skills (Y).**

   The fourth hypothesis in this study is

   H0: β Y4 ≤ 0 (There is no real effect between X4 to Y)

   Ha: β Y4> 0 (There is a real influence between X4 and Y)

   Based on result of path analysis test between X4 to Y equal to 0,151. To further explain the effect of significant variables X4 to Y is the value of t-count = 2.081 with p-value = 0.023 <0.05. then Ho is rejected Ha accepted, means there is a direct influence between confidence in skills lay up shoot.

5. **Direct Effect of Explosive Muscle Limb (X1) to Confidence (X4)**

   The fifth hypothesis in this study is

   H0: β 41 ≤ 0 (There is no real effect between X1 to X4)

   Ha: β 41> 0 (There is a real influence between X1 and X4).

   Based on result of path analysis test between X1 to X4 equal to 0,317. To further explain the effect of significant variables X1 to X4 is the value of t-count 0.040 <0.05. Then Ho is rejected Ha accepted. means there is a direct influence between the explosive power of the leg muscles against self-confidence.

6. **Direct Influence of Formation (X2) to Self-Confidence (X4)**

   The sixth hypothesis in this study are:

   H0: β 42 ≤ 0 (There is no real effect between X2 to X4)

Ha: β 42> 0 (There is a real influence between X2 and X4)

Based on result of path analysis test between X2 to X4 equal to 0,261. To further explain the effect of significant variables X2 to X4 is the value of t = 1.806 with p-value = 0.038 <0.05. then Ho is rejected Ha accepted, means there is a direct influence between the formation of confidence.

7. **Direct Influence of Speech Coordination (X3) to Self-Confidence (X4)**

The seventh hypothesis in this study is:

H0: β 43 $\leq$ 0 (There is no real effect between X3 to X4)

Ha: β 43> 0 (There is a real influence between X3 and X4)

Based on result of path analysis test between X3 to X4 equal to 0,282. To further explain the effect of the significant variables X3 to X4 is t-count = 1.721 with p-value = 0.047 <0.05. then Ho is rejected Ha accepted, means there is a direct influence between hand eye coordination of confidence.

DISCUSSION

1. **Explosive Muscle Limb (X1) Directly Affects Layer Shoot Skills (Y).**

The results of field research proved that the explosive muscle limb power (X1) has a significant effect on the skills of lay up shoot (Y). The coefficient value of explosive limb power extension on lay up shoot skills is 0.408.

The ability of a student in obtaining the maximum speed can not be separated from the students' biomotor ability in performing movements in accordance with the desired goals such as the ability to combine power and speed into explosive power. According to Badriah (2010: 36) explosive power is the ability of muscles for a group of muscles to perform contractions in an explosive manner in a very short time. Muscle explosive power is affected by the strength and speed of muscle contraction whereas According to Harsono (2015: 59) explosive power is the ability to direct maximum strength in a very fast time. Limb muscle explosive power contributes to the skill of lay up shoot according to the intensity given in the exercise. In doing lay up shoot movements, muscle explosive power serves as a leap, springboard or while delivering the ball into the ring or lay up shoot. students should have good leg muscle explosive power will be able to master the movement of lay up shoot is good too, because the explosive power is supported by two factors namely strength and speed. Based on it proved that there is direct influence of explosive muscle limb power to the skill of lay up shoot, that is proven from the study of the theory then from data of research result in field. It can be concluded that the better the explosive muscle power of the legs will be the better the results of the movement lay up shoot on students extracurricular basketball in SMP Negeri 9 Pekanbaru City.

2. Cassette (X2) Directly Affects Layer Shoot Skills (Y).

Based on the results of field research proved that flexibility (X2) gives a significant influence on skills lay up shoot (Y). The coefficient value of the path between the skill to the skills of lay up shoot is 0.297.

Physical components that support the sport of basketball is a formation. In essence the definition is defined as the flexibility or ease of movement, especially in joint muscles and also. Badriah (2010: 36) Formation is very important in almost all sports, especially in sports that require and demand joint movement. Exercise flexibility aim to muscle in the joints are not rigid and can move freely, without any significant interference. The form of movement in the exercise elasticity, must be in accordance with the nature and shape of the motion of the joints. Formation is a very important component of physical condition controlled by basketball players. With the characteristics of fast paced motion, broad, but still powerful, formation of body shape should receive special attention. Compulsory must get a sufficient portion.

Formation can help reduce the risk of injury by increasing the range of motion of the joints (Tangkudung, 2012: 71) In doing the movement of lay up shoot here needed a movement of hand formation. The better the better the better the result of lay up shoot basketball. To develop the formation can be done through exercises stretching the muscles and expanding joint space joints. For it can be done with static stretching, dynamic stretching, passive stretching, and stretching contraction relaxation.

Based on the theoretical studies and from the results of field research it is evident that there is a direct influence on the skill of lay up shoot skills. Someone who has a good elasticity then the better in affecting skills basketball lay up shoot on students extracurricular basketball in SMP Negeri 9 Kota Pekanbaru.

3. Eye Coordination (X3) Directly Affects Layer Shoot Skills (Y).

Based on the results of field research proved that hand eye coordination (X3) has a significant effect on the skills of lay up shoot (Y). The coefficient value of the path between eye and hand coordination of lay up shoot skills is 0.245. Physical component to perform movement skill lay up shoot basketball one of them is coordination. According Tangkudung (2012: 72) Coordination is the ability to perform movements with various levels of difficulty quickly and efficiently and with full accuracy. A player to be able to play well required adequate engineering skills such as lay up shoot. To obtain and implement such engineering skills required hand eye coordination. According to Dupri (2016: 25) hand eye coordination is a harmony and cooperation between the components of the hand-eye or other body parts in a sequential movement right.

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