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COMBINATION TRAINING MODELS OF BASKETBALL-HANDLING FOR 10 YEARS OLD GROUP: A DEVELOPMENT STUDY

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Abstract

This study aims to develop the combination training models of basketball-handling for 10 years old group children in basketball sport. The method of the study used a development procedure by Sugiyono. This study used seven steps according to the consideration of the needs. The subjects used were 24 basketball children in 10 years old group at the Human club. This study has been through expert tests from 3 validators, coaching expert, basketball expert, and media expert. The analysis technique of the study was a descriptive percentage, which was processing quantitative and qualitative data. The instrument used was a questionnaire. The results of the small group trial were 89%, while the results of the big group trial were 95%. 16 training model videos of ball-handling combination training have been feasible to use. This study is limited to develop a video product. The suggestion for further research is to be able to test the effectiveness of the product.

Keywords: development; training model; ball-handling; basketball; 10-years-old.

INTRODUCTION

This study is based on the needs of coaches for the lack of the combination training model of basketball-handling because the combination training model of ball handling will be useful for beginners who want to practice basketball skills, Arias, Argudo, & Alonso, (2016). One of the important tasks that must be performed by the coach is to make children happy to do exercise without feeling bored Policastro et al., (2019). One of them is the suitable ball for 10 years old group during the practice, which is basketball with low mass Arias et al., (2011). Skills will look better by doing a long training process. Therefore, the combination training models of basketball-handling can make children more active and serious in improving their skills Setiawan, (2017).

Based on the problem in 10 years old group at Human club is that the basketball technical skills can be mastered, but the exercise usually used tend to be less varied so that children feel bored and less enthusiastic with the training model usually applied by the coach. The questionnaire disseminated on 20 children in 10 years old group at Human club obtained the results as follows: (a) 70% of the children stated that they often do technical training every session, (b) 75% of the children stated they rarely do ball-handling exercise, (c) 90% of the children stated that the development of

ball-handling exercise is required, (d) 85% of the children stated that they need supporting media to support the ball-handling exercise, and (e) 100% of the children in 10 years old group at Hutama Manggala Basketball Center agree with ball-handling training model via audio-visual media. Therefore, the researcher takes a development study entitled "The Development of Combination Training Model of Basketball-Handling on 10 Years Old Group at Human Club Malang."

Based on the development study, the form of ball-handling combination training by Tembaga (2015) in his study used procedural methods, which includes a descriptive percentage for data analysis techniques from several experts, resulting in 80% (good) from the basketball learning expert, 75% (good) from learning media expert, 77% (good) from basketball expert, 89.67% (good) from small group trial, and 89.37% (good) from the field trial. The strengths of the product by Tembaga (2015) are that the development of the ball-handling training model can be accepted and performed by students who join extracurricular. Students can do ball-handling exercises combined with a dribble. The weakness of the research product is that the ball-handling exercise is only combined with a dribble. The results of development are still in the form of video packaged in VCD form. Thus, the researcher conducted a study about ball-handling training models, which not only can be combined with dribble but also combined with passing or shooting. The researcher expands the dissemination of video via Youtube or other webs that can distribute the form of ball-handling exercise so that the researcher can be useful for students or children who need it.

This study and development results in the product, which aims to (1) improve ball-handling skills for children at Human club, (2) be used as reference or example of training models for the coach to improve the ball-handling skills in basketball, (3) to be used as a reference for the success in training basketball exercise for the Human club, especially in ball handling, (4) to be a reference for Faculty of Sport Science Universitas Negeri Malang in the laboratory of Faculty of Sport Science and can be used as scientific information for students or lecturers, who want to study more about the related research.

METHODS

This study was conducted in the Human club with potentials and problems during the training observation of the 10 years old group. In this study and development, observation was conducted by observing the children in the Human club during technical and physical exercises. After observing, the researcher collected the data by disseminating the

needs analysis questionnaire (assessment questionnaire) to the 20 children in 10 years old group at the Human club and conducting interviews with the coach in the Human club.

This study used the study and development theory by Sugiyono (2015:29) with a procedural model consisting of 10 research steps. The researcher conducted seven stages to conduct the research. Stages for the development of combination training models of ball-handling were (1) data analysis, in which the researcher conducted observation by observing children in 10 years old group during the exercise, conducted questions and answers with the Human club coach, and conducted data collection by disseminating questionnaire. Data analysis is the initial stage to find out whether the product that will be developed by the researcher is accepted or not by the subject. From the results of the analysis, the data were followed up to develop the product. (2) the initial product design, how to develop ball-handling combination training models was by adding the variations of ball-handling exercises via audio-visual media packaged in the form of video in order to be easy to see and understand by any basketball club. (3) the expert validation test, where the initial product design that has been made was tested for validity by 3 experts, basketball training expert, basketball expert, and media expert. The role of the experts in this study was to give suggestions for improving the product to be tested. (4) product revision, where the aim of product revision is to find out whether the product that will be tested to the small group and big group is certainly feasible to develop or not. (5) small group test, in this stage, small group test was conducted at Human club with 6 children in 10 years old group by watching videos and filling out the instrument or questionnaire. (6) big group test, where In this stage, the big group test was conducted on 18 children in 10 years old group by watching videos and filling out the questionnaire. (7) final product revision, in which the results of this final product revision were obtained from the whole suggestions, starting from the expert validations to the basketball children in 10 years old group.

The specification of the product developed was in the form of video, including 16 variations of basketball-handling exercises in the 10 years old group at Human club. The products used were as follows: (a) exercise variation 1 of dribble with finger pads, (b) exercise variation 2 of figure eight-low taps, (c) exercise variation 3 around the waits-high pounds, (d) exercise variation 4 of around leg-low taps, (e) exercise variation 5 of around the head-chest pass, (f) exercise variation 6 of around the waits-chest pass, (g) exercise variation 7

of around the leg-chest pass, (h) exercise variation 8 figure eight-chest pass, (i) exercise variation 9 of around the waist-dribble-passing, (j) exercise variation 10 of ball taps-dribbling passing, (k) exercise variation 11 of figure eight-dribbling-passing, (l) exercise variation 12 of around leg-dribbling-passing, (m) exercise variation 13 of around head-shooting, (n) exercise variation 14 of around waist-shooting, (o) exercise variation 15 of around leg-shooting, (p) exercise variation 16 of ball taps-shooting. Furthermore, the 16 exercise models were packaged into audio-visual with product specifications in the form of (1) contents loaded in the video were 16 ball handling training models arranged from easiest to hardest; (2) media resulted were in the form of videos included in cd or internet (Youtube); (3) media were supported by texts, pictures, sound, and audio; (4) the pictures resulted were the original movement of humans or children in 10 years old group; (5) the videos loaded had the duration of ± 30 seconds of each ball handling training model.

Data obtained from the study were quantitative and qualitative. Respondents determined the level of agreement to a statement or question by choosing one of the available scoring numbers. The formula used to process data per test subject was as follows.

$$V = \frac{TSe}{TSh} \times 100\%$$

Notes:
V = Validation
TSe = Total Empirical Score
TSh = Total Maximal Score

The results of data processing were then adjusted to the product category. This aims to facilitate in drawing a conclusion from the results of data analysis presented regarding the feasibility and simplicity of the product developed.

Table 1. Percentage Criteria

No	Validity Criteria	Validity Level
1	85.01% - 100.00%	Very valid, or can be used without revision
2	70.01% - 85.00%	Quite valid, or can be used, but the small revision is required
3	50.01% - 70.00%	Less valid, suggested not to use because a big revision is required
4	01.00% - 50.00%	Not valid, or cannot be used

Source: Akbar (2013:41)

RESULTS AND DISCUSSION

Results

The results of the expert evaluation, Taufik, S.Pd., M.Or as training expert obtained the results of 82% so that the development of basketball-handling training models at Human club is feasible to be tested, but the small revision is required. The results of expert evaluation, Septianto Andika Putra, S.Pd, as the basketball training expert, obtained the results of 93% so that the development of basketball-handling training models at Human club is feasible to be tested. The results of expert

evaluation, Eka Pramono Adi, S.IP., M.Si, as media expert obtained the results of 100% so that the development of basketball training models at Human club via audio-visual is feasible to be tested.

Table 2. The Results of Video Feasibility Assessment on Small Group Test

No.	Indicator	Small Group			
		Tse	**TSh**	**V (%)**	**Information**
1	Attractiveness	87	96	90%	Very Valid
2	Easiness	85	96	88%	Very Valid
3	Suitability	81	96	84%	Quite Valid
4	Usefulness	86	96	89%	Very Valid
Total		**339**	**384**	**89%**	**Very Valid**

Table 3. The Results of Video Feasibility Assessment on Big Group Test

No.	Indicator	Big Group			
		Tse	TSh	V (%)	Information
1	Attractiveness	87	96	90%	Very Valid
2	Easiness	85	96	88%	Very Valid
3	Suitability	81	96	84%	Quite Valid
4	Usefulness	86	96	89%	Very Valid
Total		339	384	89%	Very Valid

Based on the video feasibility assessment in table 2, it can be concluded that the small group test obtained a percentage of 89%. This means that the development of the basketball-handling training models via audio-visual is stated as very valid or can be used for exercise by the Human club. Furthermore, the big group test obtained a percentage of 95%, which means that the development of the basketball-handling training models via audio-visual media is stated as very valid or can be used for exercise by the Human club.

Discussion

The study based on the problem of needs analysis through field observation obtained a finding that the coaches at the Human club in processing ball handling exercise are less conditioned. The coaches in providing the variations of ball handling training models at Human club are less varied so that the children during exercise are less interested and in ball-handling skills are still many difficulties. Therefore, the researcher conducted a study by making basketball-handling combination training models for 10 years old group. After the product of ball handling training models were finished, the researcher conducted expert tests, such as training expert, basketball expert, and media expert. After being tested, the researcher conducted the small group test and big group test. The final results of the big group test were 95%, which means that the product of ball-handling combination training models is feasible to use.

Based on the previous study regarding ball handling, ball-handling is still combined with a dribble. The previous subjects were extracurricular students of Junior High School or Senior High School. Arifianto & Fardi (2021) stated that improving the dribbling technique can be performed through ball-handling exercises. Asytar Mauluda Sudianto, Titis Nurina (2019), in their study, explained that ball-handling exercise impacts the students' exercise of dribble skills. Subjects of the study were extracurricular students of

Junior High School. Guimaraes, Ramos, Janeira, Baxter-Jones, & Maia (2019), in their study, stated that to prepare the exercises in 10 years old, a good technique is really required, one of which is the ball-handling exercise.

From these studies, ball handling exercise is only combined with the dribble. Furthermore, the researcher conducted a study regarding ball-handling exercises combined with a dribble, passing, shooting. Lndeburg & Hewitt, n.d. (2016), in their study, stated that there is an influence between ball handling exercise and resulting in shooting technique skills. In training early childhood, the coach is expected to be able to perform good basketball training for 10 years old group because it influences the potentials of individuals and the results of training goals Matulaitis, (2013). By paying attention to the disciplined training process, it can improve the development of basketball achievements Wibowo & Hidayatullah, (2017). The researcher took subjects of 10 years old group because ball handling exercise is important for the beginner, especially early childhood who want to train their basketball skills Fotrousi et al., (2012). In order to train the motor skills of children as a preparation to be a player, ball-handling exercise is really required Maric, Katic, & Jelicic, (2013).

The development of the procedural model is often conducted for research to resolve problems. One of the research in ball-handling development, Tembaga (2015), used procedural development method, including a descriptive percentage for data analysis technique. Based on the results of this study, the development of ball-handling combination training models to improve dribble technique can be used in the sport learning process. Study and development design has also been used. Based on the results of the study by Tembaga (2015), it can be interpreted that the product of ball-handling combination training made or developed can be used by students or coaches and also can add variations of ball-handling training models. Therefore, the development study method can be used as a reference by developing or resulting products made.

During the training process, the coach must have guidelines or principles so that the training process can improve performance. This development research used the principle of the training process models and also provided with combination principle Adi, Putra (2019) stated that in his study, there is an influence of the variations of shooting exercise models on the results of the free throw. From the explanation regarding the principle of variations, it can be concluded that in order to improve basketball technique skills and prevent

boring training, the training process must be varied. Furthermore, the coach must provide variations of exercises. Varied exercises aim to prevent boredom in training that supports physical, technical, tactical, and mental improvements. Hidyah (2011), in her study, stated that to improve the physical conditions of basketball players for student age, it can perform multilateral training principle. By providing training models with fun material and cannot be separated from physical and technical training, it can make the student age doing the exercise seriously.

This study and development used audio-visual media that can be used in the learning process. Penjas et al. (2020) stated that in order to improve basketball technique skills, it could be via audio-visual media. There is a positive result that audio-visual can improve basket undershoot skills, which impacts the stimulus of motor movement Agusna & Rismayadi, (2020). Audio-visual media used in the learning activities involving both hearing and vision in one process or activity can improve the performance of basketball technique skills Ashraq & Mahmoud, (2019).

Product for the development of basketball handling training models via audio-visual media has advantages, in which the ball-handling training models are easily understood by the children or coach at Human club because, in this product, there are videos of ball handling training models packaged in the form of CD accompanied with texts and audio Hamzah, (1981). The dissemination of ball-handling combination training videos was inserted in CD, websites, and Youtube. By providing new learning or training media, it will increase the enthusiasm for learning Asyar (2011:45) or exercise of children because the display of videos in this media deliver learning models as the real condition and explanations also provided in the videos so that it makes children more interested and easily understood by children in 10 years old group at Human club. Thus, this study can help to train basketball skills in the digital era Article, (2019).

With 16 ball-handling training models, it is expected to be able to find out the boredom of children in ball-handling exercises. As delivered by Budiwanto (2012:22), the coach must have broad knowledge regarding the types or kinds of exercises because it has an impact in overcoming the children's boredom during exercise so that the coach can do varied exercises. This development product not only overcomes boredom during ball handling exercise. Children and coaches also can use the product as a reference for training models, especially ball-handling exercises. In the study of the ball-handling combination training models, there are training components, such as speed, agility,

balance. The previous study stated that training characteristics for early childhood must include training components Erculj, Jakovljevic, Karalejic, Ivanovic, & Strumbelj, (2017).

CONCLUSIONS

Based on the results of the study, it can be obtained several conclusions. This study development via audio-visual media results in the product in the form of videos, including 16 variations of basketball-handling combination training for 10 years old group. Videos developed can be seen anytime because the dissemination of videos is in the form of CD, Youtube, and websites. This study results in videos that have been tested by experts and obtain feasibility with a very valid category, which means that it can be used by basketball children and coaches.

SUGGESTION

Ball handling training models, including dribble, ball handling with passing, ball handling with dribble and passing, ball handling with shooting, are expected to be developed so that training models are more varied in order to be able to reach training goals. For the subjects of the study, it is expected that it will be wider, not only at the Human club but also at other clubs and schools.

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