

**PENGEMBANGAN MODEL LATIHAN *BEEF* TERHADAP
KETERAMPILAN *SHOOTING* BOLABASKET SISWA
PUTRA SMA NEGERI 3 BANDAR LAMPUNG**

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ABSTRAK

Tujuan dari penelitian dan pengembangan ini adalah untuk menghasilkan model latihan *shooting* bola basket. Selain itu, penelitian dan pengembangan ini dilakukan untuk memperoleh hasil penelitian secara mendalam tentang pengembangan dan penerapan model latihan *passing* dan mengetahui efektivitas, efisiensi dan daya tarik hasil pengembangan. Serta mengetahui hasil latihan shooting dengan konsep BEEF, BEEF yaitu konsep *shooting* yang meliputi *balance* (keseimbangan), *eyes* (mata), *elbow* (siku), dan *follow through* (gerakan lanjut setelah melepas bola). Terhadap keterampilan shooting bola basket untuk siswa putra SMA Negeri 3 Bandar Lampung.

Metode yang digunakan penelitian ini adalah penelitian dan pengembangan (*Research & Development*). Penelitian yang dilakukan menghasilkan produk tertentu, dan menguji keefektifan produk tersebut. Subjek dalam penelitian dan pengembangan ini adalah 20 siswa ekstrakurikuler bola basket SMA Negeri 3 Bandar Lampung. Serta teknik pengumpulan data dengan wawancara kepada Guru dan siswa dengan menggunakan angket yang telah disiapkan oleh peneliti dalam item model-model variasi latihan *Shooting* bola basket.

Instrumen yang digunakan dalam penelitian dan pengembangan ini berupa kuisisioner dan angket, yang digunakan untuk mengumpulkan data pada tahap: (1) analisis kebutuhan: (2) evaluasi ahli: (3) ujicoba kelompok kecil: (4) uji coba lapangan. Tes efektivitasnya adalah hasil validasi dari 3 ahli hasil tes uji lapangan. Hasil dari 3 ahli menyatakan bahwa 91% layak digunakan dan ujicoba lapangan menyatakan 82,8% sangat layak digunakan.

Berdasarkan hasil pengembangan dapat disimpulkan bahwa: (1) Dengan pengembangan model latihan *Shooting* dengan metode *BEEF* ini, dapat membantu siswa dalam meningkatkan keterampilan *Shooting* pada permainan bola basket. (2) Memberikan referensi baru latihan *shooting* bola basket.

Kata Kunci: Pengembangan Model, Model Latihan Bola Basket.

BEEF TRAINING MODEL DEVELOPMENT ON SHOOTING SKILLS FOR STUDENTS SMA NEGERI 3 BANDAR LAMPUNG

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ABSTRACT

The purpose of this research and development is to produce a basketball shooting practice model. In addition, this research and development was conducted to obtain in-depth research results on the development and application of the passing training model and to determine the effectiveness, efficiency and attractiveness of the development results. As well as knowing the results of shooting exercises with the BEEF concept, BEEF is the shooting concept which includes balance, eyes, elbows, and follow through (continued movement after releasing the ball). Against basketball shooting skills for male students of SMA Negeri 3 Bandar Lampung.

The method used in this research is research and development (Research & Development). Research conducted to produce certain products, and test the effectiveness of these products. The subjects in this research and development were 20 extracurricular basketball students at SMA Negeri 3 Bandar Lampung. As well as data collection techniques by interviewing teachers and students using a questionnaire that has been prepared by the researcher in the item models of variations in basketball shooting practice.

The instruments used in this research and development are in the form of questionnaires and questionnaires, which are used to collect data at the following stages: (1) needs analysis: (2) expert evaluation: (3) small group trial: (4) field trial. The effectiveness test is the result of validation from 3 experts from field test results. The results from 3 experts stated that 91% was feasible to use and field trials stated that 82.8% was very feasible to use.

Based on the results of the development, it can be concluded that: (1) By developing a shooting training model with the BEEF method, it can help students improve their shooting skills in basketball games. (2) Provides a new reference for basketball shooting practice.

Keywords: *Model Development, Basketball Training Development*