

## MEASUREMENT OF SHOOTING ABILITY OF EXTRACURRICULAR BASKETBALL STUDENTS USING THE BEEF CONCEPT

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### Abstract

*This study aims to measure the extent of the shooting ability of extracurricular basketball students using the BEEF concept at MTsN Bangkalan. What was used in this study was a quantitative research method, the population in the study was MTsN Bangkalan students, while the sample that the researchers used was 25 basketball extracurricular students. With the data collection technique used in the form of saturated sampling technique. The research instrument used is a shooting technique test with the BEEF concept, which has been validated by 2 experts (expert judgment). The results of the study are from the ability of the correct shooting technique but not entering with a percentage of 76%, the ability of the correct shooting technique but entering with a percentage of 24%, the ability of the wrong shooting technique but entering with a percentage of (0), and the ability of the wrong shooting technique but not entering with a percentage of (0). It can be seen that the ability to shoot using the BEEF concept at the junior high school / MTs level is still said that the sample lacks mastery and understanding of the BEEF concept when shooting, so that the shooting is not effective and efficient.*

**Keywords:** BEEF, Shooting, Basketball.

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## INTRODUCTION

The sport of basketball involves two teams of five players each, fighting to score points by putting the ball into the basket (ring) guarded by the opposing team (Rustanto, 2017). The achievement of the game is to put the ball into the opponent's basket to score. Things that need support for the creation of sports achievements with the consistency of a maximum exercise and supported factors (Susanto & Nurharsono, 2021). To achieve good skills, it is necessary to master basic techniques in basketball such as dribbling, catching, passing and shooting. What needs to be considered in basketball is the basic techniques such as: dribble

(dribbling), catching (catching the ball), passing (passing the ball), and shooting (shooting the ball) (Perbasi, 2014). The basic basketball technique that is very crucial in the sport of basketball is shooting (shooting the ball).

Shooting is an attempt to score in basketball as the reason used to score points (Çetin & Muratlı, 2014). In principle, shooting in a basketball game plays an important role in achieving goals (Ramadhan & Irawan, 2022). Shooting is an attempt to put the ball into the opponent's basket or basketball hoop to get points (Kusuma, 2018). Good shooting ability is the key to success in scoring in basketball matches (Pratama et al., 2022). To improve shooting accuracy, several teaching concepts and techniques have been introduced, one of which is the concept of BEEF (balance, eyes, elbow and follow through) (Ramadhan & Irawan, 2022).

The BEEF concept is a comprehensive approach to shooting technique, involving elements such as body balance, gaze focus, elbow position, and continuation of movement after shooting (Arisman & Agun Guntara, 2021). Applying the BEEF principle when shooting greatly supports athletes to improve their performance in basketball games (Ramadhan & Irawan, 2022). In this study, researchers will apply the BEEF concept. BEEF is an acronym consisting of Balance, Eyes, Elbow, and Follow through (advanced movement) (Pradana, 2022). The BEEF method has also proven to be an efficient and successful way because its delivery is simple and can be easily understood. The use of the BEEF concept not only helps current players improve their skills, but also forms a strong foundation for the development of better players in the future. By understanding the basics of proper shooting technique, players can continue to improve over time.

Previous research has shown that the application of the BEEF concept to the accuracy of shooting techniques in basketball games on the women's basketball UKM team can improve shooting accuracy both in basketball players at the student level. Therefore, researchers can update by measuring shooting ability

using the BEEF concept on extracurricular students of MTsN Bangkalan. There have not been many studies that specifically measure the ability of the BEEF concept to shooting ability, especially in the context of formal education.

## METHOD

This type of research uses survey research with a quantitative method approach. This research uses descriptive research design with quantitative research type, for the method used in this research is survey method (Sunanto, Asmara, Himawan, & Purwoto, 2022). This research uses instruments such as tests as a tool to collect the necessary information (Putra et al., 2020). Quantitative research is a research method that emphasizes numerical aspects in data collection techniques in the field (Djollong, 2014). This study made the population of MTsN Bangkalan students, while the sample that the researchers used was 25 basketball extracurricular students. With the data collection technique used in the form of saturated sampling techniques.

The instrument used in this study is a shooting test that uses the BEEF concept and an assessment rubric that has been validated by 2 expert judgement. This assessment is given based on a rubric that has been previously compiled by researchers and has been validated by 2 experienced practitioners in basketball (Taufik et al., 2021).

Then basketball extracurricular students who get a score for each indicator will be processed using a percentage. The importance of analyzing data in order to speed up researchers in their research process, with the following formula:

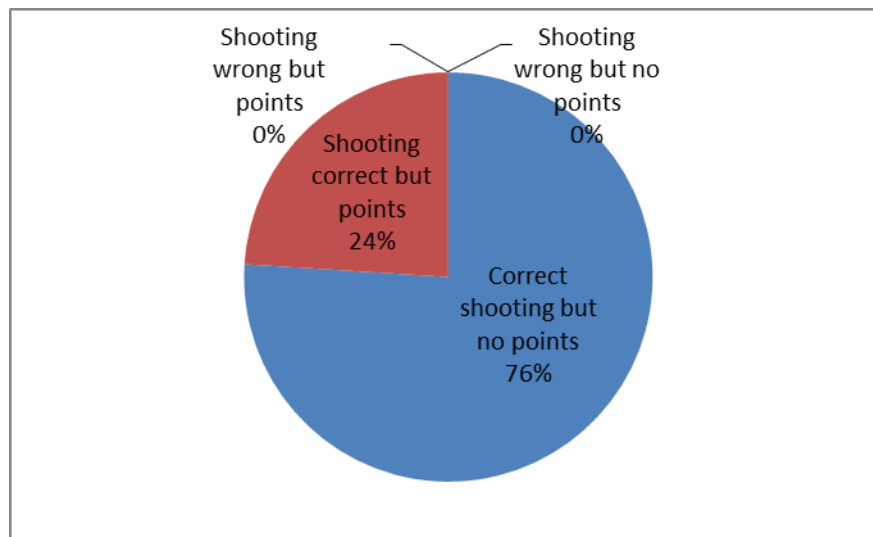
$$NA = \frac{\text{Skor yang diperoleh}}{\text{Skor ideal}} \times 100$$

Sumber: Sugiyono (2017:39)

## RESULT DAN DISCUSSION

The results of measuring the shooting ability of extracurricular basketball students using the BEEF concept at MTsN Bangkalan. Based on the results obtained from 25 samples through descriptive statistics assisted by microsoft excel.19 software. The results of the assessment classification of the shooting

technique ability is correct but not entered with a value, sum (7925), minimum (64.4), maximum (100), mean (83.4) and standard deviation (7.08). Correct shooting technique ability but entered with a sum (2646), minimum (80), maximum (100), mean (88.2) and standard deviation (6.08). The ability to shoot wrong but enter (0) because it does not have an assessment classification on the data obtained. The shooting technique ability is wrong but does not enter (0) because it does not have an assessment classification on the data obtained.



**Figure 1.** Circular diagram of extracurricular student shooting ability using the BEEF concept at MTsN Bangkalan

The results of the percentage of shooting ability of extracurricular basketball students using the BEEF concept at MTsN Bangkalan are the results of, the ability of correct shooting techniques but not entering with a percentage of 76%, the ability of correct shooting techniques but entering with a percentage of 24%, the ability of incorrect shooting techniques but entering with a percentage (0), and the ability of incorrect shooting techniques but not entering with a percentage (0).

From the discussion of this study, there are results of measuring the shooting ability of extracurricular basketball students using the BEEF concept that this junior high school / middle school level cannot be categorized as superior,

because at the junior high school / middle school level students still do not understand and joke more when the research is carried out, so that at the time of the research they cannot do maximally. In order to shoot basketball well, synchronization is needed between every part of the body from the tip of the foot to the tip of the fingers, including the feet, the back of the body, shoulders, elbows, arms, wrists, and fingers (Reski, 2022).

Analysis of the players' habits in the match is crucial for every coach to assess the areas that need to be improved by players and understand the advantages of other players, through careful study of this matter, the coach can find out the weaknesses and strengths of each player (Hidayatullah, 2020). Extracurricular basketball coaches can use the BEEF concept to teach students about the importance of body balance, proper elbow position, eye focus, and follow-up movements after shooting. Through structured practice and proper coaching, students can improve their shooting techniques and become more effective in the game.

## CONCLUSION

Based on the results and discussion above, it can be concluded that from the assessment calculations, the percentage of shooting ability of extracurricular basketball students using the BEEF concept at MTsN Bangkalan can be obtained, the ability of correct shooting techniques but not entering with a percentage of 76%, the ability of correct shooting techniques but entering with a percentage of 24%, the ability of wrong shooting techniques but entering with a percentage (0), and the ability of wrong shooting techniques but not entering with a percentage (0). It can be seen that the shooting ability using the BEEF concept at the SMP/ MTs level is still said to be a sample of not mastering and understanding the BEEF concept when shooting, so that the shooting is not effective and efficient.

With this research, athletes and coaches make an evaluation development for the team for the progress of an extracurricular at MTsN Bangkalan. Adding a

shooting training program by applying the BEEF concept is further improved so that it can increase the ease and effectiveness of shooting.

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