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Dribble Training Model For Junior Athletes Basketball Sports

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Abstract
The purpose of this research and development is to produce a basketball dribble training model for junior athletes and to determine the effectiveness, efficiency and attractiveness of athletes to the model. This study uses the Borg and Gall Research & Development (R & D) development research method. The subjects of this study were club athletes consisting of 60 athletes. The instruments of this research and development were questionnaires, questionnaires, and basketball dribble test instruments, the stages of this research and development are: needs analysis; expert evaluation; limited trials; and main trials. The effectiveness test of the model used a dribble test to determine the ability of junior athletes to dribble basketball before and after the treatment of the developed dribble model, the initial test obtained an athlete's dribble time of 11.86 seconds, after being given treatment in the form of a dribble model, an increase in time was obtained faster by 8.77 seconds. So this basketball dribble model is effective in improving junior athletes' basketball dribble training. Based on the results of the development, it can be concluded that: The basketball dribbling training model for junior athletes can be developed and applied in club training. The basketball dribbling training model for junior athletes that has been developed has shown an increase as shown in the results of the pretest and posttest data testing, there is a significant difference between before and after the model treatment.

Keywords: *Development, Model, Basketball Dribble*

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INTRODUCTION

Basketball is a game played by two teams, each team consisting of five players (Koekoek et al., 2019). The goal of the game of basketball is to score as many points as possible by putting the ball into the opponent's ring and preventing or obstructing the opponent's game to score (Ben-Shalom et al., 2021). And to score, basic basketball techniques are needed, because teams whose players do not master the basic techniques of basketball lose the ball more often. Teams that have players with a good level of mastery of playing technique skills will achieve teamwork. With this, the game will feel easy to score points (George et al., 2019). Cooperation for the common good must be fostered, and avoid excessive individualism and

reluctance to work together because they cannot appreciate or trust their teammates (Koekoek et al., 2019). To become a good basketball player, you must first have good mastery of basic basketball techniques. Thus, mastery of basic basketball skills is absolute and must be possessed by the players. Basic basketball techniques consist of dribbling, passing, and shooting. In addition, the success of any training activity is determined by the main and most important factor, namely teachers and coaches must be effective managers for students and athletes as well as training activities (Bagas, Yudha, 2023). Basketball sports have gradually begun to be implemented in schools through physical education subjects and extracurricular activities, the implementation of basketball sports by athletes will certainly experience difficulties in connection with their abilities and age levels which are still low (Villa & Lozano, 2018). Through training activities in clubs, athletes are trained to improve their abilities in basketball because they feel that the learning process is still lacking, especially in improving achievement. Everyone certainly wants to excel in whatever field they want, including in sports such as basketball which is a fast game. The need for good physical ability and muscle strength is one of the supporting factors in the success of a basketball game. As defined by Kosasih, Basketball is a game of balance and speed and every movement must be focused on these goals (Giovanini et al., 2021).

Playing basketball in general is not just about putting the ball into the opponent's basket as much as possible, but to play basketball requires motor skills from good dribbling, passing, and shooting techniques from the player himself, especially the dribbling technique. Because the dribbling technique is the basis of the fundamental skills of subsequent basketball movements. With the skills he has, a player can play well and work together with his friends in a team. Therefore, it is expected to be able to face the pressures that occur in matches on the field which are full of tight competition, both individual player competition and as a team to win the match. According to Hal Wissel, dribbling a basketball is one of carrying the ball. A player in breaking through the opponent's defense requires good dribbling skills. In order to maintain control of the ball while moving, the ball must bounce it on the floor (Yuliandra & Fahrizqi, 2019).

Dribbling a basketball is an inseparable part of the game of basketball. The benefits of dribbling according to Hal Wissel are (1) Moving the ball out of a dense guard area when a pass is not possible, (2) moving the ball when the receiver is not free from guard, (3) moving the ball during a fastbreak, (4) breaking through the guard towards the opponent's basketball ring, (5) attracting the guard's attention to free his teammates, (6) preparing the game to attack, (7) improving the angle position before passing to a teammate and (8) creating an opportunity

to shoot (Rahma et al, 2022). So dribbling a basketball has an important role and is one of the basic techniques that must be mastered by both individuals and teams in the success of the basketball game attack process. And makes it easier for other players to open space when attacking and helps other players in creating an assist (successful pass) (Chua et al., 2016).

When dribbling the ball, don't look down. Use your eyes and your surroundings to pay attention to the field and your teammates. Try to feel the ball. Trust your hands. Don't lower your gaze to see the ball. You must remain alert to the position of the opposing player and know the position of your teammates, so you can take advantage if there is an opportunity to score, or pass the ball if the defender blocks you (Abig et al, 2019).

A mistake that is often made by players is the hand that is not in a dribbling position, researchers often see not protecting the ball. This will be very fatal in dribble control, which may be tight guarding the opponent and the opponent will easily steal. It is better for the position of the hand of the player who is not dribbling to always protect the ball, the position of the body can also help in protecting the ball so that it remains safe. The ability to dribble with the weak hand and the strong hand is the key to improving your game". To protect the ball, keep your body between the ball and the opponent. In other words, if you dribble with the weak hand, then protect it with your body. For proficiency, it is recommended to get used to both, so it is better to balance the strength of dribbling with the right and left hands (Aris & Mu'arifuddin, 2020).

The planning of the training process that has been designed will have an influence on the training process that will be carried out. The right training material and environment that are in accordance with the conditions and situations of the training are very much needed in order to facilitate the arrangement of resources that will be used so that they can be developed in an effort to achieve the training goals to be achieved. The basketball training development process that took place from the researcher's observations was not optimal in implementing the training, because most coaches provided a rotational training model, not repetition (Ariestika & Aofal, 2024). So when doing the training movements, students did not understand and adapt to the training movements given by the coach. If the training model is given in repetition, then students will quickly understand and adapt to the movement. Especially when receiving basketball dribbling technique material or other materials. The development of training materials in the form of training models during the basketball dribbling training process according to the coach can improve the basketball dribbling skills of students through training material development patterns, training program planning, implementation and evaluation have

been prepared in advance, then students carry out the training materials according to the coach's instructions.

The process of implementing training materials using the development of training models given to students so that they can respond, so that the coach can pay attention to the shortcomings that occur in students during training. Each student has a different level of needs and skills, so that during the training process, students who have difficulty completing training material tasks must complete their tasks, even though they realize that they cannot complete their tasks. In training, students who have a poor level of mastery will find it more difficult to accept the training process at a higher level than the basketball dribbling skills possessed by the student. Likewise, for students who have a good level of skill mastery and get the same or lower training material than the skills they have, the student experiences boredom in training because the material presented by the coach is not challenging enough. Likewise, during the match, students will find it difficult to pass their opponents if they do not have good dribbling skills. As a result, students will make their own mistakes or become desperate because they cannot pass their opponents. Research is basically an activity or systematic process to solve problems carried out in the application of scientific methods. Because research is a person's effort that is carried out systematically following methodological rules such as controlled systematic observation, based on existing theories and reinforced with existing facts and symptoms. Research and development of learning models are designed in the form of writing that presents models of dribbling exercises in basketball (Eylon & Horowitz, 2018).

The models of dribbling exercises in basketball that have been designed will have an influence on the training process that will be carried out. Training materials and the right environment and in accordance with the conditions and situations of training are very much needed in order to facilitate the arrangement of resources that will be used so that they can be developed in an effort to achieve the training goals to be achieved. The methods that can be used to train skills in basketball, especially advanced movements of basketball dribbling techniques, are in principle the same as the use of training methods for each type of skill. Basketball dribbling skills, especially young players, generally tend to look at the ball at the initial stage of the ability to control the ball (Neil et al., 2012). Developing basketball dribbling techniques can be done in various ways using simple equipment, including: oil funnels and wooden boards, which are arranged in such a way, both in terms of distance, arrangement, formation, and height or width. Basketball dribbling for beginners is one of the motor skill development activities carried out from movements in place to walking or running movements. To foster and improve the development of agility and strength of athlete movement, the key is

to have characteristics and master the technique. Athletes must use good techniques, so that the goals of each skill can be achieved with a high level of efficiency and success.

Various dribble skill developments are needed, because basketball is a sport that is very dynamic and always changing. Apart from the basic movement elements that have been given, in addition to the development of dribble skills, tools or facilities or infrastructure can be modified to carry out basketball dribble technique training activities. To be able to master and improve these comprehensive or complex skills, systematic, planned, measurable and continuous training must be carried out. A skill training should pay attention to the principles that start from easy movements to more difficult movements, from simple movements to more complex movements, static movements, slow to faster movements.

Therefore, it is necessary to develop training materials that have training models from both fundamental stage materials to complex training variations on basketball dribble techniques so that students' basketball dribble skills are better and more precise in demonstrating them and increasing motivation to practice and enriching basketball skill movements. Thus, students are expected to be able to improve their basketball dribble technique skills after receiving a basketball dribble training model. The development of a basketball dribble training model that is the attraction in this development research to be used as research material to be carried out, namely the development of existing training models in the form of conventional training models and lack of variation into varied and challenging training models which are development materials in this research.

METHOD

The research that the researcher submitted is a research that uses a qualitative descriptive approach using the Research & Development (R&D) development method. Research & Development (R&D) development is a process used to develop and validate educational products (Sugiyono, 2019). Viewed from its purpose to produce or develop a product, this research can be classified as development research. Development research is a research method used to produce a particular product, and test the effectiveness of the product. Development includes experimental activities and improvements to a development product. The final result of the research and development activities is a model of dribble technique training for the sport of basketball for beginners. Of course, the final result of this research will produce a complete, creative and varied new training model design, so that it can be used as a reference for coaches and athletes in the training process. This dribble training model research uses the research and development model from Borg and Gall which consists of ten steps. This research was conducted at the Citra Raya Sports Club Basketball Court, Tangerang Regency, Banten

Province. The research subjects were club athletes consisting of 60 athletes. This research instrument uses a questionnaire for small-scale and large-scale tests, then continued with an effectiveness test using a t-test which aims to see the difference in influence and uses a one-group pretest and posttest design.

RESULT AND DISCUSSION

Result

The basketball dribbling skill training model that will be developed is the result of problems found by researchers in the field through observation and interviews with coaches and the results of expert tests and small and large scale tests using a Likert scale for questionnaires. Based on observations and interviews conducted by researchers, the general objectives of the dribbling skill training model in the sport of basketball were obtained, in addition to several general objectives, researchers can also find out several characteristics of the subjects of the dribbling skill training model that will be developed. Dribbling skill training model in the sport of basketball for junior basketball athletes. Analysis of the needs of basketball coaches was carried out by distributing a needs analysis questionnaire containing questions that aimed to determine whether or not this training model was needed. The results of the development of the basketball dribble skill model that was tested on Citra Raya Sports Club Basketball athletes were written in the form of a training model guidebook. The book presents various models of basketball dribble skill training for beginner athletes, exercises that will be presented with several training models. Each model of basketball dribble skill training for beginner athletes is presented in the same form but different steps in each training model. Thus, it is expected that the varied training model will achieve the objectives of the planned training. Overall, there are two general objectives to be expressed in the preliminary study, as follows.

a. The basketball dribble skill training model can be developed and applied in training for beginner athletes to improve basketball dribble skills.

b. The importance of basketball training with an effective, efficient and interesting training variation model.

Based on the general objectives above, the results of the preliminary study or field findings are then described and analyzed so that a formulation of the collected data can be obtained. This formulation of results is descriptive and analytical. The results of the preliminary study or field findings are then described and analyzed so that these results are descriptive and analytical, with reference to the objectives of the preliminary study. The following will describe the results of the needs analysis and field findings obtained by the researcher. Small group trials

will obtain data on the ease of the basketball dribble training model for beginner athletes. The test subjects in the group trial were 30 basketball athletes in Tangerang Regency, Banten Province. Based on the evaluation of small group trials conducted by researchers, it can be concluded that basically all variations can be applied, but must be adjusted from easy to difficult levels so that children's abilities can improve. The following will present the processing of data from the evaluation of large group trials on the development of a basketball dribbling training model product for beginners. In the large group trial, 60 athletes from the Tangerang district basketball club were used. After the results of the development of the dribbling skills training model product in basketball were tested on a small scale and revised, and a large group trial was conducted, the effectiveness test was continued.

Table 1. Small and Large Scale Trial Data Results

Variable	number of questions	maximum value	The value that is generated	Percentage	level of eligibility
small scale trial	20	4500	3315	79,5%	worthy
large scale trial	20	12000	18400	83,5%	worthy

Based on table 1 above, the results of the small-scale test were obtained with a percentage of 79.5% while for the large-scale test it was 83.5%. Thus, both feasibility tests are feasible.

Table 2. Average Value

Measurement Variable	Average	Std.Deviation
Pre-test	11,86 seconds	1,44
Post-test	8,77 seconds	1,22

Based on table 2 above, the results of the initial test on the basketball dribbling training model were obtained with an average value of 11.86 seconds while in the final test it was 8.77 seconds. Thus, there was an increase before and after being given treatment to test the effectiveness of the basketball dribbling model. While to see the difference in influence below as follows.

Table 3. Results of Effectiveness Test

Variabel	P (sig. < 0,05)	information
Basketball dribble training model	0,00	Significant

The sig. value is 0.00 <0.05 based on the results of the effectiveness test analysis above. Thus, it can be said that the basketball dribble training model applied to basketball athletes in Tangerang Regency is effective and feasible to use.

Discussion

The product developed aims to help improve the achievement of basketball training goals, especially dribble material for beginner athletes that is adjusted to the needs of dribble training. This model is made based on the level of athlete needs, so in this model its application is carried out with the principle of a comprehensive approach to dribble training. The results of the second stage of testing the use of this model turned out to produce the expected target, meaning that this model is effective in meeting the needs of basketball dribble training for beginner athletes. The subjects taken in the study were clubs that were considered to still have no achievements compared to other clubs.

Dribbling is something that must be mastered well by every basketball player to become a reliable basketball player (Nagai et al., 2021). Dribbling technique is a basic element, which is used to cooperate in a team. During the game, this throwing element is always needed, especially in organizing attacks (Rindawan & Fibrianti, 2020). Therefore, throwing techniques must be learned well so that the movements are correct and skills can be improved. Catching the ball is also a basic element that is always used, with the same frequency as throwing. This means that every throw is followed by a catch which is continued with ball control. Dribbling the ball is also a basic element that is always needed in a match (Rosyadi et al., 2017). This means that if at any time a player cannot throw the ball to a teammate, then he can dribble the ball to a certain goal, for example approaching the basketball or freeing himself from being grabbed by an opponent. By dribbling, a person can play well too. The ultimate goal of the game of basketball is to score points. To be able to score points, basketball players must be able to master shooting techniques well. Shooting is an important skill in the sport of basketball. This is because the existence of a basic basketball technique skills test can be a reference for developing a better training program, not only a skills test, but it is hoped that there will be a focus on training so that skills can be improved in this case, basic basketball techniques.

This provides a view that when this model is applied to clubs that have achievements, its implementation will be better and more perfect. Seeing the shortcomings and advantages of the product made, there is input that the researcher will convey in order to achieve the improvement of this product, the input is as follows:

a. In this model, there needs to be an adjustment of movements for athletes who train with a basketball dribble training model.
b. The use of more equipment and attention to comfort and safety can make children more optimal in doing basketball dribble training models given by the coach.
c. The characteristics and understanding of athletes require coaches to provide direct practice to athletes to learn movements that are felt to be new to do.

CONCLUSION

Based on the data obtained, from the results of the field trial and discussion of the research results, it can be concluded that the basketball dribble training model can be developed in basketball dribble training for beginner athletes and the effective basketball dribble training model can improve the results of the basketball dribble test for beginner athletes. The assessment that needs to be carried out in the next development is at the level of relevance of the form of the model which is expected to be more varied, innovative and stimulates athletes to be more enthusiastic in following the training process, especially in the material for training basketball dribble skills. The relevance of the active, creative and enjoyable assessment and training format for its indicators and descriptors and the form of the test instrument to measure the athlete's abilities is more rational and easy to understand and easy to use by users.

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