

The Application of TGFU Learning in Basketball Shooting Learning

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Abstract: Teaching Games for Understanding (TGfU) is an approach to physical education learning to introduce how children understand sports through the basic concepts of play. TGfU does not focus on learning techniques for playing sports so that learning will be more dynamic and in accordance with the child's developmental stage. Learning physical education is not boring for children through the TGfU approach. To learn shooting techniques in basketball games at school requires the right learning model because shooting basketball exercises using the drill method in learning is boring for students. The purpose of this study was to determine the application of TGFU (Teaching Game for Understanding) learning in basketball shooting learning. The method used in this research is literature review. Here, we will describe the relation to the application of TGFU learning to shooting material in basketball games. With the results of research from various sources, it can be concluded that the application of TGFU learning has a significant effect on shooting basketball.

Keywords: Basketball, Shooting, TGFU (Teaching Game for Understanding)

A. Introduction

The game of basketball is a dynamic and attractive game, especially with regard to how to play the ball both when dribbling, passing and shooting. The game of basketball is even more interesting when the players demonstrate shooting techniques with various attractions including three-point shot, lay-up shoots and slam-dunks (Sandika, 2013). Basketball is a sport that is increasingly popular with the public, especially among students and students. This is because the game of basketball is a sport that can be done by groups from various walks of life. In addition, there are also many competitive matches, as well as local tournaments such as the NBL (National Basketball League), LIMA (Student League), DBL (Developmental Basketball League) and overseas such as the NBA (National Basketball Association), FIBA (Federation International Basketball), World Cup, and others who indirectly influence and enhance the development of the sport of basketball, especially in the country.

At the school level, basketball is also a favorite sport. In physical education subjects, basketball is one of the materials taught every semester and is included in big ball games. This material is certainly expected to be one of the materials for achieving national education goals based on Law Number 20 of 2003 concerning the national education system explaining that the functions and objectives of national education are set forth in article 3 which says that "Education functions to develop capabilities and shape character and civilization. a dignified nation in the context of educating the nation's life, aims to develop the potential of students to become human beings who believe in and fear God Almighty, have noble character, are healthy, knowledgeable, capable, creative, independent and become modified and responsible citizens". One indicator of learning achievement in the game of basketball in line with this is that it can develop the potential of students and shape the character of students to become human beings who believe in and fear God Almighty, have noble character, are healthy, knowledgeable, capable, creative, independent and become citizens. modified and responsible.

Basketball is a sport that is already worldwide, in every country the game of basketball has a lot of fans because the game of basketball is a fun game which of course has many benefits. According to Sitepu (2018), playing basketball has many benefits including first, namely being able to nourish and refresh the body because when playing basketball, the body automatically disposes of residual energy in the form of sweat which is then replaced with new energy by providing healthy food and drink intake (Sitepu, 2018). In addition, many benefits can be obtained from this game, both physical, mental and social.

In the game of basketball there are several basic techniques that must be mastered, namely dribble, passing, and jump shot (Yuliandra & Fahrizqi, 2019). To produce a point (value) in the game of basketball we have to put the ball into the opponent's basket which is usually called a jump shot. The jump shot is one of the most frequently used shooting techniques in modern basketball today, whether it is done in motion or from a position in place. Therefore, it must be given to athletes as early as possible, so that jump shot mastery is better and proficient (Mukhtarsyaf et al., 2019). In basketball beginner athletes, the jump shot technique is a technique that is difficult to learn and rarely done. This technique requires good coordination of foot and hand movements and requires disciplined practice.

In the learning process, not all students are interested in physical education, the teacher must have a special method to attract student interest and motivation in the learning process, in this case studying shooting techniques in basketball games. From the observations of researchers, students find it difficult to understand the rules in the game of basketball, especially in applying shooting techniques in the game. The

play approach is one of the efforts that can be made by PE teachers so that the PE learning process can reflect DAP (Developmentally Appropriate Practice), practice according to the development stage, which means that the teaching assignments delivered must pay attention to changes in the ability or condition of the child and can help encourage change (Hambali, 2018).

The Play Approach is to increase students' awareness of the concept of play through the application of appropriate techniques according to problems or situations in real games. This shows that the learning process is an important tool for achieving the main task of physical education as a whole (Erliana, 2014). Game-based learning is expected to improve student learning outcomes in learning top passing in volleyball games. We often hear this game-based learning with the term TGFU (Teaching Games for Understanding) learning model. According to (Griffin, L., & Patton, 2005) states that the Teaching Game for Understanding (TGFU) model is game-centered learning and students learn games related to sports using a constructive approach. TGFU is a physical education learning model that uses elements of a tactical game without eliminating the technique with the aim of active movement for the development of skills and knowledge in teaching physical education (Griffin & Patton, 2005).

B. Methods

The research method is the method used by researchers in conducting research, especially focusing on what tools will be used to collect the required data. Therefore, the selection of a research method must be appropriate so that the data produced in the research can be appropriate. The type of research used is a literature study. The literature study method is a series of activities related to methods of collecting library data, reading and taking notes, and managing research (Zed, 2008). Literature study relates to methods of collecting library data, reading and taking notes, and managing research materials (Sarifudin, 2022).

Systematically the steps in writing a literature review are shown in the following figure:

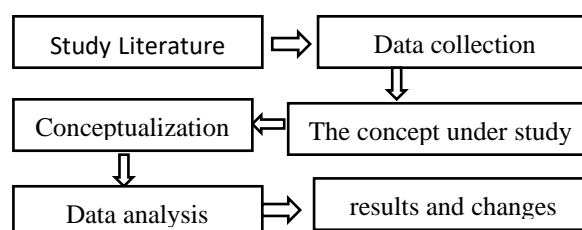


Figure 1: Literature Review Research Flow

C. Results and Discussion

Basketball Shooting Learning

According to Hoffman in (Dewi & Muliarta, 2016) Basketball is one of the most popular and popular collective sports around the world. Basketball games are played by both men and women of all ages (Dewi & Muliarta, 2016). One of the reasons for the rapid development of the game of basketball is that this game is a fun game and does not require facilities and infrastructure that are hard to find.

The aim of the game of basketball is to put the ball into the opponent's basket and try to prevent the opponent from entering the ball or scoring points (Fatahillah, 2018). Based on this goal, one of the basic techniques that is very important to master is the shooting technique. In doing this shooting can be done in two ways, namely by shooting with two hands and shooting with one hand (Kusuma, 2018). According to Wisel in Kusuma, using one hand (one-hand set shoot), such as free throws, jump shots, three-point shots (tree point shoot), hook shots, lay-up shoot, and runner (Kusuma, 2018). All shots have basic mechanics, including sight, balance, hand position, elbow arrangement, hand position, elbow arrangement, shot cadence, and execution.

Jump shoot comes from the word jump which means jump and shoot which means shoot, which means jump shoot is a jumping and shooting movement. Jump shot is a way of shooting by adding a jump when shooting and the ball is released at the highest point of the jump (Orlando, 2018). The jump shoot technique is the most important and most frequently used technique in matches. This was also expressed by (Cole et al., 2015) who said that a very specific skill in basketball is the jump shot which is the main key in carrying out attacks as well as an important aspect in a match.

One of the advantages of a jump shot is that a player can avoid trying to the opponent when making a shot because a jump shot is a technique where a player releases the ball into the basket at the highest point of the jump. The stage of executing a jump shot a player jumps in a vertical direction and at the maximum height the ball is shot. That means that the most important requirement for someone to do a jump shot is a good jump.

Teaching Game for Understanding (TGfU) Learning Method

Learning must have good interaction between teachers and students in carrying out learning activities so that a conducive situation occurs (Yoo, 2014). Teachers who have

the ability in modern teaching strategies and have innovative knowledge, skills, attitudes and values will be more meaningful than teachers who are still carrying out conventional learning processes, for this reason the role of the teacher is very necessary in the development of students in the process of transferring knowledge (Senturk, 2019). Teaching in one setting often influences our teaching in others. This development begins with active and fun learning so that a good and quality learning process will be carried out (M. BP, 2019). The role of the teacher as the person closest to the children at school must create a pleasant atmosphere and be a loved one.

Teaching Games for Understanding (TGfU) was originally introduced as an alternative teaching method following the game technique approach in teaching and learning in 1982 by Bunker and Thorpe (Kirk, D. & Macphail, 2002). TGfU brought about a paradigm shift in teaching games, moving the focus from “how to do it” to “what to do & when”. Post TGfU models and practices also contribute to approaches to teaching games, such as the Decision-Tactical Learning model (Griffin et al., 2005).

This approach advocates tactical problem solving, game simulation practices, and contextual and real-world environments for technical and tactical skills (Dwivedi, 2017). TGfU is supported by constructivist learning theory. According to constructivism, learning is a process of adaptation to environmental changes in which students actively understand new information by relating it to past experiences and knowledge, building ways of knowing by restoring cognitive abilities and balance with their personal experiences (Haya et al., 2023). “TGfU has attracted significant attention from a theoretical and pedagogical perspective as an improved approach to games and sport teaching in physical education (PE)” (Stolz & Pill, 2014).

The TGfU approach continues to evolve. now offers stage-in-game, game appreciation, tactic awareness, decision-making, execution and performance skills. The following figure raises the stages of the relationship between the curriculum model and the principles of pedagogical skills (Kirk & Macphail, 2002). The TGfU approach can foster interest and excitement in the process of learning the basic throwing and catching motions, so that learning activities will increase.

Based on the discussion above, it can be concluded that the learning method using the TGfU approach is a learning method that is often used and is effective in learning physical education in schools.

D. Conclusion

Based on the discussion, it can be concluded that the game of basketball is a big ball game material in the curriculum of physical education subjects. Basketball game is a

game that aims to put the ball into the opponent's basket in order to get points. That means a very important technique in the game of basketball, namely the shooting technique. One shooting technique that is often used is the jump shoot technique because it has several advantages compared to other shooting techniques. However, in learning not all students are interested in basketball material because the rules of basketball games are very difficult for students to understand and difficult to apply in games. For that the teacher must have a learning method that can increase the interest and motivation of students and students can easily apply shooting in games. One of the learning methods that can be used is the TGfU learning method. Teaching Games for Understanding (TGfU) is an approach to physical education learning to introduce how children understand sports through the basic concept of playing so that students don't feel bored during the learning process but are effective for improving abilities. For this reason, in learning volleyball games, especially to improve upper passing skills, you can use the TGfU learning method. Based on a literature study that has been carried out by researchers, the TGFU learning method has an effect on student learning outcomes in physical education, especially shooting material in basketball games.

E. Acknowledgments

We would like to express our sincere gratitude to our family, friends, and colleagues Universitas PGRI Palembang.

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