

Ball Handling Practice Survey on Basketball Dribbling Ability with Application of Relevant Theory

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Abstract: Ball Handling is an important technique for achieving increasing basketball dribbling technique training. One of the things that must be done by every athlete in developing and improving sports performance optimally is by diligently practicing, with exercises that must be developed and improved to master basic techniques. The purpose of this study was to determine ball handling exercises on basketball dribbling abilities. This study uses a literature review research method using 16 literature sources, 12 of which are used as data reviewed and taken from nine databases (Google Scholar, UNP Journal, Research Article, Garda Portal, Sinta ristekbrin, JOSSAE) which demonstrate ball handling exercises. The conclusion in ball handling exercises is that there is a need for each according to the sample level examined by previous relevant studies with ball handling exercises that can improve basketball dribbling skills. In designing the training program must be structured.

Keywords: Ball Handling, Dribbling, Basketball

A. Introduction

Currently, scientific work is connected with research, where researchers are expected to carry out research by designing scientific plans or proposals, most of which use respondents as samples or field research. In fact, scientific research with field research is not carried out every year by researchers. This is because this research takes a long time and costs a lot. For this reason, writing or scientific work can actually be made by carrying out research with literature studies or literature studies. Ball Handling really requires an increase in basic basketball techniques. Dribbling, passing and shooting are needed to develop basketball athletes because they require special knowledge and skills about player positions and game situations.

Based on this, it is known that in basketball games use gestures such as hands and feet. Given the previous relevant studies using dribbling exercises with ball handling exercises, the researcher is interested in conducting a literature review on ball handling exercises on basketball dribbling abilities.

B. Methods

In the method for conducting library research, researchers look for data points related to certain study topics and collect information from these data points (Siyoto, 2015). The currently available data is analyzed to identify the main emerging themes or issues, and recommendations are then made based on the findings of the analysis. To be continued the purpose of this study is to analyze the basic techniques of playing basketball. Literature Review or Literature Review is a type of academic writing that analyzes findings in academic literature while emphasizing its theoretical and methodological contributions to the topics discussed (Prawira, 2021).

The data used in this study is the second level data. Secondary data is data that is processed through long-form messages. but the information obtained comes from the results of research conducted by previous researchers. The summary of information regarding this matter is presented in the form of articles or book chapters that discuss teaching techniques.

C. Results and Discussion

Literature This review was conducted to identify ball handling training models on basketball dribbling skills with the ball handling practice model literature collection technique which is a relevant previous study that was collected and analyzed using critical evaluation to achieve measurement objectives and compared with simple measurement results. There are 12 pieces of literature discussing the ball handling training model for basketball dribbling skills in each of these journals is a national magazine which can be searched on the Google Scholar portal by entering the keywords "ball handling, dribbling, basketball practice" which are then analyzed using critical appraisal analysis to analyze the findings. research from core journals to identify similarities and differences between the journals. The following table analyzes the critical evaluation of 12 journals (Table 1):

Table 1. Analysis of The Critical Evaluation

No	Title	Author/Year	Method	Research Result
1	The Effect of Ball Handling Exercise on Increasing Dribble Ability in Basketball Extracurricular Students at SMA Negeri 1 Subang	(Saputra, 2020)	This study uses an experimental method with the design "One Group Pretest Posttest Design".	The results of the study are described using descriptive statistical analysis as follows, for the pretest results, the average (mean) = 10.42, with a standard deviation (std. Deviation) = 0.87, while for the posttest, the average (mean) = 9.75, with a deviation default (std. Deviation) = 0.62.
2	The Effect of Ball Handling and Agility Training on Women's Extracurriculars Dribble Basketball at SMK Negeri 1 Kedawung	(Pratomo, 2020)	The method used is an experiment with a 2x2 factorial design.	The results of this study are that there are differences in the effect of the ball-handling crossover dribble and two ball dribble methods practice on the average basketball dribble produces 9.917 while the average two ball dribble is 8.333. There is a difference in the effect of high and low agility on basketball dribbling results. The average result of the high agility group was 9.750 low agility group 8,500. There is an interaction between ball handling and agility practice, dribble ball handling crossover exercise with high agility 11.167 greater average than the two-ball dribble method with ball handling 8,333.
3	The Effect of Ball Handling Exercise on Ability Dribble on the SMA N 1 Pati Women's Basketball Team in 2015	(Pramudya, 2015)	This study used an experimental method with a "one group pretest posttest design".	The results of the analysis show that: there is an effect of ball handling training on dribble ability in female basketball players at SMA N 1 Pati, with a t-value of 4.450 > 1.883 and a significant value of 0.002 < 0.05, with a difference of 0.929 seconds.
4	The Effect of Ball Handling Training on the Dribbling Skills of Basketball Athletes	(Trianda, 2019)	This research is a type of quasi-experimental research (quasi experimental)	The results of data analysis and discussion can be concluded: There is a significant effect of ball handling exercises on the dribbling skills of basketball athletes at SMAN 3 Payakumbuh City. With count > table (4.28 > 1.769).
	The Effect of Ball Handling Exercise on the Results of Dribbling Basketball in Yadika Lubuk Linggau High School Extracurricular Students	(Rizhardi, 2020)	the experimental method is statistics to determine the effect of ball handling exercises.	The results can be seen with the hypothesis using the t test obtained a count of 6 and a table price of 1.76. So count > table, thus Ha is accepted and Ho is rejected, which means that there is a significant effect of ball handling practice on basketball dribbling results at YADIKA Lubuk Linggau High School.

No	Title	Author/Year	Method	Research Result
	The Effect of Ball Handling Exercise on the Ability to Play Basketball	(Purnomo, 2021)	The method used in this study is a quasi-experimental	The results of the study stated that the average N-gain score for the research group was 5.8994 or 5.8% included in the ineffective category with a minimum score of 0% and a maximum of 13.64%. These results confirm that the ball handling training method is still not an important factor in the assessment of dribbling playing basketball. From the results of the analysis that has been carried out, a conclusion can be drawn that using a ball handling training program can still not increase and improve basketball dribbling skills.
	The Effect of Ball Handling Exercise on Basketball Dribbling Ability	(Arifianto, 2009)	This research is a quasi-experimental (quasi experimental). The sample used was male students in class X and XI of SMA Negeri 3 Payakumbuh who took part in extracurricular basketball activities.	From the data analysis carried out, the results were obtained; There is influence individual ball handling exercises which significantly increased dribbling ability from an average of 13.11 seconds to 12.19 seconds ($\text{hit} = 11.21 > \text{table} = 2.26$). (2) There is the influence of ball handling exercises in pairs significantly to the increase in dribbling ability of an average of 13.06 seconds to 11.78 seconds ($\text{hit} = 7.71 > \text{tab} = 2.26$). (3) There is no difference the effect of ball handling exercises individually and in pairs that are significant on dribbling ability with an average post-test ball handling exercises individually 12.19 seconds and in pairs 11.78 seconds ($\text{hit} = 1.91 < \text{tab} = 2.26$).
8	The Effect of Ball Handling Exercise Methods on Dribbling Ability in Basketball Extracurricular Participants at SMA Negeri 5 Soppeng	(Raihan, 2020)	Experimental method The design used in this research is "One Group Pretest Posttest Design".	The research results during the pretest obtained an average value of 12.21 seconds with a P value of 0.000 ($P < 0.05$) and the post-test obtained an average value of 11.20 seconds with a P value of 0.000 ($P < 0.05$) there is a difference, namely a decrease in time of 1.01 seconds. Thus there is an effect of ball handling training on the dribbling abilities of basketball extracurricular participants at SMA Negeri 5 Soppeng.
9	Improving Basketball Dribbling Ability through Ball Handling Exercises	(Arifianto, 2021)	Quasi-experimental method is the method used in this study. The data taken is primary data.	Based on the data analysis and discussion that has been described, it can be concluded that there is a significant effect of ball handling exercises on dribbling skills in basketball games on zig-zag dribble test items where $\text{hit} = 11.21 > \text{tab} = 2.26$.
10	Application of Ball Handling Exercises to Sebiduk Semare Basket Club (SSBC) Basketball Players in Lubuk Linggau City	(Wenaldi, 2022)	The research method used is the experimental method, namely statistics to determine the effect of ball handling exercises.	The research results obtained count is greater than table or $2.5 > 1.96$ thus H_a is accepted and H_o is rejected. In conclusion, there is a significant increase in the ability to dribble in a basketball game at Sebiduk Semare Basketball Club (SSBC) Lubuklinggau City after being given ball training handling.

No	Title	Author/Year	Method	Research Result
11	The Influence of Ball Handling Training on Basic Technical Skills of Basketball Players at SMA Negeri 2 Wates	(Pratama, 2017)	The design method used in this study was The One Group Pretest Posttest design or the absence of a control group.	The data analysis used is the t test. From the results of the t test it can be seen that t count is $9.244 > 2.14$ (t-table df 14) and a significance value of p is $0.000 < 0.05$, these results indicate that there is a difference between the pretest and posttest basic technical abilities of Bina Darma University basketball players. From the pretest data it has an average of 198.0 and during the posttest it averages 219.2.
12	Differences in the Effect of Ball Handling One Ball Training and Ball Handling Two Ball Exercises on Dribbling Ability in Basketball Games for Female Extracurricular Students at SMA Negeri 15 Medan in 2015.	(Safitri, 2016)	The method used in this study is an experimental method with data collection techniques using tests and measurements which involves two independent variables and one dependent variable.	Analysis of the first hypothesis from the pre-test data and post-test data on the results of dribbling ability in the one ball handling training group obtained a count of 30.12 and a table of 2.23 with $=0.05$ (count > table) meaning that H_0 is rejected and H_a accepted. Analysis of the second hypothesis from the pre-test data and post-test data on the results of dribbling ability in the two-ball handling training group obtained a count of 27.45 and a table of 2.23 with $=0.05$ (count > table) meaning that H_0 is rejected and H_a accepted. Analysis of the third hypothesis from the calculation of the average and the combined standard deviation of the post-test data on the results of dribbling ability in the one ball handling practice group and the two-ball handling group, the count is 0.11 and the table is 2.23 with $= 0, 05$ (count < table) means that H_0 is accepted and H_a is rejected.

Previous research is used as a reference and reference for the author and facilitate the author in making this research. Researchers have analyzed. In previous research from critical evaluation journal sources, there were 4 out of 12 journal articles that reported the effect of ball handling exercises on the ability to dribble a basketball. This statement is interpreted as 1) The Effect of Ball Handling Training on Increasing Dribble Ability in Basketball Extracurricular Students at SMA Negeri 1 Subang, (Saputra, 2020); 2) The Effect of Ball Handling Exercise on Dribble Ability in the Women's Basketball Team of SMA N 1 Pati in 2015, (Pramudya, 2015); 3) The Effect of Ball Handling Exercise on Basketball Dribbling Ability (Arifianto, 2009); 4) The Effect of Ball Handling Training Methods on Dribbling Ability in Basketball Extracurricular Participants at SMA Negeri 5 Soppeng, (Raihan, 2020).

D. Conclusion

Literature review research is research that is structured in the same way as other research, but the sources and methods of data collection consist of extracting library

materials, reading, taking notes and processing research materials. Research conducted by means of a literature review is also research that is classified as a scientific work because the data collection is carried out using a strategy in the form of a research methodology. The literature search variable is not standardized. The author analyzes the data obtained thoroughly. From previous research on ball handling exercises on basketball dribbling abilities (literature review) which were described in several important respects, it can be concluded that, first, several related studies have always explained related to describing effective methods for identifying ball handling exercises. can be used as learning reference material related to ball handling exercises on basketball dribbling skills. Second, the ball handling training model for dribbling skills in basketball can increase enthusiasm and prevent boredom in athletes. Third, it positively affects the skills of improving dribbling techniques in athletes, and learning is acceptable and inclusive.

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