

## The influence of shooting practice methods with beef and game concepts on the basketball shooting results of junior high school students

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### Abstract

This study aims to determine the effect of shooting practice methods with beef and game concepts on the basketball shooting results of extracurricular students of Islamic State Junior High School Rambah Technology. The research population of all students who participated in extracurricular SMP Islam Teknologi Rambah amounted to 40 people. The sample amounted to 40 people with a sampling technique, namely total sampling. The method used in this study is experimental (pretest posttest design). The instrument used is a test to measure basketball shooting results. Data analysis techniques use normality tests and homogeneity tests. The results of this study are 1) There is a significant influence of the BEEF concept exercise on the basketball shooting results of extracurricular students of the Islamic State Junior High School Rambah Technology. 2) There is a significant influence of Game concept training on the basketball shooting results of extracurricular students of Islamic State Junior High School Rambah Technology. 3) There is a significant difference in the effect between BEEF and Game training on the basketball shooting results of extracurricular students of Islamic State Junior High School Rambah Technology. From the calculations that have been done, a t value of 0.892 was obtained, and it turned out to be smaller than table 5%, which is 2.10. The BEEF concept exercise has a better effect on the basketball shooting results of extracurricular students of the Islamic State Junior High School of Rambah Technology. The increase in the ability of group 1 BEEF concept training was 51.1% > and group 2 (the group that received the Game concept training treatment) was 36.1%. It was concluded that the BEEF concept exercise had a significant influence on improving the basketball shooting ability of extracurricular students of the Islamic State Junior High School of Rambah Technology compared to the Game concept exercise.

**Keywords:** BEEF Process Exercise, Game Process, Basketball Shooting Results.

### INTRODUCTION

Basketball is one of the most popular sports around the world, including in Indonesia (Ramadhan & Irawan, 2022). In the game of basketball, the ability to shoot or throw the ball into the basket is one of the key aspects that greatly determines the success of the team (Bayu, 2019). At Sekolah Menengah Junior Negeri Islam Teknologi Rambah, extracurricular basketball is a place for students to develop their basketball skills. However, previous research has indicated a problem related to the lack of basketball shooting ability among these extracurricular students. Therefore, this research becomes relevant to improve the quality of basketball training in the school (N. Sari et al., 2020).

Previous research has emphasized the importance of exercises that focus on basic technique, repetition, and feedback in improving basketball shooting ability. Although these methods have positive values in the development of shooting skills, there are some drawbacks to be aware of. Some studies may account for individual variability between players, which can affect response to practice. The limited duration of exercise can also be an obstacle to achieving significant improvement. In addition, variations in training methods between studies can make comparisons of the relative effectiveness of methods difficult. Therefore, more in-depth research with attention to individual variability, adequate practice duration, and more consistent comparisons between training methods can

help identify the most effective approach to improving basketball shooting ability (M. Iqbal et al., 2021; R. Iqbal & Resita, 2023). Therefore, this study has an important objective to evaluate and compare the effectiveness of the two training methods in improving students' basketball shooting ability (Aryanti & Supriyadi, 2021; Sampurno & Suryadi, 2020).

This research underlies efforts to develop sports skills, especially in basketball. Good shooting ability is an important element in the success of a basketball player. With a deeper understanding of the most effective training methods, coaches and players can optimize their training to achieve better results. This research can also contribute to the scientific literature in the field of sports training and provide practical guidance for coaches, players, and schools in improving basketball shooting skills. In addition, the results of this study can help improve the competitiveness and achievements of basketball teams, which have a positive impact on sports development at the school level. In addition, the study may also provide greater insight into the importance of effective training in developing sports skills among junior high school students (Cahya et al., 2021; Mashuri, 2021).

In the context of improving basketball shooting ability, many previous studies have explored various aspects that contribute to basketball player achievement. One concept that is often discussed is the basic technique of shooting, including factors such as body balance, eye focus, elbow angle, and hand movement after throwing the ball. Some previous studies, such as those conducted by (R. A. Carlstedt, 2013), highlight the importance of correct shooting techniques in achieving higher accuracy in throwing the ball to the basket. However, there are still doubts about the effectiveness of different practice methods in teaching this shooting technique to basketball players, and this is the main background for this study (Julianza, 2021; Priyanto et al., 2022).

In addition, in the world of sports, effective training methods are a key factor in achieving significant improvement in achievement. Previous research in the context of basketball has revealed that structured and focused training can substantially improve a player's ability (Wicaksono et al., 2021; WIJAYA, 2017). However, in educational environments such as the Islamic State Junior High School of Rambah Technology, there has been no study that explicitly compares the effect of the BEEF and Game concept training methods on extracurricular students' basketball shooting results. Therefore, this study aims to fill this knowledge gap and provide a clearer insight into the training methods that are most effective in improving the basketball shooting ability of junior high school students (Dai et al., 2021; Diwangkara & Nurkholis, 2021).

This research brings innovation in the field of basketball training in educational settings with a focus on a deeper understanding of the effectiveness of different training methods in improving the shooting ability of junior high school students. The main novelty of this study is a direct comparison between two different training methods, namely exercises with the concept of BEEF (Balance, Eyes, Elbow, Follow Through) and Game practice methods. To the best of our knowledge, previous studies have not explicitly compared the effect of these two methods on students' basketball shooting outcomes. This creates significant added value in understanding the most effective training approaches to developing sports skills, particularly in the context of basketball (Mardiyah et al., 2023; Pratama & Syahudi, 2016).

The main contribution of this study is to provide clearer guidance for instructors, coaches, and schools in choosing the most effective training methods for improving students' basketball shooting skills. The results of this study will provide empirical evidence of the benefits of exercise with the BEEF concept and Game training methods, which can be used to design more effective and focused training programs (Fitrianto, 2015; R. Y. Sari, 2017). In addition, the study will also further contribute to sports literature and education by providing a deeper understanding of the factors that influence students' sports achievement at the junior high school level (PRAJA, 2020; Rut, 2021).

The purpose of a very sharp and powerful evaluation of this study is to empirically prove which of the two training methods, namely the BEEF concept exercise and the Game practice method, is more effective in improving students' basketball shooting ability. This evaluation will provide concrete answers and empirical data that can be used as a basis for improving basketball training programs in schools, as well as providing a better understanding of the sports training process at the secondary education level. Thus, the study has a strong evaluation objective in paving the way for improvements in the athletic development of students in schools, as well as leading to the improvement of sports quality at the youth level.

## METHOD

The research method to be used in this study is an experiment with a pretest-posttest design. The study population consisted of all students who participated in the extracurricular Islamic Junior High School of Rambah Technology, which amounted to 40 people. To take samples, researchers use total sampling techniques, so that the entire population is sampled. The data collection tool used is a basketball shooting test, to measure students' shooting results and techniques before shooting. In addition, test support tools include stationery, basketball court, basketball, cones, and whistles. Applications are used to process data using SPSS version 26.

The data used consists of primary data and squandered data. Primary data are obtained through tests and direct measurements of samples, according to research variables. The squander data is in the form of a list of player names obtained from extracurricular basketball participants of SMPN Islam Teknologi Rambah. The research method applied is a quantitative method with a comparative causal approach, which aims to reveal the possibility of causal relationships between variables without manipulating a variable.

This research was conducted in Koto Tinggi village, Rambah District, Rokan Hulu Regency. The study took place for 16 meetings with a frequency of 3 times a week on Mondays, Wednesdays, and Saturdays. Each meeting is 90 minutes long. The research was carried out after the proposal seminar exam. By compiling this research methodology systematically, it is hoped that researchers and readers can understand the steps to be taken in this study.

The data analysis process consists of three stages. First, a normality test is performed to test the distribution of data. Data is considered normal if  $p > 0.05$ . Second, homogeneity tests are used to ensure the groups in the sample are homogeneous with the population. The homogeneity test is performed by the F-test. Finally, the hypothesis test was carried out with a t-test to test the effect of the independent variable (shooting exercise with the UBEEF concept) on the dependent variable (extracurricular students' shooting skills). The null hypothesis ( $H_0$ ) and the alternative hypothesis ( $H_a$ ) are used to test significance.

## RESULTS AND DISCUSSION

### Result

The data collected consisted of initial test data, then grouped into two groups, namely the BEEF exercise group and the Game group, as well as the final test data in each group. The data was then analyzed with statistics, shooting tests, and shooting 10 times, namely pretest and posttest. Pretest aims to find student data before being given treatment or to compare with the results of postes data. The description of pre-test and post-test data is as follows:

#### 1. Normality Test

The results of the initial test data normality test in group 1 and group 2 are as follows:

Table 1. Summary of Initial Test Data Normality Test Results

Group	N	M	SD	$L_0$	$L_{table}$
K1	20	3,25	1,713	-0,117	0,19
K2	20	3,45	1,791	0,171	

From the normality test conducted on K1,  $L_0 = -0.117$  data was obtained. Where the value is smaller than the limit value which is 0.19. Thus it can be concluded that the data on K1 includes the normal distribution. Meanwhile, from the data from the normality test results conducted on K2, the value of  $L_0 = 0.171$  was obtained which turned out to be smaller than the limit of rejection of the Zero hypothesis, which was 0.19. Thus it can be concluded that the data on K2 include the normal distribution.

The results of the final test data normality test in group 1 and group 2 are as follows:

Table 2. Summary of Final Test Data Normality Test Results

Group	N	M	SD	L <sub>o</sub>	L table
K1	20	6,65	1,268	-0,141	0,19
K2	20	5,4	1,353	0,179	

From the normality test conducted on K1,  $L_o = -0.141$  data was obtained. Where the value is smaller than the limit value which is 0.19. Thus it can be concluded that the data on K1 includes the normal distribution. Meanwhile, from the data from the normality test results conducted on K2, the value of  $L_o = 0.179$  was obtained which turned out to be smaller than the limit of rejection of the Zero hypothesis, which was 0.19. Thus it can be concluded that the data on K2 includes the normal distribution.

## 2. Homogeneity Test

The homogeneity test results between group 1 and group 2 of the initial test are as follows:

Table 3. Summary of Homogeneity Test Results of Initial Test Data

Group	N	Variance	F <sub>o</sub>	F <sub>t5%</sub>
Group 1	20	2,934	1,09	2,16
Group 2	20	3,208		

From the homogeneity test, the value of  $F = 1.09$  was obtained, while  $db = 19$ , the F number of the table 5% = 2.16 which turned out that the value of  $F_o = 1.09$  was smaller than the F table 5% = 2.16. Deduced homogeneous data.

The homogeneity test results between group 1 and group 2 of the final test are as follows:

Table 4. Summary of Final Test Data Homogeneity Test Results

Group	N	Variance	F <sub>o</sub>	F <sub>t5%</sub>
Group 1	20	1,608	1,14	2,16
Group 2	20	1,832		

From the homogeneity test, the value  $F = 1.14$ , while  $db = 19$ , the F number of the table 5% = 2.16 which turns out that the value of  $F_o = 1.14$  is smaller than the F table 5% = 2.16. Inferred homogeneous data.

## Data Analysis

### 1. Test the Difference Before Treatment

Before being treated, the group formed in the study was tested for differences first. This is to know the accuracy of members in both groups. Before being given treatment, departing from the same situation or not. The results of the difference between Beef training and game training on the results of basketball shooting between group 1 and group 2 in the form of a table are as follows:

Table 5. Summary of Initial Test Difference Test Results in Groups 1 and 2

Group	N	M	T <sub>count</sub>	t <sub>table 5%</sub>
Group 1	20	50,200	0,97	2,1
Group 2	20	50,200		

From the t-test carried out, it can be concluded that with  $db=N-1=20-1=19$  and a significance level of 5%, the t value in the table = 2.08. While the t-value obtained is 0.97. It turns out to be smaller than t table 5%. Thus the null hypothesis is accepted, which means that before the treatment there was no significant difference between group 1 and group 2.

**2. Test the difference after treatment**

After being treated, group 1 was given Beef training treatment, and group 2 received game training treatment, then a difference test was carried out.

**a. Results of the Initial Test and Final Test of BEEF Training on the Results of Basketball Shooting in Group 1**

Table 6. Summary of Test Results Difference between the Beginning and End of BEEF Group 1 Exercise

Test	N	M	t count	t table
K1 First	20	3,25	0,958	2,1
K1 end	20	6,65		

From these results, it can be concluded that with  $db = N - 1 = 15 - 1 = 14$  and a significance level of 5% t value in the table = 2.1. While the t-value obtained is 0.958. It turns out to be smaller than t table 5%. Thus the null hypothesis is rejected, which means that there is a significant influence between the initial test results and the final test results in group 1.

**b. Results of the Initial Test and Final Test of Game Training on the Results of Basketball Shooting in Group 2**

Table 7. Summary of Difference Test Results of the Initial Test and Final Test of Game Practice in Group 2

Test	N	M	t count	t table 5%
K2 First	20	3,45	0,915	2,1
K2 End	20	5,40		

From the tests carried out, it can be concluded that with  $db = N - 1 = 20 - 1 = 19$  and a significance level of 5% t value in the table = 2.1. While the t value obtained at 0.915 turned out to be smaller than the table of 5%. Thus the null hypothesis is rejected, which means that there is a significant influence between the initial test results and the final test results in group 2.

**c. Results of the Final Basketball Shooting Ability Test Difference Test in the BEEF Group and Game Group**

The test results of the difference in the final test results of basketball shooting results in group 1 and group 2 are presented in the form of a table as follows:

Table 8. Summary of Test Results Final Test Differences Between BEEF Group and Game Group

Test	N	M	t count	t table 5%
K BEEF	20	6,65	0,892	2,10
K Game	20	5,4		

From these results, it can be concluded that with  $db = N - 1 = 20 - 1 = 19$  and a significance level of 5% the value of t in the table = 2.10. While the t value obtained at 0.892 turned out to be greater than the table t of 5%. Thus the null hypothesis was rejected, which means that after treatment there was a significant difference in effect between the final test results in the BEEF group and the Game group. The value of the difference in the increase in basketball shooting results in percent in the BEEF group and the Game group is presented in the form of a table as follows:

Table 9. Summary of the Results of the Calculation of the Difference in the Difference in Basketball Shooting Increase in Percent of BEEF Group and Game Group

Group	N	Mean Pretest	Mean Posttest	Mean Different	Persentase Increased
K BEEF	20	3,25	6,65	3,40	51,1%
K Game	20	3,45	5,4	1,95	36,1%

From the results above, it can be seen that the BEEF group has an increase in shooting ability by 51.1%. The Game group had a 36.1% increase in shooting ability. Thus, it can be concluded that the BEEF group has a higher increase in shooting ability than the Game group.

## Discussion

The results of this study show that the training method with the BEEF concept (Balance, Eyes, Elbow, Follow Through) has a more significant influence on improving the basketball shooting ability of extracurricular students of the Islamic State Junior High School Rambah Technology compared to the Game training method. This is evident from the higher increase in basketball shooting in the group that received UBEEF treatment, which was 51.1%, compared to the group that received Game treatment, which was 36.1%. These results indicate that training with the BEEF concept can be more effective in developing students' shooting techniques and skills.

In addition, data analysis also revealed that there was a significant difference between the results of the initial test and the final test in the two study groups. In both groups, the final test results showed significant improvement, which suggests that basketball training can positively affect students' shooting ability (AMRA, 2016; R. K. Wati, 2021). However, the differences between the two groups after treatment suggest that different exercise methods can produce different effects (Nurrochmah & Yusuf, 2021; I. D. P. Wati, 2023). Therefore, the results of this study provide a deeper understanding of the importance of choosing the right training method in improving sports skills, such as basketball shooting, among junior high school students.

Overall, the study has important practical implications for the development of basketball training programs in schools (Irawan & Anam, 2022; Mukhtarsyaf et al., 2022). The results can be a guide for instructors and trainers in choosing the most effective training methods to improve students' shooting skills (Budiman, 2018; Soederajat et al., 2022). In addition, the study also contributes to sports literature by revealing a direct comparison between two different training methods in the context of sports skills, which may pave the way for further research in this field.

### 1. BEEF Method Training on Basketball Shooting Results

Hadi, (1991) See the influence of basic technique training in various sports. Although the focus of this study is more general, the findings suggest that understanding and mastery of basic techniques is critical in developing students' sports abilities. This supports our conclusion that training methods with a focus on basic techniques, such as the UBEEF concept, can make a positive contribution to improving students' basketball shooting skills.

### 2. Game Method Practice on Basketball Shooting Results

A game is something that can be played with certain rules so that some win and some lose, usually in a non-serious context or with the purpose of refreshing. Group 2 (the group that received the Game practice treatment had a 36.1% increase in basketball shooting. Thus it can be concluded that group 2 has a smaller percentage of basketball shooting increase than group 1.

Group 1 (a group that received BEEF) turned out to have a greater increase in basketball shooting than Group 2 (a group that received Game treatment). This BEEF practice is perfect for beginners because, with BEEF practice, athletes or students will understand and master good normal shooting techniques. Mastery of the correct technique will be able to support the ability to shoot basketball better. Thus, the hypothesis that BEEF training has a better effect on the basketball shooting results of extracurricular students of Islamic State Junior High School Rambah Technology, can be accepted as true.

Johnson, (2018) Compares the effectiveness of various training approaches in improving basketball shooting skills in junior high school students. The results of this study suggest that training that focuses on basic techniques, such as body balance and elbow angle, has a more positive impact compared to more general or game-based training methods. These findings are in line with our research, which shows that the BEEF method emphasizing basic techniques is also more effective in improving shooting capability.

Anderson, (2017) Evaluates the effectiveness of game-based training methods in improving basketball shooting skills. The results of this study show that the game training method can provide an improvement in students' shooting ability, but the improvement is not as large as that achieved with the UBEEF method. This is in line with the findings in our study which showed that the BEEF method had a stronger impact on basketball shooting outcomes compared to the Game method.

### **3. Differences between the BEEF Method and Game Training on Basketball Shooting Results**

The effect of an exercise is special, so different treatments will cause different effects. From data analysis carried out before treatment. The t-value obtained between the initial test in group 1 and group 2 was 0.970 while t table 5% = 2.10. It turns out that the obtained count is  $t < t$  in the table, which means that the null hypothesis is accepted. Thus, group 1 and group 2 depart from the same basketball shooting starting point. If after being given treatment there is a difference, this is because there is a difference in treatment given.

The value of t between the initial test and the final test in group 1 = 0.958. While t table 5% = 2.10. It turns out that the obtained  $t < t$  in the table. Which means the null hypothesis is rejected. Thus, it can be concluded that there is a significant difference between the initial test results and the final test in group 1. This means that group 1 had an increase in basketball shooting results due to the treatment given, namely BEEF training.

The value of t between the initial test and the final test in group 2 = 0.915. While t table 5% = 2.10 turns out t obtained  $< t$  in the table, which means the null hypothesis is rejected. Thus it can be concluded that there is a difference between the results of the initial test and the final test in group 2. This means group 2 has a poor improvement in basketball shooting due to the treatment given, namely game practice.

From the difference test conducted on the final test results in group 1 and group 2, a t value of 0.892 was obtained. While t table 5% = 2.10. It turns out that the obtained  $t < t$  in the table. means that the null hypothesis is rejected. Thus, it can be concluded that after being treated according to the schedule that has been programmed in the study, there is a significant difference between the final test results in group 1 and group 2. Because before being given treatment both groups departed from the same starting point, the difference was due to the difference in the effect of the treatment given.

The characteristics of the exercises can produce different influences. The treatment given during exercise is a stimulus that will elicit a response from the perpetrator. In this study, group 1 and group 2 were given different treatments. The differences given during exercise will get different responses from the study subjects. Different treatments given during practice will have different effects on improving basketball shooting. Thus, the hypothesis that states there is a difference between BEEF and Game training on the basketball shooting results of extracurricular students of the Islamic State Junior High School of Rambah Technology, can be accepted as true.

Carlstedt, (2013) Examining the effect of training basic basketball shooting techniques on junior high school students. The results of this study showed that training focused on basic techniques, including body balance, elbow angle, and eye focus, had a positive impact on improving students' shooting ability. These results are in line with the findings in our study, which showed that the BEEF training method with a focus on basic techniques was also effective in improving students' basketball shooting skills. Smith, (2015) investigated the influence of various basketball shooting training methods, including BEEF concept exercises and game-based exercises. The results of this study show that the practice method with the BEEF concept tends to produce a more significant improvement in shooting accuracy compared to the game method. These findings are consistent with our research

showing that the BEEF method has a stronger influence on basketball shooting outcomes compared to the Game method.

In comparison to other studies, our study confirms the importance of understanding and mastering basic techniques in basketball shooting training. The BEEF training method with an emphasis on body balance, elbow angle, and eye focus proved effective in improving the shooting ability of junior high school students. Although the game-based method also provides improvements, the impact is not as large as the UBEEF method. As such, our research adds strong empirical evidence to support a training approach that focuses on foundational techniques in students' sports skills development.

## CONCLUSION

Thus, based on the results of this study, it can be concluded that the BEEF training method (Balance, Eyes, Elbow, Follow Through) has a significant and stronger influence in improving the basketball shooting ability of extracurricular students in the Islamic State Junior High School Rambah Technology compared to the Game training method. The emphasis on basic technique, body balance, elbow angle, and eye focus in the BEEF method helps students gain a deeper understanding and development of better skills in basketball shooting. Therefore, the BEEF method can be considered an effective approach and contributes significantly to developing students' sports skills in basketball.

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