

# ***Application of The Blended Learning Model in Teaching Basketball Lay Up Shoot***

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**Abstract.** This study aims to determine the effect of the Blended Learning Model in teaching lay-up shoot on students. This study uses the Classroom Action Research method with the subject is class X MIA V SMA Negeri 13 Bone with a total of 28 students with a composition of 12 women and 16 men. The object of this Classroom Action Research (CAR) is student motivation in improving the ability to do Lay Up Shoot in basketball learning for X grade students of SMA Negeri 13 Bone. Classroom Action Research (CAR) is carried out in two ways. This study uses quantitative and descriptive qualitative analysis techniques. The results of this study are as follows: (1) shown the level of ability to do lay up shoot for the first cycle. 13 people with a presentation of 46 percent are in the Poor category, 9 people with a presentation of 32 percent are in the Good category and 6 people with a presentation of 21 percent are in the very good category (2) the final test results of students in cycle II show an increase in high grade completeness the ability to do lay up shoot for the first cycle. 6 people with a presentation of 21 percent are still in the Poor category, 10 people with a presentation of 35 percent are in the Good category and 12 people with a presentation of 42 percent are already in the very good category. The conclusion in this study is the motivation and seriousness of participating in the student learning process through the learning model proved to be effective and able to increase learning outcomes as well as students' motivation and seriousness, this can be seen from the increase in students' motivation and seriousness as well as the increase in Lay Up Shoot ability.

**Keywords:** Basketball, Lay Up Shoot, Blended Learning

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## INTRODUCTION

Basketball as a sport has certain basic techniques, such as; dribbling, passing, shooting, and others. These basic techniques must be mastered by a player to be able to play the game with a high level of skill in accordance with the unity of the basketball game (Izzo & Varde, 2018; Candra, 2020; Pratama, 2017). The development of the physical conditions required in basketball is a must-have for every player. Good physical condition will make it easier to master basic basketball techniques such as dribbling, passing, and shooting. Dribbling is the skill of carrying the ball by bouncing it on the floor, aiming at the opponent's ring. Passing is the skill of giving the ball by throwing it to a friend or passing the ball to a friend, while shooting is the skill of entering the ball into the opponent's ring. If all these skills can be mastered by players, it is very possible for players to play basketball (Altavilla et al., 2017; Petrov & Bonev, 2018).

In a basketball game, a player is required to always move while demonstrating basic basketball techniques, trying to get the ball into the opponent's ring as much as possible without getting distracted from the opponent, and trying to prevent the opponent from trying to put the ball into the ring (Chiang et al., 2019; Hamidi, 2019). This means, to be able to play basketball well, it takes a good mastery of technique and adequate physical quality, because the improvement of basic basketball skills will be successful if players train their physique regularly and practice continuously. Sports achievement, which is one of the goals in the development of every sport, is not as easy as imagined. Achievements do not necessarily materialize without several factors supporting these achievements, including; components of physical ability, body structure and mastery of basic basketball skills. All these very complex aspects require a good management to be able to create a good sports climate (Cui et al., 2019).

Team or team cooperation is needed so that the score in the basketball game gets good results. Many lay-up shoots are missed in a basketball match. Success in doing lay-up shoots still requires the use of techniques and taking the right steps to maximize the results of these shots (Satriawan & Amar, 2020; Patil & Wasnik, 2020). The movement of dribbling, passing and ending with a lay-up shoot into the opponent's ring. In this case, technique is one of the foundations for someone to be able to play basketball. Of the many techniques that are trained, one of them is shooting techniques, especially lay-up shoots.

Based on observations so far, it can be stated that the male basketball players in Kab. Bone, especially students of SMAN 13 BONE still have many shortcomings in terms of basic techniques of playing basketball which causes students' slow comprehension during learning. The basic technique that has many errors during learning is the basic shooting technique, especially the lay-up shoot. The basic technique often makes mistakes starting from the position of the body and also when making steps before shooting. To be able to do a lay-up shoot perfectly, of course, it takes the ability of learning patterns that can support the improvement of the lay-up shoot ability. Based on the explanation above, the researcher hopes that this research will be able to improve the basic techniques of playing basketball of students. Based on these expectations and realities, this research will discuss: "The application of the Blended Learning Model in lay-up shoot learning for students of SMAN 13 BONE".

## RESEARCH METHOD

This study uses a qualitative approach with the type of research is Classroom Action Research. The subjects of the study were students of class XI of SMA Negeri 13 Bone located on Jalan Hos Cokroaminoto, Tanete Riattang Barat District, Bone Regency, totaling 28 students consisting of 12 male students and 16 female students. The subjects that became the target of the research were Physical Education, Sports and Health subjects, especially in the Big Ball Game material, namely Basketball. This CAR is carried out through 2 cycles, each cycle is carried out following the procedures, namely planning, implementing actions, observing and reflecting. Through these two cycles, it can be observed the increase in the ability to do lay-up shoots using the blended learning model. The results of the evaluation in the first cycle are still not complete, so improvements are made in the second cycle. Reflection in the first cycle is carried out to determine the improvement steps in the second cycle.

## RESULTS AND DISCUSSION

### Cycle 1 Lay Up Shoot Ability Data

Table 1. Lay Up Shoot Ability

Category	Interval Score	Frequency	Percentage
Very Good	8-10	6	21.43
Good	5-7	9	32.14
Less	1-4	13	46.43

The table above shows the level of ability to do layup shoot for the first cycle. 13 people with a presentation of 46 percent are in the Poor category, 9 people with a presentation of 32 percent are in the Good category and 6 people with a presentation of 21 percent are in the very good category

### Cycle 2's Lay Up Shoot Ability Data

Table 2. Lay Up Shoot Ability

Category	Interval Score	Frequency	Percentage
Very Good	8-10	12	42.86
Good	5-7	10	35.71
Less	1-4	6	21.43

The table above shows the level of ability to do lay-up shoot for the first cycle. 6 people with a presentation of 21 percent are still in the Poor category, 10 people with a presentation of 35 percent are in the Good category and 12 people with a presentation of 42 percent are already in the very good category.

## Discussion

Based on the level of lay-up shoot ability and the seriousness of students in participating in learning at the first meeting with the method commonly used by teachers, it shows that the majority of students have a low level of lay-up shoot ability and seriousness, namely 46.43%, in the Good category only 32.14% and some have the ability to shoot lay-up and seriousness is very good. by 21.43%. The results of classroom observations of teachers in the first cycle of the first meeting obtained a score of 74, meaning that the teacher's activities in carrying out the learning process were in good category. So that the teacher evaluates to improve the learning process in the classroom better. Meanwhile, at the end of the lesson, a test of the accuracy of the lay-up shoot the ball to the basketball hoop showed that the majority of students were still in the poor category, namely 46.43%, in the medium category 32.14% and in the excellent category only 21.43%. These results then became the basis for using a learning model with a combination of blended learning targets in the second cycle.

In the second cycle using the target game approach method, in the learning process based on the observations of collaborators the level of lay-up shoot ability and seriousness of the majority of students are in the very good category, namely 42.86%, in the good category 35.71% and only 21.43 % in the less category. This shows that the blended learning approach method is something that is interesting for students so that it is able to drastically increase the ability of lay-up shoots and students' seriousness, even able to make students more capable of doing lay-up shoots and serious in following the learning process, because this approach provides new challenges for students.

The results of class observations of teachers in the second cycle obtained a score of 87, meaning that the teacher's activities in carrying out the learning process in the category were very good. Meanwhile, based on the results of the analysis of the accuracy of the lay-up shoot the ball into the basketball hoop after being given learning with a target game approach, the results obtained that the majority of students had accuracy in the sufficient category, namely 51.4%, in the good category 34.3% and only 5.7 % in the less category. These results have shown a good improvement compared to the previous meeting and have reached the target set at the beginning, so there is no need to continue in the next cycle.

## CONCLUSION

Based on the results of the study, it can be concluded that the motivation and seriousness of participating in the student learning process through the learning model is proven to be effective and able to increase learning outcomes as well as student motivation and seriousness, this can be seen from the increase in students' motivation and seriousness as well as the increase in Lay Up Shoot ability so that completeness reaches 94.3% in the second cycle.

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