



Free Throw Shooting Proficiency of Extracurricular Basketball Students at SMA Negeri 12 Luwu

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Abstract
<p>Objectives. This study aims to evaluate SMA Negeri 12 Luwu students' free throw shooting skills in their extracurricular basketball games.</p> <p>Materials and Methods. The nature of the study is quantitative and descriptive. The survey method utilized in this study to gather data includes the use of a free throw shooting abilities test or instrument. Twenty-five basketball players from SMA Negeri 12 Luwu made up the study's population. To guarantee that there were as many samples as there were students in the population—25—total sampling was the technique employed. The study's tool was a shooting skills test known as Free Throw. presenting the findings as percentages and applying quantitative descriptive data analysis.</p> <p>Results. Shooting prowess According to the percentages, students at SMA Negeri 12 Luwu who take part in free throw extracurricular activities are divided into three groups: "Very Good" (15 students), "Good" (36%), and "Poor" (4%).</p> <p>Conclusion. The results of the analysis show that during basketball games, the majority of SMA Negeri 12 Luwu extracurricular students' free throw shooting performance falls into the Very Good level.</p>
Keywords : Shooting Free Throw, Basketball

Introduction

Basketball is a sport that is very popular among various groups, especially students. Each team in this game consists of twelve players (Hidayat et al., 2024) with five main players competing to score points by putting the ball into the opponent's ring. (Ca et al., 2015) Success in basketball is determined by the team that is able to score the most points after four quarters of the game. Over time, basketball was first introduced by Dr. James Naismith in 1891 in the United States, then developed rapidly until finally entering Indonesia in the 1920s through the role of the Dutch and immigrants from China. In 1951, the parent organization of Indonesian basketball, known as the All-Indonesia Basketball Association (PERBASI), was founded, which later played an important role in advancing this sport in Indonesia. (Hidayat et al., 2024)

In basketball, shooting technique is one of the most crucial skills for scoring points, where accuracy and precision in shooting the ball are the determining factors for success. According to (Riyanto & Kuswoyo, 2019) shooting technique in basketball involves a combination of various physical and mental elements, such as body balance, correct hand position, and good breathing control. One form of shooting technique that needs to be

mastered is the free throw, which has a great chance of producing points because it is done without pressure from the opponent. However, even though free throws have great potential, there are still many players who do not maximize this skill, either due to a lack of proper training or a lack of understanding of the correct technique.

Based on the theory of (Hutajulu, 2013) , free throw in basketball can be considered as a very vital skill for the success of the team. The BEEF principle (Balance, Eye, Elbow, Follow through) is a guideline that must be considered in performing effective and efficient free throws. Success in performing free throws, according to them, is greatly influenced by the concentration, habits, and mental calmness of the player when executing the shooting movement.

This study offers a new contribution in understanding the Free Throw shooting skills of extracurricular basketball students of SMA Negeri 12 Luwu, which is rarely conducted in depth at the senior high school level in Luwu Regency. Although shooting techniques in basketball have been widely discussed, this study focuses specifically on students' ability to perform Free Throws, which is one of the crucial elements in determining the outcome of a match. Another novelty lies in the quantitative descriptive analysis that describes the distribution of students' Free Throw shooting skills using detailed percentages, providing an objective picture of students' ability levels. This study also introduces the use of a specific test instrument to measure Free Throw shooting skills, which can be used as a reference for further training programs at the school level.

The urgency of this research lies in the importance of developing basic skills in basketball, especially in terms of Free Throw shooting which has a vital role in scoring points in every game. With the results of this study, coaches and schools can better understand the level of students' skills in performing Free Throws, which can be the basis for designing more focused and effective training programs. In addition, this study provides insight into the importance of correct basic techniques to improve the abilities of beginner players, considering that many students have not maximized the use of free throw opportunities in matches. Through this study , it is expected to increase student motivation in practicing, improving techniques, and ultimately contributing to the achievement of achievements in the field of basketball, both at the school level and in higher championships.

Based on initial observations conducted at SMA Negeri 12 Luwu, it is known that many students involved in basketball extracurricular activities still shoot free throws carelessly and have not mastered the correct movements. In addition, there is inconsistency in implementing the shooting technique. This is in line with the findings of research by Rahayu

(2016) which stated that many young players have difficulty in mastering basic basketball techniques, especially in doing free throws consistently. Therefore, this study aims to analyze the free throw shooting skills of extracurricular basketball students at SMA Negeri 12 Luwu. The results of this analysis are expected to provide a clear picture of the techniques that need to be improved and appropriate training to improve free throw shooting skills, both for students and coaches. Thus, this study is expected to contribute to the development of basic basketball techniques, especially in improving students' free throw shooting abilities.

Materials and Methods

Study Participants.

(Sugiyono, 2012) The population in this study were 25 students of the basketball extracurricular at SMA Negeri 12 Luwu . The *sampling* technique used *Total sampling*, so that the number of samples was the same as the population, namely 25 students. (Sugiyono, 2017)

Study organization.

(Arikunto, 2010) This study uses a quantitative approach with a descriptive method. Quantitative research aims to investigate a problem by collecting data, determining relevant variables, and measuring these variables using numbers, which are then analyzed using applicable statistical procedures (Silalahi, 2015). Meanwhile, the descriptive method refers to the approach used to present existing facts or conditions through descriptions of what is observed, obtained, and felt. In this method, researchers only describe or report their findings without modifying or engineering the objects studied.

Statistical analysis.

Data analysis is a process carried out to collect and organize data systematically as a record of research results. In this study, the researcher used statistical analysis because the data obtained were in the form of numbers. The use of statistics aims to summarize large amounts of data into a simpler form, thus making it easier to understand and interpret research results. Once the data is grouped into relevant categories, the next step is to calculate the percentage for each data. Based on Mardiantoro's opinion (2021), the relative frequency or percentage table is called so because what is displayed is not the original frequency, but the frequency expressed in percentage form. To calculate the percentage of respondents, the formula used is $P = F/N \times 100$, where P is the percentage, F is the frequency of students who completed, and N is the total number of students.

Results

Descriptive data analysis was conducted to obtain a general description of the Free Throw shooting skills in basketball games by extracurricular students of SMA Negeri 12 Luwu. This analysis includes various descriptive statistics, such as total value, mean, standard deviation, range, and maximum and minimum values. From the results of this analysis, it is expected to obtain a clearer understanding of students' Free Throw shooting skills. Based on table 4.1, a total value of 616 was obtained with an average of 24.64, a standard deviation of 5.529, and a range between a minimum value of 14 and a maximum of 32.

Table 1. Descriptive Results of *Free Throw Shooting* Skills in Basketball Games of Extracurricular Students at SMA Negeri 12 Luwu

	N	Sum	Mean	Stdv	Range	Min.	Max.
<i>Free Throw shooting skills</i>	25	616	24.64	5,529	18	14	32

These results provide an overview of the variation in Free Throw shooting skills among the 25 samples studied.

Furthermore, to convert the Free Throw shooting skill value into a certain category, a conversion formula is used based on the score obtained compared to the maximum score. Based on the conversion results, the Free Throw shooting skill category is divided into three intervals, namely: "Very Good" (75% -100%) with 60% of students (15 students), "Good" (50% -74%) with 36% of students (9 students), and "Poor" (<10% -49%) with 4% of students (1 student). These data show that the majority of students (60%) are in the "Very Good" category, followed by the "Good" category (36%) and very few students (4%) are in the "Poor" category. Thus, the results of this analysis indicate that the Free Throw shooting skills of extracurricular students of SMA Negeri 12 Luwu are generally in the very good category.

Table 2. *Free Throw Shooting* Skill Result Value in the Basketball Game of Extracurricular Students of SMA Negeri 12 Luwu

Interval	Category
75% - 100%	Very good
50% - 74%	Good

< 10% - 49%	Not enough
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Discussion

This study aims to evaluate the Free Throw shooting skills in basketball games in extracurricular students of SMA Negeri 12 Luwu. The results of the analysis show that most students are in the "Very Good" category, with a percentage reaching 60%. Basketball sports in the South Sulawesi region, especially Luwu Regency, still require development, especially in basic technique training. Good shooting technique is very important in determining success in a basketball game, because shooting is a key factor in scoring points. Free throws, as an integral part of the game, have a great opportunity to score points without interference from opponents. However, many players have not maximized their free throw potential. Therefore, regular training and in accordance with the physical and mental development of the player needs to be given to improve these skills.

Skills in sports play an important role in achieving success, involving both physical and intellectual skills. In basketball, mastering basic techniques such as passing, dribbling, and shooting is crucial to playing effectively. The results of this study indicate that most students of SMA Negeri 12 Luwu have good Free Throw shooting skills. As many as 60% of students obtained the "Very Good" category, 36% were in the "Good" category, and 4% were in the "Poor" category. This reflects that most students have mastered the basic shooting techniques, although there are still students who need to improve their shooting techniques and accuracy. Overall, the Free Throw shooting skills of extracurricular students of SMA Negeri 12 Luwu showed positive results, but there needs to be further strengthening of training and coaching to achieve a higher and more consistent level of skill. With the right training, it is hoped that students can achieve better achievements, both at the personal and school levels.

Conclusions

The conclusion of this study is that the level of Free Throw shooting skills in basketball games in extracurricular students of SMA Negeri 12 Luwu shows positive results. Most students are in the "Very Good" category with a percentage of 60%, followed by the "Good" category of 36%, and the "Less" category of 4%. This study uses a quantitative descriptive method with a Free Throw shooting skill test instrument and data analysis presented in the form of a percentage. Thus, it can be concluded that the majority of students

have mastered Free Throw shooting skills well, but there is still room for improvement for a small number of students.

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