

Original Research

Retreat dribble and tight zig-zag combo training: does it affect the improvement of basketball athletes' dribble skills?

Shandy Pieter Pelamonia^{1BCDE}, Ramadhany Hananto Puriana^{1ABCDE*}

¹Department of Physical Education, Universitas PGRI Adi Buana, Surabaya, Indonesia

*Corresponding Author: ramadhany@unipasby.ac.id

Authors' contribution:

A. Conception and design of the study; B. Acquisition of data; C. Analysis and interpretation of data; D. Manuscript preparation; E. Obtaining funding

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Abstract

Background and Study Aim. Basketball is one type of sport that is often played by the community, especially among students. In the game of basketball, effective and efficient movements need to be based on the mastery of good basic technical skills. The purpose of this study is to determine the effect of retreat dribble and tight zig-zag combos on improving dribbling to support techniques that aim to get points for basketball athletes.

Material and Methods. This study uses a "quantitative" research method with a pseudo-experimental technique, which is research conducted strictly to determine the cause and effect between variables. The sample for this study was 12 athletes from SMPK Santa Maria Kediri. This research design uses a matching-only design. The research instrument used is a basketball dribbling test. Furthermore, the analysis in the study was assisted using the SPSS version 26 application.

Results. Hypothesis testing results using a one-sample test with a significance level of 0.05 obtained a value of 0.000 for backward dribbles and 0.000 for tight zig-zag combos. Based on these results, it shows that backward dribble training and tight zig-zag combos provide a significant increase in basketball dribble improvement.

Conclusions. Based on the statistical results, it can be concluded that both have an effect on dribbling ability. These results also provide evidence that the combo of retreat dribble and tight zig zag can be applied to train basketball dribbling ability.

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Introduction

Basketball is one of the team sports that has two teams with five players each (Suryadi et al., 2022). Where players grab each other and put as many balls as possible into the ring (Haïdara et al., 2023). Basketball is played in groups consisting of two teams, both male and female, who compete against each other to score points by putting the ball into the opponent's basket (Simanjuntak & H, 2014). A statement by Aris & Mu'arifuddin, (2020) said that the game of basketball is a game that

takes place in an area that has a hard floor or mat, measuring no more than 94 feet in length (29 meters) and no more than 50 feet in width (16 meters).

Furthermore, basketball is one type of big-ball sport that is often played by the community, especially by students. Through this sport, several benefits can be gained, including fitness, health, recreation, and achievement (Nursalam, 2016, 2013). The sport discovered by James A. Naismith has experienced a relatively advanced development; this is evident from the increase in basketball associations and quality athletes at the student and student level as seeds of professional basketball players. The holding of championships between associations, between schools, and between regions that are age groups adds to the rapid development of sports (Susanto & Nurharsono, 2022). In basketball games, effective and efficient movements need to be based on good mastery of basic technical skills (Fallis, 2013). Basic technical skills in basketball games can be divided into six categories: 1) throwing and catching techniques; 2) dribbling techniques; 3) shooting techniques; 4) pivoting movement techniques; 5) layup techniques; and 6) crawling techniques (Arif Abdul Malik, 2019).

According to Rustanto, (2017) to be able to play basketball, everyone must master some basic skills in basketball games such as dribbling, passing, and shooting. From some of the above opinions, researchers can conclude that to be able to play basketball, it is necessary to master basic techniques, namely, footwork (footwork), dribble (dribbling), pass and catch (throwing and catching), and shoot (shooting). When a player is able to master shooting, he can master the rhythm of the game so that he can score maximum points for his team. If this player is able to deceive the enemy and even fail to grab the ball in various conditions, for example, dribbling and being unable to pass the enemy, then the technique (shooting) can be used to get points and get victory easily.

Good physical condition is needed in shooting so that it can be done precisely and accurately. Physical condition is a requirement that an athlete must have in order to improve performance. A study states that physical fitness (Rubiyatno et al., 2023; Suryadi, Suganda, et al., 2023), and physical condition are indispensable prerequisites in efforts to improve the performance of an athlete (Supriatna et al., 2023; Suryadi, Yanti, et al., 2023). So it is said that physical conditions should not be postponed or bargained for as a basic need (Arwih, 2019). Meanwhile, Hibatullah et al., (2020) that the relationship between physical abilities and techniques cannot be separated. The ability to shoot basketball well needs to be supported by good physical abilities as well. In basketball, skill in shooting is very important. Preparation for basketball shots, according to Indrayogi & Heryanto (2019) mentions how to prepare for carrying out shots, namely hand position, view, balance, and shooting rhythm. The learning steps in class action research activities have four main components, namely planning, implementation, observation, and reflection (Ahmad, 2022).

The results of the interview with Agustinus Oni, the coach of Santa Maria Kediri Catholic Junior High School, found a lot of problems for athletes there. The most basic is the ability to dribble which is not in accordance with the wishes of the coach. Most coaches do have a basketball philosophy that the basic dribble technique is the initial foundation of playing basketball because it has several advantages. This is supported by several expert opinions, according to Arif Abdul Malik, (2019) dribbling is one of the ways allowed by the rules to carry the run in all directions. Further research reveals that the benefits of dribbling include 1) moving the ball out of a crowded area when passing is not possible, when the recipient is not free of guarding, and during fast-breaks to score, 2) penetrating the guard towards the ring, 3) attracting the attention of the guard to free teammates, 4) improve position or angle, 5) create scoring opportunities (Effendi & Rhamadhansyah, 2017).

Many studies do not specifically discuss the type of exercise to improve dribble skills, such as research conducted by Nurba as et al (2019) with the title "Efforts to improve basketball dribble skills with the playing method". This research is not specific to the dribble technique. This is supported by Suryadi Yusuf, (2017) with the title "Basketball Dribble Training Model for Beginners" which is not directly on dribble techniques. Therefore, researchers see a gap that can be developed and is one of the importance of this research to be carried out. Based on these problems, this study aims to see the

effect given After looking at the background above retreat dribble and tight zig zag combo on improving basketball dribbling.

Materials and Methods

Participants.

The population in this study was 12 male basketball athletes from Santa Maria Catholic Junior High School Kediri in 2020. The population in this study was 12 people, so the sampling technique used was a population study because all the people in this study were appointed as samples.

Research Design.

This research is quantitative research with a type of quasi-experiment where researchers do not randomize in determining the subject of the research group (Sugiyono, 2013). This research design uses a matching-only design. This design does not use randomization as a way to enter subjects into groups but uses matching, which pairs subjects with others based on certain variables (Ali Maksum, 2012). The treatment given is a retreat dribble and tight zig-zag combo. This research was conducted for 8 weeks with 3 meetings in 1 week with moderate intensity and carried out for 10–20 minutes. The research design can be seen in Figure 1.

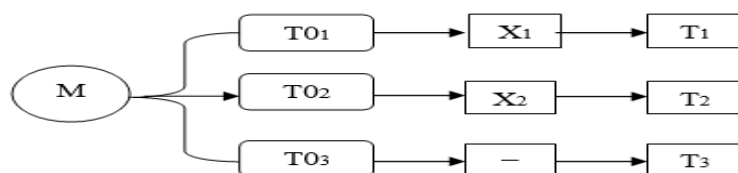


Figure 1. Research design Source: (Ali Maksum, 2012)

The research instrument uses a ball menggiriang test based on (Efendi & Widodo, 2019). The test instrument can be seen in Figure 2. The research design can be described as follows:

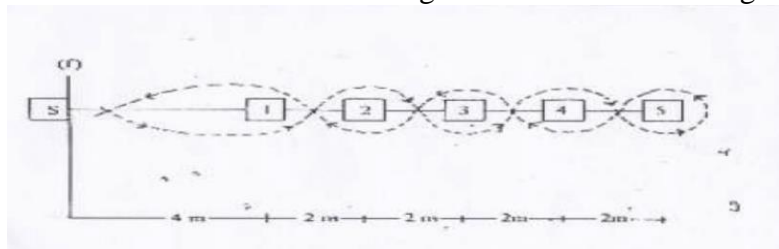


Figure 2. Dribbling Test Source: (Efendi & Widodo, 2019)

Statistical analysis.

The data analysis in this study is descriptive; the results of the data obtained are analyzed using the SPSS version 26 application. The data analysis used includes normality tests, homogeneity tests, and hypothesis testing.

Results

The measurement of dribbling ability before (pre-test) and after (post-test) treatment can be seen in the following table. The results of Table 1 show that the value of the dribble ability variable can be seen from the average value and standard deviation obtained from the results of research comparing the pre-test and post-test values. These results provide evidence that the mean posttest value of 9.77 is smaller than the pretest mean of 9.85, which means that there is an increase in basketball dribbling ability.

Based on the results in Table 2, the mean posttest value of 9.77 is smaller than the pretest mean of 9.85, so the tight zig-zag combo shows an increase of 0.08. Furthermore, the acquisition of pretests and posttests in group III (control) shows a value on the mean posttest of 9.85 that is smaller than the mean pretest of 9.89. The results can be seen in Table 3.

Table 1. Pretest and posttest data of group I (retreat dribble)

No	Name	Dribble ability (retreat dribble)	
		Pre-test	Post-test
1	David	9,47	9,40
2	Eka	9,53	9,47
3	Romoaldus	10,12	10,03
4	Immanuel	10,30	10,20
Jumlah		39,42	39,10
Rata-rata		9,85	9,77
St. Dev		0,39971	0,38003

Table 2. Pretest and posttest data of group II (tight zig zag combo)

No	Name	Dribble ability (tight zig zag combo)	
		Pre-test	Post-test
1	Yosua	9,47	9,4
2	Robi	9,53	9,47
3	Mobi	10,12	10,03
4	Obari	10,3	10,2
Jumlah		39,42	39,1
Rata-rata		9,85	9,77
St. Dev		0,39971	0,38003

Table 3. Pretest and posttest data of group III (control)

No	Name	Dribble ability (control)	
		Pre-test	Post-test
1	Hosea	9,48	9,45
2	Yohanes	9,58	9,55
3	Stanislaus	10,15	10,1
4	Aurellio	10,35	10,32
Jumlah		39,56	39,42
Rata-rata		9,89	9,85
St. Dev		0,4256	0,42162

Table 4. Results of Data Normality Test of the Three Dependent Variables

Result Dribble ability	Kolmogorov-Smirnov ^a			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
Pretest_ Group 1	,286	4	.	,825	4	,154
Posttest_ Group 1	,265	4	.	,842	4	,201
Pretest_ Group 2	,283	4	.	,812	4	,125
Posttest_ Group 2	,277	4	.	,863	4	,269
Pretest_ Group 3	,267	4	.	,883	4	,352
Posttest_ Group 3	,265	4	.	,891	4	,389

Normality test table with a 5% error rate using Shapiro-Wilk. It is said to be normal if the score is greater than 0.05, and based on the table above, it can be said to be normally distributed. The results show $p > 0.05$, so it can be said that the data is normally distributed. The results can be seen in Table 4.

Table 5. Homogeneity Test

Pre_ Group 1 & Post_ Group 1	Pre_ Group 2 & Post_ Group 2	Pre_ Group 3 & Post_ Group 3
7	7	8

4	4	4
39,17	39,31	39,56
38,77	39,205	39,49
0,257	0,065	0,036
1,555	1,625	1,941
0,120	0,104	0,052

Table 5 shows the results of the homogeneity test with a significance value of $p > 0.05$, which means that the data is homogeneous. Furthermore, tables 6 and 7 show a significance value of $0.000 < 0.05$, so it can be concluded that the retreat dribble and tight zig-zag combo exercises are proven to have an influence on increasing basketball dribbling.

Table 6. One-Sample Test Group I (retreat dribble)

Result Dribble ability	t	df	Sig. (2-tailed)	Mean Difference
Pretest dan Posttest Group 1	53,012	3	0,000	9,7925
	58,498	3	0,000	9,5925

Tabel 7. One-Sample Test Kelompok II (tight zig zag combo)

Result Dribble ability	t	df	Sig. (2-tailed)	Mean Difference
Pretest dan Posttest Group 2	48,911	3	0,000	9,775
	51,719	3	0,000	9,8275

Table 8. Hypothesis Test Results (Correlation)

Result	Variable Group 1	Variable Group 2
Variable Group 1	Pearson Correlation	1
	Sig. (2-tailed)	,919**
	N	,001
		8
Variable Group 2	Pearson Correlation	8
	Sig. (2-tailed)	,919**
	N	,001
		8
	Pearson Correlation	8
		,920**
		,995**

Based on Table 8, the variables of treatment groups I (retreat dribble) and II (tight zig-zag combo) both have a very significant interpretation of the dependent variable (dribble ability). So it can be said that both treatment groups affect the ability to dribble basketball.

Discussion

This study aims to determine the effect of retreat dribbling and tight zig-zag combo training on improving basketball dribbling. The results showed a description of the data that had been obtained, showing that the treatment group experienced a decrease in time on the dribble. The post-test results show an increase in dribbling ability based on the average test results. In treatment group I, the average pre-test result was 9.85, while treatment group II had an average post-test value of 9.77. The results are also reinforced by the significance value, which shows a significant increase. Relevant research has found that the use of exercises is proven to improve basketball dribbling skills significantly (Anang Idris, 2019).

A study proves that the application of ballhandling training has an effect on improving basketball dribbling results (Rizhardi, 2020). The use of training methods using one ball and two balls simultaneously also affects basketball skills (Mayasari et al., 2018). The results of research conducted by Zahrina & Nurrochmah, (2021) provide evidence that direct and indirect t-drill dribble agility training has a significant effect on improving dribbling skills. Giving direct t-drill form dribble agility training turns out to be better than indirect.

Further research found that learning the jigsaw method provided an increase in basketball dribbling ability (Riyanto, 2019). Next, a cooperative learning-type group investigation can improve passing and dribbling basketball games (Amiruddin et al., 2020). This evidence will certainly strengthen the results obtained in this study, where retreat dribbling and tight zig-zag combo exercises have a significant effect on improving dribbling skills. So that these results can be considered in determining further research, especially in basketball games.

Other studies have found that there is a significant relationship between eye-hand coordination and basketball dribbling skills (Saputra et al., 2023). It turns out that agility has a significant relationship with dribbling skills (Arwih, 2019; Fatahillah, 2018). According to the results of research by Neldi, (2019) player speed also has a significant relationship with dribbling ability. The next study found that self-confidence and dribbling skills have a significant relationship (Kurnia, 2019). Some of the research evidence illustrates that basketball dribbling skills are a very important technique to improve. For that, it is necessary to do various kinds of training so that improvement occurs and achievement is achieved.

Conclusion

The results showed that the use of retreat dribbling and tight zig-zag combo exercises proved to have an influence on basketball dribbling skills. These results show a significant increase by using retreat dribble and tight zig-zag combo exercises. The results also found that retreat dribbling and tight zig-zag combos both have a very significant interpretation of the dependent variable (dribble ability). Researchers recommend that it be used as a reference for training patterns for coaches who develop or improve dribble skills and conduct deeper research on similar training. Furthermore, it can add other variables that can affect the results of this study, and of course, with a larger sample.

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Conflict of Interest And Funding

There is no conflict of interest.

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Information about the authors:

Shandy Pieter Pelamonia; shandypieter.or@gmail.com; Department of Physical Education, Faculty of Teacher Training and Education, Universitas PGRI Adi Buana; Surabaya, Indonesia

Ramadhany Hananto Puriana; ramadhany@unipasby.ac.id; ; Department of Physical Education, Faculty of Teacher Training and Education, Universitas PGRI Adi Buana; Surabaya, Indonesia

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