DEVELOPMENT OF BASKETBALL PLAY SYSTEM HANDBOOK FOR SMAN 1 KARANGAN BASKETBALL TEAM

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Abstract

One of extracurricular in school is extracurricular based on sport activity. Sport extracurricular has a different approach with physical education. Sport extracurricular give student a chance to develop their talent and or hobby on one or more sports activity that provided by school based on school's infrastructure. SMAN 1 Karangan, as a one of favorite school in Trenggalek provided basketball as sport extracurricular for their students. Basketball, as sport extracurricular, is an achievement oriented activity but still in education corridor. Extracurricular activity has a common problems to fulfill the target. Start from the limited infrastructures, so basketball extracurricular must share the place with other sport extracurricular, limited time to practices and inconsistency participation by the students that join in basketball extracurricular because of other needs. In this case, to make a smooth communication between coach and student, be required instructional media. Instructional media give a chance for the absence student, when team can not held practice because bad weather (SMAN 1 Karangan only has outdoor basketball field), or outside the regular practices to learn about the offense and defense system that used by the team. Well understanding of play system that divided into offense and defense will give team a bigger chance to has a better achievement. Instructional media developed with ADDIE method that involved two expert judgements and all of the extracurricular participants in process. The instructional media that has developed and tested declared usefull enough to help students to understand the play system.

Keywords: instructional media, basketball, learning, extracurricular

INTRODUCTION

Extracurricular activity is a place for student to distribute their hobby and or develop their talent. Extracurricular activity is curricular activity that done by students outside intracurricular and cocurricular activity under the school guidance and supervision (Permendikbud 62, 2014:2). Basketball is one of extracurricular activity in SMAN 1 Karangan. Oftentime, the implementation of extracurricular restricted by lack of infrastructure and media. Beside the lack of infrastructure and media, students have an unlimited option to join another extracurricular that usually affect their consistency to attend in one extracurricular. SMAN 1 Karangan's basketball extracurricular has a regular schedule that divide into three days to held practice. Detail for the schedule are one day for girls team, one day for boys team and one day for both. They only have two hours for practice each practice day. Coach, whatever the extracurricular condition, have responsibility to make the achievement through the proccess. Coach need to develop understanding about basic technique, rules and various strategy according to the team level (USA Basketball, 2013:11).

Regarding with the problem and a small amount to practice, it's need some inovation that allow the students have a chance to learn about the practice materi, even though just the theory. As the member of extracurricular activity that targeted to make some achievement by school, students must optimized their practice session. One of the ways to optimized the practice session is basketball extracurricular must have something that can help them to learn about their play system. Fruitfulness of learning really dretermined by two component that is instuctional media and teaching method (Ali, 2009:12). Instructional media can give them a chance to learn the play system indepedently. The students that join basketball extracurricular can learn about the play system when they absence, when the rain falls down, or everytime they want to learn. When they use the instructional media optimally, they will have bigger possibility to participate smoothly in practice because of the initial knowledge from instructional media. The function of instuctional

media that can help students are (Florida State University, 2011:104-105) are gain attention, recall prerequisites, present objective to the learners, present new content, support learning through examples and visual elaboration, elicit student response provide feedback, enhance retention and transfer, and asses performance.

This development research, based on the problems and the benefits above, intend to realize the inovation that needed by SMAN 1 Karangan's basketball extracurricular. The inovation is develop instructional media that can used by students whenever and wherever they want without a difficult requirements and independently. The instructional media will develop as a handbook with offense and defense system as a contain that used by basketball extracurricular and have the function that already mentioned before.

METHOD

This development research using ADDIE development method to develop the handbook. Here is the explanation about ADDIE development method (Branch, 2009:24-151):

1. Analyze
Identify the source of gap or something that cause the problem. Including the learning objective, students analysis, provided learning source audit, recomended information delivery proccess, and compile project management plan.
2. Design
Product verification and choose test method for product that fit with the need.
3. Develop
Start the development and validate the product.
4. Implement
Product implemented in well learning environment and student involvement.
5. Evaluate
Product quality checking before and after implementation.

The ADDIE method implemented to 30 students. Those number are all member of basketball extracurricular. Regarding with the small number population, all population are involved in this research. Data collection use instrument that adjusted with the steps of ADDIE method (Table 1). ADDIE method's step that need data collection are analyze, develop and evaluate.

Table 1 Data Collection Instrument

No.	Research Step	Data Collection Instrument	
		Type	Definition
1	Analyze	Semi open questionnaire	Contains few question to find out about the method that used by extracurricular coach to deliver the materi.
2	Develop	Open questionnaire	Contains few question for expert judgemnet in instructional media and basketball that help to validated and checked the product quality.
3	Evaluate	Close questionnaire	Contains few question for user to find out about the quality of product.

Data analyze that use in this research are quantitative and qualitative data analysis technique (Table 2). Technique that choosen are Likert scale for quantitative data analysis and Miles and Huberman model for qualitative data analysis. Quantitative data analysis that used in this research is simple data analysis. All of the instrumen's output are qualitative data and data that come from close questionnaire need to translate into quantitative data. Likert scale is used to measure individu or group's attitude, opinion and perception about social phenomenon (Sugiyono, 2016:93). Likert scale is appllied to close questionnaire in evaluate step. Another data that come from analyze and develop step use Miles and Huberman model to analyze. Miles and Huberman model is used to sort data through three steps namely data reduction, data display, and conclusion drawing. (Sugiyono, 2016:246-252).

Table2 Data Analysis

No.	Research Step	Data Type	Data Analysis
1	Analyze	Simple Quantitative and Qualitative	<ul style="list-style-type: none"> - Tranlated qualitative data into percentage mode (simple quantitave) to describe how many student that choose the answer - Use Miles and Huberman model to sort data that come from early analysis for qualitative data.
2	Develop	Qualitative	Use Miles and Huberman model to sort data that come from expert judgment.
3	Evaluate	Qualitative	Use likert scale to translate the qualitative data into quantitative data.

RESULTS AND DISCUSSION

Analylis performed in analye step shows how the coach deliver the materi with detail 50% choose practice with evaluation in the middle and end of practice and 50% choose practice with evaluation in the middle and end of practice and verbal explanation and then followed by practive and evaluation, media availabilty with detail 100% choose coach has media, media that used in practice with detail 92% choose in video form and 8% choose in videod, visual, and e-book form, media independence with detail 75% choose can used without coach, 10% choose can not used without coach and 15% choose both, media use with detail 42% choose when rain and can not held practice, 38% choose in special time outside practice 4% choose in the middle of practice and 16% choose int beginning, middle and end of practice, place that media can use with detail 52% choose home, 28% choose school, 8% choose basketball field and 22% choose all three and agreement about media that will develop with detail 79% choose agree and 21% choose disagree. According to analysis result the student agree about media development and other data shows how the proccess of media involvement in practice.

Media involvement show the communication that happen between coach as materi source and students as message receiver. Instuctional media is a way, tools, or proccess that used to deliver message form materi source to message reciver (Supardi et al, 2014:75). After media developed in design step, media need to be evaluate and validate in develop step. Evaluation and validation proccess involve instructional media and basketball expert. Instructional media expert suggest the

media need improvement in cover design, every materi supposed to be consist of introduction, core and evaluation and media need improvement in directory. Basketball expert suggest that individual defense materi need to explain about basic princip of positioning in defense that make help and recovery become easier. Media get revision based on expert suggestion and ready to implement. After a while, the students evaluated to get the data about media. In evaluate step need to know that media helpful or not. The development process said successful if the media help the students as materi receiver to learn. Instructional media is everything that can deliver message form source in planned way, so that happen a conducive learning environment where the receiver do the learning procces efficiently and effectively (Asyhar, 2011:8). The data that has analysed show the score from evaluation is 434 out 525. It is mean that the media is in helpful scale (Figure 1). If the score changed into percentage, it will said 84% students said that the materi in media is helpful in proccess they learn bout the play system. In evaluate step, the sample of research get decreased by 9 students because they decide to join another extracurricular.

Figure 1. Media Helpfulness in Scale

CONCLUSION AND SUGGESTION

Media developed through scinetific procces, in this case ADDIE development method, and based on student's need and problem during practice. This media is developed in handbook form to make the students easier to acces the media. They do not need an high technology or difficult requirement to learn the materi in media. Beside of the student's need and problem, the coach is get involved to as basketball expert. Coach checked the quality and suitability of the materi. The students, as the research sample feel that medai can help them to learn about the play system. This research still can be developed more. According to the knowledge nature that always change and evolve, the media won't be longlast in a couple years. The media need to revised and improved both the materi and form.

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