

## ABSTRACT

Wardana Dafa.A 2022. *Effect of Shooting Exercise Model on Ability of Men's Basketball Shoot*. Physical Education Study Program. Faculty of Pedagogy and Psychology, PGRI Adi Buana University, Surabaya.

**Keywords:** basketball, practice models, ability, games, medium shoot.

Basketball is a team sport consisting of two teams of five people each to compete to score points with the opponent's ball into the basket. In basketball, there are four basic techniques, namely passing, dribble, shooting, lay-up. Players who manage to do the shooting will get the point, In conducting the offense of the most important basic techniques that are shooting the ball into the ring opponent. Preliminary observations conducted by researchers of the current game stats team Castle Warriors KU-14 inter-club championship of East Java which was held in Mojokerto. Researchers obtained data that the medium's ability to shoot still not optimal. It can be of statistical data from 40 trials that only 19 were entered. From the observations made by researchers, is necessary to increase the ability of the medium to shoot at the men's basketball club Castle Warriors KU-14 Mojokerto by providing shooting practice model variations.

The purpose of this study was to determine the effect of shooting practice models and games to increase the medium's ability to shoot at Club Basketball Castle Warriors (CW) Mojokerto KU 14, by providing a model shoot exercises and games while undergoing a routine exercise.

This study uses a pre-experimental design (pre-experimental). The subjects were athletes in the men's basketball club Castle Warriors aged 14 years, amounting to 25 people. The research instrument used is the Shooting Test Speed Tests Spot, a shot of each post, amounting to 5 of AAPHERD. Data were analyzed using t-test analysis of the observations (paired samples t test) using IBM help SPSS Statistics 20.

Based on the analysis using *paired samples t test* obtained a value of -3716 with a significance of 0.001. With a significance value

(p) is smaller than the significance level of 0.05 ( $p < \alpha = 0.05$ ), then  $H_0$  is rejected and  $H_a$  accepted. Conclusion that the program shooting practice models this can significantly improve the ability to shoot medium. Suggestions for further research are expected through this research can be presented as a provision to examine more deeply and developed in the form of another study with a different independent variable or variables plus a control with the wider research subjects