

# Imagery Training Model: The Effect on Lay Up Shoot Skills on Basketball Extracurricular Participants

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**Abstract:** Basketball has been introduced from elementary to high school and even college. Coaching and development of educational sports are carried out by paying attention to students' potential, abilities, interests, and talents, both through extracurricular and extracurricular activities. The main purpose of basketball extracurricular is to introduce the game of basketball. Layup shoot is a type of fundamental shooting needed by players to break through the opponent's guard or defense to get closer to the hoop to enter the ball, Some of the obstacles that are still faced by coaches in teaching extracurricular participants in doing layup shoot movements include movement coordination factors that are not quasi-controlled when doing lay up shoot movement stages and some factors affect lay up shoot skills. Aspects of psychology were chosen as a means companion to lay-up shoot exercises, including imagery exercises. The average score of the right post-test control was 4.40 and the right post-test treatment was 6.73. The average left post-test control value was 6.40 and the left treatment control value was 3.27. Conclusion The posttest value of the right treatment is higher than that of the kana control while the left treatment is lower than the left control. Based on the results of the data obtained in this study, the research still has shortcomings, namely the left lay-up shoot movement has not increased significantly. This study has limitations, one of which is that the sample used is relatively small, and there is no previous pretest data collection. Therefore, researchers are further advised, when replicating this study, to use a larger sample and take the pretest data as a comparison from the post-test data. In addition, imagery exercises should emphasize exercise specifications as a companion to skill exercises or as exercises to improve.

**Keywords:** basketball, imagery, lay-up shot

## INTRODUCTION

The sport of basketball has been introduced from elementary to high school and even college. The implementation of basketball in schools can be found in students' extracurricular activities (Zulfiani et al., 2021). Extracurricular activities are enrichment and improvement activities related to extracurricular programs. Based on the Law of the Republic of Indonesia, 2005 Youth and Sports article 25 paragraph 4 that coaching and development of educational sports is carried out by taking into account the potential, abilities, interests, and talents of students as a whole, both through extracurricular and extracurricular activities.

The main purpose of basketball extracurricular is to introduce the game of basketball in which there are basic rules and techniques for playing basketball (Hidayatullah, 2019). Technique in basketball is one of the important things because with qualified skills a player can play at a higher

level (Zacharakis et al., 2020). One of the skills that must be mastered by basketball players is the lay-up shoot movement.

Lay-up shooting is a type of shooting that is often done by players to break through the opponent's guard and defense closer to the hoop to enter the ball (Wiyaka et al., 2019). Lay-up shoots must be done with movements that involve the rhythm of footsteps and are accompanied by good jumping and landing skills (Krause & Nelson, 2019). Added by (Hidayat et al, 2022) that each player must have the ability to lay up and shoot using his right hand and left hand so that when doing an attacking position from both sides the player can score points

Some of the obstacles that are still faced by coaches in teaching extracurricular participants in doing lay-up shoot movements include movement coordination factors that are less mastered when doing lay-up shoot movement stages and some factors affect lay-up shoot skills, namely cognitive aspects (Mawarti & Arsiwi, 2020). Skill gaps between players when laying up shoots also often occur during matches so that scores that should be obtained easily but players fail to score them, and sometimes become one of the factors in the team's defeat.

This issue is important to raise because the application of training variations in layup shoot skills cannot be well understood by extracurricular participants, not only when practicing when competing. The reason for training methods involving aspects of psychology is because conventional training methods have often been given, and are still not optimal. Therefore, forms of training involving psychological aspects are chosen as a means of the companion to exercises that are often done and one of them is imagery training.

Imagery is a technique commonly used in sports psychology to help someone visualize or train mentally related to the activities to be carried out, imagery is used to create more real visualizations related to the match or competition (Fortes et al., 2020). While imagery training is a visualization exercise, simply players must imagine in detail every event that may occur on the field, this is useful for making a more logical picture of both strengths and weaknesses (Komarudin, 2015: 82).

Tenenbaum (2014: 369) argues that the depiction of imagery can be used from first-person vision called internal imagery, through someone who sees a scenario of movement by shaking the movement while moving. While from the second person's vision which is commonly called external imagery, that is, a person sees or imagines movements adopted from others to see the scenario of the previous movement. Likewise, the opinion conveyed by Komarudin (2015: 87) that internal

perspective refers to visualizing certain sports or events through the eyes of the perpetrator. While external perspective refers to seeing or watching an athlete's performance from a video.

The explanation of some of the opinions above states that imagery training is one of the mental exercises by imagining, thinking, or describing certain situations. The implementation of imagery training in the field is not an exercise that can replace real training, but both must be given, to support optimal performance. It can be concluded that imagery exercise is an exercise in the mind, where an athlete performs the correct movements through their imagination (Rinal, et al, 2016). Added by (Fazel et al., 2022) That imagery exercises can contribute to existing skills in basketball fundamental skill practice, including layup shoots.

Based on the description of the problem and field review, coupled with the conclusion of the coach interview which was strengthened by the presentation of the theories above, namely the extracurricular basketball team at a public high school in Batang district, Central Java, namely SMA Negeri 1 Batang, the coaches stated that the extracurricular participants had only known the game of basketball since they were in high school, the second application of lay up shoots carried out by extracurricular ball participants Basketball at the time of the game did not look good and right, the third was that the lay up shoot training program was still conventional and varied training had not been applied, and the four coaches did not know the benefits of training that used psychological aspects, especially imagery training on lay-up shoot skills.

## **METHOD**

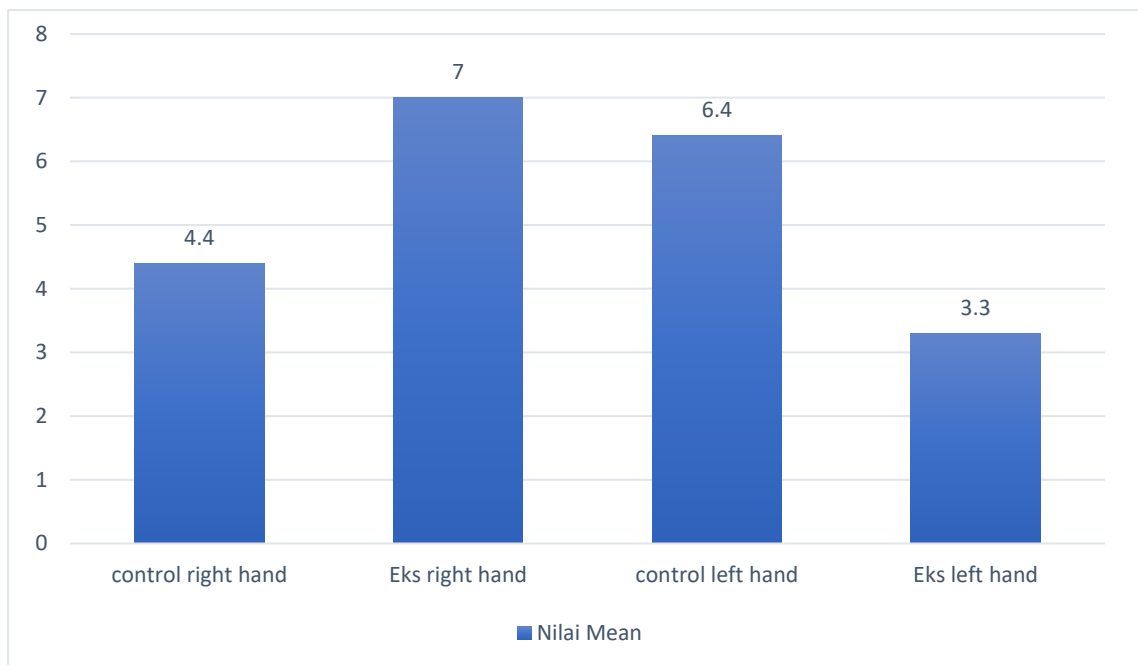
This research is a type of quantitative research with an experimental approach study. This method is used based on consideration to determine or investigate the effect of a treatment or treatment. In addition, researchers want to know the effect of the independent variable on the observed dependent variable. The variables contained in this study consist of independent variables, namely, imagery, while lay-up shoot is included in the dependent variable The sampling technique in this study is purposive sampling. With the criteria for the basketball extracurricular team of SMA Negeri 1 Batang. The treatment was given in as many as 12 meetings. Collection of post-test data from treatment and control samples. The study was conducted for 2 months from December – February. Data was collected through field tests. Instrument layup shoot using 10 attempts only the number of entries is taken. The analysis uses Wilcoxon's nonparametric to provide comparison results of post.

## RESULTS

The purpose of this study was to determine the effect of imagery training on lay-up shoot skills. The data of this study consisted of posttest control and treatment control data, followed by comparison results from Wilcoxon's nonparametric test. The findings of this study are as follows:

**Table 1.** Posttest control posttest & treatment descriptive analysis

|                    | <b>N</b> | <b>Minimum</b> | <b>Maximum</b> | <b>Mean</b> | <b>Std. Deviation</b> |
|--------------------|----------|----------------|----------------|-------------|-----------------------|
| Control right      | 15       | 3              | 6              | 4.40        | .986                  |
| Control left       | 15       | 5              | 8              | 6.40        | .828                  |
| Eksperimen right   | 15       | 5              | 8              | 6.73        | .961                  |
| Eksperimen left    | 15       | 1              | 5              | 3.27        | .961                  |
| Valid N (listwise) | 15       |                |                |             |                       |



**Picture 1.** Diagram posttest control & posttest treatment

Based on the table and figure above, the average value of the right post-test control is 4.40, and the right post-test treatment is 6.73. The average left post-test control value was 6.40 and the left treatment control value was 3.27. In conclusion, the posttest value of the right treatment was higher than the kana control while the left treatment was lower than the left control.

## **DISCUSSION**

After conducting research involving participants of the basketball extracurricular team of SMA Negeri 1 Batang with the experimental method of one group pretest-posttest control design with the form of the influence of imagery training on lay-up shoot skills in basketball games, the results of the effect of imagery training on the right lay up the shoot of the treatment group while the control group did not increase, While the control group that did the left lay up had an improvement compared to the left treatment group. The results of this study state that imagery exercises influence the lay-up shoot skills of extracurricular team participants, but only improve the form of movement that is often practiced during exercises, namely layup using the right hand while when using the left hand the results obtained do not increase, this can happen because imagery exercises do not have a significant effect on lay skills. The results of the present invention are corroborated by (Boccia et al., 2019) Explains that imagery exercises that only provide a form of visualization of things that have been recorded by the five senses, and provide memory strengthening in the brain so can provide repetition of movements that have been done, even those that have never been done at all. But basically, imagery exercises cannot function optimally when applied to improve skills, because improving skills must be with skill exercises imagery exercises only as a companion to strengthening skills that have been done or trained before (Paravlic et al, 2018).

## **CONCLUSION**

Based on the findings and discussion in this study, it can be concluded that imagery exercises that only provide a form of visualization of movements that have been done before, from this basis become the basis of this study to strengthen memory with imagery exercises for participants of the SMA Negeri 1 Batang basketball extracurricular team, so that the skills to lay up a shoot using the right and left hands to increase. However, based on the results of the data obtained in this study, the research still has shortcomings, namely the left lay-up shoot movement has not increased significantly. This study has limitations, one of which is that the sample used is relatively small, and there is no previous pretest data collection. Therefore, researchers are further advised, when replicating this study, to use a larger sample and take the pretest data as a comparison from the post-test data. Besides, imagery exercises.

## Conflict of Interest

The author declares that there is no conflict of interest in the writing of this article.

## Acknowledgment

Thank you to the principal, physical education teacher, and basketball coach of SMA Negeri 1 Batang for giving me the opportunity and time to conduct research, and also to the court supervisors and supervisors who have provided constructive criticism and suggestions in writing this article.

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