

The Effect of Leg Explosive Strength Training on Lay-Up Shoot Ability in Basketball Games Students at SMA Negeri 3 Pinrang

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ABSTRACT

This research aims to determine: (1) The effect of skipping training on the ability to lay-up the shoot in basketball games among students at SMA Negeri 3 Pinrang; (2) The effect of bench jumping practice on lay-up shoot ability in basketball games among students at SMA Negeri 3 Pinrang and (3) The difference in the influence of skipping practice and bench jumping practice on lay-up shoot ability in basketball games for students at SMA Negeri 3 Pinrang. The population of this study were all students of SMA Negeri 3 Pinrang with a research sample of 20 students selected as a total population and a group division system using ordinal matching. The data analysis techniques used are descriptive, data normality tests, homogeneity tests and t-tests using the SPSS program. The research results show that; (1) There is an influence of skipping training on lay-up shooting ability in basketball games among Pinrang 3 Public High School students. The ability to lay-up the shoot in the game of basketball among SMA Negeri 3 Pinrang students is proven by an increase from an average score of 3.0000 to 5.9000; (2) There is an effect of upright bench training on the ability to lay-up the shoot in basketball games among students at SMA Negeri 3 Pinrang. The ability to lay-up the shoot in the game of basketball among students at SMA Negeri 3 Pinrang is proven by an increase from an average score of 3.0000 to 7.9000 (3) There is a difference in the influence between skipping practice and bench jumping practice on the ability to lay-up shoot in the game of basketball in student at SMA Negeri 3 Pinrang. The ability to lay-up and shoot in the game of basketball for SMA Negeri 3 Pinrang students is 5.9000 > 7.9000. The conclusion is that bench jumping training has a greater influence than skipping training on lay-up shooting ability in basketball games among students at SMA Negeri 3 Pinrang.

Keywords: Explosion power; Lay-up Shoot; Basketball

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INTRODUCTION

Sport is a very complex thing involving many parties and their management (Bangun & Yunis, 2016). The role of sport is becoming more and more important. Because sport not only plays a role in improving the physical fitness of a nation (Saitya, 2022), but the sport also plays a role in shaping human character (Rohmansyah, 2017), which in turn will bring

glory to the name of a nation (Lengkana & Sofa, 2017). Therefore, the sport needs to be further improved and indicated as a way of developing achievement which can also improve physical and spiritual fitness for every member of society (Arifin, 2017). For this reason, it is necessary to improve the provision of facilities and infrastructure including educators, trainers and mobilizers (Ikhsan & Argantos, 2019).

Basketball is one of the most popular sports in the world. Fans of all ages feel that basketball is a fun, competitive, educational, entertaining and healthy sport (Lestrai & Apriyanto, 2016). Individual skills such as shooting, passing, dribbling and rebounding, as well as teamwork to attack or defend, are requirements for success in playing this sport (Mahardi, 2016). The game of basketball aims to put the ball into the opponent's basket and guard your basket so as not to concede the ball (Perdana et al., 2017). The sport of basketball is a simple game (Illahi, 2019). The secret to playing good basketball is doing simple things as well as possible (Yarmani & Juniasyah, 2017). Basketball is a type of sport that has recently developed very quickly and has attracted a lot of attention in human life, especially among teenagers (Rubiana, 2017).

In South Sulawesi, basketball is a sport that is starting to gain interest among pupils, students and members of the public. This can be seen from the fact that almost every school, college and region has basketball court facilities/infrastructure, but competition between pupils, students and clubs is still not running smoothly, resulting in very slow development of achievements. This is a problem, especially for basketball coaches and coaches in South Sulawesi. Meanwhile, the development of basketball sports in Pinrang Regency has started to attract interest among students and the community because basketball courts already exist in every school. Also, the field for the community is in the Lasinrang field. The field can be used by the community. During the PORDA competition in Pinrang Regency, Pinrang district athletes were not able to compete with other districts. Judging from the results of the match, Pinrang district athletes failed in qualifying. Thus, the best solution is the need to carry out scientific research on various things that support increased performance, such as the existence of physical, technical, body structure and psychological components that can be involved in improving abilities and technical skills in sports, including basketball.

The game of basketball as a sport has certain basic techniques, such as; dribbling, passing, shooting, etc. (Syahban, 2018). These basic techniques must be mastered by a player to be able to play the game with a high level of skill following the unity of the game of basketball (Sari, 2018). Developing the physical conditions required in the sport of basketball is a requirement that must be had by every player (Riyoko, 2019). Good physical condition will make it easier to master basic basketball playing techniques such as dribbling, passing and shooting (Arwih, 2019). Dribbling is the skill of carrying the ball by bouncing it on the floor and aiming at the opponent's ring (Fatahila, 2018). Passing is the skill of giving the ball by throwing it to a friend or passing the ball to a friend (Dinata & Lismadiana, 2019), while shooting is the skill of putting the ball into the opponent's ring. If all these skills can be mastered by the player, the player can play basketball (Eka Cahyono & Wismanadi, 2019). Of the various basketball playing techniques, this research will only discuss ball shooting techniques.

Lay-up shooting is a very important skill in basketball. There are many types of shots in basketball. The best shot is one that does not hit or bounce off the ring board. Basic techniques such as passing, dribbling, defending and rebounding may give you great opportunities to score, but you still have to be able to shoot, because victory in a match is determined by the number of shots the team makes. Every basketball player has the potential to be a skilled perimeter shooter. The types of shots that must be learned are lay-up, free throw, shooting in place, jump shoot, and so on (Ishak & Sahabuddin, 2018). Shooting is the action of putting the ball into the basketball ring. Usually, shooting is done from a standing position or jumping. When shooting,

the points you get depend on the position when the shot is made. If you do it in the 2-point circle, then the value you get is 2 points. However, if you do it outside the 2-point circle, then the value you get is 3 points. This shooting movement is not just about throwing the ball but also includes directing movements and making sure the ball falls right on target (Putra & Donie, 2019). Shooting is one of the activities that must be carried out in the game of basketball, every player must have the courage to shoot because, in the game of basketball, there is no such thing as a specialist shooting player. Each player simultaneously functions as an attacker and also as a defender, this means that each player also masters shooting techniques at the basket. For example, if a free throw occurs, the player who takes the free throw must be the player who has experienced a foul by the opposing player. Many of the shooting basics used for extraordinary shots are directly applied to players, both in jump shots and free throws. Shooting a dry ball is one of the activities that must be done in a basketball game (Apriansyah et al., 2018). Not every player necessarily dares to do it at all times. Because shooting the ball to the ring is very important, each player must be encouraged to shoot when possible. To give every player the courage to shoot, what needs to be paid attention to is the position and condition of the feet which must be as good as possible (Prasestia & Wismanadi, 2022). Therefore, physical exercises are very necessary. Every basketball team needs skilled perimeter shooters to be successful. Good shooters overwhelm the team's offence and overwhelm the opponent's defence, forcing opposing defenders to play farther from the basket than intended. When the defence stretches out to the perimeter to block skilled perimeter shooters, it creates better passing lanes for the offensive team near the basket. This often results in a higher probability of scoring points (Latuheru et al., 2022).

Based on observations so far, it can be stated that basketball players who are extracurricular basketball students at SMA Negeri 3 Pinrang still have many shortcomings in terms of basic basketball playing techniques which cause defeat when competing. The basic technique that has many errors when competing is the basic shooting technique in basketball games, especially the lay-up shoot (Anggarsari, 2020). This basic technique often causes errors starting from body position and also when taking steps before shooting. To be able to do a basketball shoot-up perfectly, of course, you need routine training that can improve the athlete's abilities, such as strength, endurance, explosive power, agility, speed, balance, coordination, flexibility, reaction and so on. From the various physical components above, in this thesis, the author wants to try to research explosive leg strength training.

Power can be interpreted as strength and speed carried out together in carrying out a movement. Explosive power is a person's ability to use the maximum force exerted in the shortest possible time (Anggreni et al., 2022). To get a strong jump and high speed, a player must have great explosive power (Sepriyanto, 2018). So the explosive power of the leg muscles is the driving force for the legs to make high jumps to make it easier to put the ball into the basketball ring (Yenes et al., 2018). Power is the result of strength and speed. Power is the ability of muscles to direct maximum force in a very fast time. Strength is the ability of a person's physical components to use muscles to receive loads while working, while speed is the ability to carry out similar movements in succession in a short time (Sahabuddin et al., 2022). Power or explosive power is often also called explosive power or muscular power. Power is the ability of muscles to direct maximum force, in a very fast time. Muscular power is a person's ability to exert maximum strength, with effort exerted in the shortest possible time (Sahabuddin, 2019). Explosive power is the ability to carry out activities suddenly and quickly by exerting all one's strength in a short time (Taufik et al., 2020). Power, especially leg muscles, has an important role in achieving jumping ability. Leg power plays an important role in making high jumps when

supporting and pushing the legs at a certain angle (Ramos et al., 2019). Explosive power is the ability of a muscle or group of muscles to resist a load/resistance at high speed in one movement (Putri et al., 2020).

One of the training methods that can be used by coaches or teachers to develop lay-up shooting skills is skipping training and box jump training. In its implementation, skipping training only requires space and simple equipment. It is recommended to have a flat and even surface, light and flexible shoes and good cushioning so that this will reduce the risk of injury. Skipping referred to in this research is the movement of jumping in place with both feet together and both hands holding the end of the rope to rotate it over the head and soles of the feet. There are three reasons to exercise using a skipping rope, the cost is cheaper, the training can be done inside or outside the field and jumping rope training is a good and efficient cardio exercise. Bench jumping is carried out to strengthen the leg muscles in the legs so that when used to jump, the explosive power of the muscles will be stronger and can affect the results of the jump. Bench jumping means jumping onto a bench and jumping down a bench with both legs together. For students' basic jumping movement introduction lessons, including jumping over benches. Bench jumping or box jump training is an exercise with a starting position of two to three steps from the box in a semi-squat position then starting to jump onto the box and immediately landing on the box, then jumping as high and as far as possible from the box before landing on the ground training using this box provides more load on the muscle groups used in the exercise. With various considerations taken to increase leg muscle power with plyometric exercises, these two exercises were taken.

The skipping training method is a training method that uses a skipping rope with both ends of the rope held in both hands and then swung from head to toe while jumping over it. Skipping is done by combining jumping movements with an obstacle in the form of a rope that moves on both wrist axles. Meanwhile, the box jump training method is a training method that involves jumping on a box and then coming back down as before. This training method can develop explosive leg power. When doing box jump training, you need to carry out a training program to avoid injury to athletes. This is a way to train leg power so you can make high jumps. practice to make it easier for students to do lay-up shots under the ring. The higher you jump, the closer you are to the basketball basket, the easier it is to get the ball into the ring.

METHODS

The type of research carried out is experimental research. The location of the research was carried out in the fields of SMA Negeri 3 Pinrang. The variables that want to be researched are a) The independent variable, namely skipping training and bench jumping practice, and b) The dependent variable, namely the ability to lay-up and shoot in basketball games. The research design used in the research was a "Pre-test-post-test control group design. The population in this study were all students of SMA Negeri 3 Pinrang who took part in basketball extracurricular activities with a total population of 21 students. Thus, based on the considerations above from this concept, the sample used in this research was 20 student-athletes from SMA Negeri 3 Pinrang. The sampling technique is "Purposive sampling". After these samples were obtained, an initial test of lay-up shooting ability in a basketball game was carried out, and then the initial test results were arranged according to ranking and then divided into two equal groups, each consisting of 10 athletes in each group. Data collection is carried out to obtain empirical data as material for testing the truth of the hypothesis. The data collected by this research is lay-up shooting ability in basketball games.

RESULTS AND DISCUSSION

The results of descriptive data analysis whose calculations are listed can be described in **Table 1** as follows:

Table 1.
 Hasil analisis data deskriptif

Exercise	Descriptive	Pre-Test	Post-Test	
Skipping Exercise (Group A)	N	10	10	
	Sum	30,00	59,00	
	Mean	3,0000	5,9000	
	Std. Deviasi	1,15470	0,99443	
	Variance	1,333	0,989	
	Range	4,00	3,00	
	Min	1,00	5,00	
	Max	5,00	8,00	
	Bench Jumping Exercise (Group B)	N	10	10
		Sum	30,00	79,00
Mean		3,0000	7,9000	
Std. Deviasi		1,15470	1,37032	
Variance		1,333	1,878	
Range		4,00	4,00	
Min		1,00	6,00	
Max		5,00	10,00	

Based on the summary of the results of the descriptive analysis of the data in Table 1 above, it can be described as follows: The results of the descriptive data from the initial tests (pretests) of skipping training on the ability to lay-up shoot in basketball games for SMA Negeri 3 Pinrang students, from 10 samples the total score was obtained. as much as 30.00. The average value obtained was 3.0000 with a standard deviation of 1.15470 and a variance value of 1.333. The range value obtained is 4.00 from a minimum value of 1.00 and a maximum value of 5.00. Results of descriptive data from the final test (posttest) of skipping training on lay-up shoot ability in basketball games for students at SMA Negeri 3 Pinrang, from 10 samples a total score of 59.00 was obtained. The average value obtained was 5.9000 with a standard deviation of 0.99443 and a variance value of 0.989. The range value is 3.00 from a minimum value of 5.00 and a maximum value of 8.00. The results of the descriptive data from the initial tests (pretests) of the bench jumping exercise on the ability to lay-up the shoot in basketball games among students at SMA Negeri 3 Pinrang, from 10 samples, a total score of 30.00 was obtained. The average value obtained was 3.0000 with a standard deviation of 1.15470 and a variance value of 1.333. The range value obtained is 4.00 from a minimum value of 1.00 and a maximum value of 5.00. The results of the descriptive data from the final test (posttest) of the bench jumping exercise on the ability to lay-up the shoot in a basketball game among students at SMA Negeri 3 Pinrang, from 10 total samples obtained a total score of 79.00. The average value obtained was 7.9000 with a standard deviation of 1.37032 and a variance value of 1.878. The range value obtained is 4.00 from a minimum value of 6.00 and a maximum value of 10.00.

Table 2.
 Data normality test results

Group	Kolmogorov Smirnov Statistics	P	α	Information
Skipping Exercise	0,200	0,200	0,05	Normal
Bench Jumping Exercise	0,200	0,200	0,05	Normal

Based on **Table 2**, which is a summary of the results of data normality testing for each research variable, can be described as follows: The results of testing data normality using

the Kolmogorov-Smirnov Test, skipping training on lay-up shoot ability in basketball games for state high school students 3 Pinrang Kolmogorov-Smirnov Test value obtained is 0.200 with a probability level (P) of 0.200 which is greater than the value of $\alpha 0.05$. Thus, the skipping training data on lay-up shooting ability in basketball games for Pinrang 3 Public High School students obtained follows a normal distribution or normal distribution. The results of testing the normality of the data using the Kolmogorov-Smirnov Test, the bench jumping exercise on the ability to lay-up shoot in basketball games for students at SMA Negeri 3 Pinrang, the Kolmogorov-Smirnov Test value was obtained at 0.200 with a probability level (P) of 0.200 greater than the value. $\alpha 0.05$. Thus, the data obtained from bench jumping training on lay-up shooting ability in basketball games for SMA Negeri 3 Pinrang students follows a normal distribution or normal distribution.

Table 3.

Results of homogeneity test data for skipping training and bench jumping training variables

	Levene Statistik	Df 1	Df 2	Sig
Pretest group skipping exercise and bench jumping exercise	1,784	1	18	0,198

Based on **Table 3**, the homogeneity test of the pretest data for the skipping training group and the bench jumping training group for the ability to lay-up the shoot in volleyball for students at SMA Negeri 3 Pinrang with the Levene test was 1.784 with a significant value of 0.198. Because the probability value is greater than $\alpha 0.05$ or a significance level of 95%, the pretest of the skipping training group and the bench jumping training group on the ability to lay-up the shoot in a volleyball game among SMA Negeri 3 Pinrang students for both training groups are homogeneous or derived. from the same group. As the second requirement, the homogeneous test taken shows that the pretest-posttest of the skipping training group and the bench jumping training group on the ability to lay-up shoot in volleyball games among students at SMA Negeri 3 Pinrang are homogeneous or similar from the same group. The group data results above show a general picture of the data obtained from actual research results. The data above meets the requirements for carrying out statistical tests which aim to determine the results of the research. The experimental data will be analyzed further using parametric statistics to determine the hypothesis through the t-test with the help of SPSS 20.00 with a significance level of 95%.

Table 4.

Results of data processing of the first hypothesis

Hypothesis	Mean	t-observes	t-table	P	α	Information
Pre-test	3,0000	16,155	2,262	0,000	0,05	Significant
Post-test	5,9000					

The significant influence of the skipping training group on the ability to lay-up shoot in the game of basketball among students at SMA Negeri 3 Pinrang, obtained an observation value of -16.155 which is greater than the t-table value of 2.262 ($-16.155 > 2.262$) with a significant value of 0.000 which is smaller than $\alpha 0.05$. So H_0 is rejected and H_1 is accepted, meaning there is a difference between the initial test (pretest) and the final test (posttest). Thus, it can be concluded that there is a significant influence of skipping training on the ability to lay-up shots in basketball games among students at SMA Negeri 3 Pinrang. It can be proven that the average posttest value is higher than the average pretest value ($\mu A1 3.0000 < \mu A2 5.9000$) with a difference of 2.9. Thus, it can be concluded that there is a significant influence of skipping training on the ability to lay-up shots in basketball games among students at SMA Negeri 3 Pinrang.

Table 5.
 Results of second hypothesis data processing

Hypothesis	Mean	t-observes	t-table	P	α	Information
Pretest	3,0000	-14,080	2,262	0,000	0,05	Significant
Posttest	7,9000					

The significant influence of the bench jumping training group on the ability to lay-up the shoot in basketball games among students at SMA Negeri 3 Pinrang, obtained a t-observation value of -14.080 which is greater than the t-table value of 2.262 ($-14.080 > 2.262$) with a significant value of 0.000 more. greater than $\alpha 0.05$. So H_0 is rejected and H_1 is accepted, meaning there is a difference between the initial test (pretest) and the final test (posttest). Thus, it can be concluded that there is a significant influence of bench jumping training on the ability to lay-up shots in basketball games among students at SMA Negeri 3 Pinrang. It can be proven that the average posttest value is higher than the average pretest value ($\mu A_1 3.0000 < \mu A_2 7.9000$) with a difference of 4.9. Thus, it can be concluded that there is a significant influence of bench jumping training on the ability to lay-up shots in basketball games among students at SMA Negeri 3 Pinrang.

Table 6.
 Results of Third Hypothesis Data Processing

Hypothesis	Mean	t-observes	t-table	P	α	Information
Post-test skipping exercise	5,9000	-3,735	2,101	0,002	0,05	Significant
Post-test bench jumping exercise	7,9000					

The significant difference in influence between the skipping training group and the bench jumping training group on the ability to lay-up the shoot in basketball games among students at SMA Negeri 3 Pinrang, obtained a t-observation value of -3.735 which is greater than the t-table value of 2.101 ($-3.735 > 2.101$) with a value significantly 0.002 is greater than $\alpha 0.05$. So H_0 is rejected and H_1 is accepted, meaning there is a difference in influence between the final test (posttest) of the skipping exercise group and the bench jumping exercise group. Thus, it can be concluded that there is a significant difference in influence between skipping training and bench jumping training on the lay-up shoot ability in basketball games among Pinrang 3 Public High School students. Meanwhile, to prove the difference between skipping training groups and bench jumping training on lay-up shooting ability in basketball games. This can be proven by the posttest for the bench jumping exercise group which obtained an average value of 7.9000 which was greater than the average value of the skipping exercise group of 5.9000 ($\mu A_2 7.9000 \geq \mu B_2 5.9000$). These results show a difference in the average score of 2 after the post-test or final test of lay-up shoot ability in a basketball game among students at SMA Negeri 3 Pinrang, and the bench jumping practice group was better than the skipping practice group.

Discussion

The first hypothesis is accepted: there is a significant effect of skipping training on lay-up shooting ability in basketball games among students at SMA Negeri 3 Pinrang. According to the t-test results of the initial test data and final test data of the lay-up shoot ability in basketball games for Pinrang 3 Public High School students in the skipping practice group, it turns out that from the calculation results the observed t value is greater than the t table value at the 95% significance level. This proves that the first hypothesis proposed is accepted at a significance level of 95%. The prediction that can be made is that by providing

systematic, programmed skipping training, you will be able to improve your lay-up shooting ability in basketball games. This proves that skipping training plays a role in improving lay-up shooting basketball ability. According to Nurhasan, et al, (2005): "Skipping itself is a form of exercise using a rope which is done by jumping the rope continuously or according to a specified time." So, skipping training is an activity that uses a rope with both ends of the rope held in both hands and then swung from head to toe while jumping over it. Because players must jump when shooting in a basketball game, therefore, players or athletes must do jumping exercises, one of which is skipping exercises. The connection between the skipping exercise in carrying out the lay-up and the shoot in basketball is that the movement used in the lay-up shoot is stepping and then jumping, therefore the player must have a high jump so that it is easy to put the ball into the basketball ring. It's different if a player doesn't have a good jump, then the shot they take will be difficult and will also be easily blocked by the opponent. Thus, skipping training has a significant influence on the lay-up shooting ability in basketball games among students SMA Negeri 3 Pinrang.

The second hypothesis is accepted: there is a significant effect of bench jumping training on the ability to lay-up shoot in basketball games among students at SMA Negeri 3 Pinrang. According to the t-test results of the initial test data and final test data of the lay-up shoot ability in basketball games among students at SMA Negeri 3 Pinrang in the bench jumping practice group, it turns out that from the calculation results, it was obtained that the observation t value was greater than the t table value at the 95% significance level. The prediction that can be made is that by providing bench jumping exercises in a systematic, programmed manner, you will be able to improve your lay-up shooting ability in basketball games. This proves that a student performs bench jumping exercises to achieve lay-up shoot ability in basketball. These results explain that a student's bench jumping exercise greatly influences the movement in taking a lay-up shot in a basketball game. According to Chu (1992) in Ayuningtyas (2015), bench jumping is: "Jump up and forward, landing with both feet on the bench." Meanwhile, according to Wulandari (2014), it is: "bench jumping is a learning tool for innovative, creative and effective flop style high jumps as an effort to ensure that physical education can be understood and understood by students well." In the game of basketball, especially the basic lay-up shoot technique, a student is required to be able to jump as close as possible to the basketball ring so that he can easily shoot into the ring. For this reason, the upright jumping exercise is a movement of jumping onto a bench which is done repeatedly for a predetermined time. Therefore, it is related to the lay-up shoot movement in the game of basketball, students must always jump upwards and then shoot towards the ring. Lay-up Shoot is a shot with a technique that requires three steps, then a high jump, and good shooting accuracy. The lay-up shoot is a very important shot that can be done in any condition and even the jump shoot is very appropriate to use when the opponent's defence is very strong. Thus, bench jumping training has a significant influence on lay-up shooting ability in basketball games among students SMA Negeri 3 Pinrang.

The third hypothesis is accepted: there is a significant difference in the influence between skipping training and bench jumping training on the ability to lay-up shoot in basketball games among students at SMA Negeri 3 Pinrang. According to the results of the t-test data from the final test of lay-up shooting ability in basketball games for Pinrang 3 Public High School students in both groups, it turns out that from the calculation results, it was obtained that the observed t value was greater than the t table value at the 95% significance level. This proves that the third hypothesis proposed is accepted at a significance level of 95%. Bench jumping exercises are better at improving lay-up shooting ability in basketball than skipping exercises. In carrying out lay-up shoot skills in basketball

games, students practice repeatedly to gain practical skills and dexterity regarding the knowledge learned. Therefore, doing a good lay-up shoot requires repeated practice. Analysis of the movement that occurs when students do a lay-up shoot is that the player must take three steps and then make a high jump to easily shoot. If the player's jump is not high enough, the shot will easily be blocked. Skipping exercises and box jump exercises are almost the same form of exercise, but the difference is that the skipping exercise uses a rope over the head and then jumps over the body, while the bench jumping exercise uses a bench to sit on, jumping onto a bench then back down again and so on. The two methods used as the focus of the research, namely skipping training and bench jumping training, have a training function in improving lay-up shooting ability in basketball games. Skipping functions to increase strength (building bone density), and improve coordination (controlling the speed and rhythm of movements with the right position) in doing jump shoots, while lay-up shoot training functions to increase high speed, large and strong power and shorten the touch time between soles of the feet with the floor and benches or stage. Therefore, these two forms of training are nerve stimulation that can help carry out lay-up shooting skills in basketball games. Or usually interpreted as a person's ability to act immediately as quickly as possible in response to stimuli that come through the senses, nerves or other feelings. Thus, skipping training and bench jumping training have a significant difference in influence on the lay-up shoot ability in basketball games among Pinrang 3 Public High School students, and bench jumping practice is better in improving lay-up shoot ability in basketball games than skipping training.

CONCLUSION AND SUGGESTION

After researching the issue of the influence of skipping exercises and bench jumping exercises on the lay-up shoot ability in volleyball games among students at SMA Negeri 3 Pinrang, the following conclusions were drawn: There is a significant influence of skipping exercises on the lay-up shoot ability in basketball games among students. Pinrang 3 Public High School. There is a significant effect of bench jumping training on the ability to lay-up and shoot in basketball games among students at SMA Negeri 3 Pinrang. There is a significant difference in the influence between skipping training and bench jumping training on lay-up shooting ability in basketball games among students at SMA Negeri 3 Pinrang.

As a result of these conclusions, the following suggestions will be put forward: For basketball coaches and coaches, to improve their lay-up shooting ability, they must carry out skipping exercises and bench jumping exercises regularly. Schools need to facilitate learning facilities and infrastructure in schools so that problems do not occur that can hinder the learning process. For those who are interested in conducting further research, it is recommended to involve other variables that are relevant to this research as well as a wider population and sample.

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