

ANALYSIS OF LAY UP SHOOTING ABILITY OF BASKETBALL ATHLETES AT SMK NEGERI 1 BANDA ACEH

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ABSTRACT

This study aims to determine the level of lay-up shooting ability of basketball athletes at SMK Negeri 1 Banda Aceh. The study used a quantitative descriptive approach with test and measurement methods. The research subjects were 24 athletes who were all sampled. The instrument used was a lay-up shooting skills test that assessed the initial, execution, and final movement phases. Data were analyzed using descriptive statistics and classified into five assessment categories. The results showed a minimum score of 12, a maximum of 23, an average of 18.75, and a standard deviation of 2.60. The distribution of categories showed that 12.5% of athletes were in the very good category, 45.8% were good, 29.2% were moderate, 12.5% were poor, and 0% were very poor. Based on the average

value, the lay-up shooting ability of basketball athletes at SMK Negeri 1 Banda Aceh was in the good category. However, there is still a need for increased training, especially in the aspects of step coordination, balance, and shooting accuracy.

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INTRODUCTION

Sport own role strategic in increase quality source Power human , good from aspect physical , mental, and social . In the context of education , activities sport No only functioning as means For guard fitness physical participant educate , but also play a role in form character , improve discipline , as well as grow values sportsmanship and work the same . Through a planned and systematic coaching process, the activities sports in the environment school believed capable become receptacle development potential participant educate optimally , especially in field performance sports. A well -designed training program in a way scientific and sustainable can help athlete increase ability techniques , tactics , and condition supportive physical performance in match (Wijaya

2021). One of the branch growing sport rapidly among students is basketball. The game of basketball is sport demanding team combination between skills technique , ability physical , as well as coordination good movement . In addition , the game this also has dynamic and competitive characteristics so it is very popular with students in various level education . In the game of basketball, success something the team is very much determined by mastery technique the basis that each person has players . Basic techniques the includes passing, dribbling, shooting, pivoting, and lay up shooting which must be done mastered optimally for support effectiveness field games (Putra, Hita, and Mahotama 2025) .

Lay up shoot is one of the technique base in basketball game that has level success tall if done with correct technique. This technique usually used in situation attack with close distance with a ring so that opportunity print number become more big compared to with type shot others. Lay up shoot is done through series movements that involve coordination between footsteps, repulsions, jumps , etc release of the ball to direction board reflection or direct to the ring. Success in do lay up shoot no only determined by strength hand in releasing the ball, but also by ability athlete in coordinate all over series movement in a way effective and efficient . In a way biomechanics , movement lay up shoot involves Work The same between system muscles and systems nerve in produce pattern coordinated movement . This movement started from phase marked prefix with step approach towards the ring, continued with phase push that requires muscle power legs For produce leap vertical , as well as ended with phase ball release that requires Good control and accuracy . Muscle power legs play a role important in determine tall leap athletes , while balance body influential to stability movement moment is in the air . In addition , coordination between eyes and hands are also very necessary For ensure direction shot in accordance with the desired target .

Success lay up shoot is also influenced by several things component condition physique like strength , power explosion muscle legs , balance , and coordination movement . Dahlan (2023) explain that leg power and balance own significant contribution to success shot lay up in basketball game . Athletes with good leg power ability tend capable produce more rejection maximum so that position body moment floating become more stable . Stability body the will make it easier athlete in control direction release of the ball so that increase accuracy shooting . On the other hand , mastery technique base in basketball game no can obtained in a way instant , but rather through the training process carried out in a way repetitive and continuous . Wati (2019)

state that exercise technique the basis for what is done in a way systematic and varied can help athlete in develop pattern more movement efficient and automatic . Structured training also allows athlete For repair error movement so that performance the resulting technique become more optimal. However thus , in in practice Still often found athletes who experience difficulty in do lay up shoot with correct . Common mistakes happen including inaccuracies step prefix , less maximum rejection moment jump , and imbalance body moment do ball release . Condition the can cause direction shot become No accurate so that opportunity print number become reduced . Problems This show that ability technique lay up shoot necessary analyzed in a way objective For know level mastery possessed by athletes .

Based on results observation beginning to basketball athletes from State Vocational School 1 Banda Aceh, still found inconsistency in success do lay up shoot well at the moment exercise and matches . Some athlete seen Not yet capable coordinate step prefix with rejection optimally , so that the resulting jump not enough maximum . In addition , the balance body moment floating in the air too still become obstacles that affect accuracy direction shot to the ring. Condition This indicates that mastery technique lay up shoot by athlete Still need improved through more training programs focused and specific . Analysis to ability technique base lay up shoot becomes important For done as base in preparation of an effective training program . With know level abilities possessed by athletes , coaches can designing form appropriate exercise with need as well as weaknesses that still exist owned by athletes . Evaluation ability techniques can also used as indicator the success of the training program that has been implemented during the coaching process taking place . Therefore that , research This focused For analyze ability lay up shoot by basketball athletes from SMK Negeri 1 Banda Aceh objective through approach tests and measurements . Research results expected can give description about level mastery technique lay up shoot owned by the athlete , as well as become material consideration for coach in develop a more training program effective in improving performance athlete in basketball game .

RESEARCH METHODS

Study This is non- experimental studies Which use approach quantitative descriptive approach quantitative descriptive chosen Because the goal is For in a way objective describe ability technique lay up shoot from basketball athletes without existence intervention on variables studied . Research with characteristic descriptive

quantitative focuses on deep data collection form number , Then analyze it with method statistics For give understanding about phenomenon Which there is . According to Sugiyono (2019) , objective study descriptive quantitative is For to describe or describe A condition with systematic , clear and accurate based on the data obtained from field . The design applied in study This is survey use technique tests and measurements . According to Saputra & Wibowo (2020) , Survey chosen Because give chance for researchers For collect data in a direct from subject study in real situation . With method tests and measurements , abilities technique lay up shoot for athletes can measured in a way objective use indicator the movement that has determined previously . Purpose use method test in study sport is For evaluate level mastery athlete to skills technique base with method Which measurable and standard .

Population study This consists of from all basketball athlete who active participate in activity extracurricular in Vocational School Country 1 Banda Aceh in 2025. Total population Which investigated are 24 athletes . Considering population This Enough small , then all its members used as sample research . Method taking applied sample is total sampling. Total sampling is technique Which used when all over member population made into sample research . Method This in accordance with view Sugiyono (2019) who stated that If amount population not enough out of 100 people, then all over population Can used as sample for results study more representative . Variable main in study This is ability technique lay up shoot from basketball athlete . Ability lay up shoot includes skills athlete in carry out series movement lay up shoot consisting of from phase movement beginning (prefix), phase implementation (pushes and jumps), as well as phase final (ball release and landing). For prevent existence difference in understand the variables studied are as follows is definition operational Which composed :

1. Initial movement (prefix) is ability athlete For do step approaching the ring with coordination the right step before do rejection .
2. Implementation movement is ability athlete For do push and jump with utilise strength muscle legs in a way maximum .
3. Final movement is ability athlete For release the ball to direction board reflection or ring with control the good one and high accuracy Which ended with landing balanced .

Tool measuring used in study This is test skills lay up shoot. Test This aim For determine level mastery technique base lay up shoot based on indicator the movement

that has determined . Assessment test lay up shoot is done with use sheet observations that include criteria evaluation For every phase movement (Rahmatullah 2022) . Every phase movement will assessed with score Which reflect level accuracy movements performed by athletes. Use test skills in study sport in line with opinion Nurhasan and Cholil (2007) stated that that test skills used For evaluate ability technique base in a way objective based on standard Which valid . Before instrument test used in research , important For consult with expert in the field training sport . The goal is For ensure indicator evaluation in accordance with technique proper lay up shoot . Consultation This aim For confirm the validity of the content from instruments used . Content validity show ability instrument in measure appropriate aspects with objective research . In addition , to ensure consistency assessment , observation done by more from One an observer who understands technique base game basketball .

Data in study This collected through a lay up shoot skills test conducted on a basketball court at State Vocational School 1 Banda Aceh. Every athlete given chance For operate lay up shoot following procedures that have been determined . During the implementation test , researcher and observer evaluate every phase movements performed athlete with use sheet observations that have been prepared . The score obtained from every phase Then added up For get total value ability lay up shoot each athletes . The data that has been collected analyzed with use technique statistics descriptive method This used For determine minimum, maximum, average, and values standard deviation from results tests conducted. The purpose of calculating the average is For know ability lay up shoot general, whereas standard deviation used For see variation ability athletes. After that, the score obtained grouped to in five categories assessment , which covering very good, good, average, poor, and very poor. Categorization This using assessment norms based on average and standard values deviation. Purpose from classification This is for make it easier understanding about level lay up shoot ability in circles athlete basketball of State Vocational School 1 Banda Aceh in more detail systematic .

RESEARCH RESULT

Analysis results descriptive show that score ability lay up shoot athlete own minimum value 12 and maximum 23, with average value of 18.75 and standard deviation 2.60. Based on categorization, obtained distribution as following :

Table 1. Categories of athletes' lay up shoot abilities

No	Category	Frequency (Athlete)	Percentage (%)
1	Very good	3	12.5
2	Good	11	45.8
3	Currently	7	29.2
4	Not enough	3	12.5
5	Very less	0	0
	Amount	24	100

Based on table 1 which shows the distribution of lay up shoot abilities in basketball athletes at SMK Negeri 1 Banda Aceh, we can see that the athletes' abilities are classified into several categories, namely very good, good, moderate, less, and very less. From analysis Which done, majority athlete is at in category Good, with total of 11 people or around 45.8% of overall sample which is being researched. This is show that majority from they has own skills technique enough lay up shoot adequate in operate series movement lay up shoot according to criteria that have been determined .

Next, there are 7 athletes, Which contributed 29.2 %, is at in category moderate . Percentage This show that Still there is athletes who have not Can do lay up shoot technique with consistent , especially in phases certain like step beginning , rejection , and ball release . Athlete in category This usually has understand technique base , but they Still face problem in guard balance body and coordination movement when jump to ring direction . In Very good category , there are 3 athletes Which represent percentage 12.5%. Athletes This own mastery technique excellent lay up shoot . They show ability For do step beginning with right , giving maximum repulsion , and release the ball with appropriate to board reflection or direct dry .

In addition , athletes in category This capable guard balance body with Good moment jump And moment landed . Meanwhile , in the category there are also at least 3 athletes , with proportion by 12.5%. Athletes in category This Still show lack in a number of part lay up shoot technique , such as error on the step approaching the ring, lack of Power rejection moment jump , and control moment release the ball that has not been optimal . Thing This result in low accuracy shot , so that opportunity For print number through lay up shoot become more small . On category very not enough , No There is identified athletes , with percentage 0%. This show that all athlete at least Already own understanding base about lay up shoot technique although level his skills varies .

Overall , spread category lay up shoot ability basketball athletes at State Vocational School 1 Banda Aceh shows that technique the basis that they have generally is at in category good . However , still There is athletes who are in category moderate and less , so that required effort improvement through program more training focus so that quality lay up shoot technique can be improved evenly in between all athlete .

DISCUSSION

Result of studies This show that skills Lay up shoot of basketball athletes at SMK Negeri 1 Banda Aceh in general classified as good . Discovery This confirm that majority athlete capable carry out series movement lay up shoot with Enough efficient , from stage beginning , rejection , until moment let go ball. in line with findings This , Retno Farhana Nurulita (2022) who stated that lay up shoot is shot close to need coordination between footwork , push-off , and control hand For ensure right ball leading to the ring. Success in apply technique This really depends on the extent where are the athletes ? can integrate various aspect movement in a way simultaneously For produce effective and efficient shooting .

Skills good to have athlete in carry out lay up shoot shows that program exercises that have been done give results positive to mastery technique basketball basics . The exercises performed repetitive whenever possible athlete form pattern more movement stable and controlled . In this case Study movement , repetition exercise own role important in increase coordination neuromuscular so that movement become more automatic . Frequency exercise lay up shoot with proper technique influential on ability they in control movement body moment do shot .

However, there is Also athletes who are in category moderate and less . Situation This support view Kusuma et al (2023) stated that that mastery technique The basics of basketball , especially the lay up, are influenced by by quality , intensity, and variety training . Athletes who have not reach results optimal often time face challenge in guard consistency movement , especially in coordination steps and time rejection moment approaching the ring. Error in determine step final before do rejection can impact on the jump Which not enough maximum And influence position body in the air .

More further , instability moment do lay up shoot technique is also possible caused by by Not yet optimally coordination between foot and hand movements . Mismatch in movement can make the ball is released moment position body not enough balanced , resulting in direction shot become No right . Athletes who do not Can guard balance

moment jump tend difficulty in arrange corner release of the ball, which in turn reduce level success shot .

In side aspect technique , success lay up shoot is also very influenced by condition physique athletes . Putri Widya et al (2023) explain that strength feet , balance , and accuracy contribute big to results lay up . Strength muscle foot give strong urge so that athlete capable reach height optimal jump . Maximum jump allows athlete For release the ball with more angles Good towards the ring or board bounce , increase opportunity success shot .

Balance the body is also factor crucial in implementation lay up shoot. Athlete with good balance tend can maintain stability body moment in the air And moment landing . Stability This very important For ensure the ball is released in a controlled manner . On the other hand , athletes who experience problem balance will difficult direct the ball to the desired target , so that accuracy shot become reduce (Hasyim 2024) .

During the implementation research , a number of athlete looks Not yet optimal in do rejection and defense balance , which impact on accuracy shot . This is show that skills in do lay-up shoot No only depends on ability movement , but also on aspect supportive physical implementation technique So , practice For athlete must covering development condition physique , like strength and explosive power muscle foot as well as exercise balance For support success lay up shooting technique . Khumar (2024) emphasize importance program planned , systematic , and consistent exercise For increase performance athletes . The exercises are arranged based on scientific will help athlete increase ability technique with method gradually in accordance with principles in sports . In harmony with this , Satela et al (2024) disclose that evaluate ability technique is step important in designing an effective exercise program . Through evaluation , trainer can recognize existing deficiencies on athlete And determine type proper exercise For overcome problem the .

With so , the findings study This Can become guide for coach in develop a more training program focus , especially in improvement coordination movement , strength feet , and accuracy lay up . It is expected that the training program is oriented towards improving skills lay up shoot can help athlete repair error movement And increase consistency shot they . Ma'ruf (2025) also emphasized that development skills in sport requires a regular and continuous training process . Exercises carried out in a way Keep going continuously will help athlete hone motor skills so that technique lay up shoot can done with more good . Therefore that , although in a way general ability lay up shot

athlete Already okay , stay tuned required business For maximize ability the in order to develop optimally and evenly in between all athlete .

In addition , success in do lay up shoot is also influenced by ability athlete in determine corner ball release when shooting . Angle liberation that is not appropriate Can cause the ball to bounce to direction Which wrong on the board reflection or even No about target The same very (Princess 2025) . In a state real game , athletes must Can operate lay up shoot lower pressure opponent and in situation Which dynamic . So , the skills in control corner shot as well as arrange position body moment jump become very crucial For increase chance success shot.

Other factors that influence success lay up shoot is ability athlete For estimate distance to the ring when approaching . Athlete with perception good space usually Can determine point proper rejection before jump . Accuracy in choose point rejection will help athlete get ideal position when release the ball. Otherwise, error in determine distance and point rejection can influence effectiveness movement lay up shoot , so that accuracy shot decreases . Then from that , the training given to athlete should No only focused on skills basic , but also must increase ability perception movement and retrieval decision moment do deep lay up shoot situation real game .

CONCLUSION AND RECOMMENDATION

Conclusion

Based on results from research and analysis that has been done, can concluded that in a way general , ability basketball athletes in do lay up shoot at SMK Negeri 1 Banda Aceh is at the level good . Findings This signify that majority athlete own mastery technique base enough lay up shoot adequate , covers various phase consisting of from phase early phase rejection , and phase moment release ball to ring direction or board bounce . Coordination between third phase the become gauge measuring important For evaluate success implementation technique deep lay up shoot basketball game . Ability Which assessed Good in lay up shoot show that the training process is carried out as far as This has give impact positive for improvement skills technique base athletes . Through exercise repeated And organized with Good , athlete can hone ability coordination more movement good, make series movement lay up shoot possible done with more effective and efficient .

This show that the training program is implemented during coaching has succeed help athlete in increase mastery technique base basketball games , especially in technique

lay up shoot. However, the result research also indicates that There is a number of athletes included in category moderate and less. Things This show that mastery technique lay up shoot yet evenly in between all athletes. Athletes in the category currently generally Already understand technique base lay up shoot, but they Still face problem in guard consistency movement moment do rejection or release the ball. In on the other hand, athletes who are classified not enough tend experience difficulty coordinate step prefix with repulsion, so that the resulting jump No maximum and influence accuracy shot dry.

Apart from the factors technique, ability in lay up shoot is also influenced by conditions supportive physical movement this. Strength and power explosion muscle foot own role vital in produce rejection maximum moment do jump. Athletes who have strength muscle good feet usually capable reach tall optimal jump, so moment release the ball, position body more stable. Stability body this is very crucial For make sure the ball is released with right angle to direction target. Athletes who can guard balance body with Good when jump more easy control direction shot, so that opportunity For print points more big. On the contrary, imbalance moment in the air can cause change position hand moment release the ball, which produce less shots accurate.

For that 's important For increase ability lay up shoot athlete through more training programs precise and specific. Focus from the program should directed at development coordination motion, strength and power explosion muscle feet, balance body, as well as accuracy shot. With exercise planned, systematic and sustainable, expected athlete can repair error movement as well as increase quality technique lay up shoot overall. With do planned and continuous practice continuously, it is hoped athletes can increase ability their lay up shoot with more good and even. Improvement in technique This expected will give impact positive on performance athlete moment playing basketball, especially in increase effectiveness attack through technique lay up shoot and help team reach points during match.

Recommendation

Based on results research, discussion, and conclusions that have been put forward, then can given a number of suggestion as following:

1. **For Coaches** : Coaches recommended For compile and implement program more practice focused on improving lay up shoot ability, especially in the aspect coordination steps, strength and power legs, balance body, as well as accuracy

shooting . Practice should carried out in a planned , systematic and sustainable manner with variation form practice to improve your skills athlete can increase optimally and evenly .

2. **For Athletes** : Athletes expected can increase seriousness and discipline in follow program the exercises given trainers , as well as do exercise additional independently For repair lay up shoot technique , especially in guard balance body and precision ball release when approaching the ring.
3. **For Schools** : Schools expected can support coaching performance basketball with provide facilities and infrastructure adequate training , as well as give support to program coaching athletes to achieve success sports at school can Keep going develop .
4. **For Further Researchers** : Research This can made into as material reference for researchers next . It is recommended For do study advanced with coverage more samples wide or use design study experiments to find out influence program exercise certain to improvement lay up shoot ability basketball athlete .

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