

ABSTRAC

THE CORRECT TECHNIQUE WAS THE FACTORS DETERMINES THAT THE BALL'S ENTRY INTO THE RING.2021

Nur Cahya Rachmad

Key word : shooting under basketball, balance, concentration

The purpose of this study was to determine the relationship between the level of concentration and balance on the shooting under basketball of Taruna Sumenep club. The use of the correct technique is one of the determining factors for the ball to enter the ring. the level of accuracy in shooting at close range (underbasket) which has a greater chance of entering. Shooting requires the BEEF technique. Shooting requires a high level of concentration, because it is related to accuracy when athletes make shooting movements.

The problem of the research that will be carried out is that there is a relationship between the level of concentration and balance on the shooting of the basketball club Taruna Sumenep. The researcher used a non-experimental research type with a correlational research design. Data collection techniques using tests and measurements. As for the research instrument using a Grid Concetration Test questionnaire, conducting a 30 second shoot under basketball test and a balance test. The sample of this study amounted to 12 athletes, with purposive sampling technique. Meanwhile, for data analysis using product moment correlation and percentage.

Based on the results of the study showed that between concentration and under basket there was no relationship with the sig value. of 0.364. for balance with underbasket a significance value of 0.940 which means there is no relationship. The conclusion that can be obtained from this study is that there is no significant relationship between balance with underbasket and concentration with underbasket.