

## Learning Passes (Bounce, Chest and Overhead Pass) in Basketball Games Through Guided Discovery Teaching Methods for Grade 8.9 Students of SMP Negeri 3 Palembang

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### ABSTRACT

This study aims to improve students' ability to perform passing bounce, chest, and overhead passes in basketball games at SMP Negeri 3 Palembang. This research was conducted at SMP Negeri 3, South Sumatra Province. The research approach used is Classroom Action Research, which includes qualitative and quantitative data collection. This study involves physical education practitioners as partners, and the research was conducted in two cycles, each cycle consisting of 2 meetings. The results of the study concluded that there were changes or improvements in students from initial observations, cycle I, and cycle II. The improvement was seen progressively from each cycle. From the results of the initial test, it produced a percentage of 52%, cycle I with a percentage of 70%, and cycle II with a percentage of 85% of students were able to perform basketball bounce, chest, and overhead passes.

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### AUTHORS' CONTRIBUTION

A. Conception and design of the study;  
B. Acquisition of data;  
C. Analysis and interpretation of data;  
D. Manuscript preparation;  
E. Obtaining funding

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## INTRODUCTION

Basketball is one of the most popular sports among people. Basketball is a sport that is very popular. This is proven by the number of matches held, as well as the diverse types the matches that were accompanied with entertainment like three x three and street ball, thus lifting basketball into a prestigious sport among the young. (M.Axl Rachman, M. Ridwan, 2019).

Basketball is a game played by two teams of five players each. The goal of each team is to put the ball in the basket while preventing the other team from doing the same thing. Basketball is a fast, dynamic, entertaining, and amazing game. The fluctuations in

numbers that occur every minute make the game still interesting. There are three main skills for moving the ball in basketball: dribbling, passing, and shooting. Because shooting is a movement final to get points, there is another important part: passing, which is one of the methods to give bait to friends who will shoot (Maiwahyudi, Ramadi, Ardiah Juita: 2015).

According to Agus Salim (2007: 5), passing the ball is one of the most basic abilities in a basketball game. He also stated that passing is the most efficient technique for moving the ball from one field area to another area without losing control. Bounce pass is a throw or give-and-go with bouncing the ball on the floor, so it is very useful when there is a player enduring in the team, and most effective when players endure more height and arms stretched out to one.

Chest Pass is the most popular and widely used operand in basketball games. According to Kosasih (2007:28), "chest pass is the most effective pass, especially moment the player is in a position to survive." Ahmadi (2007:13) stated that " passing the ball with two hands in front of the chest is a frequent pass done in "basketball game ". Pass This is suitable for a distance close. Pass the ball with a method that produces speed, accuracy, and precision. This throws own distance of 5 to 7 meters.

According to Hartyani in his book translated by PB PERBASI (2006), " Overhead pass is the usual operation done to throw the ball into the post area high goal and low, or as the starting throw attack fast after the ball bounces, or at the time do throw to in ". A basketball player, for sure, often does overhead manoeuvres, either to Friend and For put the ball in the basket opponent. Bait on Player must step on the bait with straightened legs, back, and arms to give the required energy. Wrist hands and fingers must be flexible so that they can release the ball, that is, finger index finger and the middle finger of both hands. " Generally, players who are tall use bait on a For beyond range opponent. This throw can also be used for bait ", fast ." Hartyani, translated by PB PERBASI (2006).

## METHODS

Approach study action class used to collect qualitative and quantitative data. Research involving professional education and physical education as partners, and done in two cycles, each with two sessions. The findings study show that students have changed or increased from the observation beginning, cycle I, and cycle II. Participants in the study: This is student class 8.9 at SMP Negeri 3 Palembang. Approach: Cluster Random Sampling was used to choose a sample of 33 students from class 8.9 of SMP Negeri 3 Palembang, including 18 girls and 15 boys.

Research data collected at SMP Negeri 3 Palembang. Research was conducted in the month February 2025, and data collection was carried out on May 14, 2025. To obtain research data, used tool was used. Instrument study used with various methods, namely: (1) compiling indicator variable research, (2) making a grid instrument, (3 ) conducting trials with instruments, and (4) conducting validity and reliability tests instrument.

## RESULTS AND DISCUSSION

### Result

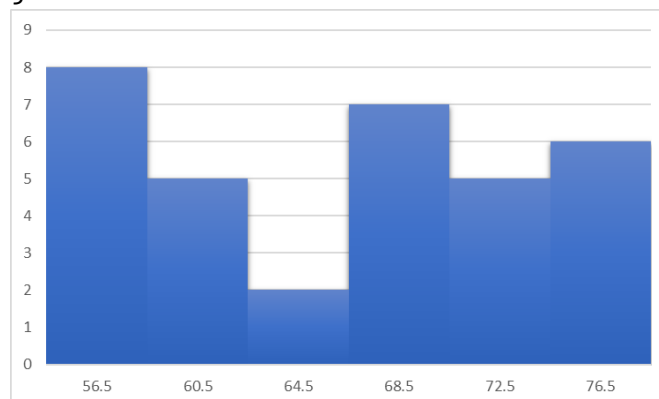
Researchers do implementation activity observation starting and test beginning of class 8.9 at SMP Negeri 3 Palembang to know the condition of beginning learning education physical specifically. For Basketball passing material (Bounce, Chest, and Overhead Pass), as for the results test beginning is as follows: The lowest value is 55, the highest value is the highest is 78, and the average score is 66.

**Table 1.**

Frequency Distribution of Initial Basketball Passing Test Results

NO	Interval Class	Middle Value	Absolute Frequency	Relative Frequency
1	55-58	56.5	8	24%
2	59-62	60.5	5	15%
3	63-66	64.5	2	7%
4	67-70	68.5	7	21%
5	71-74	72.5	5	15%
6	75-78	76.5	6	18%
<b>Amount</b>			<b>33</b>	<b>100%</b>

Based on the table, one can conclude that the frequency is the highest found in the interval 55-58, with a percentage 24%, while the frequency is the smallest found in the interval 63-66, with a percentage of 7%, with provision for students who are not capable. The passing movements (Bounce, Chest, and Overhead Pass) in basketball totalled 16 students (48%), namely, those who have not yet reached the limit of completion value 68. While students who have reached the limit of completion are a total of 17 (52%). For more clear a clearer histogram is made as follows.



**Figure 1.**

Histogram graph of the test beginning Bounce, Chest, and Overhead Pass in Basketball

### Cycle 1 Assessment Results

After following the learning process, passing the basketball with use style of teaching invention-guided, then obtained results as follows: value lowest 61, value the highest is 86, and the average score is 73.

**Table 2.**  
Results of Cycle 1

NO	Interval Class	Middle Value	Absolute Frequency	Relative Frequency
1	61-64	62.5	3	9%
2	65-68	66.5	5	15%
3	69-72	70.5	11	33%
4	73-76	74.5	6	19%
5	77-80	78.5	3	9%
6	81-84	82.5	1	3%
7	85-88	86.5	4	12%
<b>Amount</b>			<b>33</b>	<b>100%</b>

Based on table on can concluded that frequency the biggest found in the interval 69-72 with 9% percentage and frequency the smallest in the interval 85-88 with percentage 12%, with provision students who have not capable do movement bounce, chest, and overhead The number of basketball passes is 10 people (30%), namely Not yet reach minimum completion ( value 68). While students who have reached a minimum completion of 13 students (70%). Thus, if seen from the test beginning has been improvement from test initial 52% to 70% action cycle 1. In action cycle 1, indeed improvement has happened, but it will but not yet reached completeness class, namely a minimum of 80% of the number of students, so the researcher continues to cycle next.

### Cycle II Assessment Results

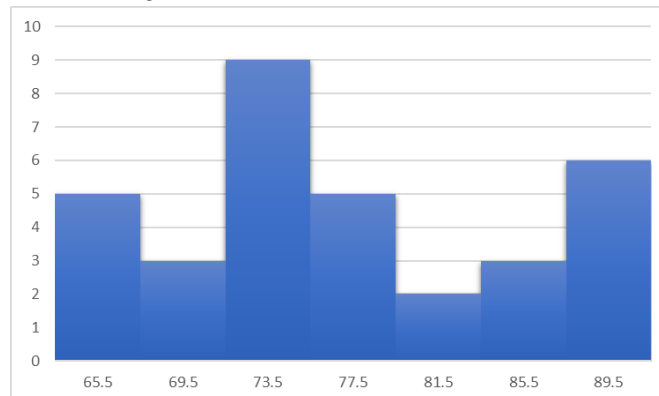
After following the learning process passing the basketball ( Bounce, Chest, and Overhead Pass ) through style, teach invention guided, then obtained results learning as follows: value lowest 64, value highest 89 and average value 77 according to with in the table.

**Table 3.**  
Results of Cycle 2

NO	Interval Class	Middle Value	Absolute Frequency	Relative Frequency
1	64-67	65.5	5	15%
2	68-71	69.5	3	9%
3	72-75	73.5	9	27%
4	76-79	77.5	5	15%
5	80-83	81.5	2	7%
6	84-87	85.5	3	9%
7	88-91	89.5	6	18%
<b>Amount</b>			<b>33</b>	<b>100%</b>

In the table on can concluded that frequency the biggest found in the interval 72-75 with percentage 27%, frequency the smallest found in the interval 68-71 with 9% percentage with provision students who have not capable do movement bounce, chest, and overhead There were 5 students (15%) passing the basketball, namely Not yet reach minimum completion of 68. While students who have reached the limit of completion are a total of 28 people (85%). With this review of results, study cycle 1 shows improvement from 70% to 85% at the time cycle 2, then it can be concluded that style teach invention

guided can increase results in Study bounce, chest, and overhead in basketball passing. To clarify information, a histogram is as follows: This.



**Figure 2.**

Histogram graph of the test end (cycle 2): Bounce, Chest and Overhead Pass in Basketball

**Table 4.**

Discussion results evaluation of basketball passing

No	Category	Mark	Initial Test		Cycle 1		Cycle 2	
			F	%	F	%	F	%
1	Passed	>68	17	52%	23	70%	28	85%
2	Not pass	<68	16	48%	10	30%	5	15%
$\Sigma$			33	100	33	100	33	100

From the table on can concluded that on the test beginning 17 (52%) students passed and 16 (48%) students failed, in cycle 1 there was quite an improvement Good that is The number of students who passed was 23 (70%) students and the number of students who did not pass was 10 (30%), in cycle 2 it was seen progress namely, 28 (85%) passed and 5 (15%) students failed.

## CONCLUSION

Based on the results study can conclude that there is a modification or improvement skills of students in learn the techniques of bounce, chest, and overhead in basketball games with the use approach learning invention guided learning, which produces students.

## ACKNOWLEDGMENT

Based on the conclusion from the results study, this writer provides suggestions as follows:

1. Educational teachers' physical health should No depend on one method of teaching, but when adopting tactics to study teaching, adjust them according to the main discussion that will be taught.

2. Teaching methods, invention-guided, can push students to become more involved in the activity of Study teaching.
3. An education teacher can use an approach, invention-guided approach to help student increase their talent in basketball passing, especially with material bounce, chest, and overhead passing.

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