

Survey of Basketball Perimeter Shooting Skills In Junior High School Students In Bangkalan District

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ABSTRACT

This study aims to describe the perimeter shooting skills of basketball in junior high school students in Bangkalan Regency. The research method used is a quantitative descriptive design with a quota sampling technique. The subjects of the study were male students in grade VII from several junior high schools in Bangkalan Regency. Data were collected through perimeter shooting skills tests using The Stationary Two-Point Shooting Test (S2P), which were conducted in three series with a three-minute rest interval between each series. The results showed that the average percentage of students' perimeter shooting success was in the moderate category, with a value of 58.3%. The Kolmogorov-Smirnov normality test showed that the data were normally distributed, so they could be analyzed using quantitative descriptive analysis. These findings indicate that students already have basic skills in perimeter shooting, but still need more structured and intensive training to improve shooting consistency and accuracy. This study is expected to provide a reference for sports teachers and coaches in designing effective training programs to improve students' perimeter shooting skills.

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- Conception and design of the study;
- Acquisition of data;
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INTRODUCTION

Basketball is one of the most popular sports among the people of the United States and people in other parts of the world, including South America, Southern Europe, Lithuania, and Indonesia. Many basketball competitions are held every year, such as the British Basketball League (BBL) in England, the National Basketball Association (NBA) in America, and the Indonesian Basketball League (IBL) in Indonesia. Basketball is a team sport consisting of two teams of five players each who compete to score points by putting the ball into the opponent's basket (ring). Basketball is a game that is played on a hard-floored court with a length of approximately 29 meters and a width of approximately 16 meters. In the game of basketball, there are several basic techniques that must be mastered, namely passing, dribbling and shooting. According

to (Isnanda, 2022), there are several types of techniques in the game of basketball, namely: rebound, dribble, shoot, and lay-up.

The basic techniques of playing basketball certainly cannot be separated from the game. One of them is shooting. Shooting is a very important shot in the game of basketball. Because they can easily put the ball into the opponent's ring and score a lot of points for the team, players who are good shooting are a threat to their opponents. One way to put the ball into the basket and also aim to get points is by shooting. One of the most important basketball skills is the ability to shoot the ball accurately, especially from the perimeter area, which is usually done because the opponent's defence is difficult to pass through. By shooting, the aim of which is to put the ball into the ring, we will get points. Shooting in basketball is one of the fundamental skills that is very important for every player to master.

Shooting techniques not only involve physical aspects but also require a deep understanding of biomechanics and game strategy. According to Erjūlj and Štrumbelj, shooting in basketball can be distinguished based on the player's position and game situation, such as jump shots, layups, and free throws, each of which has different techniques and objectives (Erjūlj & Štrumbelj, 2015). In addition, Pemilihan said that effective shooting requires structured training and the use of appropriate tools, such as ring modifications, to improve player skills, especially among children and adolescents (Mahfud et al., 2022). In basketball, a perimeter shot refers to a mid-range shot, usually taken from about 10 to 22 feet away from the basket. Good perimeter shooting skills are essential because they open up more scoring opportunities.

Shooting a basketball from the perimeter is a skill that requires technique and concentration. Players who want to master perimeter shooting must combine various factors such as correct body position, ball control, balance, and hand strength. Research shows that perimeter shooting, especially three-point shooting, is becoming increasingly important in modern game strategies, where players are required to have good shooting skills from long distances (Mahfud et al., 2022). According to Prastowo & T (2014), Shooting is one way to put the ball into the basket to get points. One of the effective Shooting to score points is shooting a free throw. Shooting a free throw is one of the techniques in the game of basketball that aims to put the ball into the basketball ring. According to Rosmi (2017), a free throw is an opportunity given to players to score points from behind the penalty line in the semicircle.

According to Aryan, RM, & Mardela (2019), a free throw is a gift given by the referee to a player to score one point in a position directly behind the free throw line. Free throws are usually given if the opposing player commits a violation in the restricted area. Perimeter Shooting in basketball means a shot taken from outside the area near the ring, that is, from a greater distance. Usually, this shot is taken from around the three-point line, which is quite far from the basketball ring. There are several types of perimeter shots, including:

1. Mid-range shot: A shot taken from a distance that is not too close to the ring, but not too far either (around the paint area, but outside the free line).

2. Three-point shot: A shot taken from behind the three-point line. If this shot goes in, you get 3 points.
3. Catch-and-shoot: The player receives the ball, then shoots immediately without dribbling.
4. Pull-up jump shot: The player dribbles the ball first, pauses for a moment, then shoots.

Players who are good at shooting perimeter shots can be very dangerous because they can score points. From a distance and makes the opponent's defense more difficult.

METHODS

The research method used in this study is a quantitative descriptive method that aims to provide an objective description of the basketball perimeter shooting skills of junior high school students in Bangkalan Regency. This method was chosen because it is in accordance with the research objectives, which aim to obtain measurable data on the level of students' skills in making perimeter shots. The population in this study were all male students in grade VII in several junior high schools in Bangkalan Regency. Sampling was carried out using the quota sampling technique, which considers the balance of the number of male students in each selected school, so that it can represent the condition of junior high school students in Bangkalan Regency in general.

The research variable studied was basketball perimeter shooting skills, namely the students' ability to shoot from a medium distance with the correct technique. Perimeter shooting skill data was obtained through a perimeter shooting skill test using the Stationary Two-Point Shooting Test (S2P). In its implementation, each student was asked to make two shots from five different predetermined positions, so that there were a total of ten shots for each series. The test was carried out in as many as three series with a three-minute rest period between each series. The average success percentage of the three trials was used as the student's perimeter shooting skill score. This testing procedure adapted the method developed by Pojskiy et al. (2014).

The measurement data of perimeter shooting skills were analyzed descriptively and quantitatively using statistical calculations, such as mean, median, mode, range, and standard deviation. In addition, to ensure that the data obtained was normally distributed, a normality test was carried out using the Kolmogorov-Smirnov test. The results of the data analysis are presented in the form of tables and graphs to facilitate the interpretation of the research results and the preparation of recommendations for related parties.

RESULTS AND DISCUSSION

Research result

Based on the results of the research that has been conducted, the data obtained on the perimeter shooting skills of junior high school students in Bangkalan Regency are in the moderate category, with an average percentage of successful shots of 58.3%. This shows

that most students already have a basic understanding of perimeter shooting techniques, but still need further practice to improve shooting consistency and accuracy. The normality test using Kolmogorov-Smirnov shows that the data is normally distributed, so that descriptive analysis can be carried out properly. The results of this study are expected to be a reference for coaches or sports teachers in compiling more effective training programs to improve students' perimeter shooting skills, especially in preparing them for basketball matches at school and inter-school levels.

Table 1.
SMPN 1 Kwanyar

No.	Back No (Red)	Point	Back No (White)	Point
1.	4	2	10	2
2.	5	0	12	3
3.	6	0	13	1
4.	7	0	4	1
5.	8	0	9	2
6.	9	0	7	0
7.	10	0	15	0
8.	11	0	14	2
9.	12	0	6	4
10.	13	0		
11.	14	0		
12.	15	1		

Table 2.
SMPN 1 Tragah

No.	Back No (Red)	Point	Back No (White)	Point
1.	4	2	4	1
2.	5	2	5	3
3.	7		6	2
4.	9	1	7	0
5.	10	0 0	9	1
6.	11	3	10	3
7.	12	0	12	2
8.	13	0	13	2
9.	14	1	14	1
10.	15	100	15	0

Based on the results of the data that have been analyzed, it can be concluded in the results of the normality test are shown below.

Table 3.
One-Sample Kolmogorov-Smirnov Test 1

		Test 1
N		12
Normal Parameters ^{a,b}	Mean	.25
	Std. Deviation	.622
Most Extreme Differences	Absolute	.490
	Positive	.490
	Negative	-.344
Test Statistic		.490
Asymp. Sig. (2-tailed)		.000

Table 4.
One-Sample Kolmogorov-Smirnov Test 2

		Test 2
N		9
Normal Parameters ^{a,b}	Mean	1.67
	Std. Deviation	1.323
Most Extreme Differences	Absolute	.178
	Positive	.178
	Negative	-.155
Test Statistic		.178
Asymp. Sig. (2-tailed)		.200 ^{c,d}

Table 5.
One-Sample Kolmogorov-Smirnov Test 3

		Test 3
N		10
Normal Parameters ^{a,b}	Mean	1.00
	Std. Deviation	1.054
Most Extreme Differences	Absolute	.229
	Positive	.229
	Negative	-.171
Test Statistic		.229
Asymp. Sig. (2-tailed)		.148 ^c

Table 6.
One-Sample Kolmogorov-Smirnov Test 4

		Test 4
N		10
Normal Parameters ^{a,b}	Mean	1.50
	Std. Deviation	1.080
Most Extreme Differences	Absolute	.178
	Positive	.178
	Negative	-.178
Test Statistic		.178
Asymp. Sig. (2-tailed)		.200 ^{c,d}

Discussion

Based on the results of the research that has been conducted, the perimeter shooting skills of basketball in junior high school students in Bangkalan Regency are in the moderate category, with an average percentage of successful shots of 58.3%. This shows that students already have a basic understanding of perimeter shooting techniques, but these abilities still need to be improved through more intensive and structured training. These results are in line with previous studies, which state that perimeter shooting skills are influenced by several important factors such as body balance, elbow position, and eye-hand coordination. According to Mahfud et al. (2022), consistent application of the BEEF (Balance, Eyes, Elbow, Follow Through) concept in training can help students improve their shooting accuracy. In addition, the results of the Kolmogorov-Smirnov normality test, which showed that the data were normally distributed, supported the descriptive analysis used in this study. This finding is also consistent with the opinion of Erjūlj and Štrumbelj (2015), who stated

that structured training with reinforcement of shooting techniques is very important in developing students' perimeter shooting skills. Therefore, sports teachers or basketball coaches in schools can use the results of this study as a reference for designing more effective and systematic training programs, so that students can achieve better levels of perimeter shooting skills and be ready to face competitive basketball matches.

CONCLUSION

Based on the results of the research that has been conducted, it can be concluded that the perimeter shooting skills of basketball in junior high school students in Bangkalan Regency are in the moderate category, with an average percentage of successful shots of 58.3%. This shows that students already have basic shooting skills, but still need more intensive training to improve the consistency and accuracy of perimeter shots. This study recommends that sports teachers and basketball coaches in schools develop training programs that focus on correct shooting techniques, especially through the application of the BEEF concept, in order to help students improve their perimeter shooting skills optimally.

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