**THE EFFECT OF BLOCK PRACTICE, SERIAL PRACTICE AND RANDOM PRACTICE TO IMPROVE BASKETBALL FUNDAMENTAL SKILL FOR BEGINNER**

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**Abstract**

This study aimed to determine differences in improvement of fundamental skills training basketball practice methods block practice, practice serial, and random practice. This research method is with three group pretest-posttests design. Population of this research was the beginner student athletes amounting to 30 athletes. The samples were taken as many as 30 athletes with purposive sampling. All data were obtained through this study to test and measurement using AAHPERD skill test Basketball 1984. The data analysis technique used is three ways ANOVA test followed by Tukey range test significance level α = 0.05. The results of this study indicate there is a significant difference in the improvement of basic skills of basketball practice between block practice, serial practice and random practice, proved to be of the value of p = 0.000 > 0.05. To improve the basketball fundamental skill for the more appropriate if trained with block prctice.

**Keywords:** Practice method, block practice, serial practice, random practice, motivation, fundamental skills of basketball

INTRODUCTION

The game of basketball is a team game consisting of five people from each team or team. This game is played by bouncing the ball on the floor with one hand to move the ball in all directions (dribbling). Basketball games require players to be stronger, faster, and smarter in controling the ball to win the game. To get to that level a player or a basketball athlete at least master the fundamental skills of playing basketball well. Mastery of fundamentalskill of basketball is the absolute capital that must be owned by someone to be able to play basketball well.

Basketball is a team game or team with a big ball. To be able to play this game, one must master the basic skills in this game. As revealed by Tennyson (2011: 8) is: "If you want to play basketball better, then you most definitely have to understand and master the basics of this game". If the athlete performs good basic skills then it will get the efficiency of motion, motion accuracy and avoid unwanted injury.

To have good basic skills, what should be done is to master the basic techniques well. Because if the basic skills have been mastered well by the player, then the player can play well. To increase the mastery of higher skills needs to be coupled with repetition of the exercise, so it can be an automatic movement. All of these basic skills are important to the player because they determine the outcome of a basketball team match to determine victory.

The fundamental of basketball aims to enable players to move effectively, efficiently, and avoid injury. The fundamental skill in basketball are dribbling, shooting, passing, rebounding, block, screening , and defense (Perbasi, 2010: 18). In training beginners athletes in basketball, very emphasized to practice fundamental skills to play. This fundamental skill is the foundation of the extent to which the athlete's achievement. A good fundamental technique allows one to develop the skill to the next stage, so it must be mastered by the student athlete in order to play basketball well and be able to score achievements.

In the practice of training a beginner athlete is very important to be careful in training. Every beginner athlete is a different individual, be it about the nature, character, ability to learn, physical abilities and others. In addition, athletes athletes if trained too hard and boring will cause athletes are reluctant and deterrent in practice. Therefore, in practicing basic techniques should be fun to attract athletes' interest and motivation. Already a nature that every human being wants to grow and become better. As an athlete ways in which to be able to get better is to practice with the right training methods. This method of training is one way to improve performance in sports. This method of training is a way to achieve the desired goals in the sport. According to Magill (2011: 375) in the regulation of training variations a trainer can use block practice, serial practice, and random practice as a reference used for training.

Applying appropriate training methods in the fundamental basketball skills training process will provide opportunities for trainers to optimize the facilities and infrastructure available for practice. There is no reason for the coach to not be able to do the exercises optimally due to lack of adequate facilities and infrastructure available. Based on field observations conducted by the author is known there is no specific training methods used in training basic basketball skills within Binadarma University. Trainers only use well-regarded methods to practice basic basketball skills. From this it is known that the result of the exercise has not been maximal to train basic basketball skills despite winning the championship. Things that cause the exercise has not been maximized, among others, because not yet known differences in the effect of these exercise methods in improving basic skills of playing basketball, exercise time or frequency of exercise per week is different, and the difference in motivation that is owned by the athlete. For that, it is necessary to know which method of training is most effective for training basic skills of playing basketball so that the method is obtained pailing suitable to train fundamental skills of basketball.

Blocked practice is when a learner performs a single skill over and over, with repetition being the key. Variance in training is minimized or nonexistent. The learner then moves on to practice another discrete skill in the same way (Belger, 2013). According to Zipp and Gentille (2010) block practice is a variation of a task practiced during several trials before switching to another task variation. This method is an exercise method which concentrates on only one aspect of the skill and is repeated over a period of time or until the athlete has mastered the technical aspect before switching to another technical aspect. The advantages of the block practice method lie in the repetitive performance that enables learners to correct and adapt to the skills aspect that is being taught (Edward, 2011: 409). While the lack of block practice methods is a temporary performance and makes learners dependent on the context of the exercise so that it will make learners will have difficulty in adapting to the new training context (Magil and Anderson, 2011: 390).

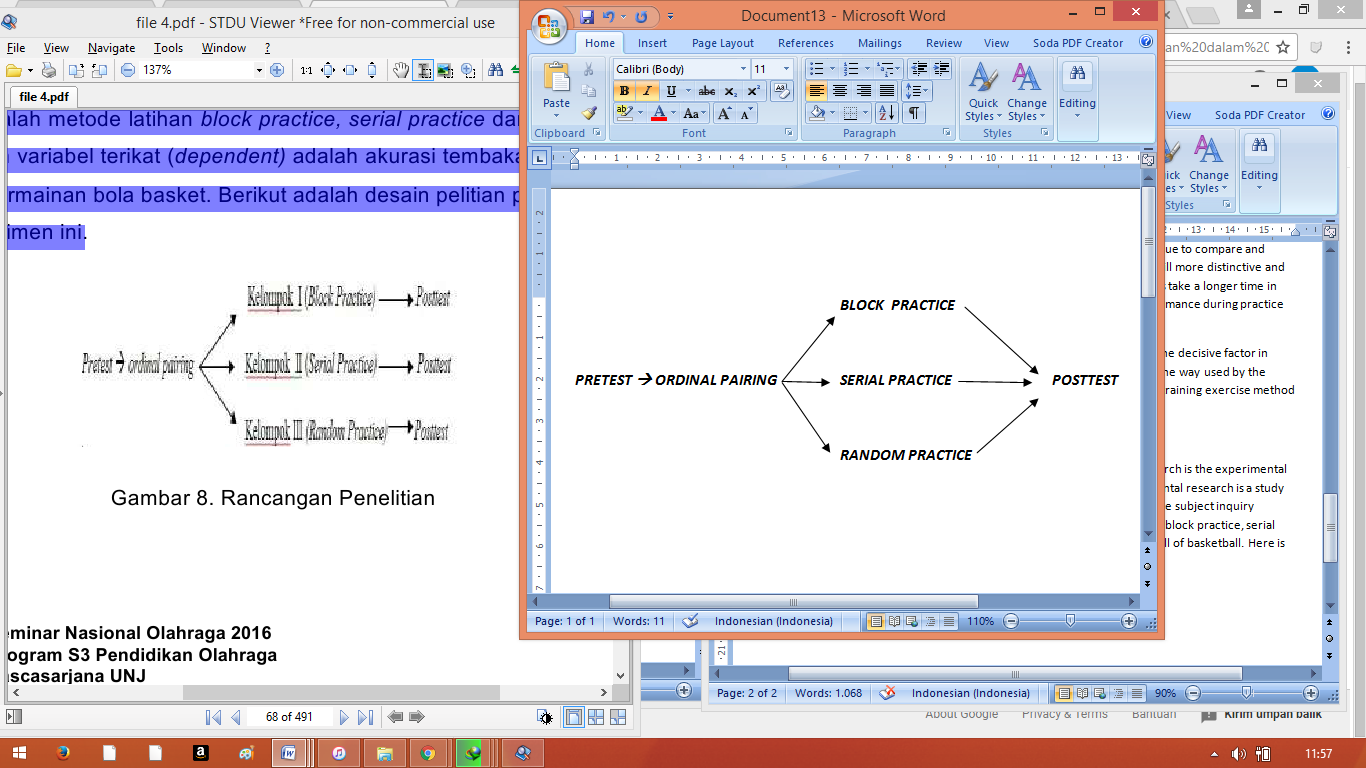
Serial practice is the arrangement of a skill practice that contains more than one aspect of the skill in a sequence of practice settings that is always the same or sequential in each training session. Practicing using serial practice methods reduces the risk of dependence on the context of the exercise as caused by block practice and helps participants to adapt to the context of random practice exercises that have the highest difficulty level because serial practice incorporates more than one skill aspect but has a sequence that always the same in every practice session (Edward, 2011: 413).

Random practice, motor learners work on a number of different skills in combination with each other, randomly working trials and patterns of one and then the next and the next, with each trial interleaved on the previous one. (Belger,2013). Random practice method in which the sequence of engineering aspects is changed and unpredictable and involves some technical aspects in one practice session. The advantages of random practice are that learners continue to compare and distinguish aspects of the skills taught so as to make the memory for each skill more distinctive and meaningful. While the lack of random practice method is difficult to learners take a longer time in adapting and responding to aspects of skills taught by trainers so that performance during practice will decrease (Edward, 2011: 410).

In practicing the basic skills of playing basketball, the method of exercise is the decisive factor in achieving the goal of the exercise. This is because the method of training is the way used by the trainer in training basketball skills so that it is succeed or not the target of a training exercise method is the main factor. The purpose of this research is to know the difference of exercise effect using methods in improve basketball fundamental skill beginer.

**Method**

The method used in this is an experiment. The experiment used in this research is the experimental method using the design of Three Group Pretest-Posttests Design. Experimental research is a study intended to determine whether there is a result of something imposed on the subject inquiry (Arikunto, 2006: 207). In this study independent manipulative variables are block practice, serial practice and random practice and dependent variable is the fundamental skill of basketball. Here is the design of the experiment in this experiment.

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**Figure 1. Research design**

This research is done at Binadarma University basketball court . The population in this research is beginer athletes of BinadarmaUniversity basketball as many as 30 people. The number of samples of 30 beginner athletes was taken with total sampling technique. The distribution of sample groups in this study is with MSOP (Matched Subject Ordinal Pairing) based on the ranking of pre-test results by using AAHPRED basketball skill test before experimenting with treatment. AAHPERD basketball skill test is a battery test that aims to measure fundamental skills of basketball. This test consists of several test items among others: Speed spot shooting test (to evaluate the shooting ability at a specified point and distance), passing test (measure the ability of athletes to pass and catch the ball accurately when moving), control dribble test (measuring dribbling skill on predetermined routes and distances), dan defensive movement test (measure basic motion skills in defense by way of slide step on point and distance that has been specified).

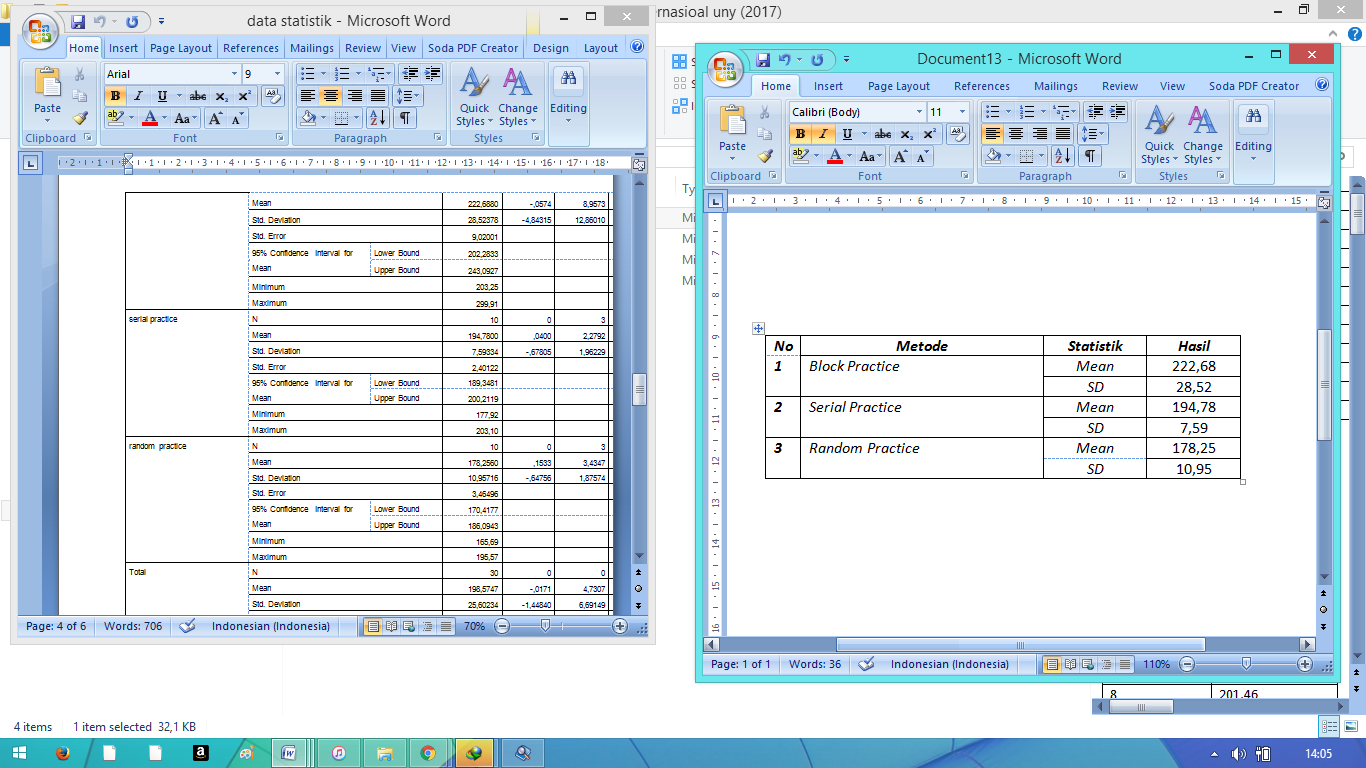
Data analysis techniques used in this research using SPSS 20 which is One Way ANOVA (significance level α= 0.05. To fulfill the assumption of ANOVA then normality tests were performed using Kolmogorov Smirnov and homogeneity using Levene test using SPSS version 20.0 for windows software program**.**

**RESULTS AND DISCUSSION**

**Results**

The results of this research form of data that isan overview of each of the related variables in the study. Here are the results of post test of basketball skills possessed by the beginner athlete.

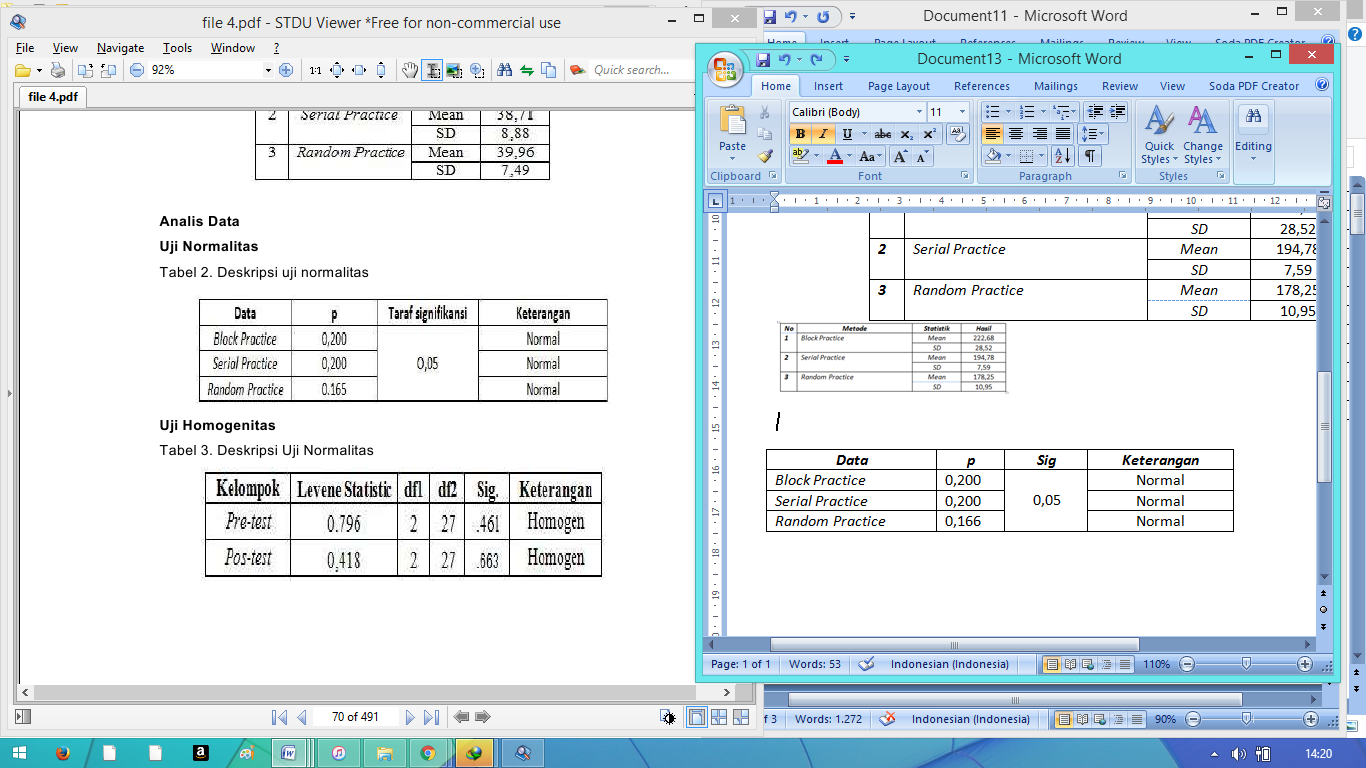
**Tabel 1. Statistic Description**

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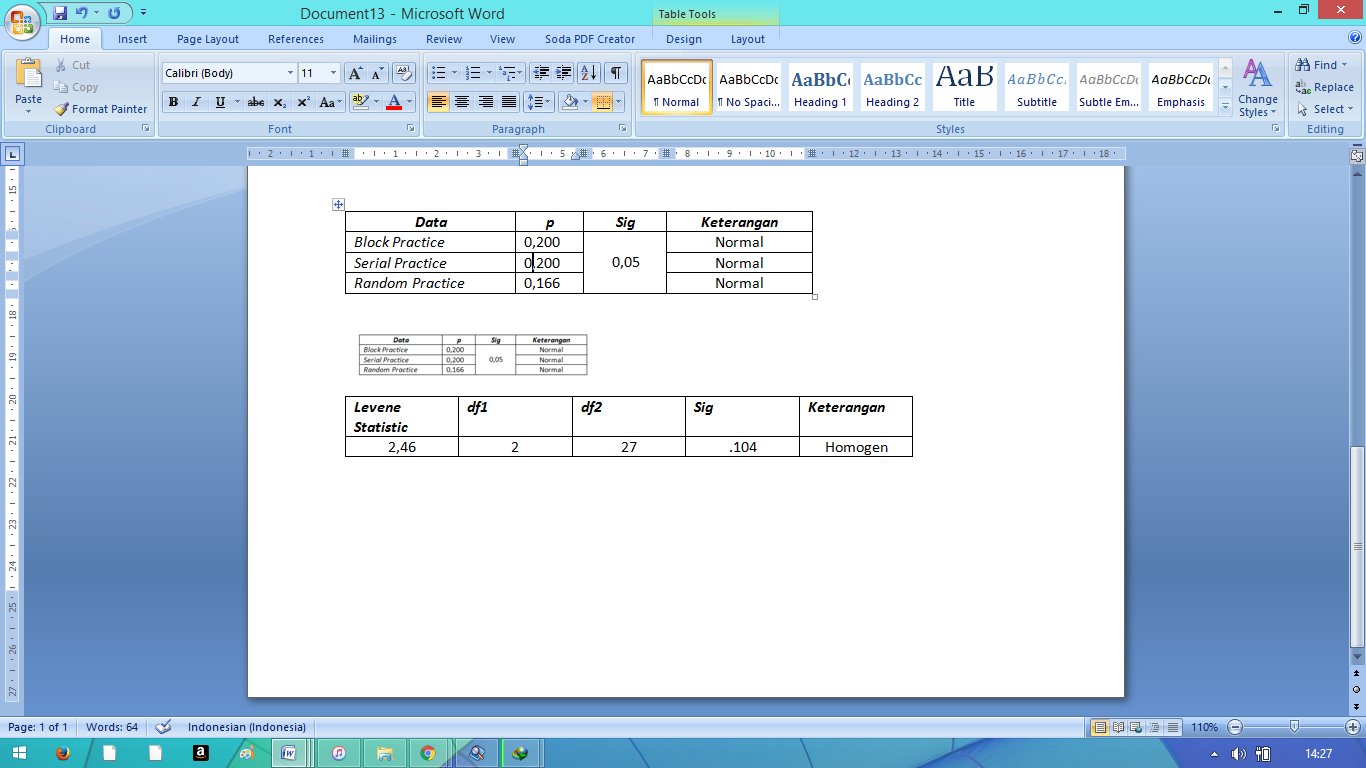
**Data Analysis**

**Normality Test**

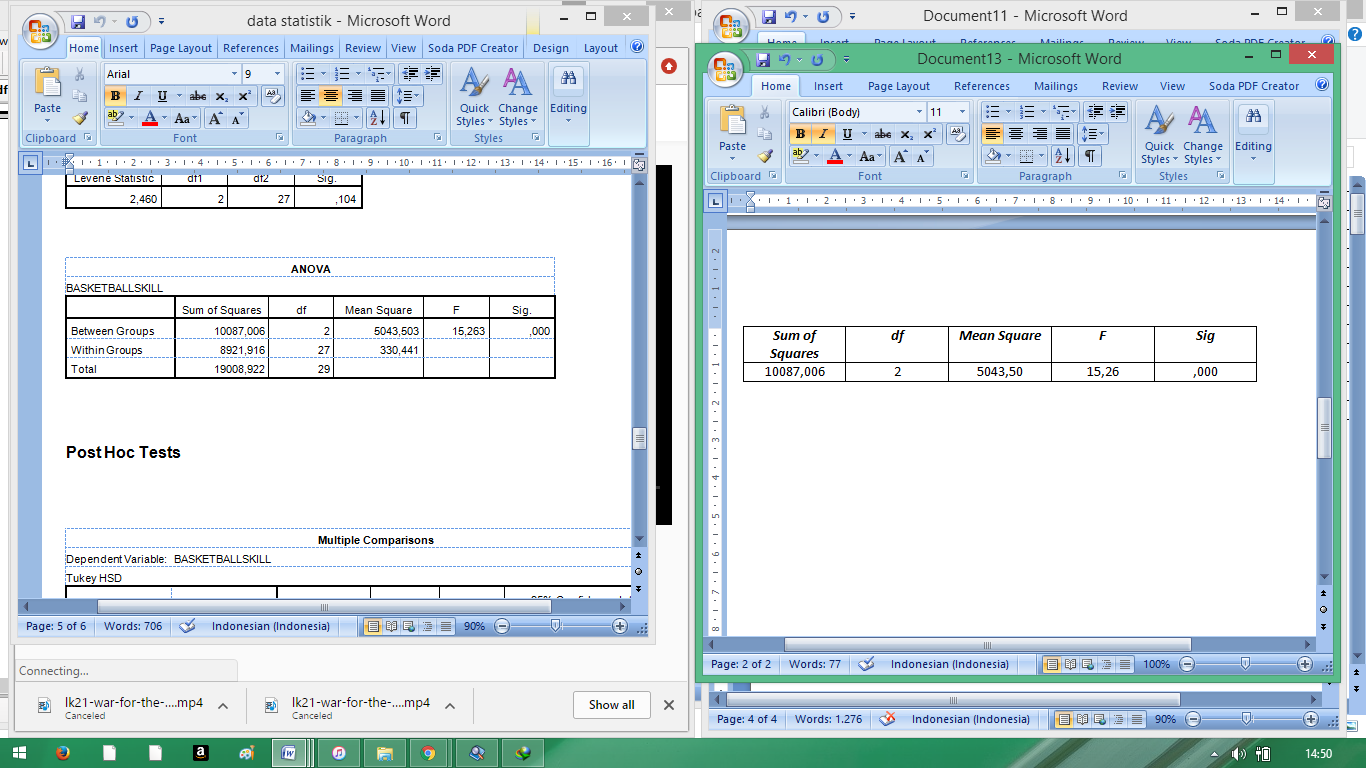
**Tabel 2. Normality Test**

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**Homogenity test**

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**Hypothesis Test**

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Based on the results of the calculation table is known there is a difference the effect of exercise between block practice methods, serial practice and random practice in improving the basic skills of basketball. This matter evidenced from the significance value of 0.00 <0.05 which means that smaller than the significant level. Thus means the block method practice, serial practice and random practice have an influence different to the fundamental basketball skill improvement of acceptable. From the advanced analysis it was found that the practice of block method practice has the best improvement than the serial method practice in second and random practice in third.

**Discussion**

Discussion of the results of this study provides more interpretation continue on the results of data analysis that has been proposed. Based on testing the first hypothesis has resulted ie not have different effects between block practice method, serial practice and random practice in improving the basic skills of basketball. This is because these three methods have the same influence in improving the fundamental skills of basketball.

Further analysis found that block practice has the best influence among the three methods. This is because block practice has a low level of constexuality, this is because in the block practice learners or athletes can adapt at a predetermined distance, as Edwards (2011: 409) discloses that with repetitive work allows learners to search and adjust focus and attention on appropriate environmental cues, achieve and maintain the right level of passion, and can increase the level of motivation due to increased levels of success in a single movement or skill.

The third is serial practice. From the results of the study found that the mean value of the effect of practicing with serial pratice and random pratice the difference is not too obvious, this is it because these two methods of difficulty are not much different. As it is known that serial practice has a moderate contextual level, in other words the method of serial practice is between high and low contextual disturbances. As stated by Al-Ameer and Toole (1993) and Landin and Herbert (1997) in Edward (2011: 413) that serial practice can provide an introduction to the variability of practice that will help learners in the introduction of random practice methods and provide more learning both from the dependence of using the block practice method.

In training the basic skill of basketball is part of motor learning. motion learning (motor learning) is the process underlying the mastery of a skill, or mastering a certain skill that is difficult to do or can not do because of injury, disease and so forth. In practicing a skill, a person will not necessarily master the technique in an instant. In the mastery of a technique that someone learned will go through several stages to be skilled in doing such techniques. As described in the following figure:

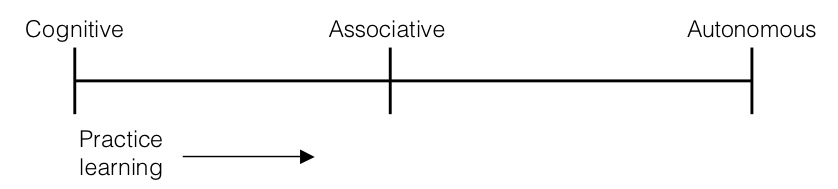


Figure 1. Fittsdan Posner Motor Learning Stage Model

Sumber: Edward (2011: 251)

According to Fitts and Fosner (Magil and Anderson, 2011: 274) the cognitive stage of learning (cognitive stage) is where learners focus on cognitive-oriented issues related to what to do and how to do it. While Fitts and Fosner (Edwards, 2011: 251) call this stage a cognitive stage because conscious mental processes dominate the early stages of learning. Edwards (2011: 251) adds that in this stage almost completely learners depend on declarative memory and information is consciously manipulated and trained in formulating motor commands. Based on the explanation of experts can be concluded that in the cognitive learning stage of learners involve many elements of cognitive in learning motion, such as thinking about how to do the skills being studied.

According to Edwards (2011: 274) in the associative stage of learning, learners try to associate environmental cues with the movements required to achieve the goal of the skill. In fixation stage or often called associative stage. Schmidt and Lee (2008: 430) state that most of the cognitive problems associated with environmental cues previously focused and actions that need to be done have been resolved. So it can be concluded that at this stage the focus of the students shifted to a more effective movement patterns in performing a movement. Such a movement will be more effective, flexible and fast

After enough practice, students gradually enter the autonomous stage of learning. According to Schmidt and Lee (2008: 430) the autonomous stage is the stage usually associated with the achievement of a more expert performance that requires the perception of expert anticipation. According to Edwards (2011: 255) in the autonomous stage the underlying knowledge for skill has been entirely transferred from declarative memory into procedural memory. In short, in this stage learners no longer need to think about how to do a skill, even from time to time learners may even have forgotten how to perform such skills even though they can perform these skills proficiently. Moreover, the effect of this effect is the number of skills and skill sequences that are included in one training session. Block practice only concentrates on one skill in each model of practice in one practice session. Serial practice includes three basic skills: dribble, pass, and shoot in the exercise model and the order of skills aspect is always the same in each model of practice and practice session. While random practice includes three aspects ketarmpilan namely dribble, pass, and shoot, which distinguish this method with the serial practice method is the order of skills aspect that is entered is always changing or not the same in each model and practice session.

       Based on these explanations, it is very clear that the differences ranging from high contextual disturbance to the form of exercise that causes differences in the influence of each training method used in this study.

**CONCLUSION AND SUGGESTION**

Conclusion

There is a difference in the effect of exercise using the method block practice, serial practice, and random practice in improving basic basketball skills. Exercise methods that have the most results both in training the basic skills of basketball for a beginner athlete is the block practice method.

**Suggestion**

Based on the results of research that has been done to provethat the block practice method is more effectively used than the method random practice and serial practice. For that suggested to the coach,sports teachers and builders of basketball to use block practice methods in improving the fundamental skill of basketball.

Based on this, it is known that the accuracy is the ability possessed by individual learners / athletes. Based on this it takes a lot of balls for every learner / athlete has a lot of repetition of movement. Because the number of repetition of this movement is the reason for how high the accuracy of a basketball athlete. For that to the policy makers in the school in this case the principal and policy makers at the basketball club in this case club owners or club officials are recommended to provide fasitas in the form of a lot of balls to support fundamental basketball skills training for beginners athletes.

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