

# The Development of SAVI-based Shooting Training Model (Somatic, Auditory, Visual, Intelektual) for Basketball Learning

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Abstract: Shooting is a throwing or shooting motion toward the ring which aims to find as many scores or points as possible. In shooting, the player must put the ball into the basket net. There are various kinds of movements in shooting, such as set shoot, jump shoot and lay up shoot. Jump shooting is a shooting technique that is done by jumping first. Set shoot is a shooting technique that is done by standing still on the spot without a jump. Then, layup shoot is an attempt to deliver the ball by jumping with one foot and laying the ball up near the basket. The objective of this research is to have an understanding and develop a better variation of the shooting model of SAVI basketball practices (Somatic, Auditory, Visual, Intellectual) and its influence on high school extracurricular students. As a result, students can implement and deliver the SAVI model in shooting exercise in basketball to make it feasible and easy to use in extracurricular learning activities in high school. This concept makes it easier for trainers and teachers to promote basketball shooting materials.

## 1 INTRODUCTION

The role of education is very important in intensifying the administration of education as a process of human development that lasts a lifetime. Physical education provides opportunities for students to be involved directly in variety of learning experiences through physical activities, systematical plays and sports activities as they are directed and planned. The learning process of physical education at school has been developed by teaching various basic motion skills, techniques and strategies for sports games, and internalizing the values of sportsmanship, collaboration, and achievement.

Based on the results of a preliminary interview at one of the public high school in Special Region of Yogyakarta, it was found that most schools in Yogyakarta had basketball as an extracurricular. However, it was found that there was a problem in the extracurricular learning process. Based on the problem, the researchers decided to conduct a preliminary interview and observation for basketball trainers to dig a deeper understanding related to the problem. The problem was found as follows: (1) inadequate training model that focused only on the basic shooting techniques; (2) lack of exercise variation when giving training models; (3) less

motivated athletes in basketball training; (4) lack of advice in doing training; (5) lack of understanding in the detail of SAVI learning model; (6) less-skillful athletes who had not yet learnt about basic shooting techniques. Extracurricular is a part of education according to the decree of Ministry of Culture and Education (Mendikbud) Number 226/C/Kep/0/2003. The decree stated that extracurricular activities refer to activities outside regular school hours during holidays that can be done both inside and outside the school, intended to deepen and broaden student knowledge by recognizing the relationship between various lessons, channeling talents and interests, and completing efforts for human development completely.

The basketball is played in a court with a size 15 x 28 meters square with a concrete surface. To attain achievements in basketball games, athletes should master the basic techniques on basketball, such as throwing (passing and catching) techniques, shooting techniques, dribbling techniques, pivoting techniques, and rebound (Oliver, 2007).

Shooting is a movement to throw or to shoot the ball to the ring to gain scores or points as many as possible. In the shooting process, the player must

insert the ball to the net ring. A various movement can be done in shooting such as set shoot, jump shoot and lay up shoot. Jump shoot is a shooting technique that starts with a jump. Set shoot is a shooting technique that is doen by only staying on the spot or without jumping. Layup shoot is a movement to deliver the ball by jumping on one foot near the ring.

The learning model is a conceptual framework that describes systematic procedures for organizing learning experiences to achieve specific learning goals, and serves as a guide for learning designers and instructors in planning teaching and learning activities (Trianto, 2011).

Meanwhile, to define the term of training, training refers to a process that was done frequently, systematically, using particular and repetitive system patterns (Irianto, 2012). Frequent training frequently make the previously difficult movement easier to do. It must be done many times, so that our motions can be more efficient.

The SAVI-based shooting training model (Somatic, Auditory, Visual, and Intellectual) in basketball games can improve athlete performance in a well-structured manner. The shooting training model combined with the SAVI learning model can improve athlete's knowledge and understanding of shooting training models. SAVI (Somatic, Auditory, Visual, and Intellectual) is one of learning model that was created by Dave Meier who is an educator, a trainer as well as the initiator of accelerated learning model (Huda, 2013).

Somatic is a single connection between mind and body. Nowadays, there is the body and mind separator from western culture and prejudice against the use of the body in learning. Auditory is a learning that involves the ability of speaking and listening. Auditory thoughts are stronger than we realized. The ears will continuously capture and store the auditory information. Thus, it makes some important areas in the brain to be more active. Visual refers to a type learning that involves the ability of observing and drawing. Visual activities are more prominent in some people, but actually most people still have this learning style in inside their brain. The reason is because inside the brain, there are more devices in processing visual information of all other senses. Intellectual is a form of creating meaning in mind, as a means of thinking process by uniting previous experiences, creating a new experience, creating a new active nerves and learning from them. It connects the mental, physical, emotional, and intuitive experiences of the body to create new meaning for itself (Meier, 2002: 95)

The senior high school students are generally in the transformation phase from concrete operational into formal operational (Wijayanto and Widiyatmoko, 2016). It means they have the ability to think abstractly, for example doing analysis, inferring, concluding, and using deductive and inductive logic. However, they start from real situation. Therefore, observing and experimenting play important role in the learning process.

## 2 RESEARCH METHOD

The research was conducted by using the qualitative study. The data of this study were collected from the basketball trainer in one of the public high school in Special Region of Yogyakarta. Interview and observation were used as the data collection method. The data was analyzed by data organization, data summary, and data interpretation.

Basketball shooting is a movement that aims to produce numbers or points. Basketball shooting movements consist of the technique of prefixing, hand position and throw. In this research, several basketballs techniques were reexamined, such as set shoot, jump shoot, and lay up shoot. The set shoot movement was done by standing upright toward the front, holding the ball using both hands, jumping on the spot without hovering simultaneously, and straightening both hands used for firing. The position of the arms remains above until the ball enters the ring and lands equally (as seen in figure 1). Jump shoot movements include flexing and bending the knee to take the jump, releasing the ball at the highest point, balancing hand by put the arms straight when the ball is pushed up (shown in figure 2). Lay-up shoots include stepping movements with a balanced body position, doing 2 steps before jumping, jumping with balanced hands, aiming the shooter's hands into the ring and landing with both feet (shown in figure3).

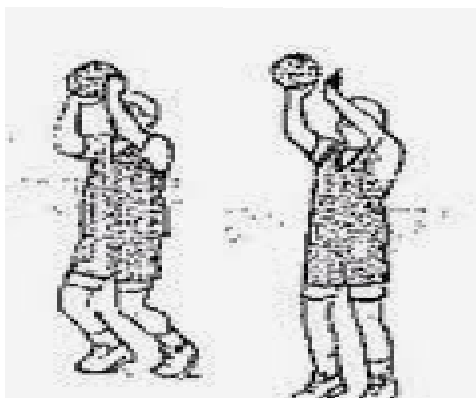


Figure 1: Set shoot.



Figure 2: Jump shoot.



Figure 3: Lay-up shoot.

### 3 RESULT AND DISCUSSION

Based on the observation conducted by the researcher, it was found that the process of shooting training by using SAVI model brought positive impact to the students.

It could be seen from the positive changes of the students' behavior during the practices. The students became more motivated and enthusiastic. SAVI model developed the students' skills to ask questions, to express opinions, to choose creative idea, to examine and demonstrate the shooting skill better than before.

### 4 CONCLUSION

Based on the research above, it can be concluded that SAVI model can be used effectively to teach shooting training in basketball. Also, it solves the problem the researcher found in the training of shooting practice in basketball.

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