

RENCANA PELAKSANAAN PEMBELAJARAN (RPP)

Satuan Pendidikan	: Sekolah Menengah Pertama
Kelas	: VII/1
Tema	: Permainan Bola Besar
Sub Tema	: Permainan Bola Basket
Pembelajaran ke	: 2 (Dua)
Alokasi Waktu	: 10 (Sepuluh) menit

A. TUJUAN PEMBELAJARAN

Setelah mengikuti proses pembelajaran, peserta didik diharapkan dapat:

1. Mengidentifikasi gerak spesifik menembak dalam permainan bola basket.
2. Menjelaskan cara melakukan gerak spesifik menembak dalam permainan bola basket dengan metode BEEF.
3. Melakukan gerakan menembak dalam permainan bola basket dengan metode BEEF.
4. Menggunakan gerakan menembak dengan metode BEEF dalam permainan bola basket.

B. KEGIATAN PEMBELAJARAN

1. Pendahuluan

- a. Guru mengucapkan salam
- b. Guru menunjuk salah satu peserta didik untuk memimpin do'a
- c. Guru mengecek kehadiran dan kesiapan peserta didik
- d. Guru menyampaikan tujuan pembelajaran dan penilaian yang akan dilakukan.
- e. Guru bertanya terkait materi di pertemuan sebelumnya

2. Kegiatan Inti

- a. Guru menjelaskan kepada peserta didik teknik menembak dengan metode BEEF (*Balance, Elbow, Eyes, Follow through*)
Sumber: [The BEEF Shooting Method in Basketball \(For Youth Players\)](http://basketballforcoaches.com) (basketballforcoaches.com) (Lampiran 4)
- b. Guru mengajak peserta didik untuk mengikuti gerakan yang dilakukan.
- c. Guru membagi peserta didik kedalam beberapa kelompok dan membagikan lembar kerja untuk uji pengetahuan dan keterampilan.
- d. Peserta didik melakukan gerakan shooting dengan cara bebas sebanyak lima kali dan menggunakan metode BEEF sebanyak lima kali.
- e. Peserta didik berdiskusi terkait hasil percobaan yang mereka lakukan.
- f. Kelompok mewakili satu anggotanya untuk menjelaskan hasil percobaannya.

- g. Peserta didik menarik kesimpulan sebagai hasil diskusi hari ini dengan bimbingan guru.

3. Penutup

- a. Guru memberikan umpan balik pembelajaran hari ini.
- b. Memberikan apresiasi dan motivasi kepada peserta didik.

C. Penilaian Pembelajaran

- a. Sikap : Pengamatan sikap peserta didik (Lampiran 1)
- b. Pengetahuan : Mengerjakan soal di buku paket (Lampiran 2)
- c. Keterampilan : Lembar Kerja (Lampiran 3)

Mengetahui,
Kepala Sekolah

Semarang, 17 Juli 2021
Guru Mata Pelajaran

Theodora Ervina boru Rajagugkguk, M.Pd

Zenal Arifin, M.Pd

Lampiran 1:

TABEL PENILAIAN SIKAP SOSIAL

Satuan Pendidikan : Sekolah Menengah Pertama

Kelas : VII/ 1

Mata Pelajaran : PJOK

NO	Nama Siswa	Kejadian/ Perilaku	Aspek Sikap	Positif/ Negatif
1				
2				
3				
4				
5				
6				

Mengetahui,
Kepala Sekolah

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Lampiran 2:

TABEL PENILAIAN PENGETAHUAN

Satuan Pendidikan : Sekolah Menengah Pertama

Kelas : VII/ 1

Mata Pelajaran : PJOK

NO	Nama Siswa	Pilihan ganda	Essay	NA
1				
2				
3				
4				
5				
6				

Mengetahui,
Kepala Sekolah

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Lampiran 3:

LEMBAR KERJA PESERTA DIDIK

Kelompok :
Nama Anggota :
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Petunjuk:

1. Masing-masing peserta didik melakukan 5 kali menembak bola basket ke ring dengan teknik bebas
2. Masing-masing peserta didik melakukan 5 kali menembak bola basket ke ring dengan metode BEEF
3. Catat hasilnya dan tuliskan kesimpulannya.

NO	Nama Anggota	Jumlah masuk		Catatan	
		Teknik bebas	Metode BEEF	Teknik bebas	Metode BEEF
1					
2					
3					

Kesimpulan:

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Semarang, 17 Juli 2021
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Zenal Arifin, M.Pd

Lampiran 4:

BEEF Method for Youth Player

If you were to ask 10 kids what basketball player they most want to be like, at least 9 of them would put Stephen Curry at the top of their list. It's no secret that outside shooting is a highly-desired skill in modern basketball. Walk into any gym and you'll see young players throwing up long-distance 3-pointers way before they've developed the strength to do so effectively and consistently. It's a fun skill to practice, but learning how to shoot properly is no easy task. To teach correct form to young kids, I often recommend the BEEF shooting method. It's simple to learn, easy to remember, and effective to practice the basics. In this blog post I'll explain what that is and how to teach it.

"BEEF" is an acronym for the four major components of correct shooting. It stands for **B**alance, **E**yes, **E**lbow, and **F**ollow-through. Let's go over each one to see how they should be taught to players.

1. B = Balance

Let's start with the foundation... a player's shooting stance. The BEEF system does not have a rigid blueprint for stance. Instead, it has a set of principles to keep in mind and consistency is probably the most important one. The feet should be approximately shoulder-width apart. The feet should also be slightly turned, with the lead foot a little in front. A right-handed shooter should turn their feet slightly to the left (11 o'clock) while a left-handed shooter should turn their feet slightly to the right (1 o'clock). The knees should be slightly bent for stability and to generate power.

2. E = Elbow

There are two main components of every shot, (1) power and (2) accuracy. Balance generates power and elbow position is responsible for accuracy. The key is the alignment. Players need the shooting eye, the shooting hand + elbow, and the rim all on the same line. This will ensure maximum accuracy and minimize misses to the side. As the ball moves up on a shot attempt, the shooting hand and elbow come under the ball and align with the hoop (the elbow shouldn't flare out to the side). Once the set point is reached, the wrist should be cocked and form an approximately 90-degree angle with the forearm.

3. E = Eyes

As the name suggests, this part is all about getting players to focus their eyes. In regards to what the eyes should be focused on, there isn't one correct answer. Here are a few options recommended by coaches and players in a blog post:

- The nearest part of the rim
- The center of the rim

- The “diamond tip”
- Nothing specific

The main thing for each player is to pick one of the above options and be consistent.

4. F = Follow Through

Now, the shot and the release. As a player pushes up through the shot, they must ensure the wrist snaps and the ball is released at the same time that their elbow reaches full extension. If done correctly, the ball will roll off their index + middle fingers and produce perfect backspin. Keep the wrist softly flexed after the ball leaves your hand and keep your arm extended. Another thing to note. Don't push the ball with your off-hand / guide hand. For a right-handed shooter, the left hand's only purpose is to keep the ball stable until the release motion starts.