

## DAFTAR PUSTAKA

- Adi, P. D. (2022). *Tinjauan Tingkat Kemampuan Teknik Dasar Permainan Bola Basket pada Tim Bola Basket Putra Tunas Abadi Sukabumi*. Universitas Muhammadiyah Sukabumi.
- Aidit. (2020). Sport Science Sudah Digemari, Sanggupkah Atlet Kita Menyesuaikan ? *Suarakala.Id*.
- Alkausar, A. (2022). *Kenali Over Learning, Strategi Guru dan Fasilitator dalam Proses Belajar*. JurnalAceh.Com. <https://jurnalaceh.pikiran-rakyat.com/nasional/pr-1795969028/kenali-over-learning-strategi-guru-dan-fasilitator-dalam-proses-belajar#>
- Almusawi, H. A., Durugbo, C. M., & Bugawa, A. M. (2021). Computers & Education Innovation in physical education : Teachers ' perspectives on readiness for wearable technology integration. *Computers & Education*, 167(January), 104185. <https://doi.org/10.1016/j.compedu.2021.104185>
- Al-Tabany, T. I. B. (2014). *Mendesain model pembelajaran Inovatif, Progresif, dan Kontekstual* (T. T. T. Trianto (ed.); 1st ed.). Prenadamedia Group.
- Android Developers. (2021). *Application Fundamentals*. Developers.Android.Com. <https://developer.android.com/guide/components/fundamentals>
- Angga M syahid. (2015). Kontribusi Sport Science Laboratory Fpok Upi Pada Sea Games 2015 Singapura. *Humas UPI*.
- Apruebo, R. A. (2015). *Sports Psychology*. UST Publishing House.
- Ardiyanto, H., & Widiyanto. (2019). Prinsip-Prinsip Biomekanika Kualitatif: Upaya Menjembatani Teori dan Aplikasi dalam Sport Science. *Media Ilmu Keolahragaan Indonesia*, 9(2), 54–62. <https://doi.org/https://doi.org/10.15294/miki.v9i2.17757>

- Arias, J. L., Argudo, F. M., & Alonso, J. I. (2012). Effect of ball mass on dribble, pass, and pass reception in 9–11-year-old boys' basketball. *Research Quarterly for Exercise and Sport*, 83(3), 407–412. <https://doi.org/10.1080/02701367.2012.10599875>
- Arifin, B., Saputra, S. Y., Muzakki, A., & Setiawan, E. (2022). Efek Metode Pelatihan Blocked dan Random terhadap Peningkatan Teknik Dasar Bolavoli Pada Atlet Level Pemula. *Jurnal Patriot*, 4(2), 150–159. <https://doi.org/https://doi.org/10.24036/patriot.v4i2.838>
- Badan Penelitian dan Pengembangan Kesehatan. (2018). *Hasil Utama Riskesdas 2018*. [http://www.depkes.go.id/resources/download/info-terkini/materi\\_rakorpop\\_2018/Hasil Riskesdas 2018.pdf](http://www.depkes.go.id/resources/download/info-terkini/materi_rakorpop_2018/Hasil Riskesdas 2018.pdf)
- Baechle, T. R., & Earle, R. W. (2008). *Essentials of Strength Sraining and Conditioning*. Human Kinetics.
- Balyi, S., Way, R., & Higgs, C. (2013). *Long-Term Athlete Development*. Human Kinetics.
- Barney, D., & McGaha, P. (2013). Dribbling a Basketball: Activities for Fun and Improvement. *Strategies*, 18(4), 7–8. <https://doi.org/10.1080/08924562.2005.10591143>
- Barth, K., & Boesing, L. (2009). *Learning Basketball*. Meyer & Meyer Sport.
- Barth, K., & Boesing, L. (2010). *Training Basketball*. Meyer & Meyer Sport.
- Baytak, A., & Hirca, N. (2013). Prospective teachers' lived experience on computer-based instructional materials: A phenomenological study. *Anthropologist*, 16(1–2), 97–109. <https://doi.org/10.1080/09720073.2013.11891339>

- Benjaminse, A., Otten, B., Gokeler, A., Diercks, R. L., & Lemmink, K. A. P. M. (2017). Motor learning strategies in basketball players and its implications for ACL injury prevention: a randomized controlled trial. *Knee Surgery, Sports Traumatology, Arthroscopy*, 25(8), 2365–2376. <https://doi.org/10.1007/s00167-015-3727-0>
- Bodsworth, H. (2017). Barriers and facilitators to using digital technologies in the Cooperative Learning model in physical education. *Physical Education and Sport Pedagogy*, 22(6), 563–579. <https://doi.org/10.1080/17408989.2017.1294672>
- Bogdanis, G. C., Ziagos, V., Anastasiadis, M., & Maridaki, M. (2007). Effects of two different short-term training programs on the physical and technical abilities of adolescent basketball players. *Journal of Science and Medicine in Sport*, 10(2), 79–88. <https://doi.org/10.1016/j.jsams.2006.05.007>
- Bompa, T. O., & Buzzichelli, C. A. (2019). *Periodization: Theory and Methodology of Training* (Sixth Edit). Human Kinetics.
- Brown, H. (2005). *Let's Talk Defense! Tips, Skills, and Srills for Better Defensive Basketball*. McGraw-Hill.
- Burns, B., & Dunning, M. (2010). *Skill in Motion Basketball Step-By-Step*. The Rosen Publishing Group, Inc.
- Campos-Vazquez, M. A., Mendez-Villanueva, A., Gonzalez-Jurado, J. A., León-Prados, J. A., Santalla, A., & Suarez-Arrones, L. (2015). Relationships between rating-of-perceived-exertion- and heart-rate-derived internal training load in professional soccer players: A comparison of on-field integrated training sessions. *International Journal of Sports Physiology and Performance*, 10(5), 587–592. <https://doi.org/10.1123/ijsp.2014-0294>

- Cañadas Alonso, M., Ibáñez, S. J., & Leite, N. (2015). A novice coach's planning of the technical and tactical content of youth basketball training: A case study. *International Journal of Performance Analysis in Sport*, 15(2), 572–587. <https://doi.org/10.1080/24748668.2015.11868815>
- Ceryna Dewi, N. K., Anandita, I. B. G., Atmaja, K. J., & Aditama, P. W. (2018). Rancang Bangun Aplikasi Mobile Siska Berbasis Android. *SINTECH (Science and Information Technology) Journal*, 1(2), 100–107. <https://doi.org/10.31598/sintechjournal.v2i1.291>
- Chang, K., Zhang, J., Huang, Y., Liu, T., & Sung, Y. (2019). Applying augmented reality in physical education on motor skills learning. *Interactive Learning Environments*, 0(0), 1–13. <https://doi.org/10.1080/10494820.2019.1636073>
- Chasey, W. C. (2013). Overlearning as a variable in the retention of gross motor skills by the mentally retarded. *Research Quarterly. American Association for Health, Physical Education and Recreation*, 42(2), 145–149. <https://doi.org/https://doi.org/10.1080/10671188.1971.10615050>
- Chasey, W. C. (2014). Motor skill overlearning effects on retention and relearning by retarded boys. *Research Quarterly. American Alliance for Health, Physical Education and Recreation*, 48(1), 41–46. <https://doi.org/https://doi.org/10.1080/10671315.1977.10762147>
- Chasey, W. C., & Knowles, C. J. (2016). Effects of overlearning on retention and relearning of gross-motor skill by mentally retarded males. *Perceptual and Motor Skills*, 36(2), 503–509. <https://doi.org/https://doi.org/10.2466/pms.1973.36.2.503>
- Chen, C. H., Liu, T. L., Wang, Y. S., Chu, H. K., Tang, N. C., & Liao, H. Y. M. (2015). Spatio-Temporal learning of basketball offensive strategies. *MM 2015 - Proceedings of the 2015 ACM Multimedia Conference*, 1123–1126. <https://doi.org/10.1145/2733373.2806297>

- Chen, W., & Wang, F. (2021). Practical application of wireless communication network multimedia courseware in college basketball teaching. *Eurasip Journal on Wireless Communications and Networking*, 2021(1), 1–21. <https://doi.org/10.1186/s13638-021-01943-1>
- Chuang, L.-R., Peng, H.-T., & Irawan, F. A. (2017). Kinematic comparison of upper extremity among fastball, curveball, and slider in Taiwan College Pitchers. *Chinese Journal of Sport Biomechanics*, 14(1), 1–7. <https://doi.org/10.3966/207332672017061401001>
- Coker, C. A. (2018). *Motor Learning and Control for Practitioner* (Fourth Edit). Routledge.
- Coker, C. A. (2018). *Motor Learning and Control for Practitioner* (Fourth Edit). Routledge.
- Coldwells, A., & Hare, M. E. (2007). The transfer of skill from short tennis to lawn tennis. *Ergonomics*, 37(1), 17–21. <https://doi.org/https://doi.org/10.1080/00140139408963618>
- Cooper, John M., & Siedentop, D. (1975). *The Theory and Science of Basketball*. Lea & Febiger.
- Cormier, S. M., & Hagman, J. D. (2014). *Transfer of learning: Contemporary research and applications*. Academic Press.
- Daharis, Rahmadani, A., Makorohim, M. F., & Putra, G. N. (2021). Block Practice Vs Random Practice: Bagaimana perbedaannya terhadap peningkatan gerakan senam forward roll? *Edu Sportivo: Indonesian Journal of Physical Education*, 2(3), 198–205. [https://doi.org/10.25299/es:ijope.2021.vol2\(3\).7973](https://doi.org/10.25299/es:ijope.2021.vol2(3).7973)
- Davi Sofyan. (2020). Pengaruh Model Cooperative Learning Tipe Student Teams Achievement Division Terhadap Keterampilan Lay-Up Shoot Bola Basket. *Jurnal Educatio FKIP UNMA*, 6(2), 690–695. <https://doi.org/10.31949/educatio.v6i2.740>

- Davis, B., Roscoe, J., & Roscoe, D. (2007). *Physical Education and the Study of Sport*. Mosby, an Imprint of Times Mirrir International Publiser Ltd.
- Deck, S., Roberts, R., Hall, C., & Kouali, D. (2020). Exercise behaviour, enjoyment and boredom: A test of the 2 × 2 model of perfectionism. *International Journal of Sport and Exercise Psychology*, 18(6), 779–793. <https://doi.org/10.1080/1612197X.2019.1581830>
- Delavier, F. (2012). *Strength Training Anatomy*. Human Kinetics.
- Departemen Pendidikan Nasional. (2008). *Metode Penelitian Pengembangan*. Departemen Pendidikan Nasional.
- Desmita. (2009). *Psikologi Perkembangan Peserta Didik*. Rosdakarya.
- Dick, W., Carey, L., & Carey, J. O. (2015). *The Systematic Design of Instruction*. Pearson Education.
- Din, C., & Paskevich, D. (2013). An Integrated Research Model of Olympic Podium Performance. *International Journal of Sports Science & Coaching*, 8(2), 431–444. <https://doi.org/10.1260/1747-9541.8.2.431>
- Dogan, O., & Savas, S. (2021). Effect of an 8-weeks core training program applied to 12-14 years old basketball players on strength, balance and basketball skill. *Pakistan Journal of Medical and Health Sciences*, 15(2), 823–829. [http://pjmhsonline.com/index.php?route=product/product&path=16655\\_16673\\_16675&product\\_id=10059%0Ahttp://ovidsp.ovid.com/ovidweb.cgi?T=JS&PAGE=reference&D=emexa&NEWS=N&AN=2011891104](http://pjmhsonline.com/index.php?route=product/product&path=16655_16673_16675&product_id=10059%0Ahttp://ovidsp.ovid.com/ovidweb.cgi?T=JS&PAGE=reference&D=emexa&NEWS=N&AN=2011891104)
- Edelman, B., & Geradin, D. (2016). Android and competition law: exploring and assessing Google's practices in mobile. *European Competition Journal*, 12(2–3), 159–194. <https://doi.org/10.1080/17441056.2016.1254483>
- Entwistle, N. J. (2013). *Styles of Learning and Teaching: An Integrated Outline of Educational Psychology for Students, Teachers and Lecturers*. Routledge.

- Erčulj, F., & Štrumbelj, E. (2015). Basketball shot types and shot success in different levels of competitive basketball. *PLoS ONE*, *10*(6), 1–14. <https://doi.org/10.1371/journal.pone.0128885>
- Farrow, D., & Robertson, S. (2017). Development of a Skill Acquisition Periodisation Framework for High-Performance Sport. *Sports Medicine*, *47*(6), 1043–1054. <https://doi.org/10.1007/s40279-016-0646-2>
- Farrow, D., & Robertson, S. (2017). Development of a Skill Acquisition Periodisation Framework for High-Performance Sport. *Sports Medicine*, *47*(6), 1043–1054. <https://doi.org/10.1007/s40279-016-0646-2>
- Fazeli, D., Taheri, H. R., & Saberi Kakhki, A. (2017). Random Versus Blocked Practice to Enhance Mental Representation in Golf Putting. *Perceptual and Motor Skills*, *124*(3), 674–688. <https://doi.org/10.1177/0031512517704106>
- FIBA. (2005). *Mini Basketball-Rules* (I. Susilo (ed.); Terjemahan). FIBA.
- França, C., Gomes, B. B., Gouveia, É. R., Ihle, A., & Coelho-E-silva, M. J. (2021). The jump shot performance in youth basketball: A systematic review. *International Journal of Environmental Research and Public Health*, *18*(6), 1–12. <https://doi.org/10.3390/ijerph18063283>
- Gabbett, T., Jenkins, D., & Abernethy, B. (2009). Game-Based Training for Improving Skill and Physical Fitness in Team Sport Athletes. *International Journal of Sports Science & Coaching*, *4*(2), 273–283. <https://doi.org/10.1260/174795409788549553>
- Gaetano Altavilla, Alfredo Pio Di Tore, Tiziana D'Isanto, & Gaetano Raiola. (2017). Some Teaching Method Elements of the Basketball Dribble. *Journal of Sports Science*, *5*(4), 207–210. <https://doi.org/10.17265/2332-7839/2017.04.003>

- Gaggioli, A., Morganti, L., Mondoni, M., & Antonietti, A. (2013). *Benefits of combined mental and physical training in learning a complex motor skill in basketball*. [https://publicatt.unicatt.it/bitstream/10807/58253/1/mental\\_practice\\_basket.pdf](https://publicatt.unicatt.it/bitstream/10807/58253/1/mental_practice_basket.pdf)
- Gall, M. D., Gall, J. P., & Borg, W. R. (2003). *Educational Research: An Introduction* (Seventh Ed). Pearson Education, Inc.
- Gibson, R., & Zillmann, D. (2000). Reading between the photographs: The influence of incidental pictorial information on issue perception. *Journalism and Mass Communication Quarterly*, 77(2), 355–366. <https://doi.org/10.1177/107769900007700209>
- Glazier, P. S., & Mehdizadeh, S. (2019). Challenging Conventional Paradigms in Applied Sports Biomechanics Research. *Sports Medicine*, 49(2), 171–176. <https://doi.org/10.1007/s40279-018-1030-1>
- Godfrey, P. D. (1928). Teaching Mass Basket Ball or Drills for Teaching Basketball Fundamentals. *American Physical Education Review*, 33(10), 668–670. <https://doi.org/10.1080/23267224.1928.10652079>
- Gollust, S. E., Eboh, I., & Barry, C. L. (2012). Picturing obesity: Analyzing the social epidemiology of obesity conveyed through US news media images. *Social Science and Medicine*, 74(10), 1544–1551. <https://doi.org/10.1016/j.socscimed.2012.01.021>
- Granacher, U., Lesinski, M., Büsch, D., Muehlbauer, T., Prieske, O., Puta, C., Gollhofer, A., & Behm, D. G. (2016). Effects of resistance training in youth athletes on muscular fitness and athletic performance: A conceptual model for long-term athlete development. *Frontiers in Physiology*, 7(MAY). <https://doi.org/10.3389/fphys.2016.00164>
- Grossmann, B., & Lames, M. (2016). From Talent to Professional Football – Youthism in German Football. *International Journal of Sports Science & Coaching*, 10(6), 1103–1113. <https://doi.org/10.1260/1747-9541.10.6.1103>

Grout, H., & Long, G. (2009). *Improving Teaching and Learning in Physical Education*. McGraw-Hill Education.

Gusril. (2016). *Penelitian Pengembangan dan Ilmu Keolahragaan*. Kencana.

Hagberg, L. A., Lindahl, B., Nyberg, L., & Hellénus, M. L. (2009). Importance of enjoyment when promoting physical exercise. *Scandinavian Journal of Medicine and Science in Sports*, 19(5), 740–747. <https://doi.org/10.1111/j.1600-0838.2008.00844.x>

Haibach, P. S., Reid, G., & Collier, D. H. (2011). *Motor Learning and Development*. Human Kinetics.

Haibach-Beach, P. S., Reid, G. D., & Collier, D. H. (2018). *Motor Learning and Development* (Second Edi). Human Kinetics.

Harjasuganda, D. (2008). Pengembangan Konsep Diri yang Positif pada Siswa SD Sebagai Dampak Penerapan Umpan Balik (Feedback) dalam Proses Pembelajaran Penjas. *Jurnal Pendidikan Dasar*, 9(8), 1–6. [http://file.upi.edu/Direktori/JURNAL/PENDIDIKAN\\_DASAR/Nomor\\_9-April\\_2008/Pengembangan\\_Konsep\\_Diri\\_yang\\_Positif\\_pada\\_Siswa\\_SD\\_Sebagai\\_Dampak\\_Penerapan\\_Umpan\\_Balik\\_\(Feedback\)\\_dalam\\_Proses\\_Pembelajaran\\_Penjas.pdf](http://file.upi.edu/Direktori/JURNAL/PENDIDIKAN_DASAR/Nomor_9-April_2008/Pengembangan_Konsep_Diri_yang_Positif_pada_Siswa_SD_Sebagai_Dampak_Penerapan_Umpan_Balik_(Feedback)_dalam_Proses_Pembelajaran_Penjas.pdf)

Harsono. (2011). *Coaching dan Aspek-Aspek Psikologi dalam Coaching*. Tambak Kusuma.

Harsono. (2017). *Kepelatihan Olahraga: Teori dan Metodologi*. Rosdakarya.

Hergovich, A., Sirsch, U., & Felinger, M. (2004). Gender differences in the self-concept of preadolescent children. *School Psychology International*, 25(2), 207–222. <https://doi.org/10.1177/0143034304043688>

Hockenberry, M. J., Wilson, D., & Rodgers, C. C. (2017). *Wong's Essentials of Pediatric Nursing* (Tenth Edit). Elsevier Inc.

- Hodges, N. J., & Williams, A. M. (2020). *Skill Acquisition in Sport: Research, Theory and Practice* (Third Edit). Routledge: Taylor & Francis Group.
- Honeybourne, J. (2006). *Acquiring Skill In Sport*. Routledge.
- Hostrup, M., & Bangsbo, J. (2017). Limitations in intense exercise performance of athletes – effect of speed endurance training on ion handling and fatigue development. *Journal of Physiology*, 595(9), 2897–2913. <https://doi.org/10.1113/JP273218>
- Hurlock, E. B. (2011). *Perkembangan Anak*. Rineka Cipta.
- Hynan, A., Murray, J., & Goldbart, J. (2014). “Happy and excited”: Perceptions of using digital technology and social media by young people who use augmentative and alternative communication. *Child Language Teaching and Therapy*, 30(2), 175–186. <https://doi.org/10.1177/0265659013519258>
- Impellizzeri, F. M., Rampinini, E., Coutts, A. J., Sassi, A., & Marcora, S. M. (2004). Use of RPE-Based Training Load in Soccer. *MEDICINE & SCIENCE IN SPORTS & EXERCISE*, 36(6), 1042–1047. <https://doi.org/10.1249/01.mss.0000128199.23901.2f>
- Irsyad, H. (2016). *Aplikasi Android dalam 5 Menit: Cara Cepat Membuat Aplikasi Android Tanpa Coding* (Edisi Revi). PT Elex Media Komputindo.
- Jakovljević, S., Karalejić, M., Pajić, Z., Gardašević, B., & Mandić, R. (2011). The Influence Of Anthropometric Characteristics On The Agility Abilities Of 14 Year-Old Elite Male Basketball Players. *Facta Universitatis: Series Physical Education & Sport*, 9(2).
- Johnston, C., & Davis, W. E. (2019). Motivating exercise through social media: Is a picture always worth a thousand words? *Psychology of Sport and Exercise*, 41, 119–126. <https://doi.org/10.1016/j.psychsport.2018.12.012>

- Jozef, S., Brónn, D., Martin, P., & Ratko, P. (2018). *Is there any connection between endurance , explosive strength and speed performance ? JPES* ®. 1, 363–365. <https://doi.org/10.7752/jpes.2018.s149>
- Juniarta, T., & Siswantoyo, S. (2014). Pengembangan Model Permainan Rintangan (Handicap Games) Untuk Latihan Kebugaran Jasmani Anak Usia 10-12 Tahun. *Jurnal Keolahragaan*, 2(1), 88–105. <https://doi.org/10.21831/jk.v2i1.2606>
- Kaipa, R., Robb, M., & Jones, R. (2017). The Effectiveness of Constant, Variable, Random, and Blocked Practice in Speech-Motor Learning. *Journal of Motor Learning and Development*, 5(1), 103–125. <https://doi.org/https://doi.org/10.1123/jmld.2015-0044>
- Karaduman, O. C., Kaygisiz, S., Buldu, A., Yildiz, K., & Cetinol, D. (2014). Developing a security software for android-based systems (“Secand”). *Anthropologist*, 17(1), 37–43. <https://doi.org/10.1080/09720073.2014.11891412>
- Klusemann, M. J., Pyne, D. B., Foster, C., & Drinkwater, E. J. (2012). Optimising technical skills and physical loading in small-sided basketball games. *Journal of Sports Sciences*, 30(14), 1463–1471. <https://doi.org/10.1080/02640414.2012.712714>
- Kong, Z., Qi, F., & Shi, Q. (2015). The influence of basketball dribbling on repeated high-intensity intermittent runs. *Journal of Exercise Science and Fitness*, 13(2), 117–122. <https://doi.org/10.1016/j.jesf.2015.10.001>
- Koryahin, V., Blavt, O., Doroshenko, E., Prystynskyi, V., & Stadnyk, V. (2020). Training effect of special basketball exercises. *Physical Education Theory and Methodology*, 20(3), 137–141. <https://doi.org/10.17309/tmfv.2020.3.02>

- Kraemer, W. J., & Ratamess, N. A. (2004). Fundamentals of Resistance Training: Progression and Exercise Prescription. *Medicine and Science in Sports and Exercise*, 36(4), 674–688. <https://doi.org/10.1249/01.MSS.0000121945.36635.61>
- Kratzig, G. P. (2016). *Skill retention: A test of the effects of overlearning and skill retention interval on maintenance of infrequently used complex skills*. The University of Regina (Canada). <https://search.proquest.com/openview/dea99bc6aea7162f2337e71bf5145292/1?pq-origsite=gscholar&cbl=44156>
- Krommidas, C., Papaioannou, A. G., Comoutos, N., Kouali, D., Galanis, E., & Chroni, S. “Ani.” (2022). Effects of parental support and coach-initiated motivational climate on young athletes’ psychosocial behaviors and well-being. *Asian Journal of Sport and Exercise Psychology*, 2(3), 140–150. <https://doi.org/10.1016/j.ajsep.2022.06.002>
- Kusuma, L. S. W. (2019). Penerapan Metode Blocked Practice Dan Media Footwork Berbasis Teknologi Dalam Upaya Meningkatkan Keterampilan Bermain Bulutangkis. *JUPE : Jurnal Pendidikan Mandala*, 4(4), 193–202. <https://doi.org/10.58258/jupe.v4i4.932>
- Lambert, M. I., & Borresen, J. (2010). Measuring Training Load in Sports. *International Journal of Sports Physiology and Performance*, 5, 406–411. <https://doi.org/10.1123/ijsp.5.3.406>
- Lamintuarso, R. (2013). *Teori kepelatihan olahraga*. Lankor.
- Lee, W.-M. (2011). *Beginning Android™ Application Development*. Wiley Publishing, Inc.
- Liew, T. W., Mat Zin, N. A., & Sahari, N. (2017). Exploring the affective, motivational and cognitive effects of pedagogical agent enthusiasm in a multimedia learning environment. *Human-Centric Computing and Information Sciences*, 7(1). <https://doi.org/10.1186/s13673-017-0089-2>

- Lim, S., Ali, A., Kim, W., Kim, J., Choi, S., & Radlo, S. J. (2015). Influence of self-controlled feedback on learning a serial motor skill. *Perceptual and Motor Skills*, 120(2), 462–474. <https://doi.org/10.2466/23.PMS.120v13x3>
- Liu, L., & Hodgins, J. (2018). Learning basketball dribbling skills using trajectory optimization and deep reinforcement learning. *ACM Transactions on Graphics*, 37(4). <https://doi.org/10.1145/3197517.3201315>
- Liu, Y., Sathishkumar, V. E., & Manickam, A. (2022). Augmented reality technology based on school physical education training. *Computers and Electrical Engineering*, 99, 107807. <https://doi.org/https://doi.org/10.1016/j.compeleceng.2022.107807>
- Lubis, J. (2016). *Panduan Praktis Penyusunan Program Latihan* (2nd ed.). PT Rajagrafindo Persada.
- Luft, A. R., & Buitrago, M. M. (2005). Stages of motor skill learning. *Molecular Neurobiology*, 32(3), 205–216. <https://doi.org/https://doi.org/10.1385/MN:32:3:205>
- Macaulay, C., & Cree, V. E. (2007). Transfer of learning: Concept and Process. *Social Work Education*, 18(2), 183–194. <https://doi.org/10.1080/02615479911220181>
- Magill, R. A., & Anderson, D. (2017). *Motor Learning and Control: Concepts and Applications* (Eleventh E). McGraw-Hill Education.
- Mahardika, D. B. (2016). Pengaruh Metode Pembelajaran Latihan Dan Motor Educability Terhadap Keterampilan Dribel Bola Basket. *JUDIKA (Jurnal Pendidikan UNSIKA)*, 4(2), 231–242. <https://doi.org/https://doi.org/10.35706/judika.v4i2.387>
- Maksum, A. (2012). *Metodologi Penelitian dalam Olahraga*. Unesa University Press.

- Mansur, L. K., Irianto, J. P., & Mansur, M. (2018). Pengaruh latihan squat menggunakan free weight dan gym machine terhadap kekuatan , power , dan hypertrophy otot The influence of squat practice using free weight and gym machine on the strength , the muscle and the hypertrophy of the muscle. *Jurnal Keolahragaan*, 6(2), 150–161. <https://doi.org/https://doi.org/10.21831/jk.v6i2.16516>
- Marmarinos, C., Apostolidis, N., Kostopoulos, N., & Apostolidis, A. (2016). Efficacy of the “pick and roll” offense in top level European basketball teams. *Journal of Human Kinetics*, 50(2), 121–129. <https://doi.org/10.1515/hukin-2015-0176>
- Martindale, R., & Nash, C. (2014). Sport science relevance and application : Perceptions of UK coaches. *Journal of Sport Sciences*, 31(8), 807–819. <https://doi.org/10.1080/02640414.2012.754924>
- Mathankar, A., & Saini, A. (2021). Movement Pattern Analysis of Layup, Jump Shot and Free Throw in Basketball. *International Journal of Physiotherapy and Research*, 9(4), 3870–3875. <https://doi.org/10.16965/ijpr.2021.133>
- Melnick, M. J. (2013). Effects of overlearning on the retention of a gross motor skill. *Research Quarterly. American Association for Health, Physical Education and Recreation*, 42(1), 60–69. <https://doi.org/https://doi.org/10.1080/10671188.1971.10615036>
- Melnick, M. J., Lersten, K. C., & Lockhart, A. S. (2013). Retention of fast and slow learners following overlearning of a gross motor skill. *Journal of Motor Behavior*, 4(3), 187–193. <https://doi.org/https://doi.org/10.1080/00222895.1972.10734934>
- Menegassi, V. M., Rechenchosky, L., Borges, P. H., Nazario, P. F., Francisco, A., Carneiro, F., & Fiorese, L. (2018). *Impact of motivation on anxiety and tactical knowledge of young soccer players JPES* ®. 18(1), 170–174. <https://doi.org/10.7752/jpes.2018.01022>

- Merbah, S., & Meulemans, T. (2011). Learning a motor skill: Effects of blocked versus random practice a review. *Psychologica Belgica*, 51(1), 15–48. <https://doi.org/10.5334/pb-51-1-15>
- Mihailescu, L., Haralambie, A., Mihailescu, L. E., & Mihailescu, N. (2013). The Quantification of The Motivational Level of the Performance Athletes. *Procedia - Social and Behavioral Sciences*, 84, 29–33. <https://doi.org/10.1016/j.sbspro.2013.06.504>
- Miller, F. Y., & Coffey, W. (2009). *Winning Basketball for Girls* (Fourth Edi). Chelsea House: An imprint of Infobase Publishing.
- Musaddad, Z. H. (2016). *Pengaruh Media Belajar Berbasis Aplikasi Android Terhadap Minat Belajar Mandiri Mahasiswa Pendidikan Agama Islam Universitas Islam Indonesia*. Universitas Islam Indonesia.
- Nelson, M. R. (2009). *The National Basketball League: A History, 1935-1949*. McFarland & Company, Inc.
- Newland, A., Newton, M., Finch, L., Harbke, C. R., & Podlog, L. (2013). Moderating variables in the relationship between mental toughness and performance in basketball. *Journal of Sport and Health Science*, 2(3), 184–192. <https://doi.org/10.1016/j.jshs.2012.09.002>
- Newman, J. S., & Newberg, A. H. (2010). Basketball Injuries. *Radiologic Clinics of North America*, 48(6), 1095–1111. <https://doi.org/10.1016/j.rcl.2010.07.007>
- Nurjaya, D. R. (2009). Tahapan Pembinaan Atlet Jangka Panjang. *Penataran Pelatih Cabang Olahraga Dayung” Pada Pengda (Pengurus Daerah), PPLP (Pusat Pembinaan Dan Latihan Olahraga Pelajar), PPLM (Pusat Pembinaan Dan Latihan Olahraga Mahasiswa) Dan Perguruan Tinggi Se-Indonesia, Surabaya*, 24–27.

- Okilanda, A., Dlis, F., Humaid, H., & Putra, D. D. (2020). Perbedaan Pengaruh Metode Latihan Dan Motivasi Berlatih Terhadap Teknik Dasar Sepakbola Sekolah Sepakbola Beji Timur U-13. *Jurnal Educatio FKIP UNMA*, 6(1), 80–89. <https://doi.org/10.31949/educatio.v6i1.280>
- Oliver, J. (2008). *Dasar-Dasar Bola Basket: Cara yang Lebih Baik untuk Mempelajarinya* (Cetakan ke). Pakar Raya.
- Omote, Y., & Takata, Y. (2014). The iOS/Android application “e-SoilMap” for creating a new user-oriented soil map. *Soil Science and Plant Nutrition*, 60(4), 470–474. <https://doi.org/10.1080/00380768.2014.909710>
- Özkaya, N., Leger, D., Goldsheyder, D., & Nordin, M. (2017). *Fundamentals of Biomechanics: Equilibrium, Motion, and Deformation* (Fourth Edi). Springer.
- Partnow, S. (2021). *The Midrange Theory: Basketball’s Evolution in the Age of Analytics*. Triumph Books LLC. <https://libgen.is/book/index.php?md5=B3585DE41C4CC89109E3C51824CE8061>
- Podmenik, N., Leskošek, B., & Erčulj, F. (2012). The effect of introducing a smaller and lighter basketball on female basketball players’ shot accuracy. *Journal of Human Kinetics*, 31(1), 131–137. <https://doi.org/10.2478/v10078-012-0014-8>
- Pojškić, H., Šeparović, V., Muratović, M., & Uièanin, E. (2014). The relationship between physical fitness and shooting accuracy of professional basketball players. *Motriz. Revista de Educacao Fisica*, 20(4), 408–417. <https://doi.org/10.1590/S1980-65742014000400007>
- Poulos, A., & Mahony, M. J. (2008). Effectiveness of feedback: The students’ perspective. *Assessment and Evaluation in Higher Education*, 33(2), 143–154. <https://doi.org/10.1080/02602930601127869>

- Pranata, A., & Lopes, P. F. (2008). Multimedia Technologies: Concepts, Methodologies, Tools, and Applications. In M. R. Syed (Ed.), *Online Multimedia Educational Application for Teaching Multimedia Contents: An Experiment with Students in Higher Education*. IGI Global. [https://comum.rcaap.pt/bitstream/10400.26/22569/1/Capitulo\\_no\\_livro\\_2008a.pdf](https://comum.rcaap.pt/bitstream/10400.26/22569/1/Capitulo_no_livro_2008a.pdf)
- Prastiwi, T. A. S., & Irawan, F. A. (2022). Overview of the biomechanics of three-point shots in basketball. *Altius: Jurnal Ilmu Olahraga Dan Kesehatan*, *11*(1), 1–10. <https://doi.org/https://doi.org/10.36706/altius.v11i1.17715>
- Priansa, D. J. (2017). *Pengembangan Strategi & Model Pembelajaran: Inovatif, Kreatif, dan Prestatif dalam Memahami Peserta Didik* (1st ed.). CV Pustaka Setia.
- Radenković, M., Lazić, A., Stanković, D., Cvetković, M., Đorđić, V., Petrović, M., et al. (2023). Effects of Combined Plyometric and Shooting Training on the Biomechanical Characteristics during the Made Jump Shot in Young Male Basketball Players. *International Journal of Environmental Research and Public Health*, *20*(1). <https://doi.org/10.3390/ijerph20010343>
- Rahayu, E. I. H., Suhardoyo, & Iwan. (2019). Umpan Balik Sistem Pakar Sebagai Penilaian Kinerja Karyawan Pada PT. Multistrada Arah Sarana, Tbk. *BMAJ: Business Management Analysis Journal*, *2*(1), 52–67. <https://doi.org/10.24176/bmaj.v2i1.3211>
- Rahmi, P., & Hijriati. (2021). Proses Belajar Anak Udia 0 Sampai 12 Tahun Berdasarkan Karakteristik Perkembangannya. *Jurnal Pendidikan Anak Bunayya*, *7*(1), 141–154. <https://jurnal.ar-raniry.ac.id/index.php/bunayya/article/download/9295/5280>
- Raiola, G. (2017). Motor learning and teaching method. *Journal of Physical Education and Sport*, *17*(5), 2239–2243. <https://doi.org/10.7752/jpes.2017.s5236>

- Raiola, G., & D'isanto, T. (2016). Descriptive shot analysis in basketball. *Journal of Human Sport and Exercise*, *11*, 259–266. <https://doi.org/10.14198/jhse.2016.11.Proc1.18>
- Ramdani, S., Aminudin, R., & Hidayat, D. (2021). Pengaruh Pembelajaran Kooperatif Terhadap Hasil Belajar Keterampilan Chest Pass Bola Basket di SMPN 1 Rengasdengklok. *Jurnal Literasi Olahraga*, *1*(2), 88–96. <https://doi.org/10.35706/jlo.v1i2.3945>
- Rink, J. E. (2014). *Teaching Physical Education fo Learning*. McGraw-Hill.
- Rohman, M., & Amri, S. (2013). *Strategi dan Desain Pengembangan Sistem Pembelajaran*. Prestasi Pustaka.
- Rohrer, D., Taylor, K., Pashler, H., Wixted, J. T., & Cepeda, N. J. (2005). The effect of overlearning on long-term retention. *Applied Cognitive Psychology*, *19*(3), 361–374. <https://doi.org/10.1002/acp.1083>
- Rusman. (2016). *Model-model Pembelajaran. Mengembangkan Profesionalisme Guru* (II). PT Rajagrafindo Persada.
- Sabbahi, A., Canada, J. M., Babu, A. S., Severin, R., Arena, R., & Ozemek, C. (2022). Exercise training in cardiac rehabilitation: Setting the right intensity for optimal benefit. *Progress in Cardiovascular Diseases*, *70*, 58–65. <https://doi.org/https://doi.org/10.1016/j.pcad.2022.02.001>
- Sadikin, A., Hamidah, A., Pinang, K., Ji, M., Ma, J., Km, B., Indah, M., Jaluko, K., Kode, K. M., & Indonesia, P. (2020). Pembelajaran Daring di Tengah Wabah Covid-19 ( Online Learning in the Middle of the Covid-19 Pandemic ). *BIODIK: Jurnal Ilmiah Pendidikan Biologi*, *6*(1), 214–224. <https://doi.org/https://doi.org/10.22437/bio.v6i2.9759>
- Saichudin, & Munawar, S. A. R. (2019). *Buku Ajar Bolabasket*. Wineka Media.
- Sampaio, J., Gonçalves, B., Mateus, N., Shaoliang, Z., & Leite, N. (2018). Basketball. In *Modelling and simulation in sport and exercise* (pp. 108–126). Routledge.

- Sanjaya, W. (2016). *Strategi Pembelajaran Berorientasi Standar Proses Pendidikan*. Prenadamedia Group.
- Santrock, J. W. (2011). *Life-Span Development* (13th ed.). McGraw-Hill.
- Schmidt, R. A., Lee, T. D., Winstein, C. J., Wulf, G., & Zelaznik, H. N. (2019). *Motor Control and Learning: A Behavioral Emphasis*. Human Kinetics.
- Setyosari, P. (2015). *Metode Penelitian Pendidikan dan Pengembangan*. Kencana.
- Singh. (2012). *Sport Training*. Chawla Offset Printers.
- Snyder, H. (2019). Literature review as a research methodology: An overview and guidelines. *Journal of Business Research*, 104(March), 333–339. <https://doi.org/10.1016/j.jbusres.2019.07.039>
- Sport for Life. (2019). *Indigenous Long-Term Participant Development Pathway*. Sport for Life Society.
- Stoppani, J. (2014). *Encyclopedia of Muscle & Strength Second Edition* (Second Edi). Human Kinetics.
- Struzik, A., Pietraszewski, B., & Zawadzki, J. (2014). Biomechanical analysis of the jump shot in basketball. *Journal of Human Kinetics*, 42(1), 73–79. <https://doi.org/10.2478/hukin-2014-0062>
- Sudaryono. (2018). *Metodologi Penelitian*. PT Rajagrafindo Persada.
- Sugiyanto. (2015). *Karakteristik Anak Usia SD*. <http://staffnew.uny.ac.id/upload/132319838/pengabdian/Karakteristik+Siswa+SD.pdf>
- Sugono, D. (2008). *Kamus Bahasa Indonesia*. Pusat Bahasa Departemen Pendidikan Nasional.
- Sukadiyanto, & Muluk. (2010). *Pengantar Teori dan Metodologi Melatih Fisik*. Lubuk Agung.
- Sukmadinata. (2005). *Metode Penelitian Pendidikan*. PT. Remaja Rosdakarya.

- Sullivan, K. J., Katak, S. S., & Burtner, P. A. (2008). Motor learning in children: Feedback effects on skill acquisition. *Physical Therapy*, 88(6), 720–732. <https://doi.org/10.2522/ptj.20070196>
- Sun, F., & Zheng, C. (2021). The application of basketball technology multimedia computer-assisted instruction courseware in physical education. *International Journal of Electrical Engineering and Education*, 1–15. <https://doi.org/10.1177/00207209211013440>
- Sweidan, S. Z., Salameh, H., Zakarneh, R., & Darabkh, K. A. (2019). Autistic Innovative Assistant (AIA): an Android application for Arabic autism children. *Interactive Learning Environments*, 0(0), 1–24. <https://doi.org/10.1080/10494820.2019.1681468>
- Syafruddin. (2011). *Ilmu Kepeatihan Olahraga* (T. E. U. Press (ed.); 1st ed.). UNP Press Padang.
- Tănase, C., Rotaru, V., & Marinescu, S. (2014). Study on the Efficient Training of Basketball Player Junior (U16) Positions. *Procedia - Social and Behavioral Sciences*, 117, 167–172. <https://doi.org/10.1016/j.sbspro.2014.02.196>
- Taylor, J. B., Ford, K. R., & Hegedus, E. J. (2020). Biomechanics of Upper Extremity Movements and Injury in Basketball BT - Basketball Sports Medicine and Science. In L. Laver, B. Kocaoglu, B. Cole, A. J. H. Arundale, J. Bytomski, & A. Amendola (Eds.), *Basketball Sports Medicine and Science* (pp. 53–64). Springer Berlin Heidelberg. [https://doi.org/10.1007/978-3-662-61070-1\\_5](https://doi.org/10.1007/978-3-662-61070-1_5)
- Taylor, J. J. (2016). Youth Football. *Www.FIFA.Com*, 257.
- Vanbuskirk, S. (2022). *10-Year-Old Child Development Milestones*. Verywell Family. <https://www.verywellfamily.com/10-year-old-developmental-milestones-620710>
- Vaughan, C. L. (2020). *Biomechanics of sport*. CRC Press.

- Vezzuto's, L. A. (2004). *How Young People Develop Character: A Conceptual Framework with Descriptions of Promising Practices*. Institute for Character Education.
- Vickers, J. N., Vandervies, B., Kohut, C., & Ryley, B. (2017). Chapter 1 - Quiet eye training improves accuracy in basketball field goal shooting. In M. R. Wilson, V. Walsh, & B. B. T.-P. in B. R. Parkin (Eds.), *Sport and the Brain: The Science of Preparing, Enduring and Winning, Part B* (Vol. 234, pp. 1–12). Elsevier. [https://doi.org/https://doi.org/10.1016/bs.pbr.2017.06.011](https://doi.org/10.1016/bs.pbr.2017.06.011)
- Wasserman, E. B., Herzog, M. M., Collins, C. L., Morris, S. N., & Marshall, S. W. (2018). Fundamentals of Sports Analytics. *Clinics in Sports Medicine*, 37(3), 387–400. <https://doi.org/10.1016/j.csm.2018.03.007>
- Wästlund, E., Norlander, T., & Archer, T. (2001). Exploring cross-cultural differences in self-concept: A meta-analysis of the self-description questionnaire-1. *Cross-Cultural Research*, 35(3), 280–302. <https://doi.org/10.1177/106939710103500302>
- Wibowo, K., Hidayatullah, M. F., & Kiyatno. (2017). Evaluasi Pembinaan Prestasi Olahraga Bola Basket di Kabupaten Magetan. *Media Ilmu Keolahragaan Indonesia*, 7(1), 9–15. [https://doi.org/https://doi.org/10.15294/miki.v7i1.9520](https://doi.org/10.15294/miki.v7i1.9520)
- Widiastuti. (2015). *Tes dan Pengukuran Olahraga*. PT. Raja Grafindo Persada.
- Wilde, H., Magnuson, C., & Shea, C. H. (2013). Random and blocked practice of movement sequences: Differential effects on response structure and movement speed. *Research Quarterly for Exercise and Sport*, 76(4), 416–425. <https://doi.org/10.1080/02701367.2005.10599314>
- Williams, A. M., & Grant, A. (2009). Training perceptual skill in sport. *International Journal of Sport Psychology*, 30(2), 194–220.

- Williams, S. J. (2005). *A Case Study of the Relationship between Sports Science Research Practice and Elite Coaches' Perceived Needs* [University of Canberra].  
<https://researchsystem.canberra.edu.au/ws/portalfiles/portal/33687840/file>
- Windarsih, C. A. (2016). Aplikasi Teori Umpan Balik (Feedback) Dalam Pembelajaran Motorik Pada Anak Usia Dini. *Tunas Siliwangi*, 2(1), 20–29.  
<https://doi.org/https://doi.org/10.22460/ts.v2i1p20-29.306>
- Wissel, H. (2012). *Basketball: Step to Success*. USA: Human Kinetics.
- Wissel, H. (2018). *Basketball: Step to Success* (Third Edit). Human Kinetics.
- Wulf, G., Shea, C., & Lewthwaite, R. (2010). Motor skill learning and performance: A review of influential factors. *Medical Education*, 44(1), 75–84.  
<https://doi.org/10.1111/j.1365-2923.2009.03421.x>
- Yuliandra, R., & Fahrizqi, E. B. (2019). Pengembangan Model Latihan Jump Shoot Bola Basket. *Journal of SPORT (Sport, Physical Education, Organization, Recreation, and Training)*, 3(1), 51–55.  
<https://doi.org/10.37058/sport.v3i1.750>
- Zacharakis, E. D., Bourdas, D. I., Kotsifa, M. I., Bekris, E. M., Velentza, E. T., & Kostopoulos, N. I. (2020). Effect of balance and proprioceptive training on balancing and technical skills in 13-14-year-old youth basketball players. *Journal of Physical Education and Sport*, 20(5), 2487–2500.  
<https://doi.org/10.7752/jpes.2020.05340>
- Zambova, D., & Lubor, T. (2012). an Efficiency Shooting Program For YOUTH Basketball Players. *SportLogia*, 8(1), 87–92.  
<https://doi.org/105550/sgia.120801.en.087Z>

Zeng, Q. (2022). Research and Analysis of Computer Multimedia Technology in Basketball Tactics Teaching. In F. Al-Turjman & J. Rasheed (Eds.), *International Conference on Forthcoming Networks and Sustainability in the IoT Era* (pp. 68–72). Springer International Publishing. [https://doi.org/https://doi.org/10.1007/978-3-030-99581-2\\_8](https://doi.org/https://doi.org/10.1007/978-3-030-99581-2_8)

Zhang, G., & Zhang, D. (2018). Model construction of technical test and evaluation of “young basketball players.” *Journal of Discrete Mathematical Sciences and Cryptography*, 21(6), 1449–1454. <https://doi.org/10.1080/09720529.2018.1527813>

Zhang, X., Wan, Q., Lyu, S., Li, O., & Liu, Y. (2021). Overlearning is as ineffective as underlearning? A cross-culture study from PISA 2015. *Learning and Individual Differences*, 88(2), 102005. <https://doi.org/10.1016/j.lindif.2021.102005>

Zipp, G. P., & Gentile, A. M. (2010). Practice Schedule And The Learning Of Motor Skills In Children And Adults: Teaching Implications. *Journal of College Teaching & Learning (TLC)*, 7(2), 35–42. <https://doi.org/10.19030/tlc.v7i2.87>