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Review Article

Analysis of the Impact of Basic Technique Training on Increasing Shooting Accuracy and Ball Handling in Basketball Players: A Literature Review

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Abstract. This study is motivated by the importance of mastering basic techniques in basketball, especially in improving shooting accuracy and ball handling skills. The purpose of this study is to analyze the impact of basic technique training on improving these two aspects of skills. The method used is a literature review of ten scientific journals published from 2020 to 2025 that are relevant to the topic. The results of the analysis show that basic technique training consistently makes a positive contribution to improving shooting accuracy and ball handling skills in basketball players, both at beginner and advanced levels. This finding reinforces the importance of implementing a structured and sustainable basic technique training program in athlete development. The implications of this study point to the need for coaches and policy makers in sports to integrate basic technique training as a core part of the basketball training curriculum.

Keywords: basic techniques, shooting accuracy, ball handling, basketball, literature review

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1. INTRODUCTION

Basketball is one of the most popular sports especially among teenagers. The game requires both individual and team technical skills. In basketball, shooting and ball handling are two of the most important components of various basic techniques as they affect how well one scores points and maintains the rhythm of the game. Therefore, basic technique training is essential to improve the performance of basketball players from an early age.

Basic technique training that is carried out systematically can significantly improve player skills, especially in terms of shooting and ball handling. Pardini's study (2022) found that the three-point shot training model effectively increased shooting ability by 49% in high school athletes. Meanwhile, research by Alamsyah and Nugroho (2022) found that the BEEF method can improve free shot accuracy from 1.87 to 4.00 over 16 training sessions. Azzahro (2024) made similar findings, showing that the 5-Post Drill training method increased three-point shooting accuracy by 14%. In contrast, plyometric and ladder drills also improved the quality of three-point shots and the ability to control the ball (Taufik et al., 2020). In addition, it is considered that the BEEF shooting method, which prioritizes advanced movement, elbow position, eye focus, and balance, successfully improves players' shooting techniques (Ramadhan & Irawan 2022).

However, a review of the existing literature shows that most studies still focus partially, either only on shooting techniques or only on ball control. Not many studies have specifically studied the relationship between basic technique training and the improvement of both aspects simultaneously. In fact, shooting and ball control are closely related in real games. In addition, the training approach in schools or amateur clubs still has weaknesses. This approach does not fully rely on data and pays little attention to objective performance measurement (Apriansyah et al., 2025).

According to this explanation, this research is very important to do to fill the gap of studies that have not been widely discussed. This study will analyze how basic technique training impacts two main aspects of basketball, namely shooting accuracy and ball handling ability. The purpose of this study is to analyze and synthesize these findings. It is expected that this research will make theoretical and practical contributions to help coaches, physical education teachers, and sports coaches create appropriate training approaches that are based on scientific evidence. It is hoped that this review will not only provide theoretical understanding based on the latest scientific research, but also be a reference for building more targeted, efficient and effective training programs.

2. THEORETICAL STUDY

The game of basketball requires mastery of a number of good basic techniques to achieve maximum performance in the game. According to fundamental theory in sports training, basic techniques in basketball such as shooting, dribbling, and passing are the main foundations that must be mastered by every player from an early age. Basic techniques are not only aspects of motor skills, but also involve tactical understanding and decision-making abilities in dynamic game conditions (Tangkudung, 2012). In the context of competitive play, mastery of basic techniques allows players to execute team strategies more effectively, particularly in scoring points and maintaining possession.

As explained by Ramadhan and Irawan (2022) in their analysis of shooting biomechanics, good shooting concepts include arm strength and eye-hand coordination, body balance, and effective techniques such as the BEEF (Balance, Eyes, Elbow, Follow Through) approach. This method improves players' understanding of the mechanical principles required for more accurate and consistent shots. In addition, research conducted by Friskawati (2025) found that arm strength, balance, and eye-hand coordination are highly correlated with the accuracy of basketball three-point shots.

Structured basic technique training has also been shown to improve shooting results. In a study conducted by Taufik et al in 2020, they found that both plyometric and drill ladder methods can significantly improve three-point shots. Plyometric training concentrates on increasing muscle explosiveness which is very important for jump shots, and drill ladder increases the agility and reaction speed of players.

High intensity interval training (HIIT) methods have also been used to improve shooting accuracy through effective and dynamic repetitions. According to Bagia et al (2023), the HIIT method for throwing basketball can significantly improve throwing accuracy compared to conventional methods in handball athletes, which has similar technical characteristics to basketball in terms of ball control and shooting.

Meanwhile, the ball handling aspect cannot be separated from dribbling and passing skills. This ability allows players to maintain possession of the ball and open up attack space. The results of research by Apriansyah et al (2025) concluded that the basic abilities of dribble and passing in extracurricular students were still in the moderate category, indicating the need for more systematic and measurable training planning.

Ball handling is another important aspect that affects the quality of the game. Ball handling includes skills in dribbling and passing the ball accurately and quickly. In a study by Sumatera et al (2020), it was found that basic techniques such as dribbling and shooting were in the moderate category among youth basketball club players, indicating the need for strengthening in training these basic techniques (Sumatera et al, 2020). A team's offensive and defensive capabilities can be directly affected by a lack of these basic technique skills.

Systematic and continuous training of basic techniques has been shown to improve player performance. Pardini (2020) conducted a study showing that a systematically designed three-point shooting training model can significantly improve players' attitudes and abilities in terms of shooting accuracy and movement efficiency. In addition, the 5-Post Drill method used by Azzahro and Hariyanto (2024) also showed an increase in three-point shooting accuracy by 14% during a one-month training program. This shows how important it is to use a scientific approach when creating a training program that suits the needs of players.

Basic technique training has a significant effect on improving shooting accuracy and ball handling ability. Good training not only trains physical aspects, but also strengthens understanding of techniques and biomechanical aspects of movement. Therefore, evaluating the effectiveness of basic technique training is important to be done regularly in an effort to improve overall athlete performance.

3. RESEARCH METHODS

This research uses the literature review method as the main approach to analyze the impact of basic technique training on improving shooting accuracy and ball handling in basketball players. This method was chosen because the purpose of the research is to review and synthesize the findings of various previous studies that are relevant to the topic under study, so as to provide a comprehensive picture based on existing scientific evidence.

The data collection process was carried out by searching and selecting scientific articles or journals related to basic technical training, shooting accuracy, and ball handling in the context of basketball. The search was conducted using several trusted academic journal databases that provide access to national and international journals. The main focus of the research was on journals indexed in the Indexation Management Information System (SINTA), which indicates the quality and credibility of journals in Indonesia.

Journal selection criteria were based on several key requirements. First, the selected journals must contain the main keywords such as “basic techniques”, “shooting accuracy”, and “ball handling” to ensure relevance to the research topic. Secondly, the journal's publication year was limited between 2020 and 2025 to obtain the latest information and recent developments in the field of basketball technique training. Thirdly, only journals that had full access and met adequate scientific standards were used as the main sources in this study.

After the search and selection process, several journals were found that met these criteria. These journals were then analyzed in depth to identify patterns, findings, and training methods that have proven effective in improving shooting and ball handling skills. This analysis was done by comparing and integrating the research results in order to obtain a comprehensive understanding of the impact of basic technique training.

4. RESULT AND DISCUSSION

Several relevant scientific articles published between 2020 and 2025 were the subject of the literature review in this study. Data was collected by reviewing previous studies that looked at how training basic basketball techniques improves performance, particularly in terms of shooting and ball control. Journals that had received national accreditation (SINTA) were the focus of the review, which was conducted systematically from March to May 2025. By considering the research design, sample size, analysis methods, and results and conclusions of each journal, this study prioritizes the validity and relevance of the data, even if it is not used empirically in the field.

According to research conducted by Apriansyah et al (2025) on the basketball extracurricular team of Madrasah Aliyah Negeri 1 Banyuasin, players have basic technical skills such as dribbling, shooting, and moderate passing. This study found that unstructured training intensity after the COVID-19 pandemic reduced player performance. This suggests that if players do not practice basic techniques regularly, they may fail to improve their shooting accuracy and ball control.

According to a journal written by Ichlasul Rizki Alamsyah and Reza Adhi Nugroho (2022), this research was conducted on extracurricular basketball students at SMK Negeri 4 Bandar Lampung. This study used a one-group pretest-posttest experimental method. The pretest results of free throw accuracy averaged 1.87 in 16 training sessions using the BEEF method, which increased to 4.00 after treatment. This increase shows that basic technique training that focuses on body mechanics improves launch accuracy.

The study by Ramadhan and Irawan (2022) also emphasized that the concept of BEEF (Balance, Eyes, Elbow, Follow through) is very important to master shooting techniques. Of the eight athletes of the Depok City Elite Skills Club, it is known that most players have not applied the principles of BEEF thoroughly, especially in terms of coordination of movement and balance. This resulted in their failure to shoot. Therefore, the quality of shooting has been significantly improved through practicing basic techniques based on biomechanical principles such as BEEF.

Additional studies conducted by Izzatun Elisa Azzahro (2024) looked at how effective the 5-Post-Drill training method was on three-point shooting accuracy in SMA Negeri 1 Babat students. This study was conducted for one month and conducted as many as twelve meetings. According to the results of the t-test analysis, the experimental group experienced a 14% increase in accuracy, while the control group only experienced a 2% increase. This shows that practicing basic techniques with a variety of shooting positions can significantly improve shooting ability, especially under real game conditions.

Using an R&D approach, Gustaman Pardini (2022) developed a three-point shooting training model specifically for high school athletes. The pretest results showed an average shooting ability of 41.5, which increased to 52 in the posttest. This shows an increase in three-point shooting ability by 49%. These results support the findings of previous research showing that training focused on basic techniques can significantly improve long-distance shooting efficiency.

In experimental research by Bagia et al. (2023), it was proven that basketball throwing training with the HIIT method improved the shooting accuracy of male handball athletes. After the training, the average shooting accuracy increased from 19.92 to 33.42. Although the context is the sport of handball, the training method used is based on basketball techniques and shows that high-intensity training with repetitions of basic techniques can improve focus, muscle strength, and shooting precision in a fairly short time.

In a study conducted by Taufik et al. (2020), two three-point shooting training methods were compared: plyometric and ladder drill. Out of 20 students at SMAN 9 Bandung, the statistical test results showed that plyometric training improved shooting results significantly compared to ladder drill.

It is evident that shooting accuracy from a distance can be improved by practicing basic techniques and better physical conditions, such as jumping and reaction speed.

Meanwhile, Sumatra et al (2020) examined the Parmato basketball club in Solok City. The results show that most players have moderate shooting ability (average 5.36) and excellent dribbling ability (average 7.69). This study shows that although ball control has been sufficiently mastered, shooting techniques require special and intensive training.

In contrast, Friskawati (2025) conducted a study that focused more on variables related to shooting accuracy, especially three-point shooting. The three main variables tested were arm strength, balance, and eye-hand coordination. All of these variables showed a significant correlation with shooting accuracy. This shows that basic technical training and supporting physical training cannot be separated. Body strength and coordination are essential for shooting technique.

Theoretically, these findings support the idea found in the sporting literature that athlete performance is influenced by the quality of measured, systematic, and intensive basic technique training in addition to natural talent. Technical training such as cone dribble drills, stationary shooting, and repetitive passes also train players' concentration and motor control indirectly. believe that shooting skill improvement is significantly affected by basic technique training. However, the 5-Post Drill model tends to be better for long-distance shooting, and the BEEF method tends to be better for free throw. These results provide a theoretical basis for understanding that basic technique training methods should be tailored to the type of shooting targeted.

However, the results vary due to subject background, training duration, and measurement method. For example, Ramadhan & Irawan's study assessed shooting accuracy using Kinovea software that uses biomechanics, while Bagia et al.'s study focused on changes in statistical scores before and after the test. This shows the importance of different ways to measure how basic technique training affects performance. Although most studies show similar findings, Sumatra et al (2020) emphasize that supporting components such as coach quality, training frequency and training facilities greatly influence the success of skill improvement. Therefore, although training techniques have been proven to work, their implementation on the field still depends on the supporting conditions that exist where athletes train.

These results support the idea that sports such as basketball require intensive and varied repetition for motion automation. This is in line with the physical training principle known as skill transfer, which means that basic techniques learned during practice will transfer to match situations if performed in an appropriate manner (Honeybourne, 2006; Tangkudung, 2012 in Pardini, 2022). This means that sports teachers and coaches should create training programs that not only teach techniques mechanically but also adapt them to the athlete's physical and mental state. For example, a more realistic match simulation can be created with a combination of plyometric and HIIT techniques with basic technique drills in a game scenario. Methods like BEEF can also be taught from an early age to build effective movement patterns.

This study shows that sport coaches and teachers can integrate basic technique training models such as BEEF and 5-Post Drill into their curriculum and extracurricular training programs. Such drills can build discipline, technical accuracy, and performance consistency in adolescent athletes in addition to being highly effective. These influences are critical to the development of athletes from a school age, which is the foundation for sustainable performance coaching.

Basic technique training is the foundation for improving shooting accuracy and basketball control. The results show that a scientifically programmed training approach significantly affects the performance of basketball players. These results suggest that systematic, organized, basic technique

training tailored to the features of a particular technique, such as shooting or ball handling, can significantly affect the performance of basketball players. These findings reinforce the importance of choosing the right training method and tailoring it to the characteristics of the technique.

5. CONCLUSION AND ADVICE

Improving shooting accuracy and basketball handling skills of basketball players is greatly influenced by basic technique training. Various training methods, such as thematic training models, BEEF, and 5-Post Drill, have been proven to improve the quality of basic technique execution by using a systematic and structured approach. Most studies show a significant improvement in shot accuracy. This suggests that exercises that focus on the way and structure of body mechanics improve shooting accuracy in both free and three-point shots.

Intensive practice of basic techniques improves the ability to control the ball, such as dribbling and passing. This shows how important technique training is for building basketball game tactics and strategies. According to research, basic technique deficiencies are often a major barrier to overall team performance. Therefore, intervention through targeted training is essential in the development of athletes, especially in the early stages of learning and youth development.

However, the results of this review cannot be widely generalized as the populations, samples and research designs in the studies differed. Most of the studies were conducted on school and youth level athletes, so the training techniques discussed may not be effective on adult or professional athletes. Another weakness is the limited number of studies that examined ball control and shooting simultaneously.

To achieve a more in-depth study of the relationship between these skills, the authors suggest that future studies combine training approaches that include ball control and shooting in one intervention design. It is also hoped that future research is conducted with a wider and more diverse population, and that more modern and accurate measurement instruments are used to support the validity of the results. It is hoped that these efforts will make a greater contribution to developing successful and sustainable basketball training techniques.

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