

## **ABSTRACT**

RIFKI ADDRRIANI. 2023. *The Contribution of Concentration and Confidence to the Results of Free Throw Basketball*. Department of Physical Education. Faculty of Teacher Training and Education. Siliwangi University. Tasikmalaya.

*The purpose of this study was to determine the contribution of concentration and confidence to shooting results in a basketball game. The research method used is descriptive method, where data collection is done only once. While the sample selected 15 people using purposive sampling method, namely selecting samples with criteria such as being proficient in playing basketball, having the ability to do good shooting. The results showed that concentration has a significant contribution to the results of shooting basketball, then confidence has a significant contribution to the results of shooting basketball, then concentration and confidence together*

*have a significant contribution to the results of shooting. Thus, the results of this study prove that in order to produce better basketball free throw shooting, it is prioritized to concentrate and be confident when shooting free throws in addition to other physical conditions.*

**Keywords: concentration, confidence and free throw**