

SIDESTEP TRAINING MODEL OF A RUGBY GAME

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Abstract

This study aims to produce a sidestep training model by testing the effectiveness of sidestep enhancement in rugby athletes. This research uses research and development methods from Borg and Gall. The subjects of this study were athletes from the Jakarta State University Rugby club and the Sumedang City Rugby club. The research begins with needs data analysis, planning, product manufacturing, testing, revision and final product. The feasibility test of the model presented 3 experts consisting of 3 National rugby coaches and produced 20 sidestep training models. The effectiveness test model uses sidestep results. The improvement in shooting skills showed significant t -count= 15,138, df = 29 and p -value= $0.00 < 0.05$ which means that there is a significant difference between before and after being given the training model treatment, the average pre-test is smaller than the average post-test of. It can be concluded that the developed sidestep training model of rugby games is quite effective for improving sidestep skills in rugby athletes.

Keywords: Training Model; Sidestep; Rugby

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INTRODUCTION

The sport of rugby is one of the sports that originated in England and was played In 1823, William Webb Ellis, a student in England, caught the ball by hand while playing soccer. After catching then running away the ball. Other students heard this mistake, but they did not protest. (Rugby, 2019) In the next stage, the thought arises to develop a new pattern of play, which allows catching and carrying the ball by hand. This is what later became popularly known as The Rugby Game. Basically, the game of rugby is played by 15 people in a team, but as the sport of rugby develops in the world a new match number appears, namely rugby 7. And rugby 7 is a sport that is competed in the olympics. (Purwoko, 2022).

This is also the case in Indonesia, the first time rugby was introduced through the game of rugby 15. Within a few years, the game of rugby 7 began to be introduced and popular. Even today rugby is one of the popular sports and is often held championships at the club, university, and provincial levels. seiring the development of the sport of rugby in Indonesia is also increasingly fierce competition for each rugby team. However, Indonesia's current rugby achievements can be said to be not good enough and there are still many shortcomings that must be corrected. It can be seen from several events participated by Indonesian teams at the international level such as the 2017 Sea Games, Indonesia ranked 6th out of 6 participants. In addition, at the Asian Games the Indonesian men's team only ranked 11th and for the Indonesian women's team ranked 8th.

The lack of achievement of the Indonesian team is partly due to uneven socialization and training programs or training atmosphere that tends to be just that. Therefore, experts must upgrade coaching knowledge to have a different and fun training program that will increase the interest and enthusiasm of athletes in training (Okilanda et al., 2021), so that the goals of the planned training can be achieved and fulfilled (Nopianto et al., 2020). Therefore all the objectives of an exercise program are made to be achieved (Arisman & Agun Guntara, 2021). Although at this time the sport of rugby has begun to see its development in every region, the contribution of experts in this field must continue to be improved. Like the Exercise program given to athletes to continue to follow the Exercise without getting bored, that way the seeds of the next generation never break up. In addition to the socialization of the sport of rugby, of course, the program from coaches must increasingly attract interest in the game of rugby.

In the game of rugby there are several basic techniques that must be mastered, namely kicking, ruck, takle, passing, scrum, maul, sidestep. Basically, these techniques must be mastered by the players, because it is the initial capital to be able to develop the game and attack in the match (Ihsan et al., 2022). From these basic techniques, there are several types of advanced techniques that can be

trained so as to make a playing skill. the main thing to develop the game and attack in the game in the game of rugby is the sidestep technique, if done well, it will make it easier to attack, and vice versa, so that in sidestep good skills are needed (Marta & Oktarifaldi, 2020).

Based on the results of a small study conducted by researchers through interviews with 20 junior athletes from the Jakarta State University club. It turned out that 15 people could not perform the sidestep technique. From the results of the study, it is known that the success of achievements in playing rugby depends largely on the ability of physical condition and also the right training model. (Divya et al., 2014). So that to achieve good achievement targets, good, directed and sustainable coaching and training are needed (Maretno & Arisman, 2020). For this reason, it is necessary to be bored in using a fairly developed training model in the sport of rugby, namely the new technique training model, where the form of training uses a training program that varies in each phase so as to improve the quality of mastery of the technique, especially sidesteps that can contribute to the increase in the prestige of rugby athletes. Therefore, researchers designed a research on the training model product and tested the effectiveness in their athletes (Pratama et al., 2022)(Taufik et al., 2021).

In this study, it uses Research and Development, which is a strategy or research method that is quite effective. (Sugiyono, 2012) outlines research and development methods are research methods used to produce products and test the effectiveness of products. The development research method or in English Research and Development is a strategy or research method that is quite powerful. Development research is indeed directed at finding updates and excellence in the context of effectiveness, efficiency, and productivity (Anwar et al., 2019). Gay, Mills, and Arasian said "Development research (R&D) is the process of researching the needs of learners then developing into products to meet those needs (Putra et al., 2020). The purpose of R&D in the field of education is not to formulate or test theories but to develop effective products for use in schools" (Mulyana, 2019).

This development research is indeed directed at finding updates and advantages in the context of effectiveness, efficiency and productivity. Development research is a research approach to produce a new product or improve an existing product (Wynarti, 2018). Research and development research and development focuses on the development of existing products to be revised to become more attractive so that the value of their usefulness increases. If the new product has been tested, then the product when used will be easier, faster and of higher quality and the quality of the product that has been produced will be as expected. Based on the understanding that has been described in this study, it seeks to develop a model of practice skills in the sidestep technique of rugby games.

Rugby

History records that in 1823, at a school football game in the English city of Rugby, a boy named William Webb Ellis took the ball and ran towards the opponent's goal line. Two centuries later, Rugby football has evolved into one of the most popular sports in the world, where millions of people play, watch and enjoy the game of rugby. Rugby has maintained etiquette for many years. Rugby is played by 2 teams of 15 players. The goal of each team is to get hold of the ball, and take it to the opponent's territory and put it in the final zone. Some of the different points that can be obtained in rugby are 5-point try, 2-point conversion, 3-point penalty and 3-point drop goal. Before playing rugby, it is very important to first understand the skills needed.

Sidestep Techniques

Sidestep is the ability to quickly change the direction or position of the body for the purpose of shaking the opponent or overwitting the opponent. And cottrel says "The ball carrier goes one way, the defender moves that way, then the ball carrier quickly goes the other way before the defender can change. So all the ball carrier has to do is convince the defender of one thing, then do the other. What you need to do, then, is teach the player to lie." (Dan Cottrell, n.d.) According to Dan The ball carrier goes in one direction, the defender moves there,

then the ball carrier quickly goes the other way before the defender can change. So all the ball-bearer has to do is convince the defender of one thing, then do another. What you need to do, then, is teach the player to lie.

Sidesteps are the main thing when attacking in a rugby game. Attacking in a rugby game is an effort made to break through the opponent's defensive area so as to generate points. When attacking requires good cooperation and coordination between players of one team.

METHOD

Research and Development aims to produce new products that can be utilized in training activities to help coaches in developing training programs can also optimize the performance of athletes in achieving the expected goal of achieving the highest achievement. Research on sidestep training models in rugby games focused on several objectives including:

1. Develop and apply a sidestep training model to rugby games.
2. Obtained empirical data on the effectiveness and efficiency of sidestep training models in rugby games.

The ultimate goal of this research and development (R&D) activity is to produce a sidestep training model product in rugby games that can provide benefits to the coach to make it easier for coaches to apply training materials, especially attacking. So that later it can be used to improve the quality of the ability to attack. The timing of this study refers to the research concept of Research and Development from Borg and Gall which is planned for two months, with the following details:

- 1) Needs Analysis
- 2) Model development planning
- 3) Development of exercise model design
- 4) Expert validation and exercise model revisions
- 5) Small group trials and revisions
- 6) Field trials and revisions

RESULT AND DISCUSSION

In general, the results of this study include (1) Sidestep Training Model in Rugby Game, (2) Sidestep Training Model Manual in Rugby Game. The sidestep

training model in rugby games is carried out at the Rugby Club of Jakarta State University using the Borg and Gall development method. Needs analysis is the first stage carried out in this study. Overall, there are needs analysis results that need to be revealed, namely;

1. How often sidestep training is done on Rugby club athletes of Jakarta State University,
2. How important sidestep training for Jakarta State University Rugby club athletes is carried out,
3. What obstacles are encountered in sidestep exercises.

Furthermore, the implementation of 25 models of sidestep exercise variations was carried out. Tests are carried out to determine the results before and after treatment. The average test result of 30 athletes before being given treatment was 39.13 After being given the treatment of sidestep training variation models as many as 20 models that have been evaluated and further validated post-tests were carried out to find out whether there was an increase in sidesteps in players as measured by athlete agility. After taking post-test data, it was discovered that the variation in sidestep exercises was characterized by increasing record results with an average of 46.7. Based on the description above, after being measured by agility using the sidestep test method, it was found that the difference in the results of the sidestep exercise variation between the pre-test and post-test that the sidestep exercise variation model developed was effective and could improve the sidestep athlete.

Data on pretest and posttest results of sidestep athletes using the Lilliefors test at significance level = 0.05. The complete calculation of the t test can be seen in the appendix. While the summary of the calculation results is shown in table 4.6 below.

Tabel 1. Tests of Normality

	Kolmogorov- Statistics	Smirnova Df	Shapiro-Wilk Sig.	Statistics	Df	Sig.
Pretest	.174	30	.021	.927	30	.040
Posttest	.116	30	.200*	.962	30	.346

*. This is a lower bound of the true significance.

a. Lilliefors Significance Correction

Table 2. Paired Samples Statistics

	Mean	Std. Deviation	Std. Error Mean
Pair 1 Pretest	39.133330	4.81902	.87983
Posttest	46.700030	3.58301	.65416

Looking at the data above the results from the Pre-test are 39.13 and the post-test results are 46.7 (in the group statistics table). From the data, it can be seen that the scores of the post-test class are higher or greater compared to the pretest class group. The difference is reinforced by a significant value that is smaller than 0.05 (5%) which is 0.000. From the results of small group trials, large group tests and model effectiveness tests that have been presented, it is known that the sidestep training model products in rugby games developed in this study are effective and qualified to be applied to sidestep training activities in men's and women's rugby games.

Based on the data that can be collected from experts as well as data at the time of small group trials and field trials from participants, there are several parts of the product that need to be revised. This was done to further optimize the benefits of developing a spin pass training model on rugby games.

Product Enhancements

Based on the numbers in the table above, it can be concluded that the Sidestep Training Model of Rugby Games can and deserves to be used in practice. Seeing the disadvantages and advantages of the products made, there are inputs that researchers will convey in order to achieve the improvement of this product, the inputs are as follows:

- In the process of practice the directions given must be in accordance with those that have been drawn up.
- Related to time, the applied model should correspond to the duration of the exercise time.
- Use a model that is absolutely appropriate, so that it can be useful for the practice process.

Product Discussion

The sidestep training model in rugby games created by researchers is a product that aims to help coaches, improve sidestep skills and as a reference

model of sidestep training in rugby games. This model of sidestep training in rugby games is made based on the level of needs of athletes in sidestep training. This product after being studied about several weaknesses that need improvement, it can be conveyed some of the advantages of this product, including:

- 1) Improves sidestep ability.
- 2) Athletes are enthusiastic and happy during the training process.
- 3) During the training process athletes feel different and varied situations.
- 4) As a reference to the sidestep training model on the game of rugby.
- 5) The sidestep training model of rugby games is carried out in stages ranging from low to difficult stages, so that athletes can absorb training material.

Product Limitations

This development research has been pursued optimally in accordance with the abilities of the researcher, but in this study there are still some limitations that must be recognized. The limitations include the following:

- 1) The products used are far from perfect.
- 2) Hints or explanations of sidestep training models on rugby games are far from perfect.
- 3) When field trials this research will be even better if it is carried out in the actual rugby field.

CONCLUSION

1. Based on the results of expert evaluations and trials that have been carried out, the final model of sidestep training includes 20 models of sidestep training in rugby games.
2. Based on expert validation and trials, a sidestep training model product in rugby games has been produced that is overall suitable for use in both male and female athletes. This is based on the discussion of the results of product trial analysis, which includes factors of convenience, attractiveness, usefulness and safety and there are results from small group trials and large group trials.
3. Based on the results of the model effectiveness test, it is empirically proven that the product results in the form of a sidestep training model in rugby games have good effectiveness. This is based on the test results which show that the average post-test result with an average score of 39.13 with the average pre-test with a value of 46.7 shows that the post-test results are greater than the average pre-test result. So it can be stated that, this model of sidestep training in rugby games for male athletes is effectively used to improve sidestep training results with a significance value below 0.05.

Based on the results of the development of a sidestep training model on rugby games, it is necessary to put forward some suggestions by researchers with respect to the resulting product. The suggestions put forward include utilization suggestions, dissemination suggestions, and further development suggestions.

Utilization Suggestions

This development product is the development of a sidestep training model in the game of rugby. If the model of developing a sidestep training model in rugby games can not only be used in clubs, it can also be used for extracurricular activities and as material in learning in each school. In addition, if the sidestep training model in rugby games is used as a guide to extracurricular activities in rugby training in schools, then coaches should further improve their professionalism so that the use of this model in extracurricular activities can take place effectively and efficiently.

Dissemination Advice

The product of developing a sidestep training model in rugby games in the form of a guidebook is empirically proven to have good effectiveness to improve sidestep skills, so this development product can be disseminated to a wider range of targets, especially to rugby extracurricular coaches. However, before being disseminated, researchers gave suggestions, so that the guidebook for sidestep training models in rugby games needs to be produced more, so that later more coaches can understand as training or learning materials.

Further Development Suggestions

In developing sidestep training model products in rugby games further, researchers have several suggestions, namely: (a) on the product of developing sidestep training models in rugby games, it still requires intensive and continuous study and trials, and is applied to a wider scope that has more diverse (heterogeneous) characteristics, to obtain feedback to make product improvements; (b) Subjects involved in evaluation and trial activities need to be further expanded to include more experts and teachers or coaches as users and athletes as subjects; (c) It is necessary to conduct an assessment in the next

development at the level of variation and conformity with the age level, it is hoped that the form of the model is more varied, innovative, and stimulates athletes to be more enthusiastic in participating in training.

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