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THE EFFECT OF DRILL TRAINING ON THE RESULTS OF SMASH PUNCHES IN BADMINTON GAMES ON EXTRACURRICULAR MALE STUDENTS

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Abstract

Sports in Indonesia continue to experience rapid development over time the development of the sport, marked by the number of Indonesian citizens who carry out sports activities in everyday life. Indonesians who carry out these sports activities have different goals. As for their purpose in doing sports activities to improve physical freshness, equal health, and to achieve achievements in certain sports fields, therefore by doing sports activities, the Indonesian people have begun to know and begin to feel the benefits of the sport.

Keywords: Drill; Smash; Game; Badminton

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INTRODUCTION

(Sari Helen Purnama, 2017) Badminton is a game played by two people or four people who oppose each other using rackets, nets and shuttlecock as equipment. (Siregar, 2015) (Pratama et al., 2022) In the game of badminton the player's ability is determined by a good mastery of basic techniques therefore mastery of basic techniques is absolutely necessary so that achievements can be improved such as serve, lob, and smash. A serve is a shuttlecock shot made from the back of the court line over the net into the opponent's area, a lob is a shot in a badminton game that is done to fly the shuttlecock as high as possible far behind the court line, and a smash is an overhead punch which relies on the strength and speed (Ihsan et al., 2022) (Okilanda et al., 2018) of the arm and wrist abrasion so that the ball slides sharply into a dive (Ardyanto, 2018). For this reason, a

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player must not only master the technique of playing badminton, but good physical ability also greatly affects the appearance of a badminton player.

(Ilham Irawan et al., 2020) What success factors a badminton player can achieve if the player has four factors, namely; genetic or hereditary factors, discipline factors, training factors, and luck factors. (Nurhasan, 2005) High achievement can only be achieved with systematically planned exercises, carried out continuously. In this case, repeated or drill training is expected to improve the ability to play badminton, drill or training methods are a good way of teaching to instill certain habits. Also as a means of acquiring dexterity, precision, opportunity and skill".

Achievement is not solely determined by proficiency in mastering technique, but is also determined by preparation through maximum training systematically and continuously (Chaeril Saputra1, Ferri Hidayad2, 2022). Low physical ability and technique, especially when smashing, which results in frequent failures in performing smash punches to the opponent's field, resulting in the low sports achievements achieved by SMA Negeri 1 Mekakau Ilir in badminton extracurricular activities has become a big question mark to date.

METHOD

The method used in this study is a pseudo-experimental method, with a One Group Pretest-Posttest design. To collect research data where the target of this study is extracurricular students at SMA Negeri 1 Mekakau Ilir, as many as 12 people and to get accurate data in this study, the researchers collected data with a variable identification test to be tested, namely the badminton smash test (Humaid, 2017). The data obtained as individual scores from the smash test results are processed using static procedures to determine whether the hypotheses that have been proposed in this study can be accepted or rejected (Putra et al., 2020).

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RESULT AND DISCUSSION

Before being given treatment in the form of drill exercises, students first conduct an initial test (pre-test) by smashing twenty times and the results are taken from the number of shuttle cocks entering the opponent's field area that has been marked with a barrier.

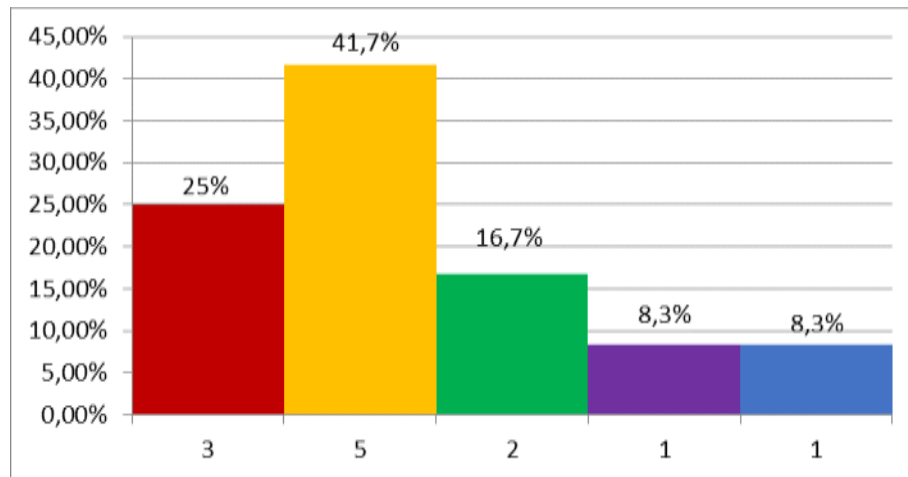


Figure 1. Diagram of initial test smash results

After being given treatment in the form of drill exercises, then students conduct a final test (post-test) by smashing twenty times and the results are taken from the number of shuttle cocks entering the opponent's field area which has been marked with a barrier to determine the results of the presence or absence of influence after being given treatment in the form of drill exercises.

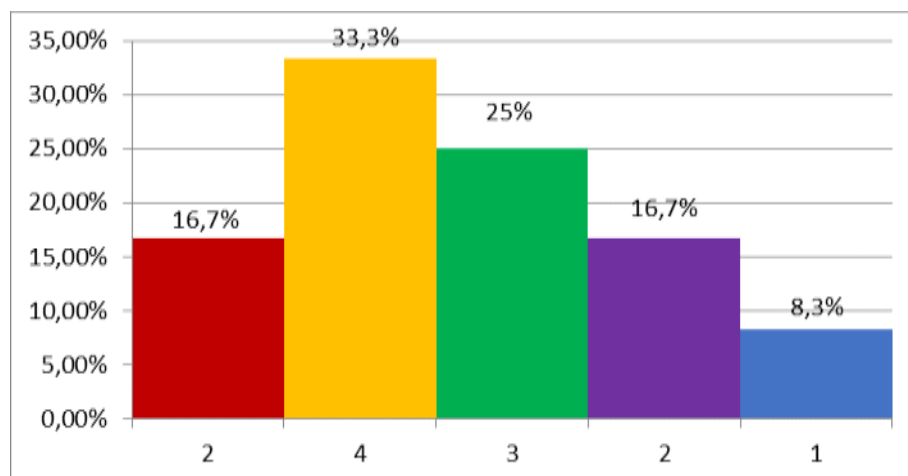


Figure 2. Final test smash result diagram

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Discussion

Based on the results of the research conducted, the author can conclude that there is an influence between drill training on the results of smash punches in badminton extracurricular students at SMA Negeri 1 Mekakau Ilir. From the results at the time of the research that has been done, it can be seen that the results of the smash punch obtained from the final test (post-test) are greater than the results of the initial blow at the time of the initial test (pre-test). This fact can be seen from each of the average scores of the test (Okilanda et al., 2021) (Arisman et al., 2021). The average score of the initial test (pre-test) is 9 with a standard deviation of 4 while for the average value of the final test (post-test) is 11 with a standard deviation of 5.

Furthermore, to see or find out how much influence the drill exercise had on the results of the students' smash punches, a significant test was carried out and obtained a calculated price value of 2.981 and a ttable price of 1.782. So $t_{\text{calculate}} > t_{\text{table}}$, thus H_a is accepted and H_o is rejected which means that there is a significant influence between the effect of drill training on the smash results of badminton extracurricular students at SMA Negeri 1 Mekakau Ilir.

Thus the results of this study supported by previous relevant research on the theoretical basis above all have significant results, but in this case in my research experienced an update as in the sample used was extracurricular male students of SMA Negeri 1 Mekakau Ilir, the values obtained and the treatment given such as the drill training method and strengthened by several factors that affect the factors Internal is a factor of badminton extracurricular students at SMA Negeri 1 Mekakau Ilir itself. The motivation and interest of students in participating in exercises in extracurricular badminton affect the results of playing badminton. Sincerity in participating in training is a factor that greatly influences the performance of volleyball extracurricular students at SMA Negeri 1 Mekakau Ilir when participating in training.

In the study of exercise physiology that exercise will cause anatomical, chemical, and physiological changes. Training derived from the word **training is**

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a process of perfecting the ability to exercise which contains theoretical and practical material, using methods and rules of implementation with a scientific approach, using the principles of planned and regular exercise, so that the purpose of exercise can be was achieved just in time. Like the repetition of this movement is intended to automate movements, therefore, in the drill approach it is necessary to arrange in a good learning sequence so that athletes are actively involved, so that ideal results will be obtained. The drill method is a way of training by providing exercises on what students have learned so as to acquire a certain skill, Djamarah in Anshar (2018: 3). The findings in this study explain that students who are given drill training will be able to do smashes well and optimally (Arisman & Noviarini, 2021). Thus, it can be said that drill training is related to the smash training program carried out by students who take part in badminton extracurricular activities at SMA Negeri 1 Mekakau Ilir. In addition, the results of this study also show that drill exercises are important to be carried out and improved by each student in improving badminton smash skills (Taufik et al., 2021).

Thus, it can be explained the importance of good drill training so that it can improve badminton smash ability, then drill training also has a role in smash results, meaning that the more physical ability increases, the better the student's performance in smashing. This is also explained in the results of the treatment given where drill training can improve the results of smash ability.

CONCLUSION

When compiling an exercise program for badminton, especially in smash training, you can make drill training as a training method to improve badminton smash results. The drill training model is an alternative form of exercise because the exercises have proven effective and the forms of exercise are useful in physical condition coaching programs.

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