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Implementation of the Development of a Badminton Netting Strokes Training Model with Footwork Prefix Pb. Glorious Mataram

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Abstract
Latar belakang masalahnya adalah atlet yang kurang baik dalam melakukan latihan strokes pukulan netting, akurasi pada perkenaan antara shuttlecock diawali dengan Footwork dapat meyebabkan hasil keterampilan strokes pukulan kurang, variatif, membosankan, tidak terstruktur secara sistematis, efisien dan efektif. Tujuan penelitian untuk mengtahui Implementasi pengembangan model latihan strokes pukulan netting bulutangkis dengan awalan footwork PB. Gemilang Mataram. Metode ini menggunakan pendekatan penelitian pra eksperimen kuantitatif dan kualitatif dalam bentuk one group prete st-posttest design. Tahapan penelitian pengembangan Research & Development (R&D) Borg W. R dan Gall 2005: (1) Penelitian dan pengumpulan informasi (2) Perencanaan (3) Penyusunan bentuk awal produk (4) Uji lapangan pendahuluan (5) Produk utama revisi (6) Uji coba lapangan utama, (7) Revisi produk operasional (8) Uji coba lapangan *operasional* (9) Revisi produk akhir (10) Sosialisasi dan implementasi. Subyek dalam penelitian ini adalah pemain PB. Gemilang Mataram yang berjumlah 12 orang. Teknik pengambilan sampel yang digunakan adalah purposive sampling. Instrumen yang digunakan dalam penelitian dan pengembangan ini adalah angket, angket, dan instrument netting bulutangkis, James Poole (2009). Analisis data penelitian menggunakan uji t dengan taraf signifikansi 5%. Berbantuan SPSS 16. Dalam perhitungan menggunakan SPSS 16 dengan analisis paired sample t-test. Berdasarkan hasil output dengan menggunakan SPSS 16 bahwa nilai rata-rata hasil sebelum diberikan model latihan strokes pukulan netting bulutangkis dengan awalan footwork adalah 28.9167 dan setelah diberikan perlakuan dengan model latihan strokes pukulan netting bulutangkis dengan awalan footwork 31.5833 artinya bahwa nilai rata-rata drilling neeting bulutangkis adanya peningkatan.

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Abstract
The background of the problem is that athletes who are not good at practicing netting strokes, accuracy in the contact between the shuttlecocks starting with Footwork can cause the results of stroke skills to be less, varied, boring, not systematically structured, efficient and effective. The aim of the research is to find out the implementation of the development of a badminton netting stroke training model with the prefix footwork PB. Glorious Mataram. This method uses a quantitative and qualitative pre-experimental research approach in the form of a one group pretest-posttest design. Stages of research and development Research & Development (R&D) Borg W. R and Gall 2005: (1) Research and information gathering (2) Planning (3) Preparation of initial form of product (4) Preliminary field testing (5) Main product revision (6) Main field trials, (7) Operational product revisions (8) Operational field trials (9) Final product revisions (10) Socialization and implementation. The subjects in this research were PB players. Gemilang Mataram, numbering 12 people. The sampling technique used was purposive sampling. The instruments used in this research and development were questionnaires, questionnaires and badminton netting instruments, James Poole (2009). Research data analysis used the t test with a significance level of 5%. Assisted by SPSS 16. The calculation uses SPSS 16 with paired sample t-test analysis. Based on the output results using SPSS 16, the average value of the results before being given the badminton netting strokes training model with the prefix footwork was 28.9167 and after being treated with the badminton netting strokes training model with the prefix footwork was 31.5833, meaning that the average value of badminton netting drilling strokes there is an increase

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1. INTRODUCTION

Aksan, (2013) Badminton or Badminton is a racket sport played by two people (for singles), or two pairs (for doubles) who take opposite positions on a field divided in two by a net. Herdiansyah, (2011) The types of strokes that players must master include serve, lob, dropshot, smash, netting, underhead and drive.One of the basic techniques for playing badminton is the netting technique.

SecaIn general, the basic skills of playing badminton can be grouped into four parts, namely (1) how to hold the racket (grips), (2) ready stance (stance or ready position), (3) foot movements (footwork), and (4) hitting movements (strokes).) (Gurmett Singh and Yogesh Singh, 2011) say that, Badminton is a game for two or four players using lightweight rackets and a shuttlecock, a cork ball fitted with stabilizing feathers. Badminton is the fastest racket sport. It is a game requiring quick sudden movements and fast reactions. Which means badminton is a game for two or four players who use light rackets and shuttlecocks, cork balls equipped with soft, stable feathers. Badminton is

the fastest sport that uses rackets. Badminton is a game that requires speed in movement and also reaction speed.\

This phenomenon is related to the low results of badminton netting strokes, coaches who have this training program sometimes find it difficult regarding the material to be trained, because there are various techniques for preparing attacks for netting strokes and also require agility training, namely footwork. A netting shot is a type of shot made near the net which is hit with a smooth but accurate touch.*Footwork*is constitutes**footstep technique**which, if done in the correct position, will produce a quality blow. Footwork will also make us more efficient at keeping players' stamina stable \

Frisky Pradinata (2022). Netting Ability in PB Badminton Athletes. Juanda Sport Center Sungai Banyak City. Netting shooting ability is a training method or exercise to instill certain habits. Which in the analysis of the ability to hit netting includes, Accuracy, Agility and Speed. From the results of the PB Juanda Sport Center netting ability test it can be concluded that there are 2 people who got results in the very good category with a percentage of 13.3%, 13 people in the good category with a percentage of 86.67% percent, the sufficient category is 0 with a percentage of 0.00% and the less than 0 category is a percentage of 0.00% percent.

Based on the description above in this research, athletes who are not good at practicing netting strokes, the impact of the shuttlecock is less accurate, for example the contact between the shuttlecock and the racket is not precise, so the shuttlecock goes out or does not enter and there are still many players when doing netting strokes. and the wrong way of working the feet can cause the results of netting strokes skills to start with poor footwork. A good netting shot should be a weapon for every player to get points or deceive opponents.There is no implementation of the development of a badminton netting stroke training model with the prefix PB footwork. Gemilang Mataram is variably effective, efficient.

Bompa (2015:3) explains "training is a systematic activity of long duration, progressively and individually graded, aiming at modeling the human's physiological and physiological functions to meet demanding tasks". This means that training is a sports activity that is carried out systematically over a long period of time, progressively and individually leading to the characteristics of physiological and psychological functions to achieve predetermined targets.The importance in implementing the development of the badminton netting strokes training model with the prefix PB footwork. Gemilang Mataram is variably effective, efficient,so that in game situations all players can perform their skills well, so they can play in preparing attacks through more varied game patterns, so that lots of points are created. So the solution is that netting strokes in badminton are a stroke pattern or various training materials that are arranged in a series to produce a stroke pattern.

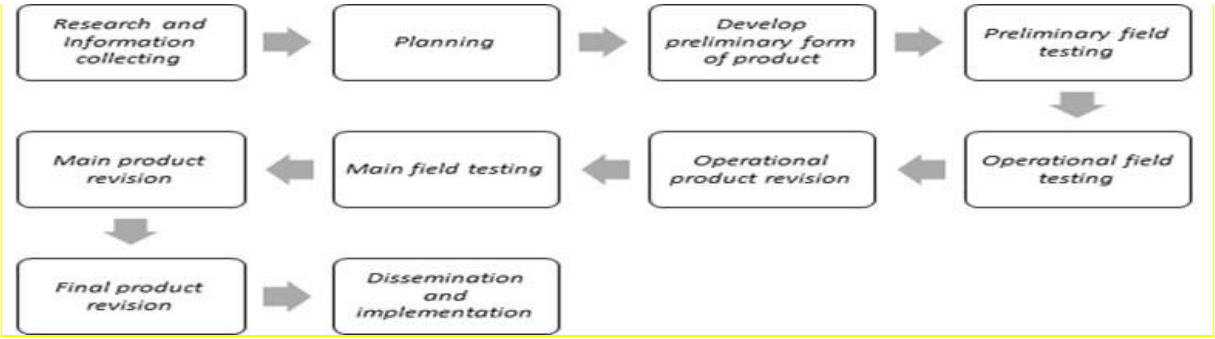
*Stroke*sor hitting is the core of the badminton game because after the stance position, grip and footwork to chase the shuttlecock, a badminton player still has to master the hitting technique to return the opponent's blow. The stroke is a motion of striking the shuttlecock from the ready position (Wetan, Huong, & Simon, 2017). Randi, Dimas, & Zulfikar (2017:104) to become an outstanding badminton player, an athlete must master the basic techniques to support achievement, including techniques, physical, tactical and mental aspects that must be mastered by each player. A netting shot is a netting shot in the game of badminton, a shot made near the net, directed as close to the net as possible, hit with a very subtle touch of force. A good netting shot is if the ball is hit smoothly and rolls thinly close to the net (Aksan, 2012:2). Kunta (2010: 27) one of the footwork training models is shadow badminton training. Shadow badminton consists of taking and placing the shuttlecock on the edges of the badminton court, and moving it to imitate the movements of the shadows of the six corners of the court. Apart from training speed and agility, it also trains field control and trains movement coordination so that you can maintain balance when there are difficult balls in the game. Someone who has good footwork will easily change direction in different positions, but still pays little attention to footwork techniques during shadow training.

Starting from the background of the problemThis condition is ironic given the results of badminton sports achievements both at the national level, especially in NTB, especially PB. Gemilang still lacks a training model for netting strokes, it still uses monotonous and conventional models, so it needs to be done with a varied model, namely byresearch and development aimed at producing a productImplementation of the development of a training model for badminton netting strokes with the prefix footwork PB. Gemilang Mataram, good badminton is done with variety, innovation, efficiency and effectiveness individually and in groups in order to improve optimal badminton netting skills.

2. RESEARCH METHOD

The research stages adopted in the implementation research were the development of a badminton netting stroke training model with the prefix footwork PB. Gemilang Mataram refers to the steps proposed by Borg & Gall (2005:509) as seen in the following picture:

Carrying out research and gathering information (literature review, subject observations, preparation of reports on the main issue) (2) Carrying out planning (defining skills, formulating objectives, determining teaching sequences, and small-scale trials) (3) Developing initial product forms (preparing teaching materials , preparation of handbooks and evaluation equipment) (4) Carrying out initial field tests (using 6-12 subjects) (5) Carrying out revisions to the main product (in accordance with suggestions from the results of initial field tests) (6) Carrying out main field tests (with 30-100 subjects. (7) Revise the product (based on suggestions and results of the main field trial). (8) Field test with 40-200 subjects (9) Revise the final product (10) Make a report on the product on journal, working with publishers who can carry out commercial distribution. . See the drawing of Borg's design. W. R & Gall, M. D, (1983), part of the reference for developing the research model is below:



Picture. 1Instructional Design R and D

Source: Walter R. Borg and Meredith D. Gall, Educational Research: An Introduction, 4th Edition. (New York: Longman Inc., 1983).

Research Instrument

To obtain data, a measurement tool is required, what is meant by an instrument is a tool during research using a method Arikunto, (2013). In addition, the measurement tools must be arranged in such a way as to accurately record the data in question. The instrument test used in this research is the netting ability instrument in badminton prepared by James, (2009). The measuring tool to measure the results of Netting Shot Ability is by doing netting shots. With a test reliability value of 0.721 and test validity of 0.698. The Netting Shot Ability test equipment is: Tohar, (1992).

Equipment: Rackets, Shuttlecocks, badminton court, duct tape, stationery, assessment forms, ribbons.

Executive officer: a. Supervisor of the shuttlecock falling into the target boxes b. Results recorder

How to calculate scoresis if the netting shot enters or hits the scoring line in the opponent's area which has been lined with a determined score level, every netting shot that hits the target or the scoring line will be given the value/score that has been determined. Each value/score from 10 netting strokes will be added up, that number is the score of the netting strokes made by the sample

Implementation procedures

The testee stands in the service area exactly at the place marked with an X, holding the racket and ready to make a netting shot. b. The shuttlecock giver stands on the opposite side of the Testee Court, and prepares to throw the shuttlecock. c. The shuttlecock giver throws the shuttlecock towards the net. d. The testee performs a series of netting strokes and passes the shuttlecock with a smooth touch over the net. e. Scoring is done when the shuttlecock falls exactly on the line that has been scored. f. The score given to the testee is based on the shuttlecock falling on the specified line. g. The testee performs a series of netting strokes 10 times. for backhand 5 times and forehan 5 times. h. Testees are not allowed to move before the shuttlecock falls on the floor/target that has been given a line and score.

Scoring

1. The score is taken from the fall of the shuttlecock into the target area.
2. If the shuttlecock falls exactly on the line closest to the net, the highest score is given, namely 40.
3. The score is obtained from the total number of testees taking netting strokes on 10 netting occasions. with each. strokes for a forehand net drop and 5 for a backhand net drop.
4. A shuttlecock that is hit flying over a predetermined string or ribbon does not get a score, because the shot is very easily blocked by the opponent in a match or practice.
5. The total number of results is used as research data. For more details regarding the netting push test, see the following picture:

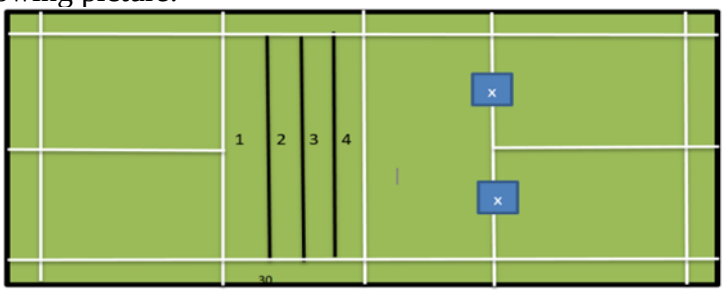


Figure 2 Measurement Scale Results, Source (Poole, 2009:45)

Data analysis technique

The data analysis technique used is hypothesis testing*t-test*is a statistical technique used to test the significance of the difference between two means from two distributions.Hypothesis testing was carried out by t-testing two correlated samples, using SPSS 16 For hypothesis assistance*Windows*Evaluations Version. Decision development criteria if t count > t-table and P < 0.05 then H0 is rejected and Ha is accepted. This type of research is an experimental quantitative and qualitative approach (mix method). Analysis techniques used in researchImplementation of the development of a training model for badminton netting strokes with the prefix footwork PB. Glorious Mataram. is a descriptive percentage analysis technique used to analyze the results of needs analysis, expert evaluation, and trials. Carrying out primary field tests. Thus, a quantitative approach was used

to find effectiveness with a pre-experimental research design in the form of the one group pretest-posttest design, (Maksum.2012:29).

Table.1. Research Design in Testing Model Effectiveness

Subject	*Pre-test*	Treatment	*Post-test*
R	O1	P	O2

In this trial, the steps taken were as follows: (1) determine the research subject group; (2) carry out a pre-testnetting punch instrument(O1); (3) try itdevelopment of a training model for badminton netting strokes with footwork prefixes(P); (4) carry out a post-testnetting punch instrument(O2); (5) look for the average score of the pre-test and post-test results, then compare the two; (6) look for the difference between the two averages using statistical methods (t-test) to find out whether there is a significant effect from using the training model:

3. RESEARCH RESULTS AND DISCUSSION

The data in the table above are the Pre Test results and Post Test results obtained from the effectiveness test which was previously carried out by Pre Test or initial test and Post Test which was carried out on students, beforeImplementation of the development of a training model for badminton netting strokes with the prefix footwork PB. Glorious Mataram. Researchers conducted an initial test to find out the results of the model practice strokes badminton netting strokes with footwork prefixesowned by the subject to be researched, after the treatment is given the subject is tested again with the same test as the results of the previous neeting ability test. This test is called a post test which is used to find outdel practice strokes badminton netting strokes with footwork prefixes. To calculate the effectiveness test, use (t test) with analysis of the difference between two means for independent samples, as stated in Kadir (2010) regarding independent samples as samples whose existence influences each other (correlates).

Table 2. Average value of training model practice strokes badminton netting strokes with footwork prefixes

Paired Samples Statistics

		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	PRE	28.9167	12	1.24011	.35799
	POST	31.5833	12	3.65459	1.05499

The calculation uses SPSS 16 with paired sample t-test analysis. Based on the output results using SPSS 16, the average value of the results before being given model practice strokes badminton netting strokes with footwork prefixes is28.9167and after being treated with model practice strokes badminton netting strokes with footwork prefixes 31.5833This means that the average value of badminton drilling has increased.

Table 3Paired Sample Correlations
Paired Samples Correlations

	N	Correlation	Sig.
Pair 1 PRE & POST	12	,393	,207

Based on the output of the table above, the coefficient model practice strokes badminton netting strokes with footwork prefixes before and after being given driling training was 0.393 with a p-value of 0.00 < 0.05 so the conclusion is significant.

Significance of the Difference

Table 4.Significance of the Difference
Paired Samples Test

		Paired Differences					t	df	Sig. (2-tailed)
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
					Lower	Upper			
Pair 1	PRE - POST	-2.66667	3.36650	.97183	-4.80564	-.52769	-2,744	11	.019

In the significance difference test with SPSS 16, the t-count =2,744, df = 11 and p-value = 0.00 < 0.05 which means there is a significant differenceImplementation of the development of a training model for badminton netting strokes with the prefix footwork PB. Glorious Mataram,before and after the driling training treatment. Based on this information it can be said thatnetting strokes training modelWhat has been developed is an improvement that can effectively improve badminton netting ability.

4. CONCLUSION

Based on the conclusions outlined above, the netting ability of PB Gemilang Mataram athletes. The test results before and after being given treatment can be concluded that there isImplementation of the development of a training model for badminton netting strokes with the prefix footwork PB. Glorious Matarameffective and efficient to improve netting hitting ability. In the significance test of the pre-test post-test netting skill test, the difference with SPSS 20 was obtained from the netting ability skills test data that the difference between the pre-test and post-test netting skill skill test was 0.00 < 0.05, indicating that there was a significant difference between before and after.Implementation of the development of a training model for badminton netting strokes with the prefix footwork PB. Glorious Mataram. The role of institutional leaders also supports increasing teacher competence in providing motivation and direction to achieve the desired goals. It is hoped

that this research can contribute to athletes, coaches and sports administrators in NTB effectively and efficiently to improve their netting shooting ability, so that it will have a positive impact on the UNDIKMA Institution, especially to supportpractice model for badminton netting strokes with footwork prefixeson PB. Optimal brilliance.

In accordance with the research results with the titlepractice model for badminton netting strokes with footwork prefixesand the conclusion of this research is that the following suggestions can be put forward: provide significance to the achievements of athletes in various competitions, both individual and team. Netting skills are very necessary in a badminton game, the netting technique in badminton is one of the techniques that is difficult to do. This technique must be studied well before playing badminton. For UNDIKMA, it can increase the motivation of each lecturer for research with various strategies to support increasing the optimal quality of lecturer human resource performance. For further researchers to be able to carry out related researchImplementation of the development of a training model for badminton netting strokes with the prefix footwork PB. Glorious Mataramin order to support the training process optimally. For further research to provide a more varied, clear and programmed netting training program.

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