

The Influence of the Kick Ball Training Method on the Sepak Takraw Passing Skills of Undikma Mataram 2024 Athletes

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Abstract

Practice using the method kickball towards skills passing This is a very suitable exercise to strengthen first ball control, so that when counterattacking against the opponent it can be done easily. Practice using kickball This can also hone the endurance in the legs, so that they can handle the ball well according to what is desired. Mataram Undikma athletes still have many weaknesses in ball control when performing passing So the researchers wanted to examine Undikma Mataram athletes in controlling the ball while performing passing in the sepak takraw game, in a match especially in the city Mataram as for the aim of this research is to determine the effect of method training kickball Against Skills Passing Sepak Takraw for Undikma Mataram Athletes in 2024. The research design used was experimental research and the static group pretest-posttest design. This type of research uses research by providing treatment (treatment), in the form of training methods kickball towards skills passing sepak takraw, this research uses instrument namely tests passing sepak takraw, so that the research sample uses the entire population to be used as the research sample, namely all 20 Undikma Mataram Athletes with a sampling technique using technique population studies. The results of research and data analysis carried out using statistical formulas show that the calculated t-value is greater than the t-table, (3.482 > 2.093) thus the "t" value obtained in this study is significant. So hypothesis Alternative (Ha) which says there is an influence of the kick ball training method on skills passing sepak takraw for Undikma Mataram Athletes in 2024..

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1. INTRODUCTION

The development of sports science changes with existing conditions and progress. In fact, modern technology has made life very easy and reduced physical fitness to the lowest level. Sepak Takraw is a very simple game and there are no rules for playing this game. But as time went by, and along with the changes that occurred, Sepak Takraw became a sport that has very complex rules like today. Sepak Takraw is a sport that has been modified to produce a competitive game. Meanwhile, according to other experts, sepak takraw is a game that uses a ball (takraw) made of rattan and is played on a field measuring 13.42 m and 6.1 m wide. (Iyakrus. 2012:1) From a demonstration game to a sport that can be competed. The development of the Sepak Takraw game is very rapid, this can be seen starting in 1983, all regions in Indonesia already have Regional Administrators (Pengda) or now called Provincial Administrators (Pengprov) and the Indonesian Sepak Takraw Association (PSTI). Asian countries, especially Southeast Asia, have known about this game with rattan balls for a long time. Sepak Takraw internationally has formed the parent organization at the Asian level since 1982, whose development is international (ASTAF).

The development of sepak takraw as a competitive sport has spread nationally and internationally, therefore sepak takraw is competed and became an official activity at the PON, SEA Games and Asian Games, while at the Olympiad level it is still in its struggle.

Until now, the Sepak Takraw branch is still considered or has a big name at the national and international level, because of the achievements that have been achieved by local and international athletes. In this case, to maintain and improve achievements, various parties are involved, not only the players and coaches, but also the administrators of the Sepak Takraw Organization and parties who participate in accelerating achievements. For this reason, the organization that is the forum or place for Sepak Takraw activities must be considered. The Indonesian Sepak Takraw Association (PSTI) as the parent organization of Sepak Takraw in advancing its achievements must always promote it by holding competitions or matches in general that have been held by the organization or the government to look for seeds of outstanding players either from the parent organization or regional Sepak Takraw associations so that known to the wider community.

In Indonesia itself, the first organization that oversees Sepak Takraw was the Indonesian Football Association (PERSERASI), founded in 1971 but in 1986 it was changed to the Indonesian Sepak Takraw Association (PERSETASI). PRESENTATION has become a member of the international Sepak Takraw federation (ISTAF). And the Asian Sepak Takraw Federation (ASTAF). (Sudrajat Prawirasaputra, 2000:4).

The development of Sepak Takraw international as discussed above, Asian countries, especially Southeast Asia, have been familiar with this rattan ball game for a long time. From the results of observations by researchers and trainers in the field, the ability of Undikma Mataram athletes still has many weaknesses in controlling the ball when performing *passing*. So the researchers wanted to examine Undikma Mataram athletes in controlling the ball while performing *passing* in the sepak takraw game, in a match especially in Mataram.

In connection with the explanation that has been given, the movement techniques for playing Sepak Takraw, the researcher wants to examine one of the techniques for playing Sepak Takraw, namely controlling the ball using skills. *passing* on Undikma Mataram athletes. The most dominant athletes contribute to provincial and national championships. The author can argue that different training methods are activities that emphasize the player's need to increase the player's insight, attitude and skills.

Based on the statement above, the author is interested in conducting research on this problem with the title "The Effect of Kick Ball Training Methods on Skills *Passing* " Sepak Takraw for Undikma Mataram Athletes in 2024 ".

2. METHOD

In this research, the author conducted quantitative research using the method *pre-experimental* design type one group pretest-posttest (initial test-single group final test). Arikunto (2010:124) said that one group pretest-posttest design is a research activity that provides an initial test (pretest) before being given treatment, after being given treatment then giving a final test (posttest).

After seeing this understanding can be drawn to the conclusion that the results of the treatment can be known more accurately because it can be compared with the situation before the treatment was given. The use of this design is adapted to the objectives to be achieved, namely to determine the effect of variations in training using tennis rackets on passing skills before and after treatment.

This one group pretest-posttest design consists of one predetermined group. In this design, the test is carried out twice, namely before the treatment is given, it is called the pretest and after the treatment, it is called the posttest. The research pattern is the one group pretest-posttest design method (Maksum, 2009:48).



Picture. 3.1 Final Research Design (2009:48)

T_1 = *pretest value* (before treatment)

X = Practice using a tennis racket

T_2 = value *posttest* (after treatment)

On *design* This test is carried out twice, namely before and after treatment *experiment*. Tests carried out before receiving treatment are called *pretests*. *Pretest* given to the class *experiment* (T_1). Once done with a pretest, the researcher provided treatment in the form of a variety of exercises using a racket (X), in the final stage the researcher provided a *posttest* (T_2).

3. RESEARCH RESULT

To practice skills *passing* kickball training method, where the kick ball training method will form a brave attitude, quick reaction. With this formation it is very effective in receiving flat hard ball attacks, taking foles or slow. Foot to receive the ball first and perform *passing* and lift the ball properly, so that when making a pass or pass to the team it can be received well, that is the purpose of carrying out the kick ball training method for skills *passing*. The implementation of learning that is often carried out by a coach is: the ball is held by the coach, the ball is thrown or bounced upwards, the ball is thrown and then the player moves to receive the ball or control the ball using the technique of kicking the ball to make it easier to do it. *passing* or passes against the team.

As for practicing skills *passing* This is a special technique that uses all the kicking techniques in this game. The aim is for the ball to bounce and hit the target. The implementation of this technique is carried out as in the basic technique that has been explained in the previous discussion, only in the passing technique the basic thing that is really needed is speed and accuracy in placing the position of the player's supporting foot in the direction the ball is coming from to defend against the opponent's attack. As for other meanings of *passing* it can be interpreted as a technique for making passes. Of the many techniques in the sepak takraw game that is commonly used in the game is the sepak sila technique because the sepak sila technique is more likely to be able to make passes or *passing* against the team to make it easier to receive the ball or to smash to kill the ball to the opponent.

These two training methods can contribute to improving results passing football

The results of research and data analysis carried out using statistical formulas show that the calculated t-value is greater than the t-table, ($3.482 > 2.093$) thus the "t" value obtained in this study is significant. So, hypothesis Alternative (H_a) which states that there is an influence of the Kick Ball Training Method on the Sepak Takraw Passing Skills of Undikma Mataram Athletes in 2024.

4. CLOSURE

From the results of data analysis and the results of research observations so far carried out, and from the results of statistical calculations it was found that t-count 3,482 of t- table as big as 2,093 at a significance level of 5%. In other words, the final result is very significant, so it can be concluded that "There is an influence of kick ball training on passing skills in the game of sepak takraw in athletes. Undikma Mataram in 2024.

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