



Improved Badminton Forehand Smash Through Training Methods

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Abstract

Badminton training can not only be trained at the national level and regional level training, but many Indonesian people open mass training. Training in achieving achievement cannot be separated from the right training program. So UTP Surakarta students, especially PKO study programs, are required to be able to excel in the badminton sport. This study aims to determine how much influence the plyometric training and weighted training have on the improvement of smash fore hand badminton among students in the achievement of Tunas Pembangunan Surakarta university. This research is using experimental method. The data collected in this study are quantitative data. Based on the results of the research and the results of data analysis, the following conclusions were obtained: (1). There is a difference in the effect between the effect of plyometric training and weight on the forehand smash ability with a t-value of 8.88, while the t-table at the 5% significance level is 1.72. Based on these results, it can be concluded that there is a significant difference between groups 1 and 2. (2). plyometric exercises have a better effect on improving the ability of forehand smashes. group 1 has an increase percentage of 33.7%. Meanwhile, group 2 had an increase of 30.5%.

Keywords: *Training Methods; Badminton; Smash Forehand*

Introduction

Badminton as a physical activity is one of the most popular and rapidly growing sports in Indonesia. Many people do badminton for various purposes, including for recreation and entertainment, maintaining fitness and health to sports achievement goals. As an achievement sport, badminton is a competitive sport that requires explosive movements, lots of reflex movements, speed changes direction and also requires good motor abilities.

The training method carried out by the coach in the practice of badminton forehand smash training tends to just do a movement where the player does physical training or badminton forehand smash training based on previously known movements without clear control in making movements. There are still many badminton coaches who train using the traditional approach or method that the coach likes most in the practice of the badminton forehand smash technique. The traditional training process often

neglects practice tasks and is not in accordance with the level of development of the player (Cholik Mutohir, 2002: 18).

The application of proper training methods in the badminton forehand smash training process will also provide opportunities for coaches to make maximum use of the available facilities so there is no excuse for badminton coaches due to the obstruction of the badminton training process and the inadequate factor of badminton facilities available in Badminton Achievement Coaching.

Selection and application of training methods in badminton forehand smash training for male students of the Badminton Achievement Development Faculty of Teacher Training and Education, Tunas Pembangunan Surakarta University, so that the applied training methods can improve student training results in mastery of badminton forehand smashes, then in this study two types of research will be tried. The training methods applied in the badminton forehand smash training process are the plyometric and weight training methods.

Plyometric exercises are exercises that are often used in badminton to increase explosive power and techniques that require very high power. According to Radcliffe & Farentinos (1985: 26), plyometric is an exercise that has a special characteristic, namely a very strong muscle contraction which is a response to dynamic loading or rapid stretching of the muscles involved. The word plyometric comes from the Latin "plyo" and "metrics" which means "measurable increase" or a measurable increase (Chu, 1992: 1). So plyometric training is a type of overload nometric training that uses the muscle stretch reflex or myostatic reflex, which is an eccentric contraction or an elongated contraction in which a group of muscles is really stretched quickly and suddenly before a concentric contraction or shortening contraction. Types of plyometric training for badminton are Medicine Ball Throw, Medicine Ball Chest Pass, Medicine Ball Two Hand Hit, Medicine Ball Sit Up Throw, Double Leg Bound, Medicine Ball Back Throw.

Weight training programs can be planned to increase various physical abilities, this depends on the weight of the training load, the frequency and number of repetitions that must be done in a portion. According to Nossek (1982: 39) "The load in training is divided into two, namely external loads and internal loads". Improving the physical quality of training badminton students using weight training as a training method is deemed appropriate to increase strength, power, and linear force bullet repulsion. Weight training is a form of physical exercise which in its implementation can use the help of his own body and even the body of a friend or other tool in the form of iron which can be used as a burden in carrying out an exercise program (Bagus Kuncoro: 2012). Type of weight training for badminton are Straight Arm Pull Over, Chest Press, Tricep Extension, Sit Up, Leg Press, Reverse Arm Curl.

The demand for effective and efficient training methods is driven by reality arising in training. Some reasons about the importance of the need for efficient training methods according to Rusli Lutan (1988: 26) are "(1) efficiency will save time, energy or cost, (2) efficient methods will allow players to master higher skill levels". So that the training method to be applied can be designed properly, first, the factors that affect the badminton forehand smash should be investigated. Physical training in every sport is the main foundation in further technical, tactical and mental development. All biomotor components must be developed to support student achievement. With prime physical capital, of course, students will be able to master the next stage of practice. Badminton Courses in Coaching Sports Coaching, Teaching and Education Faculty, Tunas Pembangunan Surakarta University is one of the basic courses as a form of coaching badminton sport achievement at the student level.

Methodology

The method used is descriptive quantitative with an experimental approach. The basis for using experimental research is an experimental activity that begins with giving treatment to the subject which ends with a form of test to determine the effect of the treatment that has been given. The design used was Pretest-Posttest Design. The division of the experimental groups was based on the results of the initial fore hand smash tests. After being ranked, then subjects with equal abilities were paired into group 1 (K1) and group 2 (K2). Thus the two groups before being treated were the same group. If in the end there are differences, this is due to the effect of the treatment given. The division of this research group using ordinal pairing.

The subjects of this study were PKO semester III students taking the badminton course at the Surakarta development buddy university in 2019/2020. The data analysis technique was used as follows: (1) Reliability Test: To determine the level of consistency of the test results, a reliability test was carried out using interclass correlation. (2) The normality test uses the Lilliefors method (3) the homogeneity test: is done by dividing the larger variance by the smaller variance. (4) The data analysis in this study was carried out by means of a difference test (t-test).

Result and Discussion

1. The Difference of the Effect of Plyometric and Loaded Training on Forehand Smash Ability

Based on the results of the difference testing carried out on the final test data between group 1 and group 2, the tcount was 8.88, while the t-table at the 5% significance level was 1.72. Based on these results it can be concluded that there is a significant difference between the final test groups 1 and 2. Thus the hypothesis states, there is a difference in the effect between plyometric training and weighted forehand smash ability of UTP Surakarta students, the truth is accepted.

2. Plyometric Training Has Better Effect on Improved Forehand Smash Ability

Based on the results of calculating the percentage increase in forehand smash ability, it is known that group 1 has a percentage value of an increase in forehand smash ability of 33.7%. While group 2 had an increase in forehand smash ability by 30.5%. Based on these results, it can be concluded that group 1 has a greater percentage of forehand smash ability improvement than group 2. Thus the hypothesis states that plyometric exercises have a better effect on the improvement of forehand smash ability in UTP Surakarta students can be accepted.

Conclusion

Based on the results of the research and the results of data analysis that has been done, it turns out that the hypothesis can be accepted. Thus the conclusion is: There is a difference in the effect between the effect of plyometric training and the forehand smash ability on UTP Surakarta students. Plyometric exercises have a better effect on increasing the forehand smash ability of UTP Surakarta students.

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