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The Effect Of Multiball Training Methods On Forehand Ability In The Squash Game Of UNM FIK Students

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Abstract. This research aims to determine the effect of the multiball training method in improving forehand ability in the game of squash. The sample for this research was 35 FIK UNM students using purposive sampling technique. The data analysis technique used is t test analysis with a significance level of α = 0.05. The results of data analysis show a mean value of -11,000, the df value obtained is a value (df) of 14 with a ttable value = 2,145 or smaller than the tcount value = 65,077, and the Sig. of 0.000 or smaller than 0.05. So it can be concluded that the multiball training method can improve forehand ability in squash.

Keywords: Multiball Training Method, Forehand Ability, Squash

1 Introduction

Squash is a very intense game that requires rigorous training to prepare for competitive matches (Andriyono & Soenyoto, 2020). To achieve success in the sport of squash, it is important to identify the key factors that contribute to success and implement appropriate training methods that improve each player's basic technical skills (Kridasuwarso et al., 2020). One of the basic techniques is the forehand stroke. Squash is a sport in which players hit a ball at a target, using it as a surface for bouncing (SAPUTRA, 2017). Squash can be played independently or in pairs. In the sport of squash, a player must have the skill of making a cross shot, namely hitting the ball diagonally, then returning the ball to the opponent's side after bouncing off the target wall in the player's own area (Vai et al., 2022). Points are awarded if the opposing player does not succeed in returning the ball, so the ball stops in the area specified.

Achieving optimal performance requires a long journey, where early childhood training plays a very important role. Adolescence is a period of development to reach the peak of achievement. During the early stages of development, coaching can occur over an extended period of time, providing the opportunity to identify and develop the foundations necessary to achieve optimal performance. The concept of the breeding program is designed to strategically identify and nurture promising athletes who show extraordinary potential in certain activities (Helmi, 2021). This initiative involves a comprehensive and concentrated approach, where

parents, teachers, and coaches collaborate to conduct thorough studies and provide specialized training to these individuals.

To achieve proficiency in squash, it is important to gain a thorough understanding and mastery of the basic methods (Diyanto et al., 2020). The acquisition of basic skills in squash remains a challenge for players, and proficiency in these basic tactics plays an important role in determining the outcome of a match, alongside other factors such as physical fitness, tactical acumen and mental preparedness. In the sport of squash, athletes are expected to master movement skills and demonstrate effective coordination, including the initial movement, ball hitting, and subsequent movements (Ariesna et al., 2018). Squash is a very dynamic sport characterized by its fast pace, where participants use special movements as their main playing instruments. Hitting strategies are mostly used in squash games, because this sport basically centers on hitting the ball (INDAHSARI, 2020). Therefore, mastering hitting techniques is a basic skill that requires priority teaching for beginner athletes in the field of squash.

One common problem is that not everyone has the same skill level in playing squash (Irvan et al., n.d.). This is related to the many variables that can influence the results of physical activity. Of course, the best way to hone your squash skills is to observe and imitate the actions of the best players. One of the most important attributes of a squash player is a strong forehand (Jubaedah et al., 2022). Athletes must be proficient in these skills, as they are important for learning other squash techniques. It is known that based on the results of observations made, FIK UNM students are known to not have optimal forehand skills, more specifically, novice athletes do not have consistent forehand skills, and they still miss an average of two balls per shot.

Researchers then conducted unstructured interviews with 35 students before conducting the research. Several problems were identified during the training process. It was observed that beginner athletes on average still fall into the "poor" category in terms of basic forehand technique, this is supported by measurements taken during performance observations, so researchers feel that the multiball method is more effective and recommend starting with fewer balls.

As a result, the study authors were interested in seeing how well multiball training strategies improved squash players' forehand drives considering the difficulties mentioned above. (Asri et al., 2017) Multiball training is an exercise that uses a large number of balls and a robotic device or two or more individuals to assist in its implementation. If a pitcher is not used, one player will hit the ball while another player passes it to the batter, who stands on the field of play. It is hoped that with this training, the frequency of forehand strokes in squash will increase. The general definition of frequency is the number of times something is done in a certain time period (Lengkana & Muhtar, 2021). So the author is interested in conducting research with the title: "The Effect of Multiball Training Methods on Forehand Drive Accuracy Ability in Squash Games" because of the context above and because of the author's observations of several previous studies.

2 Method

This type of research uses experimental research conducted on the squash court at the Faculty of Sports Science, Makassar State University. The sample used in this research was 35 FIK UNM students. This research uses a multiball training method which aims to improve forehand ability in the game of squash. The multiball training approach requires one player to be involved in individual drills while a second player acts as a feeder, facilitating a continuous flow of balls (Saputra, 2016). To participate, players need a lot of balls. The feeder takes a position adjacent to the sample in carrying out a series of actions including taking and hitting the subsequent ball. These actions are performed with deliberate variations in speed, rotation, and trajectory, according to the specific demands of the players involved. This approach provides an effective way to gain proficiency in the stroke, especially the forehand. However, this comes with the limitation of only being able to accommodate one person to train at any given time. Coaches in the role of pass rusher often use this approach. The hope is that frequent use of the multiball technique will improve students' ability to hit forehands in squash.

After carrying out the multiball training method, data analysis was then carried out using the t test, which aims to determine the differences and influences between the results of the post-test and pre-test related to the implementation of the multiball method training which aims to improve forehand ability in the game of squash.

3 Result

Variabel	Kolomogrov-Smirnov	Shapiro-Wilk	Keterangan
Post Test forehand metode latihan multiball dalam permainan squash	0.200	0.421	Normal

In the table above it can be seen that the significance values of the Kolomogrov-Smirnov and Shapiro-Wilk test results are 0.200 and 0.421, respectively. Because the significance value is > 0.05, it can be said that the distribution of forehand post test data for the multiball training method in the squash game of FIK UNM students is normally distributed.

After carrying out the prerequisite tests, a hypothesis test was then carried out to find out whether elementary training could improve the forehand ability in the squash game of FIK UNM students. For more details, see the following table.

Variabel	Mean	t	df	Sig.
Pre-test latihan multiball dan Post-test latihan multiball dalam permainan squash	-11.000	-65.077	14	0.000

In the table above it is known that the mean value is -11,000, which shows the difference between the results of post-test and pre-test forehand abilities using the multiball training method. Then the df value obtained is a value (df) of 14 with a ttable value = 2,145 or smaller than the tcount value = 65,077. Next, the Sig value is obtained. of 0.000 or smaller than

0.05. This shows that the multiball training method has an effect on improving forehand abilities in the squash game of FIK UNM students.

4 Discussion

This research was conducted to test the application of the multiball training method in an effort to improve the forehand ability of FIK UNM students in the game of squash. The research findings show that there is indeed a significant difference in squash hitting accuracy from the pre-test and post-test results. When comparing the two results, it is clear that the post-test results of FIK UNM students' forehand strokes in squash were better than the pre-test results.

The multiball training method is a technique used in training which is carried out continuously and repeatedly (Kharis & Andrijanto, 2019). This method uses a robot or trainer that gives many balls in a dynamic trajectory to novice athletes (Thayyibatulillah, 2023). The aim of this method is to improve the athlete's footwork by introducing a greater variety of movements (Gustiarza et al., 2020). Athletes are expected to be able to maintain this continuous training without stopping during each training session, by observing the specified time limit. After making a stroke, the athlete is required to observe the ball's trajectory carefully and then change his position to the starting position. Based on the attributes of the approach, it can be concluded that this is a determining factor in efforts to improve one's forehand ability in squash. The drawbacks of this exercise method can be attributed to increased feelings of fatigue, although accompanied by relatively low levels of boredom (Mahyudi & Donie, 2019).

Athletes who undergo training using the multiball method are expected to be able to quickly adapt to the atmosphere of a real squash game, considering that the nature of the sport requires players to be skilled in carrying out precise footwork and changing the ball's trajectory quickly. Repetition of forehand stroke movements using a ball is widely used as a means to facilitate the execution of automatic movements, thereby reducing the potential for monotony associated with repetitive practice (ABDILLAH, n.d.). Because squash is a sport that requires the formation and maintenance of consistent and synchronous movement and timing patterns. Apart from that, the game of squash is also characterized by fast speed in terms of receiving and returning the ball. Therefore, it is very important for a squash player to have skills in hitting the ball, especially forehand skills when playing or taking part in a match. Athletes who have superior speed in anticipating the ball will quickly adapt to the unique attributes of the game. In essence, athletes who have good forehand skills can demonstrate the ability to receive and return the ball well during squash games (ADLI, 2019). The reason is, the application of the multiball training method is basically designed to simulate a game environment such as playing in a match.

5 Conclusion

Based on the results of research and data analysis, it can be concluded that through the application of the multiball training method, FIK UNM students can improve their forehand ability in the squash game. The reason is, the application of the multiball training method is basically designed to simulate a game environment such as playing in a match. Apart from that, through the multiball training method which is carried out by repeating forehand strokes using a ball which is widely used as a means to facilitate the implementation of automatic movements.

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