



Gating Training Model Using a Gating Drill Tool to Improve Gating Accuracy for Pamulang Woodball Club in South Tangerang City

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Abstract

The end of the woodball game is to put a wooden ball through a gate installed in the ground. Victory is obtained from the lowest shot or few strokes on each track or several tracks. Gating is one of the techniques in woodball that determines the end of the game. Success in gating strokes cannot be separated from the training process carried out. Training is carried out on PWbC woodball players by adjusting the distance and position of the ball, without any training aids. Beginner players find it difficult to practice basic swing gating. Gating shots that are not yet stable and not right on target. PWbC woodball players waste gating shots when playing 12 fairways and 24 fairways. The aim of this research is to provide a gating practice model using a drill gating tool. Media tools have a role in training the basics of a consistent swing. The research method used in this research is experimentation. Using a one group pretest-posttest design. Data collection was carried out by measuring gating precision on 25 PWbC club participants in South Tangerang city, carrying out the test using a gating accuracy test instrument. The results obtained were 4 (four) participants in the very good category. Gating ability in the good category numbered 10 (ten) participants, in the medium category there were 7 (seven) people, then there were only 3 (three) participants who had the poor category in gating ability.

Keywords: *Practice, Gating Techniques, Gating Drill Aids, Woodball*

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INTRODUCTION

Woodball is a sport that has playing principles like Golf, what differentiates the game of Woodball from Golf is the tools used (Kriswantoro, 2015). Woodball uses a bat or stick made of wood and a ball made of wood. The end of the Woodball game is to put the ball into a gate or goal installed on the ground. This modified game of golf was created by Ming Hui Weng and Kuang

Chu Young in 1990 in Taiwan. Woodball was introduced to Indonesia by Tandiyono Jacky, precisely in the city of Semarang, in 2006. The development of the sport of Woodball in every region to date has grown rapidly. Indonesian athletes have achieved many achievements from the national to international levels. More and more new sports are developing in Indonesia, creating opportunities for everyone to excel. A person's success in sporting achievements is due to none other than technical, tactical, physical and mental elements. The techniques used in Woodball are similar to Golf.

Woodball sports include techniques using tools and without using tools. Techniques using tools include swinging with a mallet, long distance shots or what are called long drives, medium distance shots or what are called second shoot shots, short distance shots and shots towards the gate or gating. Techniques without using tools consist of setup or standing position, grip, and swing. In carrying out hitting techniques, an athlete must be proficient in the basics of Woodball (Nurudin, A. A., Nugraheni, W., & Putri, D. T, 2023; Maulana, M. A., Handayani, O. W. K., & Hidayah, T, 2021). In principle, in the Woodball game, the final goal of the game is to get the ball into the gate. If a player or athlete has completed playing twelve fairways or multiples thereof and got the lowest score then that player or athlete can be said to be the winner of the competition. So that the ball enters the gate easily, of course you can't do it just any way. Gating is the final goal, therefore the technique must be done correctly. The determinant of success is the gating shot. Gating does not require long swings and a lot of power. Publishing (2011:130-131) explains the mechanics of finishing, the first is, the grip is the key and must be neutral, the position when setting up or standing must be comfortable and in a relaxed position, positioning the eyes directly above the ball, shoulders, arms and hands. move according to the rhythm, straight but not stiff, in sync with the movement of the hips. And the next thing that must be done is that when you swing, it must be soft, flexible, firm when impacting the ball with a mallet or woodball stick.

According to Sukadiyanto (2011) explains that training is an activity to improve sports skills (proficiency) by using various equipment in accordance with the goals and needs of the sport. This means that during the training process activities in order to master the movement skills of the sport are always assisted by using various supporting equipment. Supporting equipment that can be used in gating practice is a gating drill tool. According to Wisnu Wicaksono (2018), the gating drill tool has a special swing path which is expected to help athletes adjust their body position to

get a good and consistent swing. This tool can be used as a medium for learning swings when the trainer provides a variety of exercises. Junaidi also explained that sports facilities and infrastructure are supporting resources consisting of all forms and types of equipment and tools used in sports activities. So this research focuses on the effectiveness of the training method using a gating drill tool for woodball players at the Pamulang woodball club in the city of South Tangerang.

METHOD

This type of research uses experimental research. Experiments are a way to look for cause and effect relationships (causal relationships). Done with the intention of seeing the effects of a treatment. This research used a one group pretest-posttest design. This research involved one group of subjects without a control group, Suharsimi Arikunto (2010). In this study, the researcher wanted to find results using a training method using a gating drill tool, collecting research data using a gating accuracy test instrument, data collection techniques were carried out using the T test using SPSS. The research design was carried out by identifying problems and studying literature then applying the gating drill training method. After that, data collection and data collection is carried out so that the gating classification is carried out until the results and conclusions are discussed. The research was conducted on 24 athletes from the Pamulang Woodball Club (PWbC), South Tangerang City.

RESULTS AND DISCUSSION

Result

The test results for a sample of 24 people with a mean value of 1.583, with a standard deviation value of 2.225, a standard error value of only 0.454, internal confidence of 95% of the difference between the pretest and posttest at the lowest value is -2.523 and the highest is -0.644. In the pretest and posttest, there was a difference in the effect of training treatment using tools on research subjects of 3,487, with the total score having been reduced to 23 between the pretest and posttest. So the interpretation of the data in this study according to the results of the t test shows that the significant value of the influence of the training model with the gating drill is $0.12 < 0.05$ and the calculated t value is $3,487 > t$ table value 2,500, indicating that it is acceptable and the treatment has an influence on gating accuracy skills.

The results of this study concluded that during the pretest there were no very good categories, the increase during the posttest was 4 participants. The good category at the pretest showed the number of 2 participants and at the posttest there was an increase of 10 participants, the medium category at the pretest was 13 participants and decreased at the posttest to 7 people, for the less category there were 9 people at the pretest, and experienced a decrease at the time of the posttest there were 3 less people.

Table 1. Average Pretest and Posttest Improvement Results

No	Pretest (category)	Number of respondents	Pretest (category)	Number of respondents
1	Very good	0	Very good	4
2	Good	2	Good	10
3	Currently	13	Currently	7
4	Not enough	9	Not enough	3
5	Very less	0	Very less	0

The important hitting technique that determines the end of a woodball game is hitting towards the gating. Woodball players are required to have good gating skills. The techniques involved in gating punches are not the same as other punch techniques. Gating does not require high power or complex body movement coordination. Gating only relies on consistent movements or swings of the shoulders and arms like the movement of a pendulum. Less visible leg movements and less visible hips. Consistency of movement like a pendulum will make a good skill. Apart from having good and consistent swing skills, overall success is determined by supporting factors during practice. Woodball is an achievement sport and is also categorized as a recreational sport, because woodball can be played by anyone from lower to upper classes.

Discussion

The biomotor component in the Woodball game that is most needed when gating is precision or accuracy. According to Putu (2016) explains that accuracy is the body's ability to control free movement towards a target. Woodball players must master the technique well, organize and calculate the smoothness of the shot, the direction of the shot, the angle of the ball to the gate, and the distance of the ball to the gate Tisna, G. D., Astra, I. K. B., Suwiwa, I. G., & Yoda, I. K., 2023; Riyadi, W., 2021; Wahid, A., & Winarno, I. S. C. W., 2022). Players must also have a constant swing to produce the right swing at the point of impact with the ball so that the

speed of the ball is in accordance with the will and right at the intended target. Take into account the angle and distance of the ball and gate so that it is right on target in the middle of the gate or glass. Accuracy in woodball is very important because in general, accuracy is needed for any shot in woodball (Murdaningsih, D. A., & Rahayu, S, 2022; Maulinda, R., & Kriswantoro, K, 2019; Kriswantoro, K, 2020). When accuracy is not trained it will be detrimental to the athlete himself. If you make more mistakes, the more points you will get. Failure in gating can occur due to several factors, namely the direction of the mallet or foot, the direction of the blow when thrown, anxiety, fear, ball impact, unstable swing, wrong direction of throw or followthrough. There is a need for practice so that gating skills improve.

CONCLUSION

Conclusions that can be drawn from the research data above show that 4 participants have very good gating accuracy abilities, 10 participants have good gating accuracy abilities, 7 participants have moderate gating accuracy abilities, and 7 participants have good gating accuracy abilities. less than 3 participants. Thus, the final conclusion of this research shows that the training model using a gating drill tool has an influence or is in a good category overall. So it is necessary to practice with a gating drill tool to improve the accuracy of gating shots. Through a gating drill tool, it can provide stable swing capabilities and consistent and efficient movement. The existence of training media also has a good influence in motivating basic training in the game of woodball.

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