



BASIC SHORT SERVICE TECHNICAL SKILLS BASED ON AGE OF CHILDREN IN PB ATHLETES. ASJAD BADMINTON CLUB

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Abstract

This study aims to determine the basic technical skills of short serve based on the age of the child. The method used in this research is a survey. The population in the study of male and female athletes who took part in the exercise was 40 people. The sample used is a population sample consisting of 40 athletes with details of 30 male and 10 female. Data collection tools used are tests and measurements of short service. The data analysis technique used quantitative descriptive statistics. The results of this study indicate that the short service ability based on the age of the sons and daughters has an average good category, with the following details: 8 years old 7 people (18%), 9 years old 5 people (13%), 10 years old there 13 people (33%), 11 years old 3 people (8%), 12 years old 6 people (15%), 13 year old 3 people (8%), 14 year old 2 people (5%) and 15 years old there is 1 person (3%).

Keywords: *Short Serve, Child Age, Badminton*

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INTRODUCTION

Badminton is a game that uses tools such as rackets, shuttlecocks and courts. and how to play it by crossing the shuttlecock over the net (Wardana, 2017), (Nuzul Fitra, Saifu, 2020). The purpose of dropping the cock on the opponent's field is to get points or opinion points (Muhammad Nasrullah, 2019), (Wacono, Janiarli, 2021). As well as the net as a delimiter. This game is played in opposite directions, in pairs and singly (Qalbi et al., 2017).

It is necessary to know from the researcher above that the game of badminton requires equipment in the form of a racket, shuttlecock, net as a barrier and a field and friends as partners in the game. Badminton requires basic technical skills, namely serving. (Andika & Maidarman, 2020), (Guntur et al., 2020) Service is an initial shot to start the game as well as to get points and win. Every athlete must master serving well, the goal is to anticipate counterattacks from opponents. It can be understood that the serving technique in badminton is the basis that must be mastered, this is the first shot to start and end the game and has a clear purpose that serving is one of the ways to get points or points.

The results of other studies provide evidence that service has a very important role (Muhammad Nasrullah, 2019), (Ardyanto, 2018) service is the first hit to start a game, to get points/points, and to end or win a game. (Budi et al., 2021), (Ichsanudin, 2022) serves are used in defensive and attacking patterns. (Putri, 2019), (Ayuningrum et al., 2021) Service plays an important role because based on the rules of the game that to start the game using a service stroke, the service must be done properly and correctly so that the service does not get caught in the net or get out of the target line. . This study provides an explanation that serve is very important to be mastered by every athlete, serve is the main shot in getting points, to start the game and to end the game.

In the game of badminton, the skills to perform the basic short serve techniques for men and women have different abilities. Based on the research, information was obtained (Muhammad Fatkhur Ridhoh, Ardita Bagus Yuwana, 2020), (Saputra & Nur dwi, 2019) saying that the ability to serve short in children aged 12-15 years is still lacking and moderate. (Kurnia et al., 2021) 13 year old boys and girls that the ability to do short serves and long serves is in the medium category. (Alpha Agathon, Budi Dermawan, 2018) The ability of children at the age of 13-15 years shows that the short serve and long serve skills of boys and girls are in the less category. (Tri Hadi karyono, 2020) at the age of 14-16 years, the short serve ability is in the good category and the long serve is in the medium category. Based on existing research, the average for children aged 12-16 years in making short serves is still lacking, meaning that they have not achieved good results in serving short. Therefore the coach has an important role in short serve skills, to find out these results requires target practice and the use of tools. Opinion (Katili et al., 2018), (Setiawan & Dermawan, 2014) with target practice that will improve basic serving techniques. (Ayuningrum et al., 2021) the ability of children aged 11-13 years with the treatment of net target training and net targets has an influence on the accuracy of serving. It is said that to improve short serve skills is very important, because with target practice it is imperative to improve short serve skills for both men and women.

The problem that arises in this study is the difference between boys and girls in doing short serve based on the age of the child, which differs between the child's age and short serve skills. Different ages of children will have different serving abilities, the age of the children may be the same but the serving abilities will be different, so the short serve ability is based on the age of the boys and the skill level of the girls will have differences. This study has a goal to be achieved is to know the basic short serve technique skills based on the age of children in badminton athletes.

METHODS

This research was conducted using a survey method. Sugiyono (2017: 30) states that surveys are used to obtain data from certain places. The sample in this study were 40 male and female badminton practice participants at Pb Asjad Badminton Club, 30 male and 10 female participants as the population in this study. The data collection technique uses tests and measurements, while the data collection method is as follows: Athletes stand on the service line to the left or right by holding the racket and shuttlecock, making 10 short service attempts aiming at the target, the shuttlecock falling on the target is given a score/point, the result on the score summed up from 10 times doing the test.

The data analysis technique used in this study uses quantitative descriptive statistics. (Sugiyono, 2017) descriptive statistics used to analyze data by describing or describing the data that has been collected as it is without intending to make general conclusions or generalizations. After the data is obtained, the next step is categorizing short service capabilities. Can be seen in the following table:

Table 1. Short Service Categories

No	Interval nilai	Keterangan
1	41-50	Baik sekali
2	31-40	Baik
3	21-30	Sedang
4	0-20	Kurang

RESULTS AND DISCUSSION

This research was conducted at Pb Asjad Badminton Club. The entire sample is 40 athletes. The research implementation process is carried out by testing and measuring short service. Conducted 2 meetings. It can be seen from tables 1 and 2 for the short service categorization and research results

Table 2. Results of Short Serves Based on Child's Age

No	Usia anak	Frekuensi	Kategori	Rata-rata	Persentase
1	8	7	Baik	33,6	18%
2	9	5	Baik	39,4	13%
3	10	13	Baik	37,2	33%
4	11	3	Baik	40,3	8%
5	12	6	Baik	31,7	15%
6	13	3	Baik	36	8%
7	14	2	Baik	38,5	5%
8	15	1	Baik Sekali	41	3%
Jumlah		40			100%

In the table of short serve skills based on the age of the child in Pb Asjad Badminton Club athletes. The graph can be made as follows:

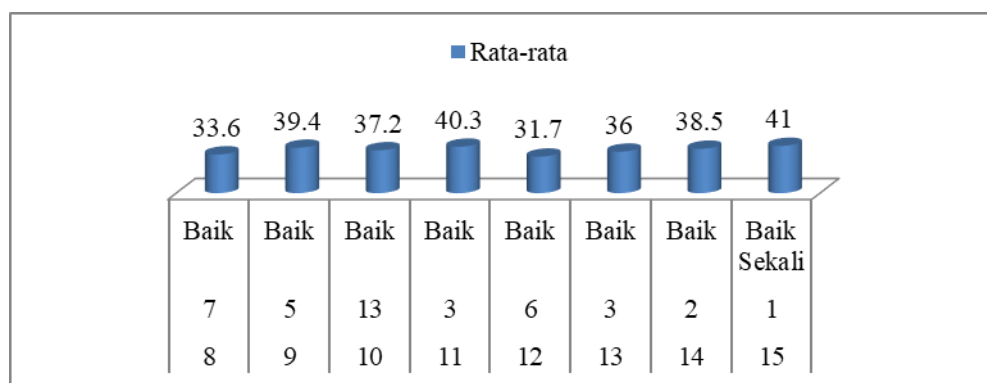


Figure 1. Graph of Short Serves by Age of Children

Based on the results it can be explained that the age of the child shows that of the 40 athletes in the good and very good category, at the age of 8 years there are 7 people (18%) in the good category with an average value of 33.6, at the age of 9 years there are 5 people (13%) are in good category with an average score of 39.4, aged 10 years there are 13 people (33%) in good category with an average score of 37.2, aged 11 years there are 3 people (8%) in good category with average value of 40.3, aged 12 years there are 6 people (15%) good category with an average score of 31.7, aged 13 years there are 3 people (8%) good category with a score of 36, and 14 years old there 2 people (5%) are in the good category with an average value of 38.5, and 15 years old there is 1 person (3%) in the very good category with an average value of 41. This research is to determine the short serve ability based on the age of children in athletes Pb Asjad Badminton Club. By conducting a short service test based on the age of the children, most of them have a good category.

The results of this study provide information that the service ability based on the age of the child has different abilities. It can be seen from the table of research results that the age of the

children is still in the good category, but it can be clarified that the older age is in the very good category, so the older the better.

The results of research that has been done (Kurnia et al., 2021) show that the ability to serve short and long serves is in the medium category in the children's category (under-13). (Alpha Agathon, Budi Dermawan, 2018) based on a survey conducted that skills in boys and girls aged 13-15 years have long serve skills and short serve are in the less category. It can be said that the age of the child in serving is still in the medium and less categories.

The ability to improve short serve requires practice (Ayuningrum et al., 2021) to improve service ability by providing under-net and target net target training treatments that have the same effect on the accuracy of forehand service in children aged 11-13 years. (Katili et al., 2018) with target practice that will improve basic serving techniques. (Kusuma, 2018) shows that there is an influence in drill service training on short serve accuracy. Based on the research that has been done, it can be concluded that in order to improve serving skills, it is necessary to practice net target, target net and drill service exercises.

Service plays an important role in the ability to serve because service is the first blow to start the game, to get points/points, and to end or win a game (Muhammad Nasrullah, 2019),(Ardyanto, 2018). (Budi et al., 2021), (Ichsanudin, 2022) serves are used in defensive and attacking patterns. (Putri, 2019), (Ayuningrum et al., 2021) service is based on the rules of the game that to start the game using a service stroke, the serve must be done properly and correctly so that the service does not get caught in the net or goes outside the target line. The results of this study are to strengthen that the short serve ability is based on the age of the child that the short serve skill is important with the results of this study it is hoped that it will become a reference for coaches and athletes.

CONCLUSION

Based on the results and discussion it is said that the age of the child has different abilities because the older the child is, the better it is. It can be said that the short serve ability based on the child's age is included in the average value of the good category. The suggestions that the researcher can put forward based on the research results are as follows: Athletes who have good performance are expected to be more serious during training to achieve better results. It is hoped that coaches will always monitor the results of their athletes' abilities in the basic short serve techniques so that each athlete's abilities get even better. It is hoped that this research will provide benefits to badminton sports.

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