



The Effect of Pitch Position Exercises and Progression/Constraint Exercises on the Ability to Close Dribble Indoor Hockey in Unimed Hockey Club Men's Fostered Students

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Abstract

This study aims to look at close dribble skills through pitch position exercises and progression/constraint exercises on close dribble skills in hockey games for students assisted by the Unimed Hockey Club. The research method used was the One Group Pretest and Posttest Design experiment, namely experiments conducted in one group without a comparison group. The analysis technique in this study is the normality test, data homogeneity test and t test. The results of the data normality test obtained the results of the pretest data 0.093 and the post-test 0.200, so that it can be concluded that the data is normally distributed. The homogeneity test results obtained significant pretest and post-test data results of 0.079, so it can be concluded that the data is normally distributed. The results of testing the SPSS data obtained significant results of 0.000 < 0.05 so that it can be concluded that there is an effect of pitch position training and progression/constraint exercises.

Keywords: *Effect of Practice, Pitch Position and Progression, Close Dribble Hockey Ability*

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INTRODUCTION

Exercise or physical activity that is planned and organized and carried out regularly is very beneficial for the health and physical fitness of those who do it (Supriadi et al., 2022). By having good health and physical fitness, a person will be able to carry out daily tasks without experiencing significant fatigue, and if they face an emergency at work, they can still handle it well. There fore it is time for us to get used to doing physical activity and make it a necessity in everyday life (Imran Akhmad, 2022) (Dewi & Verawati, 2021)

Hockey game is a creative sport, even more creative than other games. There fore the sport of hockey has great potential to be developed, it is necessary to make efforts to improve the hockey achievements of unimed Hockey Club fostered male students. In indoor hockey coaching, achievement is a target that is always used as a reference for coaching. The coaches ensure that student achievement requires training support that is relevant to the sport of hockey itself. One of the efforts developed in coaching achievement sports is coaching through technical training.

Various methods have been taken by coaches to improve student abilities so that they can achieve optimally. Technical training is an important factor that must be fostered. Through a systematic and continuous (continuous) training pattern, it is hoped that an increase in the quality of students will be achieved (Carsiwan, 2016).

In indoor hockey, individual techniques that a hockey player must own and master include dribbling and shooting (Taufiq et al., 2016). These two basic techniques are the main capital for a player in playing hockey. Indoor hockey is a sport consisting of two teams that play against each other, by pitting the technique of maneuvering the ball against the opponent's goal by using a crooked stick called (stick) (Mohamad Anugrah et al., 2018). Indoor hockey can be played by men and women who are members of 6 people in one team. The winner can be determined from the acquisition of which team gets the most goals. Indoor hockey itself is a variant of field hockey. In indoor hockey the game is held indoors on a cement or parquet (wood) court. This causes the movement of the ball to be faster and the tempo is also fast when compared to field hockey. Indoor hockey field width 18 -22 meters long and 36-44 meters. The goal is 2 meters high and 3 meters wide (Sari et al., 2022)

The basic techniques in indoor hockey games are how to hold the stick (the grip), the stance in the game (the stance), ball control (ball control), stopping, backhand pass (the reverse stick pass), pushing the ball (pushing), dribbling (Firdani Auliya & Nur Muhammad S-, 2020). After the researcher observed the implementation of the Unimed Hockey Club assisted student training from the initial data taken, it can be concluded that there are still many students who are moderate and lacking. Some of the exercises given by the coach to Unimed Hockey Club fostered students are dribbling, pushing the ball, being ready to play, stopping, ball control, backhand pass. And for some exercises regarding dribble the coach gave training on right dribblebeat passing, right foot close dribble passing.

There the researchers focused on improving the dribbling skills of the Unimed Hockey Club assisted students by providing pitch position training and progression/constraint training, to improve the dribbling skills of the Unimed Hockey Club assisted students. Interviews with trainers regarding the closed dribble of the unimed hockey club assisted students, the coach stated that there were still many unimed hockey club fostered students who were not perfect when performing the close dribble technique, this was because the unimed hockey club assisted students did not practice much or were not optimal. Dribble aims to approach the target distance past the opponent,

adjusts the tempo of the game, moves the opponent's fishing game area to approach the opponent until the attack area is open. Besides that, body position and movement accuracy also greatly determine the results of herding techniques as important as physical and psychological conditions. (Hermawan & Permadi, 2022), the basic technique of dribble in hockey games is that there are three types, namely loose checking, tight gliding, tight Indian gliding. stay in control of the team and change the direction of attack.

From the results of observations and interviews conducted on September 23 2021 and the results of the close dribble test obtained by the preliminary test from each student assisted by the Unimed Hockey Club, there were 10 people, of which 1 was very good, 8 people were in the moderate category and 2 people were in the poor category. Sports coaching is supported for achieving the highest possible achievements that can increase dignity as well as national image and pride. To support the development of sports achievements, various knowledge is needed such as coaching, physiology, biomechanics, psychology, nutrition and sports health. Thus players will tend to get bored and lazy to practice. According to bompaa (1987-19) training must be varied with the aim of overcoming something monotonous and boredom in training, coaches need knowledge and a lot of training resources that allow them to change periodically. From the gap above, it can be concluded that the results of the close dribble training of students assisted by the Unimed Hockey Club are still far from what was expected. So that the researcher wants to improve the dribble results for each student assisted by the Unimed Hockey Club, by means of which the researcher provides pitch position and progression/constraint exercises.

The cause of the low close dribble of students assisted by the Unimed Hockey Club is due to the lack of dribble practice, especially close dribble. By looking at the problems above, the researcher is interested in conducting research related to the results of close dribble exercises about "The Effect of Pitch Position Exercises and Progression / Constraint Exercises on Close Dribble Ability in Unimed Hockey Club Assisted Students" in the hope that this will lead to an increase in training results close dribble on students assisted by the unimed hockey club.

METHOD

Experimental research is research that is intended to determine whether there is a result of "something" imposed on the subject of inquiry (Suharsimi Arikunto, 2005: 207). The research design used in this study was the One Group Pretest and Posttest Design, namely experiments conducted in one group without a comparison group. According to Arikunto (2002: 78) reveals

"One Group Pretest and Posttest Design is a study conducted twice, namely before the experiment (pretest) and after the experiment (posttest) with one group of subjects".

Table 1. Research design

Pre Test	Treatment Or Post Test Treatment	Post Test
O ₁	X	O ₂

In this study the tests were carried out twice, namely before and after treatment. The difference between the pretest and posttest is assumed to be the effect of the treatment or treatment. So that the results of the treatment are expected to be known more accurately, because there is a comparison between the conditions before and after being given treatment. . Testing the measurement results data related to the research results aims to help the analysis to be better. For this reason, in this study a normality test and data homogeneity test will be carried out.

RESULTS AND DISCUSSION

The research conducted at UNIMED HOCKEY CLUB was an experimental study using pitch position exercises and progression/constraint exercises with 12 athletes. In this study, it will be seen whether there is an influence on the results of close dribbles in male students assisted by the Unimed Hockey Club by using pitch position exercises and progression/constraint exercises. The data obtained in this study are pre-test and post-test data. Pre-test data were taken before being given treatment to male students and post-test data were obtained after being given treatment in the form of pitch position exercises and progression/constraint exercises to male students for 18 meetings.

Table 2. PreTest dan Post Test

No	Name	Free-test/seconds	Post-test/seconds
1	Fajar nugroho	48,39	23,39
2	Irsan	30,23	22,25
3	Ahmad aditiya	33,45	21,15
4	Fauzah kharisma	37,75	21,75

5	Zulkifli simamora	36,13	21,00
6	Nanda karya	35,12	21,62
7	Faisal irwin napitupulu	36,02	20,56
8	Putra erlinus	32,17	18,75
9	Ardiansyah	39,29	23,06
10	Gibreka ginting	33,56	22,63
11	Juan	34,46	23,55
12	Agha	33,56	23,29

Uji Normalitas

Table 3. Uji Normalitas

	Statistic	Df	Sig	Statistic
Pretest	0,225	12	0,093	0,825
Posttest	0,124	12	0,200	0,925

If the data > 0.05 then it is normally distributed and if the data < 0.05 it is not normally distributed. From the SPSS results, the pretest data results were 0.093 and the post-test was 0.200, so it can be concluded that the data is normally distributed.

Uji Homogenitas

Table. Uji Homogenitas

		Levene Statistic	df1	df2	Sig.
Result	Based on Mean	3,809	1	22	,064
	Based on Median	2,870	1	22	,104
	Based on Median and with adjusted df	2,870	1	12,098	,116
	Based on trimmed mean	3,394	1	22	,079

If the data > 0.05 then the distribution is homogeneous and if the data is < 0.05 then the distribution is not homogeneous. From the SPSS results, the results of significant pretest and post-test data were 0.079, so it can be concluded that the data is normally distributed.

Uji T

Table. Uji Homogenitas

Pair	Pretest - posttest	Mean	Std. Deviation	Std. Error Mean	Paired Differences		T	df	Sig. (2-tailed)
					5% Confidence Interval of the Difference				
					Lower	Upper			
1		13,927	4,327	1,249	13,847	14,008	11,151	11	,000

If the data > 0.05 then there is no significant effect and if the value < 0.05 then the data has an influence or there is an influence. From the results of the SPSS data, it was found that the results were significant $0.000 < 0.05$ so that it could be concluded that there was an effect of pitch position training and progression/constraint training.

The research conducted at the Unimed Hockey Club was a study on the effect of pitch position and progression/constraint exercises on the close dribble ability of male students assisted by the Unimed Hockey Club. This research was conducted using pitch position and progression/constraint exercises to determine whether there was influence on close dribble ability in male students assisted by the Unimed Hockey Club. After being treated using a form of exercise, a pre-test and post-test were given to find out the results of the close dribble. From the results of the post test, it was found that the average close dribble was 14.008, which was higher than the pretest close dribble score, which was 13.847. The above is proven by testing the hypothesis using the t test. after testing the hypothesis on the post-test data of the closed dribble results of the Unimed Hockey Club assisted male students, statistically the pretest data obtained was 0.093 and the post-test was 0.200, which means that H1 was accepted and H2 was rejected, so it was concluded that there was an influence on the closed dribble results on the assisted male students unified hockey club.

This is in line with what was said in the journal by Mr. Mahmudin Matondong. Close dribble or carrying the ball is a basic technique that must be possessed and must be mastered perfectly. Because close dribble can be used to change the direction of attack. In attacking, close dribble can be used as an attacker's strategy to change the direction of attack. In attacking, close dribble can be used as an attacker to create huge opportunities so that he can shoot towards the opponent's goal, pitch position and progression/constraint is a form of training that functions to improve close dribble skills because the practice requires players to use dribbles. This exercise is a form of exercise that can be modified and does not have to be guided by an existing form of exercise. This form of training is carried out by a player, in other words, without being accompanied by other players. This exercise also demands agility and speed in doing it. If a player already has good agility and speed in doing this exercise, then the player can easily do this form of exercise. The author chooses pitch position exercises and progression/constraint exercises to improve close dribble skills because the shape is already leading to the actual form of the game so that it can make it easier for students to close dribble the ball while playing. Pitch position exercises and progression/constraint exercises can improve a hockey player's close dribble ability, but are slightly different. In other dribbles there is more than 1 player who does this form of exercise. Meanwhile, in pitch position and progression/constraint, there was only 1 person.

CONCLUSION

From the results of the research conducted, it was concluded that the average score of the post test results of close dribble was 14.008 and the results of the hypothesis test gave a pretest value of 0.093 and a post-test of 0.200 which means that H1 is accepted and H0 is rejected, so it is concluded that there is an effect of pitch position training and training progression/constraint on close dribble ability in male students assisted by the Unimed Hockey Club. The pitch position exercise has a significant effect on increasing close dribble skills in hockey games for unimed hockey club male students. Progression/constraint exercises have a positive effect on increasing

close dribble skills in hockey games for unimed hockey club male students. Pitch position exercises and progression/constraint exercises have a significant effect on close dribble skills in unimed hockey club assisted male students

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