



The Effect of Drill Training Method on Badminton Backhand Hit Skills at PB Club. Sarma Pangkalpinang

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Abstract: Lack of proficiency in badminton backhand shots was the driving force behind this study. Through analysis during the initial observation, the researcher found that there were still training patterns that had yet to be considered so that they were more reproduced in games. There was no variety of exercises applied. Therefore, researchers researched to determine the effect of the drill training method on badminton backhand shot skills. This type of research is quantitative research using the "pre-experimental design" research method, namely One-Group et al. The population in this study were all PB—Sarma Pangkalpinang athletes, totaling 20 people. The sample in this study was all members of the population. The data analysis technique in this study uses normality tests and hypothesis testing. The count value of 18.728 is higher than the t table value of 1.729, which means that H_0 is not true and H_a is true. This means that the study titled "The Effect of the Drill Training Method on Badminton Backhand Hit Skills at Club PB. Sarma Pangkalpinang" has a significant effect.

Keywords: Drill Training Method; Backhand Hitting Skills; Badminton

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INTRODUCTION

One of the hobbies in life is sports, as it allows one to maintain physical fitness and well-being. According to Yuliani (2019), says that the importance of sports in human life may be due to its ability to form healthy and disciplined individuals, who in turn will become superior human beings. its ability to form healthy and disciplined individuals, who in turn will become superior humans. In addition, there are still benefits in sports that can also help become more accomplished and provide free time. Achievement sports are sports that follow a set of rules that have been established and played both nationally and internationally Fadhlly, et al (2021). Badminton is one part of achievement sports (Abdurrahman Yusuf Anjani Pjt, 2022; Phomsoupha & Laffaye, 2020; Robertson et al., 2022).

One of the most popular and highly accomplished sports in the world is badminton. Currently there is competition among almost all countries in the world to develop innovative badminton techniques and methods Setyawan (2016). Badminton is a sport played by two people (single) or four people (double) with racket equipment as a bat and shuttlecock as the object being hit. A woman can play badminton with a man. Therefore, badminton has a real impact on the lives of the wider community. In Indonesia, badminton has long been a popular sport and there are also many talented athletes in the

field of badminton who are known by the public, so it is not surprising that this sport has become very popular among the public.

Being a popular sport for both adults and children, badminton is often used as a means of competition to identify outstanding players, especially in the game. According to Aisyah and Himawan (2021), saying that the coaching available to badminton lovers through clubs or schools as a means of coaching players from a young age to adulthood shows that the game is an achievement sport that attracts enough public attention. In a coaching or training, various kinds of shots are usually trained, one of which is the backhand.

The backhand shot is very deadly because of its speed and ability to attack the opponent's target accurately and quickly. In line with Amat Komari (2018: 53), states that compared to other punches, backhand punches include strong and straight punches that point downward. The backhand shot can be done quickly if the shuttlecock is positioned in front of the player's head and directed to a certain target by diving and then rising, then the backhand shot can be done quickly. This backhand has great power so it needs to be carefully calculated. The backhand is a useful blow to score points. However, this requires a fast and swift hand swing in addition to a steep shuttlecock throw.

Based on the findings of researchers who have been conducted on October 19-22, 2022 at Club PB. Sarma Pangkalpinang, Bangka Belitung Islands, there are several problems encountered by researchers. First, many players are not yet skilled in hitting backhand shots in badminton games, for example when hitting backhand shots, the shuttlecock is stuck in the net (net) and even out of the field. Second, the training pattern applied at Club PB. Sarma has not been paid much attention, where the application of training is more reproduced in the game. Finally, there is no application of various training methods regarding backhand shots in badminton games. Therefore, it is necessary to apply various training methods regarding backhand shots in badminton games.

The training pattern that can be applied to improve backhand shot skills in badminton games is drill training. One of the training methods to improve backhand shot skills is drill practice. Drill training is training that is carried out continuously and seriously with the aim of honing a skill to the optimal point. Bompa in (Wiratama, 2016: 5) states that the physiology and psychology of an athlete is greatly influenced by the training approach. Gaining an understanding of training concepts will help efforts to improve training standards. The key to successfully mastering hitting skills in badminton is consistent and correct practice supported by appropriate training patterns. Therefore, you can learn various basic methods of badminton under the supervision of a skilled coach with hard work, dedication and attention.

Given the problems mentioned above, researching on an efficient way of training for backhand shots with a drill training approach is of interest to researchers with the title "The Effect of Drill Training Method on Badminton Backhand Hit Skills at Club PB. Sarma Pangkalpinang". It is hoped that the application of the drill method can provide an increase in backhand shots to players at Club PB. Sarma Pangkalpinang.

METHOD

This type of research is descriptive quantitative. This research uses an experimental design known as Pre-Experimental Design research design type One-Group Pretest-Posttest Design. The effect of the drill training method on backhand shot skills in this design is tested twice, namely before the experiment test (pretest) and after the experiment test (posttest).

O₁ X O₂

Figure 1. One-Group Pretest-Posttest Design (Source : Sugiyono 2016 :74)

By comparing the results with the state before treatment, the results can be ascertained more accurately. This research will be conducted at Club PB. Sarma Pangkalpinang which is located at JL. Kampung Keramat, District. Rangkui, Pangkalpinang City, Bangka Belitung Islands. This research was conducted during training activities. The time used in this study was conducted 3 times a week, namely on Wednesday, Friday and Saturday for one month for 14 meetings. Keep in mind that if training is done at least 3 times a week and a maximum of 12 or 14 times, then the training will develop. The population in this study were all PB Club players. Sarma Pangkalpinang which is 20 people. In this study, the sample selection used a saturated sampling technique. According to Sugiyono (2016: 85) saturated sampling is a sampling technique when all members of the population are used as samples. The sample used in this study amounted to 20 people. The data collection technique in this study used a pre-test and post-test to measure backhand pukulan skills. Pre-test data was taken before the sample was given treatment using the drill training method. While the post-test data was taken after the sample was given treatment using the drill training method.

The data analysis technique used is normality test and hypothesis test. The normality test used in this study is the Kolmogorov-Smirnov test at the 5% significance level. Hypothesis testing used in this study is Pre-experimental Design with One Group Pre-test-Post-test design due to the implementation of a population of only one club. In this design, a pre-test is given before training using drill exercises and after that a post-test will be carried out. Thus the results of the treatment can be compared before and after treatment.

RESULT AND DISCUSSION

Result

The results of the study discuss how the drill training approach affects the ability of badminton backhand shot club PB. Sarma Pangkalpinang concluded that the application of the drill training method is one of the training methods that can be used or applied to improve badminton backhand shot skills at PB club. Sarma Pangkalpinang.

Table 1. Hasil Uji Normalitas Data

Data	N	D _{count}	D _{table}	Description
<i>Pretest</i>	20	0,159	0,294	Normal
<i>Posttest</i>	20	0,194	0,294	Normal

From this data it can be concluded that both Dhitung values < Dtable values, meaning that the data is normally distributed, based on a summary of the results of the data normality test, it shows that the Dhitung value for pretest data is 0.159, posttest data is 0.194, and the Dtable value is 0.294.

Table 2. Uji Hipotesis Data

Data	df	t _{count}	t _{table 5%}	Description
<i>Pretest - Posttest</i>	19	18,728	1,729	Affected

By using the T test formula, the hypothesis test results in a tcount value of 18.728 and a ttable value of 1.729 at the 5% significance level. This shows that tcount> ttable,

thus supporting the hypothesis that the drill training method has an influence on the backhand shot skills of badminton players of PB club. Pangkalpinang Sarma.

Discussion

This research was conducted for 14 meetings starting with giving an initial test (pretest) through face-to-face at the PB Building. Sarma Pangkalpinang through permission from the badminton coach and coach. The pretest aims to determine the athlete's initial skills in hitting backhand shots before being given treatment. The meeting was held on September 25 to October 21 by conducting a series of face-to-face tests, where each athlete had the opportunity to hit backhand shots 10 times and added 5 times as an initial trial.

5 times as an initial trial. When doing the pretest, the researcher explained about a series of tests and the implementation process of assessing pretest results in accordance with existing instruments. In carrying out the research, it takes extra time, which begins with apperception by asking how the athletes are doing and their health before starting the research, after doing apperception the researcher does ice breaking by providing motivation that the importance of maintaining body fitness in sports and the importance of honing skills in sports, especially badminton in childhood. After doing ice breaking, the researcher told the athletes to warm up by starting with a prayer together first, then doing static and dynamic warm-ups by circling 3 badminton courts 5 times. After that, the researcher provides an understanding of the backhand shot, and explains how to perform the correct backhand shot. Researchers provide an understanding of the drill training method after conducting a pretest that has been prepared by researchers in the form of an exercise program and will be explained at the second meeting. To end the activity, educators provide evaluations to athletes and pray.

Drill training methods have been shown to significantly improve various badminton skills, including backhand strokes. Research has shown the effectiveness of practice drills in improving various aspects of badminton performance. Studies have shown that practice drills can improve agility (Ichsan et al., 2023), improve balance (Ichsani & Abdul, 2023), and improve specific stroke techniques such as backhand clear and forehand smash (Anggraini et al., 2022; Wahyuni et al., 2023). In addition, the use of training methods, such as the V-drill technique, has been associated with notable advances in badminton players' abilities, leading to better overall performance in the sport. Therefore, incorporating practice drills into badminton training sessions can be a valuable strategy to develop and refine a variety of important skills, including backhand smashes.

CONCLUSION

The results of the study discuss how the drill training approach affects the ability of badminton backhand shot club PB. Sarma Pangkalpinang concluded that the application of the drill training method is one of the training methods that can be used or applied to improve badminton backhand shot skills at PB club. Sarma Pangkalpinang.

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CONFLICT OF INTEREST

This study has no conflicts of interest related to the reported research.

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