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Woodball Training Pattern Book at Silampari Woodball Academy

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Abstract

The purpose of this study focuses on the development of printed media for woodball training patterns at the Silampari woodball academy . The approach used is ADDIE which has 5 stages, namely: (1) Analysis (2) Design (3) Development (4) Implementation (5) Evaluation. Data collection used in the study was direct observation, Q&A with samples and questionnaires. The data processing technique utilizes the validity analysis method of 3 experts, media expert validity analysis 0.81%, language expert validity analysis 0.87%, material validity analysis 0.87%, from the results obtained from 3 experts, it can be concluded that the media developed is very valid, then based on the analysis of the practicality questionnaire by testing athletes with one to one tests, small groups and coaches get a score of 86% so that the media created is very practical, then the effectiveness analysis by conducting pre-tests and post-tests and observations of Silampari woodball academy athletes for the pre-test of 20 athletes only 8 athletes meet the criteria and for the post-test 15 athletes meet the criteria from 20 people based on the observation sheet.

Keywords: Development, Practice Pattern Book, Woodball.

INTRODUCTION

In general, sports activities are efforts that involve the human body and mind that are useful in maintaining the body and optimizing health conditions, as well as a means to develop physical abilities, souls, attitudes, physical, spiritual, and social potential. There are quite a few norms contained in sports activities. sports that can be a school lesson of life. Therefore, sports can influence in forming attitudes and behavior of people who play an active role in it. Attitudes, behaviors, and norms inherent in human life that are important to use when interacting with family and society. Fundamentally in the development of human attitudes and behavior, social norms are presented which are important for oneself and society.

Along with the development of the era, new sports games are increasingly emerging, namely woodball sports . Woodball sports are included in Recreational Sports inspired and modified from golf . According to Kriswantoro (Putu, 2015) woodball is a new sport that is developing in the world. In 2008, the number of countries that became members of the

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international woodball federation (IWbF) was 29 countries including Indonesia, and in 2014 it had spread to 14 provinces that had regional level administrators.

Woodball was discovered in China, precisely in Taiwan, by Ming Hui and Kuang Chu Young in 1990. Initially, a large park was built and intended for both parents as a means of walking. Using the large area, an idea emerged to create a unique sport. After designing the rules and form of the game that were in accordance with the characteristics of the field, a ball game was produced that used wooden equipment.

According to (Dewi, 2015) Woodball sports are technically similar to golf, but what distinguishes them is the equipment used when the sport is played. With these differences, woodball has its own special features compared to golf. The equipment used when playing golf is made of metal, while in wooball the equipment used is made of wood, starting from the bat or (mallet), ball, and goal (gate) as the target of the game. When hitting the ball in golf , the ball tends to bounce high, but in woodball, the ball that is hit will run flat on the grass and not bounce because the ball has a large weight.

According to Kriswantoro (Agustiar & Sultoni, 2017) basic techniques using tools and not using tools. Using tools is swinging the mallet routinely, long-distance hits, medium-distance hits, short-distance hits, hits towards the gate . According to Kriswantoro (2016) The goal of the woodball game is to hit the ball from the starting line gradually until the ball passes the goal (gate). The principle is that every time the ball is hit, it will be counted as one hit, if the ball goes out of the track it is counted as two hits, then the player with the lowest number of hits from the other players will be the winner.

By considering expert opinion, it can be concluded that woodball sport is an adaptation of golf sport which has a difference with woodball sport is all the equipment used is modified from wood. If in golf sport the ball that is hit soars, in woodball sport the ball that is hit runs flat on the ground.

The management of productive achievement sports in South Sumatra is the Silampari woodball academy . In the woodball training activities at the Silampari woodball academy , athletes are coached by professional coaches who have attended the C2 provincial level training of the Indonesian Woodball Association (IWbA) of South Sumatra. Training activities are carried out twice a week, namely Saturday and Sunday with 31 athletes. Through the coaching carried out, athletes understand the techniques and tactics in playing on the field to face the match.

Mastery of these techniques requires continuous practice so that athletes understand the techniques properly and correctly. In addition to practice, a person's mastery to learn more and in depth about the sport of woodball is an aid in understanding the material and basic rules of

woodball. The need for reading materials to be studied and applied during the training process so that it can improve achievement. abilities and skills in mastering techniques in playing woodball.

Initial observations conducted by researchers found problems faced by athletes and coaches of the club, namely only having one training guideline book that does not yet have a training pattern and athletes are not yet able to do independent training. From the facts obtained in the field, researchers concluded that athletes need a training pattern book that can be used as a guideline or training guide, researchers also make training books more attractive with visuals that are easy to understand and materials that are in accordance with the characteristics of beginner athletes.

Based on the description, the researcher was moved to conduct a study to develop a woodball training book entitled "Development of a Woodball Training Pattern Book at Silampari Woodball Academy ". There is a difference in the training guidelines used at Silampari Woodball Academy with the training pattern book that will be created, namely the absence of training patterns that will describe the form of the training. Therefore, the author wants to research and create a woodball training pattern book which contains forms of woodball training patterns and strategies in the game of woodball. With the hope that this method can be used as a problem solving and opportunity to create a media that can meet the need for information that can add insight and theory about woodball sports.

METHOD

The approach used in this study is R&D (research and development) or also called research and development. The model used in this study is the ADDIE model (Analyze, Design , Development, Implementation, and Evaluation). This model is commonly used to design learning programs systematically. The data collection instruments used in the study were direct observation, questions and answers with samples and questionnaires. The subjects of this trial will be carried out by the Silampari Woodball Club coaches and athletes with a total of 20 athletes but will be applied to 3 athletes for one-to-one trials and 6 athletes for small group trials.

The data processing techniques in this study were direct observation, Q&A with coaches and athletes, validity analysis questionnaires, practicality analysis, and effectiveness analysis. The validation assessment questionnaire in this study consisted of 40 questions that had been arranged using a Likert scale with answer categories of 5-4-3-2-1 with the criteria of very good, good, quite good, less good and not good. This questionnaire was divided into 3 types, namely media validation assessment questionnaires, material validation assessment questionnaires and language validation assessment questionnaires. Material expert validation validated the media components

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contained in the woodball training pattern book media produced. The questions that had been prepared by the researcher in the material expert validation questionnaire were 16 questions, and the researcher prepared a column of criticism and suggestions for the validator to provide input for the improvement and development of the product. The practicality assessment questionnaire was filled out by coaches and athletes. The researcher prepared 34 questions and of them 18 questions were for coaches and 16 questions were for athletes. The questions were compiled using a Likert scale with answer categories of 5-4-3-2-1 with the criteria of very good, good, quite good, less good and not good.

RESULTS AND DISCUSSION

This research produces media in the form of a *woodball exercise book* containing materials in the form of basic *woodball game techniques, basic woodball* game training patterns , physical exercises, *woodball rules* , concentration and strategies in playing *woodball* using the ADDIE development model. The research on the development of this basic *woodball exercise pattern book* uses five stages, namely: Analyze, Design, Development, Implementation, and Evaluation. The purpose of these stages is to see whether the basic *woodball exercise pattern book* tested on *woodball athletes* is valid, practical, and effective.

According to Dick and Carry. in Albert Meydiantoro (2021:34) developed development models, namely the ADDIE model. The ADDIE development model is used to develop teaching materials with a systematic learning design model. According to Tegeh and Kirna (2013:16) said that this model is arranged in a programmed manner with a systematic sequence of activities in an effort to solve learning problems related to learning resources that are in accordance with the needs of learner characteristics where this model consists of five steps, namely analysis, design, development, implementation (implementation) and evaluation (evaluation). The ADDIE development model is a systematic programmed development model that can be used as a development or refinement of a product.

The validation conducted aims to see the validity of the media that the researcher created. Compiled to determine the validity of the *woodball training pattern book with research instruments. This research instrument uses two questionnaires, namely a questionnaire to assess validity, a questionnaire to assess practicality, and a questionnaire to assess the effectiveness of the woodball* training pattern book media.

Table 1. Media Expert Data Analysis

Rated aspect	Assessment Indicators	Maximum Value	Score
Use	Ease of Using Books	5	4
	Convenience In Set The Page Targeted	5	5
	Attraction Appearance Design That There is In Book	5	4
	Book Size Practical and Easy Brought to where Just And Read When Just	5	4
Beauty	Preparation of Image Locations and Explanations Side by side Make it easy Reader To understand	5	5
	Neatness Layout Location Page And Order of Material	5	4
	Neatness Text And Picture Which Served	5	4
Media Integration	Compliance Election Background And Contrast	5	4
	Balance Color	5	5
	Compliance Size Text And Picture	5	4
	Presentation Picture Pattern Exercise Which Support Material	5	4
Engineering Quality	Accuracy Picture With Contents Material	5	4
	Appropriate combination of text and images	5	4
	Clarity Text Based on Type, Size And Color	5	4
	Media Which Made Can Interesting Readers' Interests	5	4
	Media Which Made Can Growing Motivation In Studying Material	5	5
Amount		80	68
	V Total		0.81
	Validity Interpretation Criteria		Very Valid

Table 2. Results of Language Expert Validation

Rated aspect	Assessment Indicators	Maximum Value	Score
Uses of Language	Accuracy In Using Symbol	5	5
	Accuracy Spelling	5	4
	Accuracy Structure Sentence	5	4
	Effectiveness Say	5	5
	Effectiveness Sentence For Convey Information Referring to On Provisions Language	5	4
Language Eligibility	Neatness Layout Location Page And Order of Material	5	5
	Neatness Text And Picture Which Served	5	4
	Compliance Election Background And Contrast	5	5
Amount		40	36
	V Total		0.87
	Validity Interpretation Criteria		Very Valid

Table 3. Results of Material Expert Validation

	Assessment Indicators	Maximum Value	Score
Compliance	Clarity Material Which Explained On Exercise Book	5	5
	Compliance Objective In Book With the Material That Implemented	5	5
	Relevance Media With Material	5	4
	The collapse Delivery Material	5	4
	Clarity Delivery Material	5	5
Content Quality And Purpose	Coverage The Material That Served	5	4
	Presentation The Picture Listed On the Material	5	4
	Presentation Examples Which Listed On Material	5	4
	Presentation Picture Pattern Exercise Which Listed On Material	5	5
	Accuracy Use Language For Reader	5	5
	Presentation The Material That Interesting And No Monoton	5	5
Instructional Quality	Media Can Grow Motivation Readers And Athletes To Know And Learn More In About Material What's Served	5	4
	Media Can be Interesting Interest Reader	5	4
	Media Can Help Reader And Athlete In Process The Exercise That Good And Correct	5	4
	Material Compiled With Practical And Can Make It Easier Reader	5	5
	Media Can Add Knowledge Knowledge, Technique Exercise And Pattern Exercise	5	5
Amount		80	72
	V Total		0.87
	Validity Interpretation Criteria		Very Valid

Table 4. Validation Results From Validators

No	Expert Name	Score Obtained		
		Media	Language	Material
1.	Dr. Leo Charli, M.Pd.	0.81	-	-
2.	Sri Murti, M.Pd.	-	0.87	-
3.	Dr. Engdita Fauzia, S.Pd.	-	-	0.87
	Amount	0.81	0.87	0.87
	Average		0.85	

Table 5. Average Results of Practicality Analysis

No	Trials	Score Obtained	Percentage	Category
1	Coach	80	88%	Very Practical
2	One To One	209	87%	Very Practical
3	Small Group	414	86%	Very Practical
	Total	703	86%	Very Practical

The results of improving basic *woodball skills* obtained from researcher observations by looking at the athlete's hitting ability before and after being given the exercise book. Before being given the *woodball exercise pattern book* , there were 8 out of 20 athletes who already had good basic skills, after being given the *woodball exercise pattern book,* it increased to 15 athletes who had good basic *woodball hitting skills. So after being given the woodball exercise pattern book* , there was an increase of 7 athletes who had good basic woodball hitting skills.

From the increase in knowledge and basic skills regarding the media of woodball training pattern books, it can be said that the development of woodball training pattern books is effective to be used as training books at the Lalupari Woodball Academy.

CONCLUSSION

Woodball training pattern book media is designed and compiled for readers, athletes and the general public who want to learn basic techniques, basic training patterns of woodball games , physical exercises, concentration and strategies in playing woodball , the validity of the development of this woodball training pattern book is assessed by experts including language experts, media experts, and material experts. Referring to the results obtained from the 3 experts above, the development of the woodball training pattern book with a percentage of 0.85 thus this study is categorized as very valid. The practicality of the development of this woodball training pattern book is obtained by individual practicality tests (one to one) and then small groups (small group) and trainer practicality tests. Referring to the findings obtained, the percentage obtained is 86% which means that the development of this woodball training pattern book is said to be very practical.

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