



IMPROVING THE ACCURACY OF SMASH SHOTS USING TARGET MEDIA

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Abstract

This research aims to determine the effect of using target media on improving the accuracy of badminton smash shots. Research method, the research method used is experimental. The research instrument used in this study employs a test of badminton smash accuracy based on predetermined movement mastery assessment criteria. The population used in this study consists of all the students at SMP Negeri 1 Cipatat who participate in the badminton extracurricular activities, totaling 18 people. The sample determination used the total sampling technique, meaning the sample was taken from the entire population, and the sample used in this study is the total number of students at SMP Negeri 1 Cipatat who participate in the badminton extracurricular activities, totaling 18 people. Based on the research results conducted by the author as well as the calculation and data analysis from the measurement results, the author can conclude as follows: The use of target media has a significant impact on the accuracy of smash shots in badminton at SMP Negeri 1 Cipatat. The average initial test result was 21.83, and the average final test result was 33.66. The t-test comparison result of the difference between the two test results was 11.53, which is greater than the t-table value of 1.74.

Keywords: Accuracy, Smash Shot, Target Media

INTRODUCTION

Physical education and health is an educational process whose implementation is through physical activity and has the goal of achieving a level of fitness, in addition to the implementation through physical activity cognitive and effective aspects are also targeted by physical education and health itself. This can be realized by participating in sports activities that are of interest according to desire. Educational sports are a learning model that aims to provide a more authentic sports experience. Physical education and health are compulsory subjects that must be followed by all students, both elementary school (SD), junior high school (SMP) and high school (SMA) in addition to other subjects [1]. Physical education is an educational process that is carried out consciously and systematically through various physical activities in order to acquire physical abilities and skills, physical growth, intelligence and character formation. Physical education and health also play an important role in education at the junior high school level, especially SMP Negeri 1 Cipatat.

Extracurricular activities are non-academic activities carried out by students outside of study hours. Extracurricular activities are activities that can channel their talents and interests in order to expand and develop students' knowledge and skills. In the extra activities, students can choose a variety of extra activities that they are interested in, including: basketball, football, futsal, badminton, scouting, nature lovers, journalists, volleyball, pencak silat, taekwondo, and others. In extracurricular activities, there will definitely be many good sports options and can hone their skills, among which many students like extracurricular badminton [2].

Badminton is one of the sports that has been known for a long time. The game of badminton began to be known in Indonesia in 1930 and in Indonesia itself already has a parent organization at the national level, namely the Indonesian Badminton Association (PBSI). Badminton is a racquet sport played by two people (for singles) or two pairs (for doubles) who take opposite positions on the field divided by a net.

Badminton is one of the fastest Olympic rackets and a clean sport in the world. A fast-paced game sport that requires good reflexes and a high level of fitness. Badminton aims to hit the ball, namely the shuttlecock through the net so that it falls in the opponent's predetermined field of play and tries to prevent the opponent from doing the same. In addition, training systems and methods also help in improving skills and achievements [3].

Exercise is a systematic process of practicing or working, which is carried out repeatedly, with the increasing number of training or work loads increasing day by day. Therefore, the role of the coach in directing students in practicing is very influential, in other words, what the athletes do is a reflection of what has been given by the coach. The goal of training is to help athletes be prepared for peak performance. Through structured and focused training, athletes can achieve their desired goals. A subcategory of planned, structured, and repetitive physical activity for the purpose of conditioning any part of the body. In improving the aspects of training, it is necessary to pay attention and be trained carefully by the trainer, namely: physical training, technique training, tactical training, and mental training.

The basic techniques of badminton skills that must be quasi-learned by a badminton player include: stance, racket holding technique, hitting technique and footwork technique". In the game of badminton there are some basic techniques of hitting that are most important to be able to play well and achieve high playing skills in the game of badminton including: service, clear or lob, smash, net drop and dropshot.

In the game of badminton, the smash technique is one of the key elements that can determine the outcome of the match. An effective smash can not only score points, but also provide psychological pressure to the opponent. Therefore, improving the accuracy of smash shots is a major focus in badminton training, both for beginners and professionals. One method that has proven effective in improving the accuracy of smash strikes is the use of target media in training.

Accuracy in smash shots is very important because it can directly affect the outcome of the match. Accurate smashes can lead to higher points and reduce the opponent's chances of returning the ball. In the context of competition, every point is precious, and a small mistake in accuracy can be fatal. Therefore, badminton players need to develop the ability to smash appropriately and consistently [4]. Several factors affect the accuracy of a smash punch, including:

1. Punch Technique

Correct technique is very important in smashing. Players must understand the body position, the angle of the racket swing, and the strength required to produce an effective smash. Errors in technique can lead to inaccurate strokes

2. Physical Strength

Muscle strength, especially in the arms and legs, plays an important role in producing powerful and accurate smashes. Players who have good physical strength tend to be able to control the direction and power of the smash better.

3. Concentration and Focus

The ability to stay focused and concentrate during the game is essential. Mental disorders can lead to errors in the accuracy of the stroke. Therefore, exercises that involve target media can help players to improve their concentration.

Based on the results of observations in the extracurricular badminton of SMP Negeri 1 Cipatat with interviews with extracurricular coaches in general, the ability to perform badminton punch movements is still experiencing difficulties which will later affect the results. The ability to make the punches of each technique must be improved to improve the accuracy of the punches made. In knowing some of the accuracy of strokes in badminton, a test is needed to analyze them by means of badminton punch tests carried out by students, including service strokes, clears, dropshot smash, net clear, and net drop techniques. In conducting a badminton punch test, each stroke technique carried out has a different direction of accuracy with the criteria of values 1 to 4 that have been marked on the field (opposite the net). Each stroke test is given 10 repetitions. A good number for 10 shuttlecocks is between 30 to 40. A sufficient number is between 20 to 30. Below the

number 20 has less criteria. From the results of data on the accuracy of badminton strokes carried out by 20 male students. The result was obtained with a low smash hit accuracy percentage value of 60%. Therefore, the researcher in this study wants to try a variety of exercises using target media in improving the accuracy of smash punches in badminton games.

The use of target media in badminton training has become an increasingly popular method. Target media can take many forms, such as targets placed on the pitch, visual aids, or technology that provides direct feedback to players. By using target media, players can focus more on a specific point while smashing, which in turn can improve concentration and control.

Considering the importance of smash hitting accuracy in badminton and the effectiveness of training using target media, it is clear that this approach can be a very useful strategy for coaches and players alike. Through the use of the right target media, it is hoped that badminton players can improve their abilities and achieve better performance in competitions. Further research and development of innovative training methods will be very beneficial to improve the accuracy of smash punches in badminton. Therefore, the researcher wants to propose a study on "Improving the Accuracy of Smash Punches Using Target Media"

METHODS

The research conducted aims to reveal improving the accuracy of smash punches using target media. The method used in this study is an experimental method with a pre test and post test design.

The research instrument used in this study uses a badminton smash punch accuracy test based on predetermined motion mastery assessment criteria.

The research subjects used in this study were students at SMP Negeri 1 Cipatat who participated in badminton extracurricular activities as many as 18 people.

To manage the data from the badminton smash punch accuracy test, the next step is to process the data, and then analyze it using a statistical approach. In this data analysis stage, the research uses assistance from the SPSS program. The steps taken by the author are as follows:

1. Calculating mean and standard deviation
2. Testing the normality of each test period
3. Testing the homogeneity of two variations

Conducting hypothesis testing with a t-test approach

RESULTS AND DISCUSSION

In this discussion, the researcher explained the results of the research that has been carried out regarding the effect of the use of target media on increasing the accuracy of smash punches in badminton games at SMP Negeri 1 Cipatat, from such results, it means that the researcher can conclude that the use of target media has an influence on increasing the accuracy of smash punches in badminton games to students after receiving treatment for 12 meetings.

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Practice using target media is a process of smash punching by directing the shuttlecock to the target in a move or from one target to another in one stage/set, in other

words a smash shot with a moving target has a variety of movement tasks where the time of hitting the first shuttlecock will be different from when hitting the other target (goal 1, 2, 3, and 4). Varied practice: A practice schedule in which the same skill is rehearsed in a variety of different ways. It means an exercise in which the same skills are practiced in a varied or different way.

This form of training involves the child smashing continuously and being directed to the target in a variable manner that has been determined by a predetermined number of strokes. When you finish doing it, replace it with another child. To perform a change target smash exercise, the hit ball is directed at one of the target areas that has been numbered or marked alternately in a set. Each child does 10 strokes in each set and increases in the next meeting. Because the repetition of each movement made will strengthen the connection between the stimulus and the response, so that it can improve the ability of the trainee to respond to the stimulus received [44].

From the above quote, we can explain that every practice that is done correctly will lead to a lot of time and energy from athletes so that it will cause boredom, then to get good results during the match, exercises should be carried out that make it easier for the players to adjust to the conditions of the match venue.

Based on the results of the above findings, it was found that from the results of the calculation of the initial test and the final test, the accuracy of smash punches in badminton games with the treatment of the use of target media has a greater and significant influence.

CONCLUSION

Based on the results of the research conducted by the author as well as the calculation and analysis of data from the measurement results, in this section the author can propose the following conclusions : The use of target media has a significant influence on the accuracy of smash punches in badminton games at SMP Negeri 1 Cipatat. The average initial test result was 21.83 and the average final test was 33.66. Calculation results T comparison difference between two test results 11,53 greater than t_{table} 1,74.

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