

The Influence of Modification Field Towards the Hit Playing Skills and Drives in a Squash Games

Krisno Giovanni, Fathan Al Ghifari, Nuryadi Nuryadi
Sport Education Program, Postgraduate School
Universitas Pendidikan Indonesia
Bandung, Indonesia
krisnogio@upi.edu

Abstract—The purpose of this research is to know the influence of the modification field towards the spanning Playing Skills and drives in a squash game. The methods used in this research is experimental with observation instruments AIAP (Assessment Instrument Appearance Playing) and test drive forehand and backhand. This research was carried in the field of squash sampoerna and SMPN 4 Lembang. As for the research subjects were taken are students who follow the extracurricular activities that add up to twenty people. This research used Pre-test and Post-test One design group. Based on the results of observation and analysis of significance testing, using a modified field shows a real increase against Playing Skills in playing squash and to drive an increase in punch it is evidenced by the results of the data punch forehand drive results on average which shows that significant shows from field modification has an influence on the punch of forehand and backhand drives or their playing skills., or there is the influence then it can be concluded that the use of a modification field provides: 1. the influence to enhance the Playing Skills of students in play squash game 2. Provide statistically significant influence towards ability skills blow drive playing squash.

Keywords—*modification field; playing skills and drive*

I. INTRODUCTION

This research was driven by the problem of difficulty in the training process because of the limitations of supporting facilities such as the squash field itself. This extracurricular in the field of sports held provides opportunities for students who have talents, interests, and potential possessed in the field of sports will be channelled, thus requiring a coaching. The role of sports teachers as compilers, coaches and sometimes even as implementers has an important role in the coaching process. As is known, sport squash is still very less desirable, so the field is still very limited. So that the training process is constrained and the increase in skills is constrained [1]. Squash sports are included in racquet sports such as badminton, table tennis and tennis. This game has a game characteristic that uses a racket and is played by 2-4 people with the aim of placing the ball in such a way that the opponent cannot return it successfully. In addition, squash sports have a unique game area, shape, obstacle, ball and racquet, so the game will provide characters for each game variant [2]. For the size of the squash field itself has a spacious size measuring 32 feet long, 21 feet wide, the front and rear wall height is 15 and 7 feet using the wall as a

medium of play [3]. Modification can be an alternative in improving achievement and developing skills, and also with modifications can have very good value in the application of education and training development [4]. "Furthermore, the effect of game modification on task complexity has only been studied in relation to certain variables, in certain situations and in certain sports". Modifications have an effect on the complexity of the tasks being studied which relate to variables in certain sports situations and branches. On that basis researchers tried to modify this squash field where the modification was in the outdoor field and using plywood material in its manufacture.

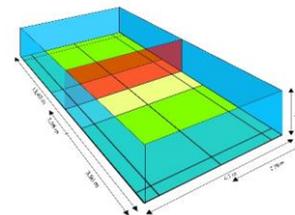


Fig. 1. Modification of the squash field.

The games and challenges are modified in terms of practice variables such as the number of players, size of the field, ratio of attackers to defenders, secondary rules, and the type of goal [5]. The games then progress in increasing complexity to develop game sense and technical proficiency. The point is that field modification can be used as an alternative in developing one of the skills to play in squash during the training process emphasizing the complexity of game development and technical abilities.

What is meant in skills is a consistent level of success in achieving goals efficiently and effectively [6]. That is to say, an ability to carry out movements that are consistent and efficient, such as in doing the basic movements of a squash punch, he is able to do it repeatedly in a consistent manner. Playing is one activity that can cause excitement for the culprit. Playing will be able to develop various aspects of cognitive, affective, and psychomotor [7]. In skills enhancement, it is necessary to strengthen in intensive practice, namely with more practice, then this modification is likely to make the trainer easier in designing the training program. In addition, mastery of Squash Skills is very necessary, so that the game can run well, these skills can be individual skills and mastery skills.

Individual skills, Squash players must master good basic techniques such as ball blows, movement after hitting the ball, the result of a blow. If basic techniques are not mastered, it is impossible to achieve the expected performance. Thus in the training process it is necessary to give the correct technical exercises. Basic techniques in Squash sports include *drive, volleyball, drop shot, lob and boast*. In this study the basic technical emphasis was only on drive blows because the drive punches most commonly used in squash games and for students in the punch drive were still lacking. According to Azalan Iskandar reveals that Drive punches are: "*The blows are made to continue on the front wall and return the unidirectional ball and close to the side to land in the back corner of the arena*" [8]. A good drive punch when the resulting punch is thin on the side wall (side wall).

To overcome the problem of playing and punching skills, the researchers carried out an innovation which was a modification of the squash field [9] A study has proven that with different innovations or training variations, the performance results on the skill test are quite good [10]. Other research on drive blows in squash sports is related to differences in kinematics and muscle activity depending on changes in angle approaching the ball when hitting a backhand drive [11]. When you want to do a forehand, you have to focus more on the wrists on this arm, which is often forgotten. The inclusion of a skill will increase if the training program is carried out well and the intensity of the training will be carried out well too, sometimes due to the limitations of facilities such as the field being an obstacle and making the training less effective.

So from this description this research aims to find out how much the squash field modification effect on playing skills and drive punches in squash sports.

II. METHOD

A. Participant

The population in this study were students who participated in squash extracurricular activities at Lembang 4 Junior High School with a total of 20 people. This sampling technique is to use the saturated sample technique that is to make all members of the population into a sample. The sample in this study were all students who participated in the squash extracurricular which amounted to 20 people.

B. Procedure

The research method used in this research is the experimental research method. With research design *Pre-test and Post-test One design group*. In this study the authors provide instructions, objectives and research interests to the research subjects, namely students of squash extracurricular members. *Then the pre-test, treatment (field modification) and post-test were carried out*. After the data is obtained, the data is processed to see the effect of field modification on the playing skills and drive blows in squash games.

C. Instrument

Instrument in this study using the IPPB Observation instrument (Play Performance Assessment Instrument) which refers to the format of the Assessment of GPAI (Game Performance Assessment Instrument Components) and forehand and backhand drive tests.

III. RESULT AND DISCUSSION

A. Pretest Results and Posttest Forehand Drive Punch Skills After Being Given Field Modification Treatment

TABLE I. PRETEST AND POSTTEST RESULTS FOREHAND DRIVE PUNCH SKILLS

Basic squash punch technique	Result			
	Total	Average	Standard Deviation	Variance
Pretest Punch Drive forehand skills	348	17,4	2,08	4,35
Posttest Punch Drive Forehand Skills	397	19,85	2,45	6,02

With table 1, it can be seen that the results of the calculation of the average drive punch skills show that there is an average difference of 2.45 between the pre-test and post-test which increased on the average at the time of the post-test. Then, that the results of the calculation of the Pre-test standard deviation The *Forehand drive* punch skill is 2.08 and the standard deviation at the post-test skill for the *forehand drive* stroke is 2.45. And the results of the students 'Pre-test variance calculation on the drive punch skill was 4.35 and the students' Post-test variance on the drive punch skill was 6.02. The average shown in table 1 shows an increase in student learning outcomes after being given a treatment in the form of squash field modification at the time of the study.

B. Pretest and Posttest Result of Backhand Drive Punching Skills After Being Given Field Modification Treatment

TABLE II. RESULTS OF PRETEST AND POST TEST SKILLS OF BACKHAND DRIVE PUNCH

Basic squash punch technique	Result			
	Total	Average	Standard Deviation	Varian
Pretest Punch Drive Bacjhand skills	308	15.4	1.87	3.51
Posttest Punch Drive Backhand Skills	340	17	2.15	4.63

With table 2, it can be seen that the average calculation of *backhand drive skill* shows that there is an average difference of 1.6 between the *pre-test* and the *post-test*, which is an average increase at the time of the *post-test*. Then, that the results of the calculation of the *Pre-test* deviation standard the *backhand drive* punch skill is 1.87 and the standard deviation at the *post-test* of the *backhand drive* punch skill is 2.15. And the results of the Pre-test variant calculation on the backhand drive punch skill is 3.51 and the student's *Post-test* variance on the *backhand drive* punch skill is 4.63. The average shown in table 4.6 shows an increase in student learning outcomes after

being given treatment in the form of *squash field modification* at the time of the study.

C. Squash Playing Skills Results After Giving The Field Modification Treatment

Based on the results of the final test observations, the squash playing ability of students in this study was considered very good because seeing from the results of the pre-test and post-test there was an increase, it can be proved from the results of the percentage when post test to see the playing skills.

TABLE III. PERCENTAGE OF EACH ASPECT OF STUDENT SQUASH PLAYING PERFORMANCE CAPABILITIES

Aspects of Student Play performance	Percentage	
	<i>Right</i>	<i>Not Efficient</i>
Decision taken	76,6	23,3
Skill Done	69,16	30,83
Supporting motion	72,5	27,5

Based on Table 3, aspects of students' performance ability in playing that have an appropriate/efficient percentage are higher than the inappropriate/efficient percentage. This shows that aspects of appearance ability increase.

IV. CONCLUSION

From the limitations of the field where there is a *modification of the field*, it is proven to have an important role for alternatives in improving play skills and *drive* blows. This is based on the results after the final test (post-test) for his playing skills experienced a very significant increase. In

addition, the drive punch skill experienced an increase as evidenced by the following gain for the increase in the skill of the *forehand* punch was 0.10 and the increase in the *backhand* punch was 0.06. Therefore this field modification can be an alternative to the existing field limitations to develop the skills of students / athletes in *playing squash* and specifically can also develop their basic skills, namely the *drive* punch. For further research can develop related to the interest in squash exercise from this field modification.

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