

# Woodball Mental Exercises

Gede Doddy Tisna MS<sup>1</sup>  
Sports Science Study Program  
The Faculty of Sport and Health  
Universitas Pendidikan Ganesha  
Singaraja, Bali-Indonesia  
<sup>1</sup>gd.doddy@undiksha.ac.id

Gede Eka Budi Darmawan<sup>2</sup>  
Coaching Education Study Program  
The Faculty of Sport and Health  
Universitas Pendidikan Ganesha  
Singaraja, Bali-Indonesia  
<sup>2</sup>budi.darmawan@undiksha.ac.id

**Abstract**— Woodball achievement is inseparable from several factors, including physical, technical, mental, and tactics factors. Mental factors need special attention from coaches and psychologists, so the performance of woodball athletes can be improved. Mental is influenced by internal factors and external factors. Internal factors involve physiological and psychological factors. Outside factors involve mass audience, confusing stimuli, opponents who are not equal, the presence / absence of the trainer, the presence/absence of a person (presence of parent, family, lover or certain people), and heavy task before competing. For controlling these factors, it requires mental training and the best stages of mental exercise are: 1. Psychological examination, 2. Preliminary counseling, 3. Setting goals, 4. Establishing positive attitudes and ways of thinking, 5. Relaxation exercises, 6. Concentration exercises, 7. Visualization exercises and 8. Evaluation of mental training programs. Through good mental training, woodball performance will increase.

**Keywords**—woodball; mental; exercises.

## I. INTRODUCTION

Sports grow and develop based on the goals of people who do sports activities. There are four goals for us to exercise, namely: (1) Sports are education in which sports are included in the education curriculum and the aim is to teach sports in schools so that they can shape the character of healthy students both physically and spiritually; (2) Recreational sports are used as one of the activities to get fun and excitement and are done during leisure time; (3) Sports are rehabilitation in which a person performs sports activities to restore and improve the state of the body after suffering a sports injury, so that the function of the injured limb can return to normal; and (4) Achievement sports are sport activities that focus more on achievement in championships and sports competitions, so that good physical, mental engineering and strategy preparation is needed to achieve glorious achievements.

In sports, there are several aspects that must be considered if you want to get a good performance. Reference [1] suggested that the principle of coaching sports as a whole to achieve the best performance will only ever be achieved if the coaching can be carried out and focused on aspects of training that fully include the personality of the athlete, physical condition, technical skills, tactical skills, and mental abilities. These five aspects constitute an integrated whole that

cannot be separated, because if one is neglected, the training is incomplete. Excellence in one aspect will cover the deficiencies in other aspects.

Reference [2] states that in order to find out the relationship between physical and psychological aspects of athletes and identify strengths and weaknesses, they can make strategic, systematic, planned and comprehensive steps in improving athlete performance in the training process. The quantitative descriptive research method was used to measure the correlation between physical and psychological aspects of 10 male artistic gymnastic athletes in West Java. The psychological aspect instrument was used in the Athletic Coping Skills Inventory (ACSI-28) questionnaire while the physical aspect instrument used the Fitness Model of High Level Gymnast. The results showed there was a relationship between the physical aspects and aspects of psychological skills of male artistic gymnastics athletes. Physical aspects and psychological aspects affect each other.

Concerning the framework of modern sports today, the psychological aspect of sports is one of the important scientific aspects for improving the achievements and performance of athletes. With the progress achieved in the field of psychology, psychological skills have an important meaning in expressing skills in sports [2].

Woodball sports are outdoor games that are played individually or in a team by being beaten gradually until they break through the gate (gate) that is every runway (fairway) with the least number of possible hits. When the ball of the players has broken into the gate (gate), this shows that the game has ended at the track (fairway), and restart the game at the track (fairway), and restart the game at the next fairway. The woodball ball is hit with one stick called a mallet. Woodball and mallet balls are made of wood. The woodball ball is between  $9.5 \pm 0.2$  centimeters in diameter and weighs  $350 \pm 60$  grams, while the T-shaped mallet with a weight of 800 grams, the mallet length  $90 \pm 10$  centimeters, and the size of the mallet head is bottle-shaped with a length of 21, 5 centimeters  $\pm 5$  millimeters, while the bottom of the bottle is covered with a rubber cap [11].

Reference [3] conducted a research of concentration relationship with the results of long strokes in the branch of woodball in Woodball Sports Long strokes are one of the basic techniques performed in the framework of prioritizing rhythm

and controlling the entire swing starting from *backswing*, *downswing*, which impact to the ball and follow through. Concentration is really needed in doing a *long stroke*, so that the rhythm of our punch does not change. The purpose of this study was to determine the relationship of concentration with the results of *long strokes* (long strokes) in the sport of *woodball*. The research method used was correlation. The samples used were 20 people from UPI woodball athletes chosen by using the *purposive sampling method*. The instrument used were the Concentration Test (Grid Concentration Exercise Test) and the Long Stroke Test with the validity for the long stroke test was  $r = 0.890$  and  $p = 0,000$  with the reliability of the test was 0.722. The results showed that the average value of the concentration test was 12.10 and that of the long stroke test was 7.20. The value of the correlation test of the two variables was 0.920 and the probability value was 0.000, with the contribution of X to Y of 84.6% which means that there was a significant relationship between concentration and long stroke results in the sport.

According to reference [4], 2016, In order to do a gate-in punch, it requires a strong mental and is supported by a good level of anxiety. There is a significant relationship between anxiety levels with gate-in punches in *woodball* sports. When an athlete experienced a high level of anxiety the higher the gate-in score resulted, and athletes who experienced a low level of anxiety the lower the gate-in score resulted. The coefficient of determination test value was 0.820. This showed the contribution of anxiety level of 82% to the gate-in punch in woodball sports. Recommendations for woodball sports trainers should pay attention to mental training and anxiety levels of athletes, woodball athletes should continue to practice better stroke techniques, such as the gate-in technique and more often compete with woodball teams from other regions to train mental and anxiety levels athlete to be even better.

Reference [5] conducted a study which aimed at determining the effect of training on the results of parking and gate-in WOODBALL shots at Woodball UPI UKM. There were 12 samples of this experiment that will be given treatment then the difference was seen afterwards, and the sample were members of woodball who just did Right from training (beginners), which consisted of 4 sons and 8 daughters, then the sample was divided into 2 groups (each 2 sons 4 daughters) namely the experimental group and the control group. Both groups conducted exercises for 18 meetings, and the experimental group was given treatment in the form of imagery exercises. The instrument used adopted the Parking Punch and Gatein Skills Test for beginners [6]. The data analysis technique used is Paired Sample t-test. The results of this study had a significant effect on the experimental group and no significant effect on the control group. In conclusion, the practice of imagery has a significant effect on the results of the parking and gate-in woodball punches at UKM Woodball UPI.

The instrument used to adopt the mental aspect test really played an important role in woodball sports, because this woodball sport includes the sport of accuracy, where the

ultimate goal of this sport is the player can put the ball into the goal (gate).

## II. MENTAL HEALTH

In sports there must be a balance between physical, mental and skill (technique). According to reference [7], the mental definition study according to the psychological dictionary mentally "touches on the problem of thought, reason or memory, adaptation of organisms to the environment, and specifically shows the arrangement that includes functions, functions of symbols based on individuals and drives 1971, mentality is "The whole structure and processes of organized psychology, both consciously and unconsciously. Mental can be summed up as the whole structure and process of psychology (alluding to the problem of mind, reason, or memory) that is organized both consciously and unconsciously, due to environmental adjustments.

In competing in mental readiness, athletes can be seen if there are no psychiatric problems that arise when competing or competing, so that athletes can show their best performance. The factors that cause the decline in athlete's mental state According to reference [8], the factors are grouped in two factors, namely: factors originating from within the athlete (internal factors) and factors originating from outside the athlete's self (external factors). Factors originating from within the athlete are grouped into two, namely physiological factors and psychological factors. This physiological factor is closely related to the athlete's physical condition itself. The quality level of the athlete's physical condition greatly influences the athlete's appearance, including the athlete's mental state. Psychological factors have level of quality such as elements of talent, interests, integrity, personality, and so on, which affect the training process and appearance of athletes. The psychological factors that can affect the mentality of athletes, especially when competing include adaptability ability which is level of adaptation or athlete's adaptation to the environment, especially the condition of the game environment, is very influential on the athlete's mentality. Factors originating from outside the athlete's self or external factors can affect the athlete's appearance and mentality. Factors that are a source of influence on the mentality of athletes include: a. The mass of the audience, which is the effect of the mass of the audience that looks at athletes in general in the form of a decline in mental states down to normal. b. Stimulation that confuses less clear forms of information and communication can confuse athletes. c. Unmatched opponents of each athlete who will compete, usually has predicted the condition of the opponent's strength. d. The presence / absence of the trainer e. The presence / absence of someone from the presence of parents, family, lovers or certain people can often interfere with and support the athlete's mentality during the competition. f. The task load is too heavy. Before competing, athletes are often targeted to win, must be champions, or must get a certain ranking.

### III. MENTAL EXERCISE

To form a good mental, the mental athlete must be trained. Mental training is an exercise program that is arranged and designed systematically so that athletes can master and practice mental skills that are useful for improving performance in sports [7]. Mental training must be arranged systematically based on scientific approaches according to the needs of athletes and must be improved. According to reference [9], there are six ways in mental training of athletes, in an effort to perform optimally in competitive sports, among others; 1) Think positive. It is intended as a way of thinking that directs things in a positive direction, see the good side. 2). Make a mental exercise diary (mental log). Mental training notes are daily notes written by each athlete after doing an exercise, match, or other event related to their sport. 3). Goal-setting. It needs to be done so that athletes have the direction to go. 4). Relaxation exercises. The purpose of relaxation exercises, including stress management exercises, is to control tension, both muscle tension and psychological tension. 5). Visualization and training exercises are a form of mental training in the form of self-imagery and movement in the mind. 6). Concentration exercise. Concentration is a condition where a person's consciousness is fixed on a certain object in a certain time. According to reference [10], stages of mental training are: 1). Psychological examination in the form of psychological tests conducted by psychologists, especially psychometrics experts. The results obtained are reported to the coach to recognize the potential of an athlete. 2). Preliminary counseling. The purpose of preliminary counseling is for communication and openness between athletes, coaches and psychologists. 3). Setting goals to make realistic and challenging goals according to counseling data so that the expected goals can be achieved 4). Establishing positive attitudes and ways of thinking where the mindset that leads to a positive mindset. 5). Relaxation training is a form of exercise that leads to a situation where athletes do not experience tension either physically, emotionally, or mentally. 6). Concentration training is a condition where a person's condition is fixed on a particular object in a certain time. 7). Visualization (Imagery) training is to see a picture of one's own movements in the mind and 8). Evaluation of mental training programs. Every mental exercise must be monitored and periodic written evaluations made.

### IV. THE CHARACTERISTICS OF WOODBALL SPORTS

Woodball was first discovered in Taiwan in 1990 by Ming Hui Weng and Kuang Chu Young. Initially they only wanted to build a park for their parents, so that they could take a walk in a comfortable location with beautiful views in Nei-Shuang, Shuh-Lin, Taipei, Taiwan. Finally, after circling the hilly area, they found a terrace area that could be developed into an outdoor sports venue. The idea developed to utilize the area as a soccer field. With high motivation they continued to try to create a ball game (ball) with a unique game system, where the ball made of wood was hit by a stick that resembled a hammer

(mallet, a stick made of wood) directed to a small goal (gate) which was a little bigger than the ball. This Woodball game was almost similar to a golf game, but the hole was replaced by a small gate (gate) and if the woodball ball was hit with a mallet, the ball would roll and not like a golf ball that if it was pushed upward.

The woodball equipment was improved and the rules of the game were immediately made, so in 1993, the sport game was formalized with the name Woodball. In 1995 woodball began to be introduced to other countries, and in 1999, woodball sport was formalized as one of the supporting sports championships in the Asian Olympics, and in the same year the parent organization of the world's woodball organization called the International Woodball Federation (IWbF).

Woodball was first developed in Indonesia in 2006 and began to develop in several regions throughout Indonesia. This is proven by the holding of national and international events held by central and regional officials (Pengda Central Java, West Java, East Java, Bali). As the first woodball match held in 2007 in Boyolali, Central Java in the 1st Indonesia Open Woodball Championship which was participated by 6 countries and continues to this day. The participation of the Indonesian woodball team was in the 1st stage of the 2008 Asian Beach Games and the 2009 Asian Open Championship in Bali and the 2nd Asian Beach Games 2010 in Muscat, Oman. Until finally the Indonesian Woodball Association officially became a member of KONI on May 16, 2013 [6].

The Sports of woodball are outdoor games that are played individually or in a team by beating gradually until they break through the ball gate that is every runway (fairway) with the number of blows as little as possible. When the ball of the players has broken through the gate (gate), this indicates that the game has ended at the track (fairway), and restart the game at the track (fairway), and restart the game at the next fairway. The woodball ball is hit with one stick called a mallet. Woodball and mallet balls made of wood. The woodball ball is between  $9.5 \pm 0.2$  centimeters in diameter and weighs  $350 \pm 60$  grams, while the T-shaped mallet weighs 800 grams, the mallet length is  $90 \pm 10$  centimeters, and the size of the bottle-shaped mallet head is 21.5 centimeters  $\pm 5$  millimeters, while the bottom of the bottle is covered with a rubber cap [11].

The basic principles of woodball are 1). Inserting the ball into the gate (goal) by hitting the ball with the mallet (bat), 2). Make as few strokes as possible until the ball enters the gate. 3). Try to win as many fairways as possible with the least number of hits, and 4). Avoid the exit of the ball from the field limit (Out Bound / OB).

The game system in woodball is divided into two types, 1). Individual and 2). Team. While the match method used 1). Stoke competition (Single / Team) with the basic principle of being able to finish a match with a small number of hits will be the winner. 2). Fer-way competition (single / team) who won the most fairways is the winner.

In other research, the design of the woodball field depended on geographical conditions, land size and natural conditions. The woodball field was placed on a large field of grass or soil and sand. The fer-way field consisted of 12 fairways. Each fer-way had a boundary line and the outline of the fairway (Out of Bound or OB) was given a white or yellow nylon rope 1 cm in diameter for a temporary field or a gutter for a permanent field. Fer-way lengths varied from 30 to 130 meters and widths of less than 3 meters and no more than 10 meters. In 12 fer-ways there were at least 4 turns, namely 2 fer-ways turn right and 2 fer-ways turn left. There were at least 2 long fer-ways (81-130) meters and 2 short fer-ways with a length of less than 50 meters.

## V. MENTAL TRAINING IN WOODBALL

The following list is an example presented in developing a mental woodball training program adopted from reference [8]. The Role of Mental Training in Woodball Games includes:

1. Determining the goals, both short term goals, medium term and long term.
2. Making positive statements.
3. Doing relaxation and visualization exercises
  1. Defining and formulating goals:
    - a. Short term goals
      1. Can motivate and respect myself after a good blow to the gate.
      2. Always think positive and focus on the practice.
      3. Do not underestimate the coach and other players, as well as the track in the game of woodball
      4. Always learn from each mistake and then let it pass.
      5. Do mallet blows with good techniques, focus and confidence.
    - b. Medium-term goals
      1. Always motivate friends and partners so that the ministry arises with the partner when competing
      2. Control emotions and behaviors in blaming our partners when competing.
      3. Relieve anxiety and stop regretting the mistakes I made.
      4. Forget a hoe or improper blow to Mallet, Out Bound and improper punches to the gate.
      5. Always concentrate when hitting the ball, determine the parking of the ball, and decide to hit the gate.
      6. Play well and always be confident and remember God Almighty.
    - c. Long-term goals.
      1. Play with sportsmanship, enthusiasm and never give up.
      2. Play with feelings of pleasure.

3. Play in matches is as good as playing in practice.
4. Can be a calm, cool and focused player.
5. Win a match at a certain championship level or occupy a certain ranking.
6. Always respect the coach, manager, official, friend and foe.

### 2. Positive statements

#### a. Short term positive statement

- 1) I can motivate and respect myself after doing a good blow to the gate.
- 2) I always think positive and focus on the practice.
- 3) I do not underestimate the coach and other players, as well as the track in the game of woodball
- 4) I always learn from every mistake and then let it pass.
- 5) I can do mallet hits with good technique, focus and confidence.

#### b. Medium-term goals

- 1) I can motivate friends and spouses to arise closeness with my partner when competing.
- 2) I can control emotions and behaviors that blame our partners when competing.
- 3) I can get rid of anxiety and stop regretting the mistakes I made.
- 4) I can forget a hoe or improper hit on Mallet, Out Bound and improper blow to the gate.
- 5) I can focus when hitting the ball, determining the ball parker, and deciding to hit the gate.
- 6) I can play well and always be confident and remember God Almighty.

#### c. Long-term goals.

- 1) I can play sportsmanship, enthusiasm and never give up.
- 2) I can play with pleasure.
- 3) I can play in matches as well as in practice.
- 4) I can be a calm, cool and focused player.
- 5) I can win matches at a certain championship level or occupy a certain rank.
- 6) I always respect coaches, managers, officials, friends and opponents.

There are forms of mental woodball exercise, namely:

#### 1. Relaxation Exercises

A form of exercise that causes the athlete to be relaxed without tension, anxiety and free from mental burdens. Usually, woodball athletes will be anxious, tense when carrying out the match, determine the champion, surely tension, anxiety, and mental burden. If this is the case then athletes are advised to

practice relaxation. Example instructions for implementing relaxation:

Lie down comfortably

- Place your hands by your body in a comfortable way and arrange your legs so that they are straight
- Manage your breathing. Count one when you breathe in and two when you breathe out
- Focus your attention on the tense muscles from head to toe
- Pull and exhale your breath and move the muscles lightly, like moving your arms and legs with a rhythm so we relax.
- It is recommended that coaches and officials do gentle massage to athletes and motivate them to be uplifting.
- Listen to soft music and make you calm before or after a match, to prepare yourself to compete again.

## 2. Concentration exercise in woodball sports.

The basic concentration is to narrow or minimize the field of attention, so despite the stimulus of various objects in large numbers, concentrate on the gate. Do the position of the horses that are correct, correct the mallet and focus the ball to the gate, concentrate and enter the ball into the gate. The athlete who has concentration, will be able to explain well how to do a good gate-in.

## 3. Visualization exercise

Visualization exercise is an exercise in the mind of the athlete, where the athlete makes movements that are truly through imagination and after being matured and then carried out. Examples of Visualizations is imagining yourself in the woodball court on a per way ... true horses ... hold the ball with confidence ... inhale and take your breath away from anxiety ... believe in yourself by making sure you can put the ball into gate ... hold the mallet and feel and your mallet's soul ... hold your mallet with your best grip technique ... swing the mallet to the rhythm from the back to the ball with Mallet then the correct follow-up movements, so that your swing movements are perfect and correct ... make sure the mallet hits the mid ball right ... feel your mallet rubber cap hit with a ball ... start hitting on a long par way ... focus on the mallet, the ball and directly gate in one enter the gate. Imagine your ball moving and you can do gate in one by entering the ball smoothly through the gate cup.

## VI. CONCLUSION

Mental aspects in woodball sports are needed in order to support the performance of woodball athletes in competition. In accordance with the characteristics of woodball sports which are sports that require high concentration and focus, accuracy in getting the ball into the gate is strongly influenced by mental factors such as concentration, anxiety, motivation, thinking

positively, emotions, communication, audience, infrastructure and trainers. These factors are divided into 2, namely factors originating from within the athlete (internal factors) and factors originating from outside the athlete themselves (external factors). Factors originating from within the athlete are grouped into two, namely physiological factors and psychological factors. This physiological factor is closely related to the athlete's physical condition itself. The quality level of the athlete's physical condition greatly influences the athlete's appearance, including the athlete's mental state. Psychological factors are basically the level of quality such as elements of talent, interests, integrity, personality, and so on, which affect the training process and appearance of athletes. The psychological factors that can affect the mentality of athletes, especially when competing include: 1). Ability level of adaptation or athlete's adaptation to the environment, especially the condition of the game environment, is very influential on the athlete's mentality. 2. Factors originating from outside the athlete's self-Factors originating from outside the athlete's self or external factors can affect the athlete's appearance and mentality. Factors that are a source of influence on the mentality of athletes include: a. The audience period. The effect of the audience period that is seen on athletes in general is in the form of a decline in mental states to below normal. b. Stimulation that confuses less clear forms of information and communication can confuse athletes. c. Unmatched opponents. Each athlete who will compete, usually has predicted the condition of the opponent's strength. d. The presence / absence of the trainer e. The presence / absence of someone from the presence of parents, family, lovers or certain people can often interfere with and support the athlete's mentality during the competition. f. The task load is too heavy. Before competing, athletes are often targeted to win, must be champions, or must get a certain ranking. Stages of mental exercise 1). Psychological examination in the form of psychological tests conducted by psychologists, especially psychometrists. The results obtained are reported to the coach to recognize the potential of an athlete. 2). Preliminary counseling. The purpose of preliminary counseling is for communication and openness between athletes, coaches and psychologists. 3). Setting goals to make realistic and challenging goals according to counseling data so that the expected goals can be achieved 4). Establishing positive attitudes and ways of thinking where the mindset that leads to a positive mindset. 5). Relaxation training is a form of exercise that leads to a situation where athletes do not experience tension either physically, emotionally or mentally. 6). Concentration training is a condition where a person's condition is fixed on a particular object in a certain time. 7). Visualization exercise (Imagery) is to see the image of one's own movements in the mind and 8). Evaluation of the mental training program every mental exercise must be monitored and periodically written evaluations are made. Mental training can be trained together with physical training.

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