

The Difference of Backhand Drive Ability Using Internal Drive Method and Drive Crosscourt Method for Tennis Players

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Abstract- This study challenges the differences in Backhand Driveability using the Inside Drive and Crosscourt Drive Method for Tennis Players in the Age Group of 12-15 Years. The research method used was a pretest and posttest group design. The results of this research are that the exercise using the drive inside method influences increasing the ability of backhand drive with T_{score} greater than T_{table} $7.24 > 2.78$. Training using the drive crosscourt method influences increasing the ability of backhand drive with T_{score} greater than T_{table} $4.80 > 2.78$. There was a difference in effect between the drive inside method and the drive crosscourt. The drive inside method was better in increasing the backhand drive capability compared to drive crosscourt training, with the mean drive inside ratio greater than the drive crosscourt was $22.83 > 21.08$.

Keywords: *backhand drive, inside drive, crosscourt drive, Tennis*

I. INTRODUCTION

Tennis is a sports game where the equipment uses a net as a boundary and uses a racket to hit the ball can be done by two players (single = single) one against each other, or four players (double = double) who play two against two [1]. Tennis games can be done by hitting the ball before the ball bounces or after the ball bounces on the field with the ball crossing the net and entering the opponent's playing field using a racket [2]. Tennis can be played and enjoyed by various ages and genders. Tennis really requires determination, leg speed, anticipation, ingenuity in which the brain must be better prepared and rapid muscle reaction. One of the basic capitals that must be mastered by athletes is the ability to master game techniques well.

The basic techniques of tennis blows are the methods used in hitting the ball in order to get to the opponent's field well [3]. There are four basic types of strokes in tennis, namely forehand drive, backhand drive, service, and volley [1]. The basic technique of stroke in tennis according to reference [4], is divided into 5 types, namely: forehand drive, backhand drive, service, volley, and smash. Reference [5] states that the basic stroke techniques in tennis can be divided into six, namely forehand, backhand, service, back service, forehand volley, backhand volley, lob, and smash.

After the player has mastered the forehand technique, the player is trained to master the backhand. Both strokes

are very important to be mastered by players to be able to play tennis properly because these strokes are the basic strokes that must be mastered to be able to play tennis well. When the tennis player has mastered the forehand and backhand well, the player can master the playing field. Reference [1] states that once you are proficient in drive punches (forehand drives and backhand drives) and you confidently do so and have speed, distance, direction, and control, then you have almost mastered the game of tennis. Backhand ability can be trained with a variety of methods. The drive inside and crosscourt drive methods are one of the methods used by the coach to train the backhand ability of the player. The author conducted research at the Phapros Tennis Club. This is one of the tennis clubs in Semarang that plays a role as a means of channeling and fostering the talent and interests of tennis in the surrounding community. The members of this club are children and adults. The sample in this study were club members aged 12-15 years. In this study, researchers focused on providing technical training using the drive inside and drive crosscourt methods to practice the backhand ability of players.

II. METHODOLOGY

Reference [6] states that the research method as it is known today provides careful lines and correct advancement, the intention is to keep the knowledge that has been achieved from a study can have the highest value of scientific work. The research method is an absolute requirement in a scientific work so that the use of research methods must be precise and lead to the goals and be held responsible scientifically. The population is the whole subject of research [7]. Meanwhile, according to reference [6], the population is the entire population intended to be studied. The population is limited as the number of residents or areas of individuals who have at least the same nature. The population in this study were 25 players from the Semarang phapros club. The sample in this study amounted to 12 people who fall into the age group category 12-15 years. Sampling was done purposive sampling with criteria as follows: 1. Tennis players of the Phapros Club Semarang, 2. Getting training from the same trainer, 3. Entering the age group category of 12-15 years.

The characteristics of the population are 1. The population is the tennis players of the Phapros Club Semarang, 2. Both train at the Phapros Club Semarang, 3. Get training from the same trainer. The problems raised in

this study are 1) Is there a difference in backhand drive training with the drive inside method to the backhand driveability of the players in the Semarang Club Phapros Age Group 12-15 Years ?, 2) Is there a difference in backhand drive training with the crosscourt drive method against backhand driveability in the Tennis Club Phapros Semarang Age Group Age 12-15 Years ?, 3) Which is better between the exercises ?. The author uses the Hewitt tennis achievement test to find out the backhand drive feminity written by reference [8]. This test has a validation level of 0.63 and a reliability level of 0.75. Analysis of the experimental results is based on subject matching (M-S) always using t-tests on correlated samples [7]. To find out whether there are differences in backhand drive training with the drive inside and drive crosscourt methods, the writer uses the t-table [7].

III. RESULTS AND DISCUSSION

Test the hypothesis of the study using t-tests to determine the effect of the results of the backhand drive training with the Drive Inside and Drive Crosscourt methods on Tennis players aged 12-15 years. The results of data analysis can be seen in the following table:

TABLE I. PRE-TEST AND POST-TEST EXPERIMENT GROUP TEST RESULTS

| Research variable | T _{score} | T _{table} | Information |
|---------------------|--------------------|--------------------|---------------------------|
| Method Drive Inside | 7.24 | 2.78 | 7.24 > 2.78 (Significant) |

From the table above, the t-count value is greater than the t_{table}, which is 7.24 > 2.78, which means that there is an effect of the results of the backhand drive training with the Inside Drive Method on the backhand drive ability of Tennis players aged 12-15 years.

TABLE II. PRE-TEST AND POST-TEST CONTROL TEST RESULTS

| Research variable | t-score | t-table | Information |
|-------------------------|---------|---------|---------------------------|
| Method Drive Crosscourt | 4.80 | 2.78 | 4.80 > 2.78 (Significant) |

From the table above, the t-count value is greater than the t-table, which is 4.80 > 2.78, which means that there is an effect of the results of the backhand drive training with the Drive Inside Method on the backhand drive ability of Tennis players aged 12-15 years.

Mean comparative test to find out which training method has the most influence on the Drive Inside and Drive Crosscourt methods on the backhand drive ability of Tennis players aged 12-15 years. Mean comparison test is done by comparing the two mean variables studied.

TABLE III. MEAN VALUE OF EXPERIMENT AND CONTROL CLASS

| Research variable | Mean | Information |
|--------------------|-------|---------------|
| Experimental group | 22.83 | 22.83 > 21.08 |
| Control group | 21.08 | |

From the table above, the result $Me > Mk$ is 22.83 > 21.08. From the above table, it means that backhand drive training with the drive inside the method is better than crosscourt drive training for the ability to do backhand drive for 12-15-year-old age tennis players of the Phapros Club Semarang.

Reference [9] states "there are a number of routine exercises that have been proven effective in efforts to improve the players' punch patterns and movement skills". Backhand drive training using the drive inside the method can increase the backhand drive capability more significantly with a mean difference of 22.83 compared to 21.08. This improvement has occurred because athletes in backhand training using the drive inside the method can focus more on observing the direction of the ball coming because the first ball is passed by the trainer in a straight direction so that the player can more easily control the direction of the ball and make the best shot.

IV. CONCLUSION

Conclusions from the implementation of this research are: There is an effect of backhand drive training with the drive inside method on the backhand driveability of the 12-15-year-old age tennis player at the Phapros Club Semarang. There is an effect of backhand drive training with the crosscourt drive method on the backhand driveability of 12-15 years old group tennis players at the Phapros Club Semarang. Backhand drive training using the drive inside method has a better effect than using crosscourt drive on the ability of backhand drive for 12-15-year-old age tennis players at the Phapros Club Semarang.

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