

# The Effect of Training Method and Basic Movement Towards Basic Technique of Beginner Tennis Athletes Aged 8-10 Years in Sekora Tennis Club at Padang

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## ABSTRACT

This study is conducted to observe the outlook of: (1) basic skill disparities on playing tennis between a group treated with action method and conventional method as their training method, (2) basic skill disparities on playing tennis between groups which have high basic movement skill and low basic movement skill, (3) interaction between training method and basic movement skill toward basic movement mastery on playing tennis, (4) basic skill disparities on playing tennis between action method and conventional method for athletes with high basic movement skill, and (5) basic skill disparities on playing tennis for athletes with low basic movement skill which ones were treated with action method and another ones treated with conventional method. This study employed the 2x2 factorial experimental design and the sample were 20 beginner athletes as the whole population. Based on the findings of the study, it shows that: (1) basic technique skills on playing tennis are better when athletes were treated with action method than conventional method. This is shown at  $F_{\text{observed}} 26.92 > F_{\text{table}} 4.11$  and the result of Turkey test where  $Q_{\text{observed}} 3.01 > Q_{\text{table}} 2.95$ . (2) Group of high basic movement skill shows better in basic techniques ability on playing tennis low basic movement group with the value of  $F_{\text{observed}} 59.43 > F_{\text{table}} 4.11$  and Turkey test score with the value of  $Q_{\text{observed}} 11.46 > Q_{\text{table}} 2.95$ . (3). There is an interaction between the training method used for basic movement capabilities. This statement is supported with the value of  $F_{\text{observed}} 94.86 > F_{\text{table}} 4.11$ . (4) Basic techniques ability to play tennis in high basic movement skill athletes is better to be treated with action method than conventional method with Turkey test score  $Q_{\text{observed}} 7.81 > Q_{\text{table}} 3.15$ . (5) Low basic movement skill athletes are better to drilled with conventional training method rather than the action method as supported with Turkey test score with the value of  $Q_{\text{observed}} 3.76 > Q_{\text{table}} 3.15$ .

**Keywords:** *Training method, basic movement skill, basic technique, Tennis*

## 1. INTRODUCTION

Tennis is a kind of sport that is not only to improve fitness and health, but also to achieve an achievement. To develop successful athletes is not an easy job because it requires careful planning, as well as programmed and tired coaching.

"Tennis is a game that requires foot speed, controlled precision, stamina, anticipation, accuracy of the heart (determination) and ingenuity" [1]. The basic idea of a game of tennis is to turn off the ball in the opponent's area and try to keep the ball on in its own area by always trying to hit back the opponent's ball.

To realize their thought or idea in the tennis court, athletes require the optimal technique of playing tennis. "a way that is used or developed by a person or athlete to solve or solve a movement task in sports effectively and efficiently" [2].

The tendency of modern tennis game types recently, mostly relies on speed and power which is supported with level of accuracy/precision. To get the quality of the punch

with the high level of speed, strength and accuracy, it must be supported by a long period of training process, with high determination and regularity of exercise, and by applying appropriate and reliable teaching method.

The existence of correct and reliable teaching method in tennis is very urgent because we cannot longer use the outdated or out of date teaching or training method. The main purpose of using method in the teaching of tennis is to speed up the learning process as well as to help learning/practice difficulties for athletes.

Tennis is a sport that uses open skills, "Open skills are games played in unpredictable and dynamic situations, for example during competitive team sports, where athletes have direct opponents like Tennis, Football, Ruby, and Basketball" [3]. Open Skill depends on external factors such as time, placement of skills, weather, skill level of the opponent, and supporters. Therefore, these factors are out of direct control of the athlete.

Based on the reality in the field, in fact most coaches or trainers make and run field tennis training like Closed Skill

sports. Closed Skill is a skill performed in a relatively stable and predictable environment such as Bowling, Archery, Gymnastics and Swimming. Moreover, these kind of sports are played and focused on athletes themselves. Based on this explanation, the crucial thing is athletes must be able to adapt to unexpected changes of space such as room or field and atmosphere at the time they compete to develop their ability.

If the field tennis teaching method is still taught by implementing Closed Skill, we will all be left behind to pursue current modern tennis. This concern is all seen in the implementation of qualification for National Games (Pra-PON) 2015 which took place in Tarakan. In that event, it was seen that there was still less ability to elaborate basic tennis techniques from athletes such as smash and volley. These limitations are the impact that athletes cannot be able to develop game creatively. Since tennis is the category of open skill sports, so it requires analysis, perception ability and good technique skills in playing this game. Thus, in solving this obstacle, it is required a simple and effective training method in order to master the technique of playing tennis quickly.

Along with the rapid development and strategy of the game, it is undeniable that we are not only fascinated by the use of old tennis teaching method, but we are required to find suitable teaching method to match the current trends of modern tennis.

To realize the method in tennis teaching, it needs a foundation that can be developed according to the ability and growth level of the athlete. Basic skills (Fundamental Motor Skill) as a basic ability is very important to perform a more complex movement patterns.

"Basic movement skills are ABCs of movement" [1]. This explains that if one wants to develop complex movement, the main requirement is to have to master basic movement. Thus, the advanced movement will be easily mastered, as well as by studying the technical movement in field tennis. "The skill is the basis of human movement. Movement ability in basic movement skills (fundamental motor skills) describes the degree of mastery of skills in using the fingers, eye-hand and foot coordination, tempo-balance, and visual perception.

Based on the researcher's analysis of experts' statements and the facts that exist in the field that there are interrelated factors between training method and basic movement skills. Thus, researchers are interested to examine the effect of training method and basic movement skills on skills in playing tennis.

One of the appropriate tennis teaching method is the action method. The "Action Method" tennis learning method is a learning method based on "The Open Skill Process" in the learning of movement skills. Due to tennis is an open skill, there are four steps in the process of "perception-making-execution-feedback" should be included in teaching. The main purpose of the Action Method is to accelerate athletes to master basic tennis skills in a fun way. This can improve the enthusiasm of athletes in learning basic techniques of playing tennis.

This research has a purpose to know the difference in mastering basic technique skill of playing tennis between

group of athlete treated with Action Method training and group treated with conventional training. Further, the purpose is to figure out the differences in basic tennis techniques skills between athletes who have high basic movement skill and those with low basic movement skill. It is also conducted to figure out the interaction of exercise method and basic movement skills towards mastery of basic techniques of playing tennis. This study also discovers the differences in basic tennis technique skills between athletes with basic movement skills treated with Action Method and those with conventional exercises. Finally, it is to discover the difference in basic technique skills of playing tennis between athletes with low basic movement skills which are treated with conventional training method and ones treated with Action Method.

## 2. METHOD

This research uses one of the experimental research designs namely 2x2 factorial design. The reason in choosing this such design is the expected data about the difference in basic athlete movement skills as a result of the treatment given. The form of research design can be seen as in the following table.

Table 1. Research design

Basic movement skill	Training method	
	Action method (A <sub>1</sub> )	Conventional method (A <sub>2</sub> )
High (B <sub>1</sub> )	A <sub>1</sub> B <sub>1</sub>	A <sub>2</sub> B <sub>1</sub>
Low (B <sub>2</sub> )	A <sub>1</sub> B <sub>2</sub>	A <sub>2</sub> B <sub>2</sub>
Total	A <sub>1</sub>	A <sub>2</sub>

The research took place in Sekora Tennis Court at Pasir Putih Residence, Padang. This field is used by Sekora Junior Tennis Club. This research was conducted 18 meetings, where 16 meetings were used for giving treatment in the form of training and exercise. Each group was treated twice a week so that in total there were 4 meetings in a week. The meetings were started from 7 April to 22 May 2016.

"The population is a group of objects that have at least one common characteristic of all its members" [5]. The population in this study were 32 junior athletes of Sekora Tennis Club. "If the subject is less than 100, it is better to take everything so that his research is a population study" [6], [7]. Due to that statement, the sample in this study were 20 junior athletes aged 8 to 10 years.

To obtain basic movement skill data, TGMD-2 basic movement capability test by Ulrich was applied. According to Goodway, Crowe, test of Groos Motor Development-2 (TGMD-2) has been chosen as a valid and reliable test to measure the ability of basic motor skills.

TGMD-2 evaluates the locomotor skills, which consists of: (1) Run, (2) Gallop (jumping with one leg), (4) Leap (running with the front legs straight and then the hind legs dragged to touch the front foot), (5) Horizontal Jump, (6) Slide (sideways), and object control movements consist of (1) Striking a stationary ball, (2) Stationary dribble, (3) Catch (catch the ball), (4) Kick (kick the ball), (5) Overhead throw, (6) Under head roll (rolling the ball).

Furthermore, ITN on court assessment was implemented to obtain the data of the basic skills of playing tennis. This test aims to figure out the mastery of all basic playing skills of the junior athletes.

### 3. RESULT

First results of the data analysis, there is a difference in the ability of the technique of playing tennis between the group of athletes treated with Action Method and ones treated with conventional method. The visible finding of this study from the two method of training given to junior athletes at the Sekora club is the difference in the approach of training given. The Action Method training empirically has a better effect than the conventional training. In short, in improving the ability to play tennis, the Action Method is proven to be suitable more for beginner tennis athletes.

Second results of research, it can be stated that there is a difference between the basic techniques of playing tennis skills between athletes who have high basic movement skills and those who have low basic movement skills. The results showed that a high basic movement athletes have a significant improvement in learning tennis techniques than ones who have low basic movement skills.

Third result of this study reveals there is an interaction effect between the groups treated with Action Method and those treated with conventional training method. It can be seen that Action Method training on athletes who have high basic movement skills obtain high basic techniques skills. Otherwise, those who have low basic movement skills obtain low basic techniques skills. This indicates that there is an interaction between the tennis skill training method and basic movement skills possessed. Based on the findings of the results of this study, it can be judged that there is an interaction of both training method that have been given to athletes.

Fourth results of this study it was found that athletes who have high basic movement skills one treated with action method and another one with conventional method has different average score improvement of basic technique skills. The former has significant effect than the latter. From this finding it can be suggested that beginner tennis athletes with high basic movement skill is more suitable drilled with action method while those with low basic movement skill is more appropriate with conventional method.

The last results of this study, it can be interpreted that athletes who still have low basic movement skills are not suitable to be treated with Action Method training approach. Instead of action method, conventional method is more suitable for them. It may happen due to conventional method are for athletes who still need movement training regularly and intensively in order to master better the basic techniques in playing tennis.

### 4. CONCLUSION

There is a difference in term of basic technique skill between a group treated with action method one with conventional method which the former shows better basic techniques skills in playing tennis than the latter. This

statement is supported with the value of  $F_{\text{observed}} = 26.92 > F_{\text{table}} 4.11$  and Turkey test score with the value of  $Q_{\text{observed}} 3.01 > Q_{\text{table}} 2.95$ . There is a difference in basic techniques ability to play tennis between group of high basic movement skill with low basic movement group, where group of high basic movement skill shows better technique ability to play tennis compared with low basic movement skill group. This statement is supported with the value of  $F_{\text{observed}} 59.43 > F_{\text{table}} 4.11$  and Turkey test score with the value of  $Q_{\text{observed}} 11.46 > Q_{\text{table}} 2.95$ . There is an interaction between the training method used for basic movement capabilities. This statement is supported with the value of  $F_{\text{observed}} 94.86 > F_{\text{table}} 4.11$ . There is a difference in basic techniques ability to play tennis in high basic movement skill athletes between a group treated with action method and one with conventional method in which the former has higher score than the former. This statement is supported with Turkey test score with the value of  $Q_{\text{observed}} 7.81 > Q_{\text{table}} 3.15$ . There is a finding that low basic movement skill athletes are better to drilled with conventional training method rather than the action method. This statement is supported with Turkey test score with the value of  $Q_{\text{observed}} 3.76 > Q_{\text{table}} 3.15$ .

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