

# Android Apps Based on Woodball Training Guidelines

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**Abstract**— The aimed of this research was to develop variations of finishing stroke training which packed in the form of an android application ... The research method used was research and development method. The development procedures included (1) needs analysis (2) product planning I (3) product evaluation I (4) product I (5) product I trial (6) product revision I (7) product II (8) product II trial (9) product II (10) product validation and report forming. The subjects used in this research were 10 trainees for small group trial and 30 trainees for large group trial in novice athletes at Tiger Woodball Academy in Malang. The instrument used was a questionnaire given to the trainees. The results of this research were 10 variations of finishing exercise, they were variations of exercise 1 to variations of exercise 10. The results of the study revealed that the variation of exercises provided could meet the objectives of the research which was improving psychomotor aspects and increasing the accuracy in woodball game on the trainees towards finishing training process at Tiger Woodball Academy Malang.

**Keywords**—woodball, finishing training, android application media.

## I. INTRODUCTION (HEADING 1)

Woodball was first created in 1990 by Mr. Ming Hui Weng in Taipei, Taiwan. Mr. Weng was once a golf player, but considering the huge costs and time wasted while playing golf, then he thought that probably he could utilize his land to build an area to play sportgame similar to golf but it also used a ball.

Woodball is a sport which has a fair similarity to golf according to Mr. Ming Hui Weng, who was the creator of this brand-new-sport. This is an outdoor game played individually or in a team by hitting the ball steadily until it shoves the ball into the wicket on each fairway (lane) as little stroke as possible. Woodball is a modified sport branch of golf which considers the element of cost efficiency and takes the environment into consideration [1].

Woodball finishing training is one of the methods used by woodball trainers to achieve learning goals by providing repetitive exercises on what athletes have learned to get the fewest possible stroke in a woodball game. The finishing exercises must be varied and be able to differentiate the level of athletes, so that athletes will not find it weary to carry out the exercises and will certainly form an athlete who has more ability in sprint running [2]. This must also be supported by exercises that are performed systematically, that is, exercises

that are done repeatedly with more and more days with the augment of training load and its intensity [3].

The training must be supported by training media which has being developed and been based on science and technology. One of the current developments in science and technology is the development of Android as a support for almost all aspects of life in the current era. The learning media are in the form of an android application media to improve accuracy in finishing woodball training and make it easier for athletes to learn [4].

Based on the needs analysis questionnaire above, it can be concluded that Tiger Woodball Academy athletes need variations of exercises that can be used as learning guides in implementing exercises which then be wrapped in the form of an android application.

## II. METHOD

The method used in this study was Research and Development method [5]. Research and development design taken by the researchers was procedural research and development model. The scheme of the method implemented by the researchers adopted the research and development design proposed by Borg and Gall.

## III. RESULT & DISCUSSION

### Need analysis

The researchers' needs analysis was obtained from the observations by providing needs analysis questionnaires to 20 Tiger Woodball Academy athletes in Malang. The result found that at around 70% athletes claimed that finishing training had never been given in a training session. Moreover, survey also revealed that approximately 80% athletes stated that finishing stroke training conducted so far was still ineffective, while 85% of athletes told that finishing stroke training has not been as expected. Furthermore, as many as 95% subjects responded that woodball athletes have not had a finishing stroke training guide yet. Then, from the results above as many as 90% of woodball athletes uttered that they really needed variations in finishing stroke training in each practice session, while 10% other said that it was adequate. In addition, 85% of woodball athletes needed a variety of finishing stroke and 75% of them expected it to be wrapped up in the form of an android application.

#### Product development

After the design was set, then it was proceeded by identifying variations of woodball finishing exercises to help developing the test implementation procedures, assessment criteria, and test objectives developed. Identification was done by analyzing basic techniques, game characteristics, woodball game rules, and biomotor skills needed in woodball games.

#### Product trials

The result of small group trial data given to 10 athletes in Tiger Woodball Accademy Malang City was known to be an average of 81.81%. Thus in product trial 1 (small) product development was declared to be successful to meet the research objectives. The result of the large group trial data given to 30 athletes at the Tiger Woodball Accademy in Malang was known to be an average of 81% so this product was categorized as excellent and could be used without revision. Thus, in product trial 2 (large) product development was declared successful to meet the research objectives.

#### Discussions

Woodball has certainly developed rapidly, especially in Indonesia, which started to evolve in 2008 [6]. Woodball is an outdoor game played individually or in a team by hitting the ball steadily until it shoves the ball into the wicket on each fairway (lane) with as little stroke as possible. Along with the woodball expansion in Indonesia, there have been many events held in Indonesia by the central and regional management both on a national and international scale.

The development of technology in Indonesia has been increasing swiftly this recent year. This study employed that development by creating woodball finishing exercises in the form of an android application, since it made it easier for athletes to train outside of practice hours.

Based on the results of small group trial and large group trial, they revealed that most of the trainees were interested in the 10 variations of finishing exercises to improve the accuracy of woodball which were packed in the form of an android application.

#### IV. CONCLUSION

From the description above, the 10 variations of finishing training had contained the four elements of the attractiveness aspects, namely; aspects of convenience, aspects of usefulness, and aspects of strategy for trainees in the Tiger Woodball Academy in Malang. It also clarified that 10 variations of woodball finishing exercises using the android application media were appropriate to be utilized for the learning media. Moreover, the variations made them easier to access the android application.

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