

# Improving Forehand Drop Shot Stroke Skill in Badminton Through the Drill Method for Children

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**Abstract—** The aimed of this research is to improve forehand drop shot stroke skill in badminton for 8-12 years old athlete in Brawijaya Jr. Badminton's club Malang. This study uses the Sports Action Research (PTO) method using two tiered cycles covering planning, implementation, observation, reflection and with a qualitative descriptive approach. The research subjects were badminton athletes in PB. Brawijaya Jr. Malang City has 14 athletes. The results showed that the success rate of drop shot forehand in the first cycle was 60.7% from the 1st observer and 59% from the 2nd observer, while in the second cycle the success rate was 79.3% from the 1st observer and 80.1% from the observer 2. Conclusions this study shows that training using the drill method can improve the forehand drop shot badminton skills for athletes aged 8-12 years in PB. Brawijaya Jr. Malang city

**Keywords—** Forehand drop shot stroke, drill method, athlete aged 8-12 years

## I. INTRODUCTION

Sports generally is one of the activities currently favored by society. Many people choose to live a healthy life by doing sports activities in their spare time. Sports are physical activities that use large muscles in carrying out activities which have varieties of characteristic and competitive games. Sports divide into 5 types according to their functions. There are educational sports, recreational sports, health sports, competitive sports, and rehabilitation sports [1].

There are many ways that people can do so that sports activities carried out to become an achievement for the users. One of them is by practicing hard and also following special training and participating in various competitions. From several sports that have developed in Indonesia, badminton is quite popular at this time. It is not only favored by the community but also has gained many achievements in the world. An enthusiastic community for badminton is also quite large.

Badminton is a sport that uses a racket played by two people (for singles) or two pairs (for doubles) who take opposite positions in a field divided by a net (net) [2]. Badminton balls are not reflected and must be played in the air so that requires good reflexes and a high level of fitness. It can be concluded that badminton is a sport played by two people or two pairs by using a net and a shuttlecock. It is also a complex sport because it requires stroke movements.

Many people played badminton for both recreational sports and achievement sports. Young and old people usually play badminton for recreational sports in badminton court. Meanwhile, many children practice this sport seriously to accomplish the achievements of badminton sport. The role of a professional coach is needed to be able to apply good character for children at the beginning of training so they can gain many achievements in the future. Mastering basic techniques is also very important to improve athlete achievements in the future. There are some basic techniques in badminton such as service, overhead lob, underhand lob, drop shot, netting, and smash.

There are many places to practice playing badminton in Malang. One of them is PB. Brawijaya Jr where is located on Jalan Werkudoro number 5 Malang. It has many athletes from various ages between 6 years to 20 years. They are divided into 2 training groups in the PB. Brawijaya Jr. Based on the observations of the badminton game from Team B with the help of their coach, the results obtained from the single game with alternating point 7 are technical service is 84 times with 72.61% of the actual level and 72.61% of the error rate. An overhead lob technique is 132 strokes with 81.81% of the actual level and 18.18% of the error rate. The technique of underhand lob is 57 strokes with 61.40% of the actual level and 38.59% of the error rate. Smash technique is 78 strokes with 61.53% of the actual level and 38.46% of error rate. Drop shot technique is 57 strokes with 40.35% of the actual level and 59.64% of the error rate. Netting technique is 59 strokes with 59.23% of the actual level and 40.62% of the error rate. Based on the results of observations, it can be seen that the basic technique of badminton drop shot strokes is very less compared to other basic techniques.

The drop shot is a stroke that causes the shuttlecock to fall as close as possible from the net [3]. Shuttlecocks bounce gently curved on their pitch and after crossing the field the opponent shuttles down as steeply as possible with the net. A good drop shot is if the fall of the ball is close to the net and does not cross a double line [2].

Researchers observed the drop shot stroke skills test assisted by the coach. Based on the observation, 57.14% of 9 athletes had hard times on the first stage of preparation and 7 athletes had hard times on the second stage of preparation. 59.62% of 8 athletes had hard times when hitting the shuttlecock in the first stage, 9 athletes had hard times when

hitting the shuttlecock in the second stage, and 8 athletes had hard times when hitting shuttlecock in the third stage. 64.28% of 8 athletes had hard times when making advanced movements in the first stage and 10 athletes had hard times in the continuation of the second stage. Based on the observations, the researchers concluded that the athletes of team B from PB. Brawijaya Jr. Malang experienced many hard times or difficulties when it hit the shuttlecock and when the movement continued.

The results of the interview session with the head of PB Brawijaya Jr. Malang said that the basic technique that is often given to the students is an overhead lob stroke. The basic technique with the highest level of actual skill is overhead lob while the basic technique with the highest difficulty level is drop shot stroke. The coach said the lack of giving a model of drop shot stroke was a highest obstacle. Besides, the head of PB Brawijaya Jr. said he agreed that the next researchers would develop a drop shot stroke training model using the drill method so that later they could improve the athlete's drop shot stroke skills in PB. Brawijaya Jr. in Malang.

The last observation made by researchers in the form of distributing questionnaires to athletes B PB PB. Brawijaya Jr. Malang City with a result of 78.57% (11 athletes) had difficulty when practicing the forehand drop shot stroke, 85.71% (12 athletes) strongly agreed to practice the forehand drop shot stroke, 71.42% (10 athletes) said that the lack of practice forehand drop shot stroke, 92.85% (13 athletes) agreed if given a drop shot stroke practice using the drill method.

Drilling method contains a series of exercises designed to build a new skill. Repetitive exercise can increase skill and perfect agility [4]. Giving a drilling method with a wide variety of variations is expected not to make the athletes feel bored during the training process. The drill method can gain motor skills, build habits, and increase speed in its implementation [5].

Based on the problems, the researcher would like to conduct a sports action research entitled "Improving Forehand Dropshot Stroke Skill in Badminton through the Drill Method for Athletes Aged 8-12 Years Old in PB. Brawijaya Jr. Malang". The purpose of this study is to improve forehand drop shot stroke using the drill method for athletes aged 8-12 years in PB. Brawijaya Jr. Mala ow.

## II. METHODS

The research design of this study is (PTO) which is as same as Classroom Action Research (CAR). This research was carried out by changing existing habits in learning activities [6]. CAR is divided into 2 types, individual and collaboration. Physical education class action research and coaching class action research has the same characteristics but also have differences. The difference lies in the substance of the researcher's problem and his class concept [7]. Based on the facts, this study (PTO) can improve forehand drop shot skills for athletes aged 8-12 years in PB. Brawijaya Jr. Malang.

The researcher acts as a planner, collecting data, analyzing data, and as a reporter of the results from the research. The researcher collaborates with the coach to develop an exercise

program. This sports action research (PTO) had conducted on PB Team B athletes of PB Brawijaya Jr. Kota Malang, which is located on Jl. Werkudoro no. 5 Kota Malang and has 3 badminton courts. The subjects of this study were athletes aged 8-12 years which consists of 14 athletes (11 male athletes and 3 female athletes).

Data collection in this study were obtained from the training process using the drill method, observation, and interviews. Data collection techniques will be carried out by researchers later in the form of court notes. The best observation is completing it with the observation sheet as an instrument. The format compiled contains items about the event or behavior described to be taking place [8]. In this case, the data has an important role in a study because the data will be used to answer the problems in this study. The data collection stage of this study was by direct observation of events that occurred in the field then recording them in the observation sheet. The result is assisted by a coach to gain result objectively. The coach also becomes an observer in badminton athletes in PB. Brawijaya Jr. Malang. Techniques in data collection include preparation, implementation, and calculation of results.

This study used descriptive quantitative and qualitative research. This study used three kinds of data analysis; data reduction, data exposure, and the conclusion. Data that has been processed can then be clarified with the table below.

Table 1. Percentage of Data Analysis

Percentage Category
81% - 100% Excellent
61% - 80% Good
41% - 60% Fair
21%-40% Poor
0%-20% Bad

Source: Adapted from Arikunto, 2010:44).

This study uses the Sports Action Research (PTO) method using two tiered cycles covering planning, implementation, observation, reflection and with a qualitative descriptive approach.

## III. RESULT

The results were obtained by collecting data through the research process. The data analysis of this research based on the observations of the badminton game and forehand drop shot stroke skill in PB. Brawijaya Jr. Malang which has 14 athletes. Then the results of observations will also be presented in the first cycle of the first meeting to the fourth meeting, then the results of the second cycle from 4 meetings. All the data will be analyzed and presented in the form of percentages to know the characteristic of forehand dropshot stroke skill of PB. Brawijaya Jr. Malang.

Preliminary observations made by researchers on September 12, 2017, by observing the single game made by team A athletes, the results obtained by researchers were as much as 59.64% of the total intensity of 57 strokes, many

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athletes made mistakes on drop shot strokes. Furthermore, on 29-30 September 2017, the researchers saw the drop shot stroke skill using 3 indicators. The data were obtained 57.14% of athletes experienced errors in the preparation technique, 59.52% of athletes experienced errors in the shuttlecock hitting technique, and as much as 64.28% athletes have hard times with advanced movement techniques. Difficulties of athletes when forehand drop shot strokes often occur because athletes when hitting the shuttlecock are less restrained for the racket with the shuttlecock. From the results of the analysis conducted by researchers with badminton coach, it is necessary to improve efforts on the basic techniques of forehand drop shot stroke skills for athletes aged 8-12 years in PB. Brawijaya Jr. Malang city.

After evaluating the results of the early observations, the researcher and the coach drafted an exercise program along with court notes. In the training cycle 1 and cycle 2, there are differences in skills improvement. The results of cycle 1 appear to have improved but have not met the targets that the researchers set. For this reason, the researcher and the trainer reflect and continue on the 2nd cycle. The researcher collaborated with the coach to create an exercise program that will be carried out in the second cycle later. From the results of the exercise in cycle 2, there was an increase and the improvement met the target to be achieved by the researcher. Furthermore, researchers and coach reflect on the second cycle and with these results, this research does not continue to the next cycle.

Based on the results, there was an increase from the early observation which is 39.67%. After the exercise in cycle 1 and cycle 2, there was an increase in the forehand drop shot stroke to 79.36% from observer 1 and 80.15% from observer 2. It can be concluded that in training forehand drop shot using the drill method of drop shot stroke skill can improve the skill of Badminton Forehand Dropshot basic technique for athletes aged 8-12 years PB. Brawijaya Jr. Malang.

#### IV. DISCUSSION

Based on the results of the first observation carried out by researchers on September 12, 2017, researchers saw athletes doing exercises with stroke material in pairs. Researchers in the court found that athletes were less precise in hitting the shuttlecock so that the stroke was not on target. Researchers see since the racket with improper shuttlecock and foot position when taking is still wrong, good footwork is so that it can move as efficiently as possible [9]. From the theory of footwork, athletes must master footwork well so that the stroke can be right on target in addition to how to hold the racket properly. Next, the researchers looked at the game with point 7 on PB. Brawijaya Jr. Malang. In this single game, the researchers can see the basic techniques that athletes find difficult. The basic techniques seen by the researchers according to Budiwanto explained that kinds of basic technique punches are service, lob (underhand and overhead), drop shot, netting, and smash [3]. From the observations of researchers regarding game tests, it can be concluded that athletes aged 8-12 years old PB athletes. Brawijaya Jr. Malang has hard times in forehand drop shot, this is reinforced by the error rate of forehand drop shot stroke which reaches 59.64% of the total

intensity of 57. Based on the results of the second observation regarding forehand drop shot stroke skills conducted by researchers on 29 and 30 September 2017 with assessment indicators according to Budiwanto include the attitude of preparation: (1) the position of the right foot behind the left foot with the hind limbs bent slightly, (2) right hand hold the racket above the right shoulder and the elbow is ready to swing to hit while the left hand is pointing towards the shuttlecock. The movement to hit the shuttlecock: (1) when the shuttlecock is around the reach of the arm and the racket is swinging in the same direction, (2) when the racket speed is held slightly, (3) the shuttlecock is gently hit. Follow up movements: (1) the racket swing continues towards the front left lower, (2) the front foot moves forward and the left foot is behind with the racket swing [3].

From the results of the assessment of researchers assisted by badminton coaches, it can be seen that the most difficulties are performed by athletes aged 8-12 years in PB. Brawijaya Jr., there are 59.52% hitting shuttlecock movement indicators and 64.28% advanced movements making difficulties and mistakes.

The conclusion drawn from the study is many athletes make mistakes when wearing shuttlecocks with a racket. Badminton drop shots stroke skill, the relationship between the speed of a racket and the speed of a shuttlecock when it worn with a racket is proven to be influential [10]. Based on the previous study, it is shown that the average speed of the shuttlecock was 1.35 times the speed of the charge. From the foregoing, it concluded that if the athlete wishes to maximize the forehand drop shot stroke, the athlete must pay attention to the speed when wearing a racket with a shuttlecock.

The results of the interviews conducted with the coaches of PB Brawijaya Jr. Malang on September 30, 2017 coaches at age athletes said that the exercise that was often given was lobbing, for forehand drop shot stroke practices the coach only gave training in paired strokes, the coach never provided training using the drill method for mastering forehand drop shot stroke. The weakness of athletes when hitting a forehand drop shot stroke is when the racket is worn with a shuttlecock because athletes are less able to feel smack smoothly. While in a study conducted by Sukmara Aldo (2016) said that there was an effect of the training method using the drill method as much as 61.02% and using the training method stroke skill pattern by 46.43%. Repetitive exercise can improve skill, and have perfect agility [4]. The advantages of using the drill method explained can gain motor skills, build habits, and increase speed in its implementation [5]. Based on the early reflections, the researcher uses the application of the exercise using the drill method.

The researcher collaborated with the coach to design an exercise program with 4 meetings in the first cycle. The formats of the forehand drop shot drill practice model are: (1) half-court forehand drop shot drill from the right, (2) half-court forehand drop shot drill from the left, (3) left and right forehand drop shot drill, (4) right and left forehand drop shot drill followed by crossing forward then backward straight, and (5) left and right forehand drop shot drill continued by crossing forward then backward straight. according to astuti The drill

method is more effective than the method of playing mini volleyball playing skills.[11]

The implementation of exercise program in four meetings held on January 26, 2018, until February 02, 2018 starting at 16.00 to 18.15 WIB except for Sunday from 11.00 to 13.15 WIB at the GOR Kanaya, Malang. The researcher assisted by a badminton coach and other observers to observe the course of the training process.

After researching the first cycle in 4 meetings, there was an increase in overall completeness skills of observer 1 by 60.71% while from observer 2 by 59.12%. However, the improvement achieved did not meet the target. Reflection with the coach is also still needed to be increased again to be able to achieve the expected goals and to reprimand the side to make a move is also needed.

Based on the results of the first cycle, the drill method are still needed to improve the badminton forehand drop shot stroke skill in the second cycle. The researcher prepares an exercise program with 4 meetings in the second cycle. The format of drill method training used are (1) half-court forehand drop shot stroke from the right, (2) half-court forehand drop shot stroke from the left, (3) right and left forehand drop shot drill. (4) right and left forehand drop shot drill continued with crossing forward then backward straight, (5) right and left forehand drop shot drill continued with crossing forward then backward straight. Besides, researchers also prepare assessment sheets and field notes throughout the training process.

The implementation of the second cycle is carried out on February 4, 2018, until February 11, 2018, starting at 16:00 to 18:15 WIB except on Sundays from 11:00 to 13.15 WIB taking place at GOR Kanaya, Malang City. Researchers assisted by badminton coaches and other observers to observe the course of the training process. The second cycle was carried out for 4 meetings.

From the results of the second cycle, the overall completeness assessment of observer 1 was 78.57% and observer 2 was 78.57%. The overall completeness percentage of observer 1 was 79.36% while that of observer 2 was 80.15%.

After carrying out the meeting with 2 cycles, the researcher and the coaches reflect on the results of the activities carried out. In general, the results of the evaluation of badminton forehand drop shots stroke between the first cycle and the second cycle have increased. Based on the table of the percentage above, the evaluation criteria of the results of this study with the final percent of observer 1 assessment was

79.3% and observer 2 of 80.1% included in the criteria of good to very good and can be used in table 1.

## V. CONCLUSION

### *Conclusion*

Based on the results of the study it can be concluded that the use of forehand drop shot exercises using the drill method can improve the skills of the forehand drop shot technique for athletes aged 8-12 years in PB. Brawijaya Jr. Malang.

In this study, we are interested in analyzing from the phase of the period before (-0.06sec) and after (0.03sec) the point of making contact with the shuttle.[12].

Light hanging Technology athletes purposeful hand brake action is the action structure, technology and chop hanging light hanging biggest difference technique.[13]

According to Rossi at all the stronger the grip of the racket in badminton causes the accuracy of the drop shot is lower.[14]

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