

Development of a Guidebook Basic Hockey Game Techniques Based on the Truth of Motion

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ABSTRACT

This research and development aims 1) to determine the feasibility of developing a basic technique manual in the game of hockey based on the truth of motion, 2) to determine the attractiveness of the response of athletes and coaches to the development of basic technical manuals in hockey games based on the correctness of motion. This research was conducted using the Research & Development (R & D) method using the Willis R2D2 development procedure which consisted of 3 focuses (1. Focus on determination, 2. Focus on design and development, 3. Focus on dissemination). The data collection technique used a validation questionnaire sheet. The instrument used was in the form of an expert validation questionnaire to determine the feasibility of the book and the response questionnaire of athletes and coaches to determine attractiveness. The data analysis technique used in research and development is quantitative descriptive to process data in the form of scores from the assessment by the validator and the response of the athlete and trainer, while qualitative descriptive is to describe the data in the form of comments from the validator's suggestions for improvement. The results of structured interviews and unstructured interviews indicate that it is important for this development research to develop a guidebook for basic techniques in hockey games based on the truth of motion.

Keywords: *Development Guidebook, Basic Technique Hockey*

1. INTRODUCTION

Each sport has different basic techniques, the differences in these basic techniques differentiate one sport from other sports, Elisabet and Sue (1999: 12) stated that the characteristics of modern hockey players are players who have skills, stamina, strength, and engineering knowledge. The basic movement characteristics in the game of hockey, dribbling run hitting the ball (Hit) stops the ball, and passes the opponent. Judging from the movement classification, the movement in playing hockey is an open skill. Becky Swisler (2003: 11) suggests that the basic skills of dribbling, passing, receiving, shooting and tackling are skills that are indispensable for every player in every position in the field hockey game. To be able to carry out these skills, the right body position is taken. The process of technical training in sports requires supporting factors as a guide for practicing these techniques, one of the guidelines is in the form of a book, a book is a written material that presents the knowledge of the thoughts of an author. A book is an indispensable material in the training process, this can be seen from its function as a tool that can help facilitate

a coach or coach in terms of delivery to be trained by athletes, for athletes with books can carry out the training process to mark the presence of a coach or coach, can practice anytime and anywhere, as a guide to improve yourself from usual. This shows the very importance of having a book in the process of practicing sports techniques. William A. Kartz (in Abdul Rahman Saleh & Janti G. Sujana, 2009: 80) distinguishes guidebook with manual. Book the manual contains instructions how to do or carry out a process or activities, while guidebooks are books which contains various kinds of information regarding a problem or a subject. According to understanding above, the developed book includes in the guidebook category. Guidebook contains information about activities to practice basic techniques based on the correctness of motion. This guidebook can be used as a source of information for new volunteers at community. Lasa (2002: 53) A guidebook is a book that contains special data, procedures and professional principles about an object, this book is often accompanied by this work which is a guide, procedure or discussion of a field, so this book is aimed at those who want to deepen it. that field.

Based on the above expression, the researcher made preliminary observations regarding the availability of books that can be used as training guidance materials in the hockey sport which are written in Indonesian, the results of the researchers' initial observations found that there is still a lack of Indonesian hockey books that can be used as training guide materials for basic techniques. In the game of hockey, here are some lists of books in Indonesian that the researcher obtained, namely: 1. Primadi Tabrani. 1985. *Hockey and Creativity in Sports*. Bandung ITB. 2. Primadi Tambrani. 2002. *Hockey Creativity and research in Sports*. Bandung ITB. 3. Joko Purwanto. 2004. *Hockey*. Yogyakarta: FIK UNY. 4. Heryanto Nur Muhammad. 2018. *Hockey*. Unesa university press. Based on the expression of Andi Prastowo (2014: 168) states that a good book is a book written in good language and is easy to understand presented attractively equipped with pictures and with descriptions, the contents of the book also draw the appropriate with the author's idea. Based on these expressions, the researcher concludes that to make a book easy to understand, the book is basically written in a language appropriate to the local book user to attract book users.

The product that is expected in this development research seeks to make a book as a guide to practice new basic techniques that are widely used today, so that it is expected to be an attraction for athletes. The resulting product is expected to increase reading interest, a sense of wanting to learn and increase the ability of basic technical skills. in the hockey game.

2. METHOD

This study uses the R2D2 model development design from Willis (1995) quoted by Kastam Syamsi (2012: 290), which states that this model consists of 3 components, namely (1) determination, (2) design and development, and (3) dissemination. Determination activities are focused on: a. create teamwork, b. progressive problem solution, and c. contextual understanding of the problem. Design and development activities are focused on efforts, a. learn the context of learning, b. choose the format and media, c. determine evaluation strategies, and (d) product design and development. Dissemination activities are focused on (a) authentic evaluation, and (b) creating the final product package according to the context.

The first stage is Creating And Supporting a Participatory Team. This stage is formed by a participatory team. Willis (2000: 6) argues that a participatory team is a participatory team or group that is directly involved in the product development process from start to finish.

The second stage is a progressive problem solution (solving problems progressively). Developers use observation instruments, interviews and questionnaires to find problems related to practicing basic techniques

in hockey games, so that the development process requires a solution that fits the problems at hand. All aspects of the design process are discussed in general to find a solution. At this stage the developer finds problems through observation instruments, interviews and questionnaires.

The third stage is Developing Phronesis or Contextual Understanding. At this stage, a solution is needed that comes directly from the analysis of the problems at hand. Problem identification is done by considering the results of observations, interviews and questionnaires.

3. RESULT AND DISCUSSION

Based on the observation process that has been carried out, it will be seen what problems are contained in special coaching and training related to the basic techniques carried out in the game of hockey. Especially the problem of practicing basic techniques in hockey games. In the process of identifying this problem, one can find the reasons why practicing basic techniques there are many difficulties in practicing basic techniques. Through the provision of training resources in the form of a basic technique training book based on the truth of motion, it will be easier for athletes to understand the basic technical steps and get the correctness of motion that can reduce the occurrence of injuries and athletes in learning the basic technique movements anywhere in theory. The provision of basic technical training books can encourage athletes to be more willing to practice related to what they will train in theory. Developers can identify several problems related to the existence of books practicing basic techniques in the game of hockey including: there is no special book practicing basic techniques in Indonesian hockey games (data obtained based on existing books using Indonesian) 1. Primadi Tabrani. 1985. *Hockey and Creativity in Sports*. Bandung ITB. 2. Primadi Tabrani. 2002. *Hockey Creativity and research in Sports*. Bandung ITB. 3. Joko Purwanto. 2004. *Hockey*. Yogyakarta: FIK UNY. 4. Heryanto Nur Muhammad. 2018. *Hockey*. Unesa university press. Based on the expression of Andi Prastowo (2014: 168), 2. there is no book to practice basic techniques based on the truth of motion, 3. lack of knowledge of athletes regarding the truth of motion when performing or training basic techniques.

The following are the results of structured interviews with novice athletes who take part in hockey activities as follows:

Table 1. The results of the percentage of answers to the needs analysis of 30 beginner athletes in north sumatera.

No	Question	Percentage	
		A (yes)	B (no)
1	Never read hockey books	0%	100%
2	Have read a book about the basic techniques of playing hockey	0%	100%
3	Do you have a hockey book on basic techniques	0%	100%
4	Want to get a basic engineering book in the hockey game	100%	0%
5	Basic engineering books as a guide to practice the basic techniques developed	90%	10%

Table 2. The results of the answers to the needs analysis of 20 athletes participating in the national championship.

No	Question	Percentage	
		A (yes)	B (no)
1	Never read hockey books	80%	20%
2	Have read a book about the basic techniques of playing hockey	30%	70%
3	Do you have a hockey book on basic techniques	10%	90%
4	Want to get a basic engineering book in the hockey game	100%	0%
5	Basic engineering books in the game of hockey based on technological developments	100%	0%

The results of structured interviews with coaches who are active in coaching the sport of hockey in North Sumatra are as follows:

Table 3. The results of the answers to the needs analysis of 5 hockey coaches & coaches in north Sumatera.

No	Question	Percentage	
		A (yes)	B (no)
1	Never read hockey books	90%	10%
2	Have read a book about the basic techniques of playing hockey	60%	40%
3	Do you have a hockey book on basic techniques	20%	80%
4	Want to get a basic engineering book in the hockey game	90%	10%
5	Basic engineering books can improve the basic technical skills of athletes	95%	5%
6	Basic technique book as an independent training guide for athletes	90%	10%

The results of unstructured interviews with coaches who are active in financing hockey in North Sumatra, the researchers concluded that the statements of the coaches needed an exercise guide in the form of a book, especially related to books to practice basic techniques in the game of hockey. The results of structured interviews and unstructured

interviews above draw the conclusion that there are still many who state that a practice guide in the form of a book is needed on basic technical training in hockey games.

4. CONCLUSION

It is important for this development research to develop a guidebook for basic techniques in the game of hockey and to produce a new book that emphasizes the correctness of motion according to current needs as a guide for training basic techniques in hockey games.

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