

Drill Exercise Method Influences Ability Groundstroke Tennis Court

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ABSTRACT

The problem in this study is the low ability of groundstroke students at the Faculty of Sport Science, Padang State University. This study aims to find out how much the groundstroke ability of students at the Faculty of Sports in Padang State University is using drill drill method. This type of research is quasi-experimental (quasi experimental). The population in this study were sports coaching students who took basic tennis tennis courses, while the sample was taken by random sampling with a total of 13 people. The instrument test used is the Hewitt Tennis Achievement Test, one of which aims to evaluate the basic technique of a groundstroke. While the data analysis technique uses normality test and t-test. The results of this study are that there is an effect of the drill training method to increase the ability of FIK Groundstroke Students at Padang State University. This is proven by $t_{count} = 3.41 > t_{table} = 1.77$.

Keywords: Drill practice method, tennis court groundstroke

1. INTRODUCTION

Many sports activities are supporting factors that influence to get achievements, such as: physical condition, technique, tactics, and mentality (Soniawan, 2018). In tennis, besides having good physical, technical, tactic and mental conditions, good technical mastery is needed for the athlete, because without good technical mastery, an athlete cannot realize his achievements. The problem in this research is the lack of groundstroke ability of FIK UNP students in playing tennis, based on observations on January 30, 2019 and the experience of researchers, mistakes that are often made by students when doing a groundstroke, the ball being hit is often stuck in the net, touch the ball on Imposition of the racket is often not right, the ball is hit uncontrolled, the mastery of feeling ball is still low, the grip of the racquet is still wrong, the attitude of the foot movement is still wrong, hitting the ball in the wrong position or not ready, and the ball is hit far out or not into the field opponent.

Groundstroke is the most important technique in playing tennis because groundstroke is the most commonly used punch, a groundstroke is also one of the weapons in winning a match. And this punch is often used as a blow to attack. For beginners, one type of punch that must be mastered is the ground stroke. This is because, a very important ground stroke that must be mastered by the player, because in playing games or matches the ground stroke is the most widely performed. as stated by Kriese (1988) that "the average player ground strokes in the game 35 - 45% of the total

strokes during the game or match". According to Irawadi (2016) a groundstroke is "A blow taken after the ball bounces on the playing field". Likewise, Brown (2007) said that a groundstroke is "a blow taken either with a forehand or backhand after bouncing on the field". Palmizal (2012) also said that a groundstroke is defined as hitting the ball after bouncing on the floor or field. Irawadi (2016: 43) explains that according to the implementation, Groundstroke is divided into 2 namely: Forehand and backhand. Forehand is one type of punch in a tennis game that is hit after the ball bounces first in the field, and is hit from the right side of the one holding the racket with the right hand, and from the left of those who hold the racket with the left hand. And the backhand groundstroke is a type of punch in tennis that is hit after the ball bounces first on the court and is struck from the left for those who hold the racket with the right hand, and from the right for those who hold the racket with the left hand.

According to Zuhlilmi (1999), that every ball that bounces and is hit in the right direction for players using the right hand is called the forehand and vice versa for players who use or hold the racket with the left hand are balls that are hit from the left side of his body. Backhand is a shot that is done on the left for the player holding the racket with the right hand, or on the right for the player holding the racket with the left hand. Based on these conclusions can be drawn that the ability of a groundstroke is a skill in returning the ball which is done after the ball hits the ground both with forehand and backhand. For this reason, the researcher raised a

study entitled "The effect of drill training methods on the ability of a tennis ground groundstroke.

The goal of the groundstroke itself is to score points if the player has good groundstroke ability, it will make an attacker to get points, otherwise if the player does not have a good groundstroke ability it will generate points for the opponent. Method, the meaning of the term method by the wider community has been interpreted variously, even sometimes the meaning is different. Methods in the community are often referred to as a way of implementation. According to Suharno (1993). "The method is a form or method used to provide objectives to be achieved". Furthermore according to Luthan (1988) understanding of the method is "a way in which the function of the tool for presenting learning tasks systematically consists of a set of trainers / teachers". Meanwhile according to Irawadi (2013) "The method is defined as an orderly method used to carry out a job in order to achieve the desired goals". Furthermore, more specifically the method is an organized and thoughtful way to achieve intentions or sequential work methods to facilitate the implementation of an activity to achieve the specified or desired goals. The way in which function is a tool to achieve goals.

The training method according to Harsono (1986) the training method in sports is "A design process in which this activity or activity will result in an adjustment of the organism". For this reason, it can be explained that the training method is as a way of implementing planned and systematically organized exercises to achieve a goal. Many specific methods (methods) can be used to achieve a training goal. This means that it is not enough to just use a method to achieve the training objectives. Sports technique is a form of motor skills (movement) in a particular sport or branch of sport that can be evaluated by observing the characteristics of movement coordination. Improving the quality of the technique of sports can be done through repetition of the form of technical skills learned and supported by the physical condition factors needed and the use of appropriate training methods.

Guiding technical components in sports requires different approaches and methods from coaching and training to improve physical conditions. The method of technical training according to Rothig & Grossing in Syafruddin (2012) "Can be distinguished based on two points of view, namely: (a) a review from the perspective of the person practicing or the athlete and (b) from the perspective of the coach or person who is training". If viewed from the perspective of people who practice or athletes, the method of technical training can be distinguished from active training (active training),

observation training (observative training), and mental training (mentales training).

Drill training according to Roestiyah N.K (2001) drill practice can be interpreted as a way of teaching where students carry out training activities, so students have better dexterity or skills than what has been learned. Practical exercises that are easy to do and regularly carry out fostering children in improving the mastery of those skills, maybe even students can have that dexterity perfectly. Furthermore, according to Suagiyo in Dulung (2014) drill practice is a repeated or continuous exercise of what he learns, because only by doing it regularly can the knowledge or skill be refined. Then according to Sagala (2003) drill training is a good exercise to instill certain habits, as well as a means to acquire dexterity or skills from what has been learned.

From the opinions of some of the experts above, it can be concluded that the drill training method is a model of repetitive exercise, or repeating a skill by students, in the form of movements to adjust the ready position and the distance of hits according to the direction of the ball, this movement is carried out in the form of stepping or running toward the ball or shifting to adjust the distance at a stroke by moving forward, backward, right, left, oblique and so on so that skills that are still difficult to do can be perfected with this training method. Associated with the problem to be studied namely regarding the ability to make a groundstroke, then this drill exercise is a method that can improve our skills in conducting a groundstroke.

Exercise is a process of systematic physical activity that is carried out repeatedly with increasing levels of load. According to Rothig in Syafruddin (2012) said "Exercise is a process of processing or applying training material such as movement skills in varied forms" and according to Irawadi (2019) "Exercise is an activity or physical activity that is carried out repeatedly with the aim to improve the ability certain physical or mobility skills. In a training plan, the training objectives must be clearly defined, the methods and materials provided or used to achieve these objectives and the facilities and infrastructure needed. According to Irawadi (2013) "An exercise program is a set of training activity plans arranged in such a way as a guide in practicing for a certain period of time and a certain goal".

Training without being measurable is difficult to measure and predict its effects, therefore, in compiling an exercise program it must be clear and precise in size. In order not to be wrong in setting the exercise dosage, firstly measure the ability of the athlete or trainee to be trained. Based on these measurement results the training load or load is determined.

2. RESEARCH METHODS

This type of research is quasi-experimental, the design of this study is "The One Group Pre Test Post Test Design Group". The place of this research is in the tennis court of the Faculty of Sport Sciences, Padang State University, located on the campus of the Padang State University itself. While the time of the study was conducted on April 14, 2019 until May 25, 2019. The exercise schedule was carried out 3 times a week. The population in this study were UNIK FIK Coaching students who took the elementary tennis courses in 2019 even semester with a total of 40 people. Guided by a picture contained in the population, the sampling using random sampling techniques by lottery. Namely by distributing small pieces of paper that have been written numbers or markings determine the sample, so that the number or sign taken is the research sample. Because it

considers the abilities and risks that researchers will accept, researchers take 13 samples to represent the population. The groundstroke ability test instrument was measured by the Hewitt Tennis Achievement test. This test aims to evaluate the basic abilities of playing tennis namely, the ability of the forehand and backhand groundstroke. The validity of the test ranged from 0.52 to 0.93 and the reliability of the test was 0.78. In the Measurement Test Book (Aryadi, 2005: 61) To find out the extent of the effect of the drill training method on improving the ability of FIK UNP Students' Groundstroke. Then the power obtained is analyzed using the statistical formula analysis technique "t test".

3. RESULTS AND DISCUSSION

1. Pre-Test Groundstroke Results of FIK UNP Students

Table 1. Frequency Distribution of Pre-Test Groundstroke Results for FIK UNP Students.

No	Interval Class	Frekuensi	
		Absolute	Relative
1	7 – 12	4	31%
2	13 – 18	5	38%
3	19 – 24	3	23%
4	25 – 30	0	0%
5	31 – 36	1	8%
	Total	13	100%

Based on the above frequency distribution table for groundstroke pre-test data, the results obtained from 13 samples, 4 people (31%) ranged from (7 - 12), 3 people (38%) ranged from (13-18), 3 people (23%) ranged

between (19-24), 0 people (0%) ranged between (25-30), 1 person (8%) ranged between (31 - 36).

2. Final Test Results (Post test) Groundstroke FIK UNP Students

Table 2. Frequency Distribution of Groundstroke Test Results of Poststroke FIK UNP Students

No	Interval Class	Frekuensi	
		Absolute	Relative
1	14 – 18	4	31%
2	19 – 23	5	38%
3	24 – 28	2	15%
4	29 – 33	1	8%
5	34 – 38	1	8%
	Total	13	100%

And for the Post-Test results obtained from 13 samples, 4 people (15%) ranged (14-18), 5 people (54%) ranged between (19-23), 2 people (23%) ranged between (24-28), 1 person (8%) ranged (29-33), 1 person ranged (34-38).

It can be seen that the groundstroke ability of students is not the same before and after the drill training method is given. This is based on the average acquisition of groundstroke ability on the initial test that is 16 while the average acquisition of the groundstroke ability on

the final test after conducting the drill practice method is 22, meaning that an increase in the ability of an average

of 6 points. Can be seen in the summary table of the following hypothetical test results.

<i>Groundstroke</i>	N	Mean	SD	t_{hitung}	α	t_{tabel}	Result
<i>Pre Test</i>	13	16	6.46	3,41	0,05	1,77	Signifikan
<i>Post Test</i>		22	6.01				

Discussion

There is a significant influence of drill practice method on increasing the ability of tennis groundstroke in FIK UNP students. Based on the results of research conducted in the field, it proves that there is an influence of the drill training method on improving the groundstroke ability of FIK UNP students. Before treatment is given to the sample, first know the initial ability to use the initial test. Based on the results of these tests it turns out that the ability of groundstroke is obtained on average at the time of the pre-test which is equal to 16. However after being treated with the drill exercise method, there is an increase with an average of 22. This is reinforced after the t test, which results in a tcount of 3.41 which is greater than the table in the level of $\alpha = 0.05$ of 1.77. With the results of this study, it means that the proposed hypothesis can be accepted as correct, it can be concluded that the drill training method has a significant effect on improving the groundstroke ability of FIK UNP students. The drill training method is a form of exercise that is carried out by providing a program that is planned and arranged in a systematic manner that is done repeatedly or continuously, in the form of movements to adjust the position ready and the distance at the appropriate direction of the ball. This movement is carried out in the form of stepping or running toward the ball or shifting to adjust the distance of the stroke by moving forward, backward, right, left, oblique and so on. This movement is a movement made with a sprint to move forward or forward, step to the right, left, and backward to backward and backward

Thus, if training with the drill method is carried out seriously and according to the instructions it will be able to improve the ability of the groundstroke to be better, so that when the game or the match will make an advantage for scoring points. But not apart from the results obtained in this study, factors related to the training process also greatly affect the results achieved, such as intensity, duration, volume, frequency and interval in the exercise itself. Because each of these

factors contribute to the continuity of programmed training.

4. CONCLUSIONS AND SUGGESTIONS

Based on the results of research and hypothesis testing, it can be concluded that there is an effect of the drill exercise method on improving the ability of the tennis court groundstroke field at the Faculty of Sport Science, Padang State University.

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