



The Effect of Training with the Moving Target Method on Increasing the Forehand Ability of Tennis Training Players Padang State University Tennis Field

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Abstract. The problem in this study was the low mastery of forehand shots of tennis players at the Padang State Field Tennis Training. The purpose of this study was to determine the effectiveness of the target moving method to increase the ability of forehand punch tennis players in Padang State Field Tennis Training. This type of research is Quasi experiment using the One Group Pre Test - Post Test research design. The population of the study was tennis players from Padang State Field Tennis Training who were 12–18 years old. Sampling uses census techniques. Blow skill data collection using Broer Miller Tennis Test which is carried out before treatment and after treatment, the treatment is given 16 times. Data was processed by paired sample t-test bound to $\alpha = 0.05$. The calculation results of paired sample t-test obtained related to the increase of tennis forehand punch skills is $0,000 < 0,05$ which means that the target moving method can improve forehand punch skills positively in tennis players at Padang State University Tennis Tennis Training.

Keywords: Method of Moving Targets · Forehand Ability Tennis Players

1 Introduction

The Indonesian nation as a developing country, today strives to develop and improve abilities in all fields for the progress and welfare of the nation, development basically demands healthy people spiritually and physically.

The Law of the Republic of Indonesia No.5 (2005:8) on the National Sports System states: “National sports aims to maintain and improve health and development, achievements, instill moral values and noble morals of sportsmanship, and discipline. Moreover, sports also aims to build national unity, strengthen national resilience and lift the dignity, dignity and honor of the nation.”

Faculty of Sports Science (FIK) Universitas Negeri Padang (UNP) is one of the higher education institutions in the field of sports and health that expands the task to prepare skilled and professional personnel in managing sports in the community. FIK

has a Sports Education major that aims very specifically, where students who choose this major are required in addition to being able to become a teacher, it is also required to be a coach who can prepare athletes to excel in accordance with the field they are engaged in.

Various reasons and objectives are put forward by experts to play court tennis, one of which is to achieve, according to the National Sports System Law Number 3 of 2005, "Achievement is the maximum result of efforts achieved by sportsmen or sports groups (*teams*) in sports activities."

One type of sport that is very well known and popular today one of them is tennis. Nowadays tennis has received considerable attention from the public. This can be seen from the high interest and the many interests of the people who play tennis ranging from children to adults, but many parents participate as well. Played a role in the design of the tennis. Now, tennis is no longer just for finding fitness or for recreation, but also has been used as a tool to achieve achievements.

Tennis merupakan permainan yang menggunakan alat-alat seperti raket, net, bola tennis, dengan teknik pukulan yang bervariasi mulai dari yang relatif lambat hingga yang very fast. Meanwhile, tennis is an individual game that can be done in a one-on-one or two-on-two way, using a racket as a beating device and the ball as an object to hit. Until now tennis has competed various numbers, namely tunggal putra, tunggal putri, ganda putra, ganda putri, dan ganda campuran.

To be able to play tennis properly, a tennis athlete must be able to master various basic techniques in the game of tennis, such as: *groundstroke forehand*, *groundstroke backhand*, *volley*, *service*, and *smash*. *Groundstroke* is a punch that is done directly before the ball falls on the field of play, then *service* is a punch that is done after the ball is first inflated, and has not had time to fall on the field of play, while *the smash* is a blow that is done above the head or *over head* before the ball bounces in the area of play.

Groundstroke is a punch that is done after the ball bounces first on the playing field both from the right and left, in general, *groundstrokes* there are two, namely *forehand* and *backhand*. A *forehand* is a punch that is done with the palm swinging the racket forward, while a *backhand* is a punch that is done using the back of the palm swinging the racket forward to hit.

At this time, *groundstrokes* are considered more important, because they can push the opponent or place the ball into the opponent's area at certain places as desired and can also be used to defend and get points. Brown (2002: 31) explained that "*Groundstrokes* are the most efficient punches in the sport of tennis and should be viewed as one of the main attacking weapons to continue the onslaught against opponents". Judging from the process of movement, *the groundstroke* technique is that the ball is hit after bouncing first on the field of play, where when doing the player must make movements to the right, forward, backwards, left and right in an effort to return the ball. In the game of tennis, *groundstroke* is currently one of the most important techniques to master properly, even now it is considered a deadly technique, *groundstrokes* can urge opponents can also be used to defend, and to earn points, both in singles games and in doubles games.

As explained above, a good *groundstroke* is when a player is able to hit the ball well and aim right at the intended target. The reality on the field at the moment, both in training, and matches, there are still many players who have not been able to do

groundstrokes. This can be seen from his movement when going to *groundstrokes* so that he always makes mistakes such as: the ball that comes out, high, hits the net, so that many points are obtained by the opponent. If this happens often, then the ultimate goal of every attack and match is to get a victory will not be achieved.

Forehand is one type of punch in playing tennis. According to Brown (2002: 11) “A *forehand* is a blow made by a right-handed player on a ball that is on the right side of his body or a blow made by a left-hander on a ball that is on the left side of his body”. Thus, in doing *the forehand* position of the body facing the direction of the ball and swing the hand from the outside towards the inside of the body.

2 Materials and Methods

This type of research is a pseudo experiment (*quasi-exceptional*), pseudo-experimental research with the aim of knowing the presence or absence of the influence of *the target moving* method on *the forehand* punch skill. The research design used is *One group pre-test post-test design*.

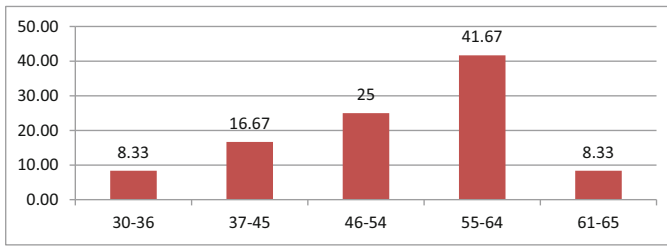
This study population is all tennis athletes at the Tennis Lapangan Universitas Negeri Padang Coaching club who are registered or actively participating in training, so the number of samples amounted to 12 people. This study used primary data types. The data source collected by the researchers was a tennis training tennis player at Padang State University who was selected as a sample. The instrument used to collect data by conducting a forehand skill test broer miller Test.

3 Result

Based on the results of data analysis on the Effect of Moving Target Method Exercises on Improving the Ability of Tennis Players To Train Tennis Court, Padang State University, in this section will be answered research statements in accordance with the formulation of problems that have been proposed previously and discussion of the findings. Based on the results of research that has been done that overall the influence of the Moving Target Method Exercise on improving the ability of tennis players tennis training court tennis court Universitas Negeri Padang is to make improvements to the forehand ability.

Pre Test Skills Hit Forehand

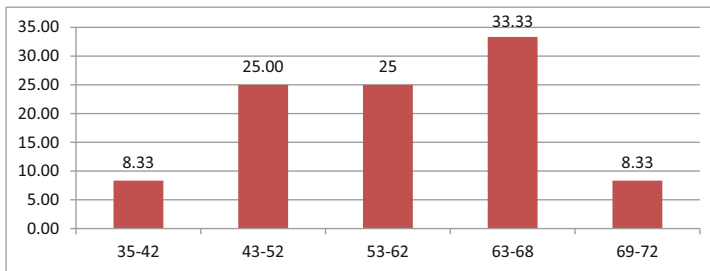
The *forehand* skill variable is judged by the coach. The result of the variable value of *the forehand* stroke of 12 people sampled before being given the target moving method program, the lowest value is 30 and the highest value is 61. The score distribution yields an average (mean) of 50.75, a middle value (median) of 54.5, and a standard deviation or standard deviation is 9.27.



Picture. Histogram of preliminary test data results of forehand punches

Post Test Forehand Punch Skills

The *forehand* skill variable is judged by the coach. The result of the variable value of *the forehand* punch from 12 sample people after being given the target moving method program, the lowest value is 35 and the highest value is 69. The score distribution yields an average (mean) of 57.75, and the standard deviation or standard deviation is 9.55.



Picture. Histogram of final test data results of forehand punches

Based on the statistical table summary of the results of the data above can be seen between the initial test data and the final test there is an increase, so it can be concluded that the target moving method has an influence on the improvement of *forehand* skills.

This study researchers wanted to find out the influence of the target moving method on improving the *forehand* skills of novice tennis players PTL UNP. The practice of forehands with the target moving method can have a significant influence on improving the forehand skills of ptl UNP novice tennis players. The results of *the testpaired sample t-test* on the target moving method obtained a sig value of $0.000 < 0.05$. The result can be interpreted that there is an influence of the target moving method on improving the forehand skills of novice tennis players ptl UNP. This is because the method supports the development of forehand skills. This method gives maximum emphasis to the player trained, so that the potential development of forehands becomes increased.

From the above opinion, it can be concluded that the target moving method makes it easier for the player to direct the punch to the target according to his wishes consistently.

4 Conclusion

Based on data analysis and language, it can be concluded that, the practice of *forehands* with the target moving method has a meaningful influence on the improvement

of *forehand* skills. If the forehand practice by dividing the subject matter into smaller or simpler parts is done in accordance with the given program, it will improve the skills of the forehand. In its implementation, the players will better understand each part of the *forehand*, because in this method the player will make a gradual movement where the player learns each method of tennis *forehand* practice one by one which finally all the movements of the punch can be directed to an empty area or far from the opponent.

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