

The Effect of Drilling Exercise using N and V Model to Improve Forehand Clear Technique for Badminton Beginner Players

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Abstract

This study aims to determine the effect of drilling exercise using N and V model on increasing the forehand clear technique for badminton beginner players. This study uses an experimental method. A sample of 26 people is taken by using purposive random sampling from 38 total of population. The results show that there is an effect drilling exercise using N and V model on increasing the forehand clear technique for beginners. Furthermore, there is a difference in the effect of drilling exercise using N and V model on increasing forehand clear technique for beginners. It means that the drilling exercise using N model is better than the V model to improve forehand clear technique for badminton beginner players.

Keywords: *Forehand Clear, N Model, V Model, Drill.*

INTRODUCTION

Badminton is a popular sport. According to (Bazipoor et al., 2017) said that badminton is a popular sport in which the foot and its movements play an essential role since the sport requires jumps, lunges, and rapid changes in direction. Furthermore, according to (Ivan et al., 2015), badminton is one of Olympic kinds of sports that include competitions in singles, doubles, and mixed categories. Badminton is one of the fastest-growing sports that are competed in the single, double and mixed categories.

Moreover, according to (Phomsoupha & Laffaye, 2015), badminton is a racket sport for two or four people, with a temporal structure characterized by actions of short duration and high intensity. Whereas (Yüksel & Tunc, 2018) state that badminton is a racquet sport in which leaps, veers, and quick arm movements are needed. This sport is played by two or four people without physical contact on a rectangular field which is divided into two equal areas with a net. Thus, it is necessary for a badminton player to practice leg movements related to speed, agility, and reaction speed.

According to (Bańkosz et al., 2013) said that badminton is a popular sport which can be practiced by anyone regardless of age or experience. Furthermore, (Poole, 2013) said that badminton could be played both indoors and outdoors. However, until now, all official tournaments have been playing at indoor courts. In Indonesia, children and adults alike fond of playing badminton. This can be seen by a large number of people in cities and villages playing badminton both in indoor court (closed court) and outdoor (open court).

The enthusiasm of the Indonesian people to play badminton is a stimulus to contribute a proud achievement to the country. There are numerous achievements of World Championships in Indonesia, such as at the All-England Championship, Thomas and Uber Cup, Sudirman Cup, Sea Games, Asian Games, and the Olympics. This accomplishment was

achieved through hard and programmed training from the ages of children to adults. Therefore, it indicates that the achievement can be reached by involving children and train them continuously. According to (Tangkudung & Puspitorini, 2012), training is a process that is repeated and improvised to increase the potential for achieving maximum performance. Furthermore, in line with Law Number 3 of 2005 concerning the National Sports System (Indonesia, 2005), which states that coaching and development of achievement sports are carried out by involving potential young athletes from the result of monitoring, scouting and talent development as a regeneration process. Thus, badminton training from an early age is needed as a regeneration process to obtain a proud achievement.

To achieve a proud achievement in badminton, indeed the training should be started at a young age. Young age is a productive age to get to know and start practicing badminton. Many young people, especially in North Sumatra, like to practice badminton. This can be seen from the number of children practicing in various badminton clubs and extracurricular at school. One of the schools that are practicing badminton extracurricular for beginners is Al-Fithriah School.

This school held badminton extracurricular in the afternoon. It was seen that the training was still centered on the coach (Coaching Centered) and practiced forehand clear with alternating drill players. The drill was done by a coach on the field, which uses a V model by feeding the ball to the player to make the forehand clear. The forehand clear done by the player was still not good, where the shuttlecock was still low, and the shuttlecock did not reach the back of the field. As (Zarwan & Arnando, 2016) said that lob is one form of a shot in badminton games to fly the shuttlecock as high as possible and fall in the back of the opponent's field. Thus the forehand clear is a shot that flies the shuttle as high as possible, so it is not easily attacked, and the shuttle falls on the opponent's field.

Next, the researchers conducted tests and measurements of the forehand clear to 10 players. From the test results, 80% (8 people) received bad grades, 20% (2 people) received good scores, and 0% (0 people) received good grades. From the results, the skills of players for this technique can be categorized as less good. Therefore, researchers are encouraged to assist players in the forehand clear exercises by creating a N model. The variation in the N model exercises is to hit the shuttlecock only the right side of the player, making it easier for player to hit the shuttlecock. With variation of this N model, it is expected that the results of forehand clear players can be increased. Mastery of this basic technique forehand clear is crucial because it is considered a foundation in playing badminton. The technique must be mastered by badminton players, with the aim and be able to restore the shuttlecock in the best possible way

Clear (Lob) Technique

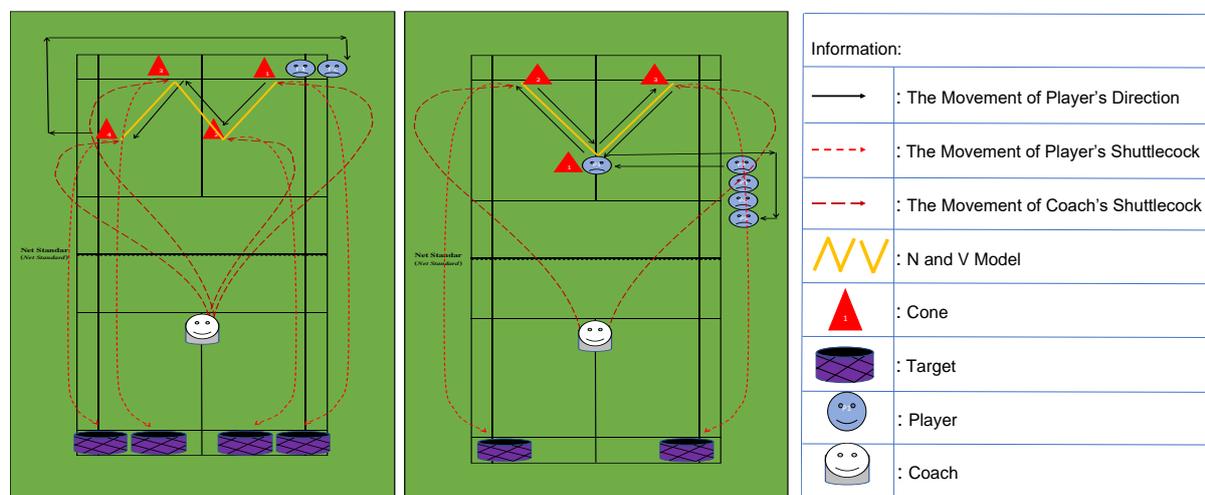
The clear (lob) is one of the basic techniques that must be done by hitting the shuttlecocks as far as possible towards the back of the field on a double line in badminton. As (Purnama, 2010), lob technique is fundamental in controlling badminton and are very good at preparing for an attack or fixing a difficult position when the player gets pressure from the opponent. Meanwhile, (Brahms, 2009), in the clear, the shuttlecock is hit right to the opponent's back boundary line and there are two types, the attacking and defensive clear.

Furthermore, (Tzetzis et al., 2008), forehand-clear: a high return stroke on the dominant side of the body that carries shuttlecock deep in to the backcourt. Meanwhile, according to (Zarwan & Arnando, 2016), the lob is one form of shot in the game of badminton to fly the shuttlecock as high as possible which leads and falls on the back of the opponent's field. This lob can be done from the top of the head (overhead), or from below (underhand), both with the forehand and with the backhand. Moreover, according to

(Purnama, 2010), the practice of mastering a proper lob technique is determined by the precision of the lob target and the direction of the hull (high or slightly horizontal). As a result, players can attack opponents or push positions towards the back of the field. Thus, the forehand clear intended in this study is a shot that hits the shuttle as high as possible and falls towards the back of the opponent's field so that the opponent is pushed back and it is difficult to attack.

N and V Model

N model; (1) player get ready and stand next to the field; (2) a player stands next to cone who is the first to take a forehand clear after receiving a shuttlecock bait from the coach; (3) the player takes a forehand clear in all of the cone's starting from the first to the fourth; (4) after taking a hit in the fourth cone, the player returns to the group beside the first cone by walking or running to wait for the next training turn. Meanwhile, V model; (1) player get ready and stand next to the field; (2) a player stands in the first cone to take a forehand clear after receiving a shuttlecock bait from the coach and then moving backward to the left again to hit the shuttlecock, and so on; (3) players take a forehand clear in the second and third cone; (4) after making a forehand clear 2 times in the second and third cone, the player returns to the group beside the field to wait for the next training turn. The following are the N and V model images used in this study as follows.



a. N Model

b. V Model

Fig.1. N and V Model.

Drill Method

According to (Sudjana, 1991), the drill method is an activity to do the same thing over and over again and thoughtfully to perfect a skill to become permanent. Then, (Saleh, 2006) said that the characteristic of this method (drill method) is the activity in the form of repetitive actions so that the stimulus and response association becomes very strong and is not easy to forget. Thus, a skill (knowledge) is formed which is ready to be used by the person at any time. Furthermore, according to (Sagala, 2009), the drill method is a training method to instill certain habits, as well as a means to acquire dexterity, accuracy, opportunity,

and skills. Thus, the drill method in this study is a forehand clear exercise that is done by repeating it using N and V model, so that the forehand clear is repeated well-controlled.

METHOD

This research is a type of experimental research method. This research was carried out on March 11, 2019, to April 20, 2019 at Beginners Badminton Extracurricular Players SD Al-Fithriah. The sample in this study was 26 people taken by purposive random sampling from a total of 58 people. Data collection techniques for the results of forehand clear are obtained by tests and measurements, according to James Poole. Data analysis was performed using IBM SPSS version 19 for windows.

RESULTS AND DISCUSSION

1. Results with a N model.

Table 1. The results of pre-test and post-test data using SPSS in the forehand clear training group with N model

No.	Player	Sample	Average Score	Sig. (2-tailed)
1	Pre Test	13	10,15	0,000
2	Post Test	13	20,15	

Based on the results of the analysis using SPSS version 19 from the table, it proves that the average result of the player's forehand clear ability before being given drilling exercise with a N model is 10.15. Meanwhile, after being given drilling exercise with N model, the average level of results was 20.00. Furthermore, based on the significance value, the value obtained is 0,000. The basis for decision making: If the significance value (2-tailed) <0.05, then there is a significant difference between the pre-test and post-test data, and if the significance value (2-tailed) > 0.05, then there is no significant difference between pre-test and post-test data. Thus, it was found that the Sig (2-tailed) value of 0,000 <0.05. These results indicate that there are significant differences between pre-test and post-test data. So it can be concluded that there is an influence of drilling exercise using a N model on increasing forehand clear technique for badminton beginner players.

2. Results with a V model.

Table 2. The results of pre-test and post-test data using SPSS in the forehand clear training group with V model .

No.	Player	Sample	Average score	Sig. (2-tailed)
1	Pre Test	13	10,39	0,000
2	Post Test	13	15,08	

Based on the results of the analysis using SPSS version 19 from the table, it proves that the average result of the player's forehand clear ability before being given drilling exercise with a V model is 10.39. Meanwhile, after being given drilling exercise with V

model, the average level of results was 15.08. Furthermore, based on the significance value, the value obtained is 0,000. The basis for decision making: If the significance value (2-tailed) < 0.05 , then there is a significant difference between the pre-test and post-test data, and if the significance value (2-tailed) > 0.05 , then there is no significant difference between pre-test and post-test data. Thus, it was found that the Sig (2-tailed) value of 0,000 < 0.05 . These results indicate that there are significant differences between pre-test and post-test data. So it can be concluded that there is an influence of drilling exercise using a V model on increasing forehand clear technique for beginners.

3. The results of the effect of drilling exercise to forehand clear with N and V model:

Tabel 3. Post Test Result between drilling exercises with N and V model using SPSS

No.	Result	Forehand Clear Exercise Group	Sample	Average Score	Sig. (2-tailed)
1	The result of Forehand clear	With a N model	13	20,15	0,026
		With a V model	13	15,08	

Table 3. shows the average results of the ability of forehand clear for players who are trained with drilling forehand clear with a N model of 20.15. Meanwhile, the average forehand clear ability of players trained with drilling forehand clear with a model V of 15.08. This means descriptively that the players ability of forehand clear who are trained with drilling exercise using a model N is higher than those who use the V model. Furthermore, the significance value indicates the level of significance (2-tailed) or p-value = $0.026 / 2 = 0.013$. Thus, the Sig (2-tailed) value of 0.013 < 0.05 , which means H_0 is rejected. Thus, the hypothesis proposed is tested by the data so that it can be concluded that the ability of forehand clear beginner badminton players who are trained with drilling exercise using a N model is higher than those using the V model.

CONCLUSION

Based on data analysis and discussion of research results, the following conclusions are drawn:

1. There is an influence of drilling exercise using a N model on improving the technique of forehand clear for beginners.
2. There is an influence of drilling exercise using a V model on improving the technique of forehand clear for beginners.
3. Drilling exercises using a N model is better than a V model on increasing forehand clear technique for badminton beginner players.

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