

## **The Analysis of Woodball Game on Long-Distance Shot Athletes IWBA Palembang**

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### **Abstract**

The problem of this research is to find out the analysis of the game of woodball in the long-distance shots of Palembang IWbA athletes. The aim of this study was to find out the Long Distance Shots of Palembang IWbA Athletes. The method used is the descriptive qualitative method. The object of research is four athletes, coaches, and the chairman of Palembang woodball. Data collection techniques using observation, interviews, and documentation. The data analysis steps are data collection, data reduction, data presentation, and drawing conclusions. The results of the study show that the analysis of the ability to hit long distances in Palembang woodball athletes is: 1) Implementation of Palembang IWbA athlete training which is currently not optimal and still has problems in hitting long distances 2) The basic technical skills of long-distance shots have not been achieved 3) Several factors inhibiting the development of woodball in Palembang. 4) The coach's difficulty in training or explaining long-distance shots.

*Keywords: Woodball Game, Long-Distance Shot*

### **INTRODUCTION**

In general, sport is one of the physical and psychological activities of a person that is useful for maintaining and improving the quality of one's health. From sports, you will also get pleasure, and satisfaction and can also generate enthusiasm. Sport is a systematic process in the form of all activities or efforts that can encourage the development and foster of the physical and spiritual potentials of a person as an individual or a member of society in the form of games, competitions, and intensive physical activities to obtain recreation, victory, and achievement. the pinnacle in the framework of forming a fully quality Indonesian human being based on Pancasila (FIK, 2015: 1). According to RI Law No. 3 of 2005 Chapter 1 Article 1 Paragraph (4) concerning the National Sports System, it states that sports are all systematic activities to encourage, foster, and develop physical, spiritual, and social potential.

According to (Kriswantoro & Anas, 2012, p.7) in (Dewi P. & Sukadiyanto, 2015, p. 229) One of the sports that is currently developing in the world is woodball. This is shown by the number of IWbF member countries until 2008, there were 29 countries spread across five

continents (International Woodball Federation, 2008). One of the 29 countries is Indonesia. Until 2012 the Indonesia Woodball Association (IWbA) already had regional administrators in 14 provinces.

Woodball is a sport that is played using wood from a modification of the sport of golf which is played individually or as a team by being beaten gradually until the ball enters the gate on each fairway. To play woodball well, a player must have basic technical skills. The basic technique is the initial stage for starting the game, namely with movements carried out in simple and easy conditions. The basic woodball technique is a technique without using tools and techniques using tools.

Movement techniques without tools include set up or preparation, swing movements, and pre-swing routines without tools. While the technique of using a tool is a pre-swing routine with a tool (mallet), long-range hitting techniques, medium-range hitting, close-range hitting, and hitting toward the gate. To hone the technique for the good of playing woodball, you need to practice at the available clubs. One of the clubs in the city of Palembang is IWbA. The achievements that have been achieved by Palembang IWbA athletes in woodball sports include PORPROV SUMSEL XII / 2019 which was carried out in the city of Prabumulih by winning 2 gold medals, 1 silver medal, 3 bronze medals. Other achievements that have in Palembang IWbA athletes achieved by participating in the regional championship which was held in Banyuasin Regency in 2019. Furthermore, the achievements that have been obtained by Palembang IWbA athletes were by participating in the Palembang Woodball Invitation Danrem 044/Gapo Cup championship in 2018 where Palembang became the overall champion and won 2 gold medals, 2 silver medals, and 3 bronze medals. The results of observations that have been made by researchers on Palembang IWbA athletes show that there are still problems that occur in woodball games, namely the lack of success rates in the basic techniques of hitting long distances.

The ability to hit long distances that have not been maximized and are still off-target can be seen when players hit the ball. Players also sometimes only hit using power, but when hitting long distances athletes must also be accompanied by full concentration so that the strokes become directional. Based on these problems, researchers are interested in conducting research on woodball.

## **METHOD**

In this study, the method used is qualitative research because the problems discussed in this study are not related to numbers, but rather aim to describe and describe, with the aim of increasing the long-distance hitting technique skills at Club IWbA Palembang. According to (Sugiyono, 2017, p. 17) the qualitative research method is a research method based on the philosophy of postpositivism, used to research natural object conditions, (as opposed to experiments) where the researcher is the key instrument, sampling data sources are done purposively and snowball, collection techniques by triangulation (combined), inductive/qualitative data analysis, and research results qualitative emphasizes more meaning rather than generalizations. Data collection can be done in various settings, various sources, and various ways. As for this study, researchers carried out various kinds of data collection techniques, namely interviews, observation, and documentation.

## RESULTS

In this case, the results of the analysis of the game of woodball in the long-distance shot of the Palembang IWbA athlete will be presented. At the first meeting which was held on May 22, he gave a research permit to the management and chairman of Palembang woodball address at Jalan Perwari no 66 RT/RW: 21/003 9 Ilir to request research permission. On Monday, May 24th, I went to a Palembang woodball trainer to ask for research permission.

Data obtained from observations or observations at field locations and recorded on observation sheets were carried out in addition to interviews with Palembang woodball trainers. These data cover the condition of the athletes, field conditions, and the status of the location as well as the obstacles faced by IWbA Palembang athletes in their ability to hit distance.

Based on the criteria that have been determined, the key informants in this study include the management and chairman of the Palembang IWbA, Palembang IWbA coaches, and Palembang IWbA athletes, totaling four people.

**Table 1. Details of the sources of informants**

No	Subject	Amount	Method
1	Palembang IWbA athletes	4	Observation / Interview / Documentation
2	IWbA Coach Palembang	1	
3	Chairman of the IWBA Palembang	1	
Amount		6	

This research was conducted on IWbA athletes, to be precise at Jalan Captain A. Rivai No.1, Lorok Pakjo, Ilir Barat I District, Palembang City. So the results of the data analysis that I did were 3 aspects, namely aspects of the athlete, aspects of the Palembang woodball chairman, and aspects of the coach. For more details, it can be described as follows:

**Table 2. Observation Results**

No	Indicator	Criteria		
		Well	Currently	Not enough
1	Environmental Conditions			
	a) Field conditions	<input type="checkbox"/>		
	b) Field conditions	<input type="checkbox"/>		
2	Athlete condition			
	a) Carry out exercises according to the trainer's program	<input type="checkbox"/>		
	b) Discipline of athletes during practice	<input type="checkbox"/>		
	c) Athlete's interaction with the environment	<input type="checkbox"/>		
	d) Appearance and professionalism as an athlete	<input type="checkbox"/>		
3	Trainer			
	a) Create training programs for athletes	<input type="checkbox"/>		
	b) Athlete interaction with the coach	<input type="checkbox"/>		
	c) Appearance and professionalism as a coach	<input type="checkbox"/>		

Based on the results of observations made by researchers on Palembang IWbA athletes, it shows that good environmental conditions can be seen from the field conditions and strategic locations and is often used as a place for Palembang IWbA athletes to train. The condition of the athletes is very good, it can be seen from how the athletes participate in training in a disciplined manner with good interactions between athletes and coaches in carrying out routine training.

## DISCUSSION

This research was conducted at Jalan Captain A. Rivai No.1, Lorok Pakjo, Ilir Barat I District, Palembang City which involved 6 informants including one Palembang woodball chairman, one Palembang woodball coach, and four Palembang woodball athletes. The results of research at IWbA Palembang showed that the problems that occurred with athletes were very

large, as can be seen from the results of interviews conducted by researchers on

As recorded by the results of interviews with these four informants, it is shown that motivation and joining IWbA Palembang athletes is due to factors from the coach and family. The four informants joined in 2017. When the interview took place it turned out that the four athletes had problems hitting long distances and there were also those who had no problems meaning they had mastered long-distance shots. Athletes who have not mastered long-distance shooting will of course be more dominant in listening to the coach's explanation. The four informants already have a little understanding of how to do long-distance shots without using a mallet or using a mallet, you can see how the athletes are more dominant in hitting using the techniques taught by the coach.

### **Trainer**

As claimed by the results of interviews with coaches, there are problems that truly make it difficult for coaches to develop and teach long-distance hitting techniques where athletes are still not serious and do not have a strong will to play woodball. This of course makes the coach have to think harder about how to invite his athletes to be more focused and listen to what the coach will say. In maintaining performance during matches the coach always does his training three times a week (Monday, Wednesday, and Saturday). Coaches also have to do sub-therapy to their athletes by multiplying and providing information about long-distance hitting techniques, both by explaining directly with practice and inviting athletes to seek information through social media. This will certainly add insight to athletes and maintain athlete performance during competitive events. Talking about long-distance shots, the informant has a specific strategy to improve his performance against Palembang IWbA athletes, where he applies this strategy in training, especially long-distance punches. The first strategy is to swing the mallet more and more without using the ball, starting from the attitude of the grip and the stance so that by swinging the punch it will form its own abilities. The reason the informant was motivated to become a Palembang IWbA trainer was that the informant wanted to further develop the sport of woodball. the informant has a specific strategy to improve his performance against Palembang IWbA athletes where this strategy is applied in training, especially long-distance shots. The first strategy is to swing the mallet more and more without using the ball, starting from the attitude of the grip and the stance so that by swinging the punch it will form its own abilities. The reason the informant was motivated to become a Palembang IWbA trainer was that the informant wanted to further develop the sport of woodball. the informant has a specific strategy to improve his performance against Palembang IWbA athletes where this strategy is applied in training, especially long-distance shots. The first strategy is to swing the mallet more and more without using the ball, starting from the attitude of the grip and the stance so that by swinging the punch it will form its own abilities. The reason the informant was motivated to become a Palembang IWbA trainer was that the informant wanted to further develop the sport of woodball. so that by swinging the punch it will form its own capabilities. The reason the informant was motivated to become a Palembang IWbA trainer was that the informant wanted to further develop the sport of woodball. so that by swinging the punch it will form its own capabilities. The reason the informant was motivated to become a Palembang IWbA trainer was that the informant wanted to further develop the sport of woodball.

## **Chairman of IWbA Palembang**

As stated by the results of interviews conducted by researchers with sources of informants, the development of woodball in the city of Palembang is still not optimally developed, and where this sport is not yet very familiar among the people of the city of Palembang. That way the informant invited all the people of the city of Palembang, especially young people who like to exercise by promoting woodball through radio or other media. This of course will make woodball sport known to many people in addition to special coaching for athletes who excel, of course, will get contributions from KONI.

From the discussion above, it can be concluded that the information obtained during interviews with informants was not in line with observations made in field research. During the interview, the athlete really understood and already understood how to do the correct technique in long-distance shots, but during the observation, athletes were so unenthusiastic and there were still many mistakes in long-distance shots. The observation results show that the athlete's long-distance hitting during training is not optimal

## **CONCLUSION**

As the results of qualitative research using observation techniques, interviews and documentation carried out on Palembang IWbA athletes regarding The Analysis of Woodball Game on Long-Distance Shot Athletes IWbA Palembang got some conclusions are drawn. The conclusion is presented as follows:

1. In accordance with the data obtained by the researchers, the implementation of IWbA athlete training in Palembang is currently not optimal and still has many problems in hitting long-distance shots.
2. Some of the inhibiting factors for the development of woodball in Palembang have motivated the woodball chairman himself to develop woodball in Palembang through radio or other media.
3. The coach's difficulty in training and explaining long-distance shots makes athletes less confident in hitting. Another inhibiting factor is the very minimal assistance from KONI, which makes athletes less enthusiastic about practicing.

## **SUGGESTION**

Based on the results of research conducted on Palembang IWbA athletes, the researchers provide suggestions that might be input for Palembang woodball athletes, coaches, and administrators regarding the analysis of woodball games in long-distance shots of Palembang IWbA athletes as follows:

1. Athletes are expected to be more active in training regularly and hone long-distance shots, especially in basic techniques.
2. The coach suggests making a routine training program for a long-distance shot in every game.

- To the Chairperson of IWbA Palembang to continue to improve and supervise the implementation of Palembang woodball's athlete training activities and also pay attention to coaching athletes.

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