

DEVELOPMENT OF A SHADOW TRAINING MODEL TO IMPROVE THE AGILITY OF WHEELCHAIR BADMINTON ATHLETES

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ABSTRACT

Agility is important to train for wheelchair badminton athletes, agility for wheelchair badminton athletes needs to be specially created. This research aims to develop a shadow training model design to improve the agility of wheelchair badminton athletes. This type of research is Research and Development with an ADDIE (Analysis, Design, Development, Implementation, and Evaluation) design. The research subjects were 9 material experts and 3 media experts. The instruments used were interviews, questionnaires, and agility tests with the Illinois Agility Test. Data analysis uses descriptive and inferential statistics. The results of the research show that the shadow training model developed aims to increase the agility of wheelchair badminton athletes which consists of 6 forms of training, the program is implemented over 12 meetings, frequency 3 times a week with Super Maximum intensity, the number of sets consists of 2 to 7 sets and recovery between sets for 3 to 5 minutes. The model developed includes (1) instructions for use, (2) objectives to be achieved, (3) presentation of material, (4) attention-grabbing materials in the form of images and explanatory text. Product specifications are equipped with a complete training program along with intensity and recovery

Kata Kunci: *shadow, agility, badminton, wheelchair*