

DEVELOPMENT OF BASIC MOVE TRAINING MODEL OF FOREHAND GRONDSTROKE AND BACKHAND GROUNDSTROKE FOR 8-12 YEARS OLD CHILDREN THROUGH ACTION METHOD APPROACH IN TENNIS GAME

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ABSTRACT

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Abstract

The forehand and backhand groundstroke techniques are the most dominant technique used in playing tennis, but the techniques are the most difficult basic technique for children to learn, especially for children aged 8-12 years old. The fact on the field shows that coach has difficulty in teaching the two techniques. Some coaches teach/ train forehand groundstroke and backhand groundstroke techniques with the same model for all age levels of tennis players (children, youth, and adults) without regard to the ability level of basic move possessed by trainees. The research aims at developing the model of basic move training of forehand and backhand groundstroke techniques that is relevant for children aged 8-12 years old through mental action approach in tennis game.

Method used in this research used research and development method. Research subjects were the association/ school of tennis of 8 - 12 years old children in the Special Region of Yogyakarta Province totalling 25 children. Data collection in this development research employed the phases according to Borg and Gall's research and development model with 10 steps in its development model. The approach in development research used quantitative and qualitative approach (mixed method). Quantitative data collection instrument was obtained from the results of pre-test and post-test scores, while qualitative data were taken from questionnaire and interview.

Research results indicate that it has been successfully developed: (1) module products of forehand and backhand groundstroke basic motion model for children aged 8-12 years old based on tactical approach has high inter-rater reliability coefficient (ICC), (2) the module product of the model development of forehand and backhand groundstroke basic motion training with excellent content validity coefficient, (3) module product of model development of forehand and backhand groundstrokes basic move training is effective used to improve the ability, motivation, and spirit of training for children aged 8 - 12 years old (as applied to beginner-aged children). The results of this research are expected to be used as prototype for the development of specific motion training models in tennis games at the ages of 13-15 years and 16-18 years old (junior age).

Keywords: Basic Move Training Model, Forehand and Backhand Groundstroke, 8-12 Years Old

Kata Kunci: *Basic Move Training Model, Forehand and Backhand Groundstroke, 8-12 Years Old*