

DEVELOPMENT OF LEARNING MODEL OF FOREHAND AND BACKHAND BASIC VOLLEY TECHNIQUE OF TENNIS BASED ON INTEGRATED TRAINING/CPS FOR JUNIOR TENNIS PLAYER AGED 8- 12 YEARS OLD

by ngatman dkk

ABSTRACT

Forehand volley and backhand volley strokes are as important as service, forehand and backhand groundstroke in tennis. This is due to volleyball can be used as a weapon to obtain points in single or multiple games. This research aims to develop a learning model for basic techniques of forehand and backhand volley basic technique in tennis based on "integrated training / CPS" approach for junior tennis players aged 8-12 years old. This is based on the fact that: knowledge and understanding of tennis coach/ trainer in teaching forehand and backhand volley techniques according to the level of junior players' ability to train is still less, the instructor / coach often has difficulty in teaching both volley techniques, so far the learning methods used still applies conventional methods so as to cause boredom in training children to follow the practice, the lack of innovative learning approaches in teaching forehand and backhand volley techniques.

Method used in this research used research and development method. Research subjects were tennis junior tennis associations/schools aged 8-12 years in Special Region of Yogyakarta Province with 25 players. Data collection in this research development used phasing in accordance with Borg and Gall research and development model with 10 steps in the development model. The approach in this research development used quantitative and qualitative approaches (mixed method). Quantitative data collection instruments obtained from the results of pre-test and post-test scores, while qualitative data were taken from questionnaires and interviews.

Research results show that (1) the provision of pre-test and post-test multiple choice questions for junior tennis players aged 8-12 years is very helpful in the process of settling the knowledge and understanding of tennis players in mastering the basic techniques of forehand and backhand volley, (2) observation sheets are successfully developed that can be used to assess perception, decision, execution, feedback, attitudes and behavior of junior players aged 8-12 years when performing basic forehand and backhand volley techniques, (3) product learning module for forehand and backhand volley basic learning module. has been successful to be developed based on integrated training / CPS approach for junior players aged 8-12 years with high inter-rater coefficient reliability (ICC), (4) product module development model for learning basic techniques of forehand and backhand volley with very good content validity coefficient, (5) product module of forehand and backhand volley basic technique learning development model is effective to be used to improve skills, motivation, and enthusiasm of training for junior tennis players aged 8-12 years old. Thus, it can be concluded that the results of this research are expected to be used as a prototype for the development of specific movement training model in tennis for junior tennis players aged 13-15 years and 16-18 years.

Kata Kunci: *Basic Movement Training Model, Forehand and Backhand Volley, Integrated Training Approach, CPS, Aged 8-12 Years*