INOVASI TIPE LATIHAN DENGAN METODE SIRKUIT TERHADAP KETERAMPILAN TENIS MEJA: LITERATURE REVIEW

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ABSTRACT

Skill is an important indicator in the game of tennis
table. Because table tennis skills ideally have serving skills,
forehand drive, and backhand drive. Skilled table tennis athlete
good serve, forehand drive and backhand drive will be easy
win a match or game. Therefore, innovation is needed
type of training with renewal and continuously developed for
improve table tennis skills. One way that can be done
used to improve serve, forehand drive, and backhand skills
The drive is to use an innovative type of exercise with a circuit training method.
The aim of this research is to innovate the type of exercise using the circuit method for
improve table tennis skills. The method in this research uses
mixed qualitative and quantitative methods (mix method). In this research
There are two steps: the first step uses the literature review method.
The technique used is PRISMA (Preferre Reporting Items for Systematic
Reviews and Meta Analysis) after finding related articles. Second step
using expert judgment to assess the form of skill practice with
circuit method. The number of research subjects in the second step was seven experts
with a classification of four theorists and three practitioner experts. Data collection technique
using the Delphi technique, where every expert or expert judgment is not
meet to provide grades and revision input. First step instrument
using a questionnaire with a rating scale of 1 to 4, value 1 is not relevant, 2 is quite relevant, 3 is relevant, 4 is very relevant. Data analysis using Aiken's V
to seek expert agreement.
The results of this research show that all aspects get a V value.
The first aspect is the suitability of relevant concepts to the training objectives V= 0.952.
The second aspect of the exercise movement is relevant to the training objectives V = 0.952. Aspect
the three modifications are relevant V = 0.952. The conclusion of this research is
the form of training has good content validity so that it can be used
in improving table tennis skills.

Kata Kunci: *skills, forehand drive, backhand drive, table tennis*