

# VALIDASI DAN EFEK KOMBINASI LATIHAN DRILL-SIRKUIT TERHADAP KETERAMPILAN TENIS MEJA MELALUI KOORDINASI DAN REACTIVE

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## ABSTRACT

Skill is one of the important factors in successful table tennis performance. An athlete's skill level greatly influences victory in a match. The skill component cannot be separated from physical ability, namely coordination and reactive agility. However, the lack of effectiveness of the training methods used and not paying attention to coordination abilities and reactive agility results in athletes' skills not being optimal. Therefore, effective and efficient training methods are needed. The aim of this research is to modify the form of training by applying the circuit method to table tennis skills in terms of coordination and reactive agility. The research method uses a mixture of qualitative and quantitative methods. Data collection used a literature review, Focus Group Discussion (FGD), and Delphi technique. The research instrument uses a Likert scale with criteria 1-4. Data analysis used thematic and Aiken analysis. The results of this research are the content validity of the suitability aspect of the training items with the training objectives used, getting a value of  $V = 0.952$ , the exercise modification aspect which is relevant to the principle of individualization used, getting a value of  $V = 0.952$ , the suitability aspect of target width getting a value of  $V = 0.952$ , the procedural aspect used gets a value of  $V = 0.952$ , the duration aspect of the exercise gets a value of  $V = 0.857$ , the suitability aspect of the sequence of training models gets a value of  $V = 0.810$ , and the aspect of frequency, sets, repetitions used gets a value of  $V = 0.810$ . Intraclass Correlation Coefficient test results obtained a value of 0.726. The conclusion in this research is that the type of training using the circuit method to improve table tennis skills through reactive agility and hand eye coordination has good expert agreement, so that it can be continued to the next stage, namely to determine the effectiveness of the training program.

Kata Kunci: *skill, coordination, reactive agility, table tennis*