

# THE EFFECTIVENESS OF ACCURACY TRAINING TO IMPROVE THE SERVICE SKILLS OF BADMINTON ATHLETES

by Sigit Nugroho, Amat Komari, Riky Dwihandaka dan Duwi Kurnianto Pambudi

## ABSTRACT

The serve is the first stroke that starts a game of badminton which can be done either backhand or forehand. This research aims to test and determine the effectiveness of accuracy training in improving badminton athletes' short serve ability, which consists of backhand and forehand serves in badminton.

This research uses a quasi experimental designs research method with a one group time series (pretest one post test) design. In this design, the first observation (pretest) is carried out after that the posttest observation. The treatment group was measured by providing accuracy training on short serve abilities consisting of backhand and forehand in badminton. The research sample was taken from the existing population using a non-random sampling technique with a purposive sampling method. Data collection is obtained through tests and measurements. The test instrument used to measure forehand and backhand short serve ability is the Frank M. Verduci serve test which was developed by Nugroho (2016). The data analysis technique used is three prerequisite test methods, namely normality test calculations, homogeneity tests, and hypothesis tests. Hypothesis testing uses the t test "paired sample t test and independent sample t test".

The results of the research show that the backhand and forehand service groups obtained a significance value of 0.000, so it can be seen that the significance value for both is less than 0.05, thus there is a significant influence on each backhand service and forehand service group. The difference in influence can be seen from the average results obtained by the backhand service group which was 25.85 while the average for the forehand service group was 20.28, so the difference between the two averages was 5.57. It can be concluded that the backhand serve group further improved the ability of basic short serve techniques.

Kata Kunci: *Practice, Accuracy, Serving, Badminton*