

# THE EFFECT OF TRAINING METHODS AND COORDINATION ON THE SKILLS TO RECEIVE THE FIRST BALL ON THE GAME SEPAK TAKRAW

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## ABSTRACT

The purpose of this study was to determine: (1) the difference in the effect of the individual and paired passing training methods on the first ball receiving skills of Sepaktakraw, (2) the difference in influence between athletes who have high coordination and low coordination on the skills to receive the first ball, and (3) the influence of the interaction between the training method of passing the pass to the individual wall and in pairs and coordination (high and low) on the skills to receive the first ball of Sepaktakraw.

This study used an experimental method, with the design of this study using a 2 X 2 experiment. The subjects of this study were 24 athletes of the PSTI club Sleman students. The instruments used for this study were: (1) Sulaiman's (2011) first ball receiving skill test, this test aims to measure the skill level or ability of a player to receive the first ball from an opponent's service in the game of Sepak Takraw and (2) Sepak Sila test from (Thamrin, 2008) to measure coordination. Data collection techniques through tests and measurements.

The results of the study are: (1) There is a significant difference between the training methods of passing the pass to the individual wall and the pair on the skills to receive the first ball in Sepaktakraw. The training method of passing the pass to the wall in pairs is higher (good) compared to the training method of passing the pass to the individual wall on the skills to receive the first ball in Sepaktakraw, (2) there is a significant difference in influence between athletes who have high coordination and low coordination on the first ball receiving skills sepak takraw. Athletes who have high coordination are better than low coordination on the first ball receiving skills of sepak takraw, and (3) there is a significant interaction between the training method of passing the pass to the individual and paired walls and coordination (high and low) on the first ball receiving skills.

Keywords: Training Methods, Coordination, Skills to Receive First Ball, Sepak Takraw

Kata Kunci: *Training Methods, Coordination, Skills to Receive First Ball, Sepak Takraw*