

THE EFFECTIVENESS OF STROKE AND DRILLING TRAINING ON BADMINTON SMASH ABILITY

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ABSTRACT

The smash is a technique in badminton that is used as an attack and to determine winning points during the match. A smash is said to be good if it meets three criteria, namely; fast, precise and accurate. This study aims to test and determine the effectiveness of stroke and drilling training in improving the smash ability of badminton athletes. 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 types of stroke training and drilling training on smash ability 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 smash ability is the smash accuracy test that has been determined by PBSI with a validity of 0.773 and a reliability of 0.994. The data analysis technique used is three prerequisite test methods, namely normality test calculations, homogeneity tests, and hypothesis tests. Hypothesis testing using two-way ANOVA (two-way ANOVA) The results of the research show that there is a significant difference in the influence between drilling and stroke training methods on badminton smashes, with an F value of 4.545 and $p < 0.05$. The stroke training group is a more effective method than the drilling training method in improving the smash ability of badminton athletes with an average difference between the two groups of 1.8. It can be concluded that drilling training further improves the smash ability of badminton athletes

Kata Kunci: *exercise, drilling, stroke, smash, badminton*