

# **INNOVATION “SPORT COACHING GAMES” OF BASIC MOVEMENT JUMP-PIVOT-BALANCE TRAINING IN RITMIC GYMNASTIC BASE ON HIGHER ORDER THINKING SKILL (HOTS) AND CGFU-PM515 CONCEPT**

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## **ABSTRACT**

This study aims to develop a model of sports coaching recognition with a play approach in order to improve skills, especially in rhythmic gymnastic training. This research doing for continuing research later in 2019. This developed model is aimed at innovation of multilateral coaching model to welcome the era of educational industrialization era 4.0. now the development of education has reached the speed of IT utilization very quickly. The method used in this research with Borg and Gall approach, with 10 steps. Play is an excellent alternative for developing cognitive, affective, psychomotor and social skills in gymnastic sport. Based on this, it will be developed an effective model to improve the understanding of concepts, with higher order thinking skill approach and ways of thinking of children more effectively and efficiently in learning sports. the game will be packed with creative innovations and fun based on the basic concept of multilateral motion of the sport (ie Jump-Pivot-Balance). in this research will be developed 10 game model. This research will produce a method of sports training at the multilateral stage of the sport called CGFU-PM (Coaching Games For Upgrading Performance Model), in spesialy rhythmic gymnastic sport. If this is resolved properly, it will be a solution to improve early childhood motivation to learn the sport with pleasure. Within a structured period of time, there will be an increase in the ability to understand the concept of motion in the sport, be able to do well, and be fun, and improve their skills. The result of the research was develop innovation model coaching games for basic movement Jump, Pivot , Balance. The Basic model started with analyze critical point movement, difficulties analysis, nature activity in games, coaching approach in practice, and assessment in aspect performance, skill and soft skill. Conclusion, a new model coaching games for Basic Movement Jump, Pivot, Balance can be alternative for a new method coaching and visible to do practice.

Kata Kunci: *coaching, Games, Rhythmic Gymnastic, performance, HOTS, CGFU-PM*