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Analysis Of Footwork Ability In Badminton Games For Children Aged 10 – 12 Years At Yanti Jaya Badminton Club

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Abstract

This study aims to determine the ability of footwork in badminton games for children aged 10-12 years at the Yanti Jaya Badminton Club. The type of research used in this research is descriptive quantitative research. Quantitative descriptive analysis is used to collect, summarize and interpret the data obtained, which is then reprocessed so that it is expected to produce a clear, holistic picture of the problem that is the object of research. The population in this study were 20 members of the Yanti Jaya badminton club. The sample used was 20 people using a sampling technique, namely Saturated Sampling (census). The results of the study obtained the proportion of the effects of the ability to walk from 20 people or (100%); the results of the excellent category were four people or (20%); the moderate type was 14 people or (70%), and the poor class was two people or (10 %). Thus, the ability to footwork in badminton games for children aged 10-12 years at the Yanti Jaya badminton club is in the moderate category with a proportion of 70%. This proves that the analysis of footwork ability at the Yanti Jaya badminton club is already good and needs improvement to achieve more on the field

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INTRODUCTION

Badminton is a racquet sport played by two people (or two couples) on a court divided into two parts by a net. Badminton is a game in which the implementation uses a racket and shuttlecock tool. The game can be done one-on-one (single) or two-on-two (double). A

racket is a tool used in badminton to hit the ball (shuttlecock) while playing. Rackets are usually made of wood or synthetic materials that are lighter and stronger, such as carbon or fibreglass. The racket has several main parts: the grip, shaft, and head. The racket function as a means of hitting the shuttlecock. A

shuttlecock, more commonly known as a shuttlecock, is a small ball used in badminton. The shuttlecock consists of a head or hat of goose or ducks feathers and a bottom or body of rubber or foam.

The game aims to hit a single or double shuttlecock (ball) into the opponent's area and prevent the opponent from hitting back into our area. The player or pair with the highest score will win the set or match. Reliable badminton players need various requirements, one of which is mastery of the basic techniques of the game of badminton. In badminton, there are various basic techniques, including service, smash, lob, drop, and footwork.

Badminton is able to play a role in uniting sociality in almost all circles. In the world of sports, badminton is a game that all walks of life enjoy. Badminton can penetrate the lower class to the upper class. Almost in every country, badminton can give a positive role in changing negative individual views into one thing that can contribute to work.

This is one of the essential elements in badminton because every movement requires agility to produce a variety of good, precise, and precise moves. Such abilities require excellent coordination components, and gaining agility requires exercises that can improve those components. To improve these various components, various forms of exercise can be applied, including footwork exercises (Sedo instructions).

A coach can provide footwork exercises (sedo instruction) to his athlete using the eight

cardinal directions, where the coach acts as instruction. Each athlete is allowed to proceed in a certain direction according to the coach's direction, thanks to the commands contained in the instructions.

Players with a strong level of agility have fast legs to move places when calculating the speed of the shuttlecock, making it easier to perform pedestals with support legs when moving later. Players with good agility will find it easier to move to catch the shuttlecock, and it may also be easier to place positions. Young players at Club Yanti Jaya must undoubtedly be equipped with some training that encourages players to move agile and move direction agilely to improve their ability to train their feet when playing badminton. According to Harsono (2001), a shuttle run is one form of agility training.

From the observations made by the researcher, it can be clearly seen that foot processing is a severe problem in the Yanti Jaya Club camp. Therefore, the researcher wants to know how much ability the Yanti Jaya club badminton players have. Improving the aspect of foot exercise requires special treatment and structured exercises. If someone already feels happy when doing exercises, the person will be more motivated and more active in practice practising. Any goal you want to achieve will be easy to obtain. Just like in a badminton game, if we do it doingness of pleasure, it will only give good results.

This leg exercise aims to improve shadow movement during badminton matches. In badminton, shadow movement is significant

because it allows the player to reach and hit the shuttlecock precisely within his own playing area. Therefore, a coach should perform a series of exercises to help an athlete become more agile. Agility training for an athlete should include many different types of exercises. It is necessary to do several variations to prevent boredom when the athletes are training.

However, many coaches still provide agility training materials to their athletes who are not in the program, so it is unclear when agility training will be given. An exercise program that is less considered will make athletes tend to feel bored with forms of exercise that are done too often. Bored athletes will tend to use less severe exercise techniques, making it challenging to build better foot movements and produce subpar workout results. The researchers aimed to propose an optimal form of footwork to improve footwork after realizing this. Badminton agility is successfully mastered with consistent practice and the correct training program.

METHODS

The type of research used in this study is quantitative descriptive research. Quantitative descriptive research is used to collect, summarize and present the data obtained, which is then reprocessed so that it is expected to produce a clear, thoroughly directed picture of the problem that is the object of research. According to Sugiyono

(2007), a population is a generalized area of objects or subjects with specific quantities and characteristics set by researchers to be taught and then concluded. The population in this study was Yanti Jaya badminton club participants, which amounted to 20 participants. The Non-Probability Sampling technique chosen is Saturated Sampling (census), a sampling method if all population members are used as samples. This is often done when the population is small, less than 30 people (Supriyanto and Machfudz, 2010). The number of samples in this study was 20 respondents.

The data collection technique was carried out with a series of foot exercises to measure the agility of foot movements that stepped forward right-left, right-left side, and right-left back in badminton games. This test was developed by Tohar (1992). This test has a validity of 0.98 and a reliability of 0.93. Data analysis techniques were used with computer assistance through the SPSS program version 25.0, with testing Descriptive Test, Analysis Prerequisite Test (Normal Data City), and Hypothesis Test (Correlational Test).

FINDINGS AND DISCUSSION

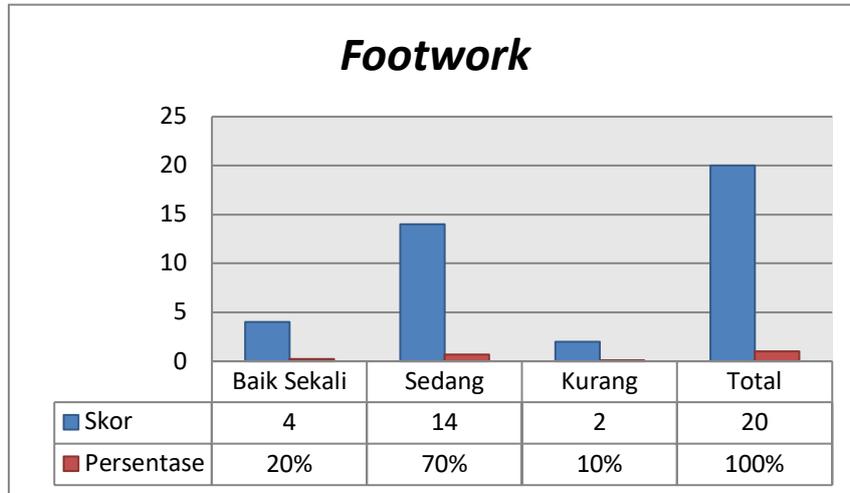
Findings

Shows the percentage of footwork ability data results obtained in the category of either four people or (or 20%), medium category as many as 14 people or (70%) and less category as many as two people or (10%). So it can be seen that the results of the

footwork ability data of children aged 10-12 years at Club Yanti Jaya obtained the highest frequency in the "medium" category with a

value of 70% or as many as 14 people. The diagram can be seen in Figure 1 below.

Figure 1. Footwork capability diagram



Discussion

Based on the data that has been obtained in the study Analysis of footwork ability in badminton games for children aged 10-12 years at the Yanti Jaya badminton club, this is by the results of observations and test results of conducting badminton techniques with the acquisition of the following data: percentage of data results Footwork ability of 20 players or (100%), either category as many as four people or (20%), medium category as many as 14 people or (70%) and less category as many as two people or (10%). Thus, the percentage of the final data results of footwork ability in badminton games for children aged 10-12 years at the Yanti Jaya badminton club is in the Medium category. It can be described as follows:

Footwork skills in badminton games for children aged 10-12 years at Yanti Jaya badminton club, which gets the "Very Good" category percentage of 20% (4 players in Yanti Jaya badminton club), because Yanti Jaya badminton club can practice a combination of specific movements Basic Badminton Techniques, implementation stages, and advanced Badminton techniques, which are good at performing techniques in the game of badminton and all the necessary movement components has been able to be mastered by these players so that when doing a technique in the game of badminton has not made a mistake, this is because the players have gone through regular training and discipline to improve their abilities, fundamental badminton techniques.

The ability of footwork in badminton games for children aged 10-12 years at the Yanti Jaya badminton club, which gets the "medium" percentage category of 70% (14 players of the Yanti Jaya badminton club), the Yanti Jaya badminton club still needs to be improved so that in doing the Basic Badminton Techniques can be better and correct, when doing the Basic Badminton Techniques still make mistakes at the implementation stage and advanced Badminton Techniques that It is still wrong to affect the points they get in the game of badminton. The test results could be more optimal because the player still needs to be focused on training.

The ability of footwork in badminton games for children aged 10-12 years at the Yanti Jaya badminton club, which gets the category of "less" percentage of 10% (2 players at the Yanti Jaya badminton club), the Yanti Jaya badminton club has not been able to perform the Basic Badminton Techniques correctly proven when doing the Basic Badminton Techniques still make mistakes at the time of technique The basis, stage of implementation and advanced techniques of badminton are still wrong so that it affects the points they get in the game of badminton. The test results obtained are not optimal because the player still needs more focus and concentration in training. Coaches and coaches are expected to provide motivation and training programs that can improve the badminton skills of the players.

The temporary conjecture in this study is in line with the results of frequency descriptive analysis; it can be concluded that the results of the medium category obtained the highest value of 70%; this proves that for analysis, The footwork ability at Yanti Jaya badminton club is good and needs to be improved again to be more accomplished in the field of badminton.

Several factors support improving the ability to play badminton. For badminton players, excellent physical needs or abilities are essential because, in the game of badminton, various physical components are needed to support them to play well to achieve maximum results.

The physical needs of badminton players include two aspects: physical coaching in general and physical coaching in particular. Physical coaching generally includes endurance, strength, speed, agility, and flexibility. Physical coaching specifically includes stamina, coordination, balance, accuracy, automatization, and body composition. In addition, the mental factor of the player also determines the quality of play.

Thus, a conclusion can be drawn that the level of footwork ability at Yanti Jaya badminton club. The medium category is influenced by several elements that are very influential on the ability of badminton, especially badminton. Therefore, the basic skills of badminton players need to be considered again, especially by coaches. With good basic skills, it can improve the

badminton game of the Yanti Jaya Badminton club.

CONCLUSSION

Based on the results of the research and discussion described above, it was concluded that the ability to footwork in badminton games for children aged 10-12 years at the Yanti Jaya badminton club was a suitable category of 4 people or (20%), a medium category of 14 people or (70%) and a category of less than two people or (10%). Thus, it can be concluded that the footwork ability in badminton games for children aged 10-12 years at the Yanti Jaya badminton club is in the medium category with a percentage of 70%.

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