

SHOOTING TRAINING MODEL DEVELOPMENT OF PETANQUE FOR BEGINNERS

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Abstract

Petanque sports are games that prioritize very high shooting accuracy so that petanque sports are known as sports that have a high level of throwing accuracy. The purpose of this study was to develop a petanque sports shooting training model for beginners. This study uses a development research method from Borg and Gall. The research was conducted in the petanque field of South Sulawesi. The subjects in this study were South Sulawesi petanque athletes. Data analysis was performed using SPSS 21 software. Based on the data obtained, from the results of field trials and discussion of research results, it can be concluded that: through the validity test carried out using the expert justification test produced a product in the form of a Petanque shooting training model as many as 10 training models.

Keywords: Training Model, Shooting, Sports, Petanque and Beginners

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INTRODUCTION

Sports besides entertainment are also activities that can be used to maintain physical fitness (Ranasinghe et al., 2020). Sport is a form of physical activity that can improve physical fitness. In sports, it not only increases physical abilities but also creates a sense of pleasure and normalizes a situation that has reached the point of saturation. For this reason, exercise is important as a fulfillment of the needs in carrying out daily activities (Dlis, 2015). Furthermore, obey (Darmadi & PD, 2019), sport is seen as a tool to uphold the name of the nation on the world stage, sports peak achievements cannot just be obtained but must go through a systematic and tiered process using a scientific approach. The pillars of national sports development in Indonesia starting with recreational sports and educational

sports as the culmination are sports achievement. Petanque sport originating from France is a game of dexterity throwing a ball made of metal or called *bosi*, approaching the target ball made of wood or called *boka* (Okilanda, 2018). Petanque is the world's most egalitarian sport. It can be savored by almost anyone, regardless of age, gender or physical constraints (Putman, 2011). Petanque is played on a 4 mx 15 m pitch on hard ground, gravel, rock, sand and grass. The original form of the game appeared in 1907 in La Ciotat, in Provence, in southern France. Its name comes from *Les Ped Tanco* in the Provençal dialect of Occitan, which means "meeting feet". The world Petanque International Federation is under the auspices of FIPJP (Federation Internationale de Petanque et jeu Provençal) while for the Asian region under APSBC Association Petanque and Sport Boules (Prad, 2019).

According to the Confederation Mondiale Sport Boules (Kharim, 2018) Petanque is a form of boules in which the goal is to throw an iron ball (boules) as close as possible to a wooden ball called a jack and both feet must be in a small circle, there is also a special competition for shooting. Furthermore (Suwanto et al., Nd) stated that Petanque is a form of boules that aims to throw an iron ball as close as possible to a wooden ball called a 'jack' and the player's feet must stand in a small circle on the ground. This game is usually played on hard ground but can also be played on grass, sand or other ground surfaces. The development of Petanque sports in Indonesia is quite rapid. It became known since 2011 along with the establishment of the Indonesian Petanque Sports Federation (PB FOPI).

In the singles and doubles categories each player has three boules. A coin is tossed to determine which side the player plays first. The team began to draw circles on the ground with a diameter of 35-50 cm. All players must throw their boules from within this circle, with both feet remaining on the ground. The first player throws a 6-10 meter jack, at least one meter from the border. They then visualize an imaginary circle with the jack as the center and the jack-boule distance as the radius of that circle and defend by all legitimate means. (Ramdan Pelana et al, 2020)

In this sport there are two basic techniques that are very important to be mastered by players, the first is the pointing technique and the second is the shooting technique. But what the researchers focused on was the basic shooting techniques. because after the researcher conducted a survey and saw the data of the championships that had been followed. Researchers found that South Sulawesi Petanque athletes still lacked variations in shooting training so they rarely donated gold medals or minimal achievements in shooting numbers, even though there were no gold medals that were won by South Sulawesi petanque athletes at the National Championship, only in several championships or national events that got medal in shooting number, namely at the 2016 West Java PON Exhibition, won a bronze medal in the shooting man number, silver medal at POMNAS Makassar 2017 shooting women number, silver medal at POMNAS Jakarta 2019 shooting man number. So the urgency of this research is the need to develop a Petanque Shooting Training Model for Petanque Athletes to improve the quality of shooting throws and the achievements of Petanque South Sulawesi athletes at the national and international levels.

METHOD

In general, the results of development research are to produce new products that will later be used in training activities to make it easier for trainers to provide several types of shooting training exercises for petanque sports to achieve the expected training results. The research was carried out in the Petanque Field, FIK UNM Makassar date Nopember 2020. The subjects in this study were Petanque athletes in South Sulawesi Province.

The final result of this development research is a petanque shooting training model for novice athletes in the form of a complete training design with product specifications as well as testing the effectiveness of the training model made, so that it can improve the quality of shooting throws for petanque sports and can also be used as a grip in training. The research and development in this exercise uses the Research & Development (R & D) development model from(Borg & Gall, 1983) consisting of ten steps.

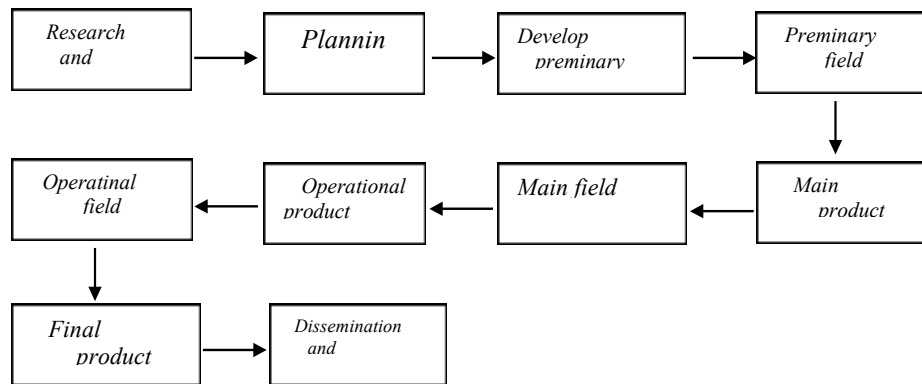


Figure 1. *Instructional Design Rand D* (Borg & Gall, 1983)

Conceptually, the research and development approach to the Borg and Gall model includes 10 general steps, the adaptation is realized in the form of target technical planning and the types of activities to be carried out in each stage. If the ten steps of research and development are followed correctly, it will produce an accountable training product. The end result of research and development activities is a petanque sports shooting training model for beginners. Of course, the final results of this research and development will produce a new training model design complete with product specifications, so that it can be used as a guide in the training process.

RESULT AND DISCUSSION

Overall, there are two general objectives that will be expressed in the preliminary study or needs analysis, namely: 1) How important is the development of a petanque shooting exercise model for beginners. 2) What are the constraints and support found in the development of the Petanque sports shooting training model for beginners. The training model to be developed is the result of problems found by researchers in the field through observations and interviews as well as personal experiences as national coach of petanque sports. Based on observations and interviews conducted by researchers, the general objectives of developing the Petanque sports shooting training model for beginners are obtained, in addition to some general objectives the researcher can also find out



some of the characteristics of the subject from the training model to be developed.

The results of the data that the researcher has collected through interviews and field observations, are then processed and described in writing and a conclusion is drawn, while some conclusions from the results of interviews and field observations can be described as follows, that the petanque shooting exercises that have been carried out are less varied and it is too monotonous because it has not used training models that combine various kinds of movements and physical exercises so that the training process can produce maximum output, namely being skilled and also fit concentration and focus (Arisman et al, 2021). So that every athlete must have a petanque shooting training program that is programmed and systematic. As said by (Bompa & Buzzichelli, 2018) that exercise is exercise is a systematic sport activity for a long time, progressively and individually that leads to the characteristics of human physiological and psychological functions to achieve predetermined goals. This was clarified by (Sukadiyanto & Muluk, 2011) that training is a process of change towards the better, namely to improve the physical quality, functional abilities of the body's equipment, and the psychological quality of the training children.

The introduction of the petanque sport shooting training model pattern in training must be given frequently and have an increase in the quality of training, both during training, especially when competing. The coaches must optimize the abilities of the players as well as the facilities and infrastructure around the field because training is focused on the instructor not on the athlete (Bustomi, 20200. The results of the preliminary study or field findings are further described and analyzed so that these results are descriptive and analytical in nature, with reference to the objectives of the preliminary study. The following will describe the results of the needs analysis and field findings obtained by researchers.

Table 1. Results of Needs Analysis and Field Findings

No.	Question Points	Findings
1	What are trained in petanque shooting practice?	Trainers have taught several types type of training, but not

		maximized in the match.
2	Is the Petanque shooting practice material provided every month?	Petanque shooting material is rarely given varied training by the Petanque coach team because the material is not updated with current conditions.
3	What facilities and infrastructure what are used for shooting petanque training model?	Petanque sports facilities and infrastructure used in shooting training are cirle, jack, boule, markers, wooden blocks and petanque field.
4	How is the enthusiasm of the petanque athletes when participating in each shooting practice?	The athletes were less enthusiastic when participating in shooting practice due to boredom during training.
5	What efforts have been made so that the athlete can be interested in following the training process?	The petanque coach team has done their best so that petanque athletes can follow every training process by incorporating elements of competition.
6	What does each model of petanque shooting practice need?	In general, athletes and coaches really need various types of shooting training models that vary during practice in order to improve shooting skills.

The preparations carried out by the researcher: 1) The tools used in this study such as circle, jack, boule, shooting kit, chalk, wooden blocks, tape measure and petanque field; 2) The field or area used for the conduct of research must pay attention to the safety factor (safety) and the perfection of the field and away from dangerous objects, 3) The sequence of game models ranging from warm-up games

to core games is already systematic, 4) The training models presented have their characteristics leading to Petanque shooting exercises. 5) The involvement of the coach to be active as part of the children / athletes in training is needed so that athletes can be enthusiastic so that they become more focused during training. 6) Based on a needs analysis and product revisions,



Figure 1. shooting game practice model 1

Throw shooting in a standing position using your right and left hand from inside the circle then throw the target ball that has been determined. The throw starts at 6.5m, then ends at 7.5m, 8.5m and ends at 9.5m. 10 balls are thrown at each distance. The athlete throws the target ball which is black



Figure 2. shooting game practice model 2

Throw shooting in a standing position using your right and left hand from inside the circle then throw the target ball that has been determined. The throw starts at 6.5m, then ends at 7.5m, 8.5m and ends at 9.5m. The number of balls thrown is 10 balls per distance, then throws the target ball from the farthest ball in sequence to the closest.



Figure 3. shooting game practice model 3

Throw shooting in a standing position using your right and left hand from inside the circle then throw the target ball that has been determined. The throw starts at 6.5m, then ends at 7.5m, 8.5m and ends at 9.5m. 10 balls are thrown at each distance. The black ball is the target ball and the wooden ball is the hitch ball, throwing without hitting the hitch ball



Figure 4. shooting game practice model 4

Throw shooting in a standing position using your right and left hand from inside the circle then throw the target ball that has been determined. The throw starts at 6.5m, then ends at 7.5m, 8.5m and ends at 9.5m. 10 balls are thrown at each distance. The black ball is the target ball and the wooden ball is the hitch ball, throwing without hitting the hitch ball



Figure 5. shooting game practice model 5

Throw shooting in a standing position using your right and left hand from inside the circle then throw the target ball that has been determined. The throw starts at 6.5m, then ends at 7.5m, 8.5m and ends at 9.5m. 10 balls are thrown at each distance. The black ball is the target ball and the white ball is the hitch ball, throwing without hitting the hitch ball.

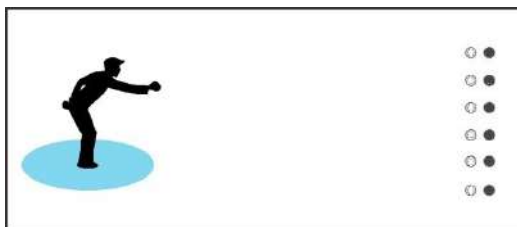


Figure 6. shooting game practice model 6

Throw shooting in a standing position using your right and left hand from inside the circle then throw the target ball that has been determined. The throw starts at 6.5m, then ends at 7.5m, 8.5m and ends at 9.5m. 10 balls are thrown at each distance. Then throw the boji which is blocked by the obstacle ball. The target ball is the black one and the white ball is the hitch ball, throwing it without hitting the hitch ball.



Figure 7. shooting game practice model 7

Player A gives a pass to player B, then player B gives the ball to player C, and player C passes back to player B, after controlling the ball player B then gives a cross pass to player D to the opponent's defensive circle, and player D short passes to player A who runs forward, player A shoots towards the goalkeeper



Figure 8.shooting game practice model 8

Throw shooting in a standing position using your right and left hand from inside the circle then throw the target ball that has been determined. The throw starts at 6.5m, then ends at 7.5m, 8.5m and ends at 9.5m. 10 balls are thrown at each distance. Then throw the bosi and try to get it out in the hole that has been made.

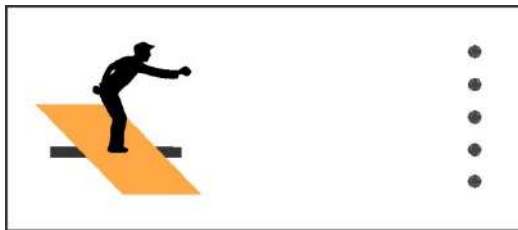


Figure 9.shooting game practice model 9

Throw shooting in a standing position using your right and left hand from inside the circle then throw the target ball that has been determined. The throw starts at 6.5m, then ends at 7.5m, 8.5m and ends at 9.5m. 10 balls are thrown at each distance. The athlete throws while standing on the balance board provided then throws the target.

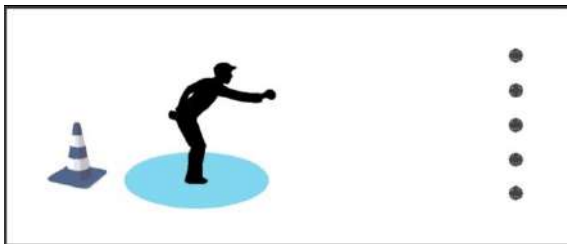


Figure 10.shooting game practice model 10

Throw shooting in a standing position using your right and left hand from inside the circle then throw the target ball that has been determined. The throw starts at 6.5m, then ends at 7.5m, 8.5m and ends at 9.5m. The number of balls thrown is 5 balls per distance. After making one throw the athlete rotates / touches the markers on the back, then returns to the circle to throw again and so on.

Expert tests conducted by three experts, there are several constructive suggestions for perfecting shooting practice models in petanque sports, including:

- 1) It is necessary to add a distance symbol in each type of exercise.
- 2) The drawing on each model must have a clear direction and purpose of the exercise.
- 3) There needs to be a combination of skills training with the formation of elements of physical components.
- 4) Petanque athletes must know the shooting throw rules during practice and matches.
- 5) The time lag required when practicing one training model to the next training model takes how long it takes to implement it.

6) Movements must start from easy to difficult levels, namely movements starting from the basics, variations, and combinations and complexity of movements, 7) Implementation instructions must be made clearly so that they are easy to understand, 8) The drawing of the model must be clear according to the correct movements, 9) Petanque shooting practice models must use safe and comfortable equipment. 10) The movement being trained must be comprehensive from the upper and lower body parts, the dominant and non-dominant body

Then the next development stage is to use the model in small and large groups, the results are as follows: 1) Basically all variations can be applied, but the training model must be adjusted from the easy level to the difficult one so that the ability can increase quickly. 2) The need for good physical abilities such as eye and hand coordination, strength, accuracy, balance and endurance. 3) It is necessary to have examples of movements in advance in each training model so that it is easy to understand the series of movements, 4) It is necessary to have sufficient heating to support the training process 5) Use of adequate facilities and infrastructure that is safe and comfortable can affect the quality of skills training 6) Repetition of the training model must be done at least ten times so that the research subject can carry out their duties smoothly so that the output of the developed model can be accounted for and produces mature skills, 7) The time lag between instruction and implementation must be adjusted to the needs. 8) Providing clear regulations and implementation limits will make it easier to coordinate research subjects

After the results of the development of the shooting training model product in the petanque game sport have been tested on a small scale and have been revised, the next step is to do large group trials. Based on the results of limited trials (small group trials) that have been evaluated by experts, then the researchers revised the initial product and obtained 10 shooting training models in the petanque game sport with a wide variety of variations, combinations and complexity of movements from easy training models to training models difficult to use in large group trials.

The next step after the model underwent a second stage revision of 3 experts

and small group trials, then continued by testing the product in a large group using 60 research subjects, 30 research subjects were used as the treatment group and 30 research subjects were used as the control group. The treatment group is a group of research subjects who are given exercise treatment with developed training models, namely shooting training models in petanque sports. the provision of treatment is carried out within a period of 3 months, starting from January to March with a total of 16 meetings. During the study, the treatment group was given 2 models of petanque shooting exercises at each meeting.

Finally, the effectiveness test, the assessment data of 60 research subjects on the effectiveness of the shooting training model in the Petanque game sport is shown in the following table. Based on the output results using SPSS 21, the average value of shooting before being given the Shooting Training Model to Petanque Athletes in South Sulawesi is 14, 23 and after being given treatment with the Shooting Training Model in Petanque Athletes of South Sulawesi is 22.33, which means that the average value of the shooting training model in Petanque athletes has increased. The results of the coefficient test that the Shooting Training Model for Petanque Athletes in South Sulawesi before and after being treated were 0.751 with a p-value of $0.00 < 0.05$, so the conclusion is significant.

In the t test paired sample test was conducted to determine whether there was an increase in the achievement of shooting practice results after receiving certain treatment. Based on the paired sample t test in this study, it is known that the Sig value (2 tailed) is 0.000. which means less than 0.05 or $0.000 < 0.05$. So we can know that there is a real difference between the pre-test data and the post-test shooting data for Petanque athletes in South Sulawesi. Based on this information, it can be said that the shooting training model in petanque athletes developed is effective and can improve shooting practice in petanque athletes in South Sulawesi.

CONCLUSION

Based on the data obtained, from the results of field trials and discussion of

research results, it can be concluded that: Through the validity test carried out by using expert justification test, the product is a shooting training model for South Sulawesi petanque athletes as many as 10 training models. The shooting practice model developed is more varied and can be used during practice. That the shooting training model for South Sulawesi petanque athletes that has been made by the researcher resulted in 10 shooting training models for South Sulawesi petanque athletes can be applied effectively and efficiently. Because the results of the data obtained by the shooting practice model are valid based on the analysis of the presentation of the evaluation results by the test subjects.

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