# The Development of *Sepak* Takraw Skill Training Model Based on Drill Double Event in South Jakarta Club Takraw

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## Abstract

This study aims to determine the needs of *Sepak* Takraw athletes in improving the skills through base on drill double event players in South Jakarta Club Takraw. In 2011, Indonesian Takraw team got gold medal in SEA Games, and in 2013 got silver medal. In the Singapore SEA Games, Indonesian Takraw team got only one bronze medal. Its decrease in Indonesian achievements in the *sepak* takraw branch in particular double event number. Based on the background, *Sepak* Takraw team need a training model program. The researcher analyzes the needs of players through an explanatory sequential mixed approach, namely conducting quantitative research with survey methods and then arranging detailed results through a qualitative approach. Qualitative data was obtained through observations during drill double event based Takraw playing skills. The researcher worked with 12 athletes by conducting interviews for 30 to 40 minutes. This study was conducted for 12 weeks. The results of this study indicate that the development of skills training model through guidebooks is said to be feasible to use in Takraw practice. An increase in service, smash and double event feedback. *Sepak* Takraw skill training based on drill double event model is effective and improves the skills of athletes. So that this research can be implemented in every training of *Sepak* Takraw players to improve the quality of the game.

**Keywords:** development, sepak takraw skill training model, drill double event

**Introduction**

Activities and human needs are more complex in carry out daily economic, social, political life, and one of them in the world is sports because it is a specific form of human motion that has diverse directions and objectives a phenomenon relevant to social life from each person. Related to this regulation No.3 Year 2005 about National Sports there are three sports scope such as education sports, recreation sports and achievement sports. One of achievement sports that is national culture is *Sepak Takraw* That is one of history sports and Indonesian culture (Hanif, 2015:6). Traditional sport *Sepak Takraw* wellborn from Indonesian earth and have long been develop in our nation by society especially who life in beach area such as Riau province, Sumatera Province and Makassar. A long time ago *Sepak Takraw* in Makassar called *Sepak Ragayang* by society in there. It was played by fisherman to fill in time before them going to sea. (Hanif, 2015:11).

Eventhough *Sepak Takraw* is still underestimated by public society, this sport is one of Indonesian original sport called *Sepak Raga*. It was one of Indonesian children game in the village used ball made of rattan (Yusuf, 2001, p.3). The potential of *Sepak Takraw* in Indonesia is very high, but the program isn't systematic and effective which causes athletes unable to achieve optimal and coherent (Hananto & Rachman, 2013:2). Service training methods in several *Sepak Takraw* coaching club, generally use overall training method without in stages observation from service step process that applies effectively and efficiently. This mean service is hard, sharp and directional to the opponent's field without having to go through an attack by releasing excessive energy. In addition, that is able to do if part of training method applied maximally through the development of model or power position and follow through in performing service (Hanif, 2015:60). To be able *Sepak Takraw* game well, in addition to having to have an excellent physical condition, technical and tactical skills need to be understanding (Thamrin, 2006, p.5). When a player can control the ball from an opponent's smash that is far from the body, so the player must move quickly, precisely and the body must remain stable and the ball can be saved (Darwis & Basa, 1995, p.21).

Training is one of the process to prepare athlete for high performance, the ability of a coach to direct optimization of performance is achieved through the development of a systematic plan of training that utilizes the extensive knowledge gathered from various disciplines (Bompa & Haff, 2009:2). The training model of *Sepak Takraw* service or the beginner *Sepak* is the beginning of *Sepak Takraw* game, because the game start is decisive so the beginner need training for the beginner *Sepak*. If the *Takraw* who *Sepak* by field out player and stuck in the net, then

team got loss. And opponent got points. The service training can be start from easy level to difficult level. The training can be give through habitual training, determined target training and training with opponents. The service movement with target being fastened or tied. This training can use tolls such as ropes, targets, tied *takraw,* or with simple target such as friends' hands. The principles of training are things that must be known by a trainer and then the goals of training can be achieved in accordance with objectives. If the principle of this training isn't done well, that isn't reach a desirable target but can be lead to bad training. And remember the athletes can't be improve their physically skills or technically skills so that is difficult to reach achievement and maybe athletes will get injured (Lubis, 2013:12). Based on Darwis in Winarno (2004:16) there are five training in *Sepak Takraw,* the first is form *Sepak* such as *Sila Sepak,* turtle *sepak, cungkil sepak, sepak with soles of the feet, and badek sepak or side sepak.* The second is using the forehead, the side and the back. The third is using the chest, using on and use the shoulder.

This research based on Supaporn Silalertdetkul (2016) which states that *Sepak Takraw* practices contributes to an impact on inflammatory markers in male athletes. Meanwhile, assessment of a proposed model periodic *Sepak Takraw* training program also had a positive impact for increasing skills acquisition and competition performance of the players. (Martin, 2009:24). In the *Sepak Takraw* progress, management implementation analysis of centralization education and training sport also needed. Because to maximize the athletes facility needs. (Putra, Siswandari, & Purnama, 2018:331). This study has a different focus from previous research above. The development of training model *Sepak Takraw* based on drill double event through guidebooks is a priority of this study. The research question is How is the development of training model *Sepak Takraw* based on drill double event in South Jakarta Club Takraw ?

**Method**

This research based on Creswell (2017) mix method research with explanatory sequential mixed method. This approach involves a two-phase project in which the researcher collects quantitative data in the first phase, analyzes the results and then uses qualitative. The chosen research location is South Jakarta Club Takraw. The study was conducted for 12 weeks. Data collection was carried out through surveys obtained from male athlete at South Jakarta Club Takraw. The aim is to generalize the population from the sample so that

conclusions can be made temporarily about the characteristics, behavior or attitude of the population (Babbie, 1990). In addition, using surveys makes it easier for researchers to collect data. The survey was conducted with 42 athletes' men. Meanwhile, qualitative data collection was carried out by observing according to the instruments and interviewing random 12 athletes 'selected from 42 athletes'. The results from quantitative and qualitative data are analyzed separately. Then quantitative results are used to help follow up qualitative data. The focus of observations, this research is only on the service training model, smash and *Sepak Takraw* feed based on drill double event. The exercise is carried out through several stages, namely, fundamental training is a training stage regarding the basic materials of *Sepak Takraw*. Furthermore, the related game is the second stage that practices basic material into small games. The last game situation is the stage of playing in the field.

**Service Training Test**

To get observations in accordance with the instrument, the design in this double event service drill research is as follows:
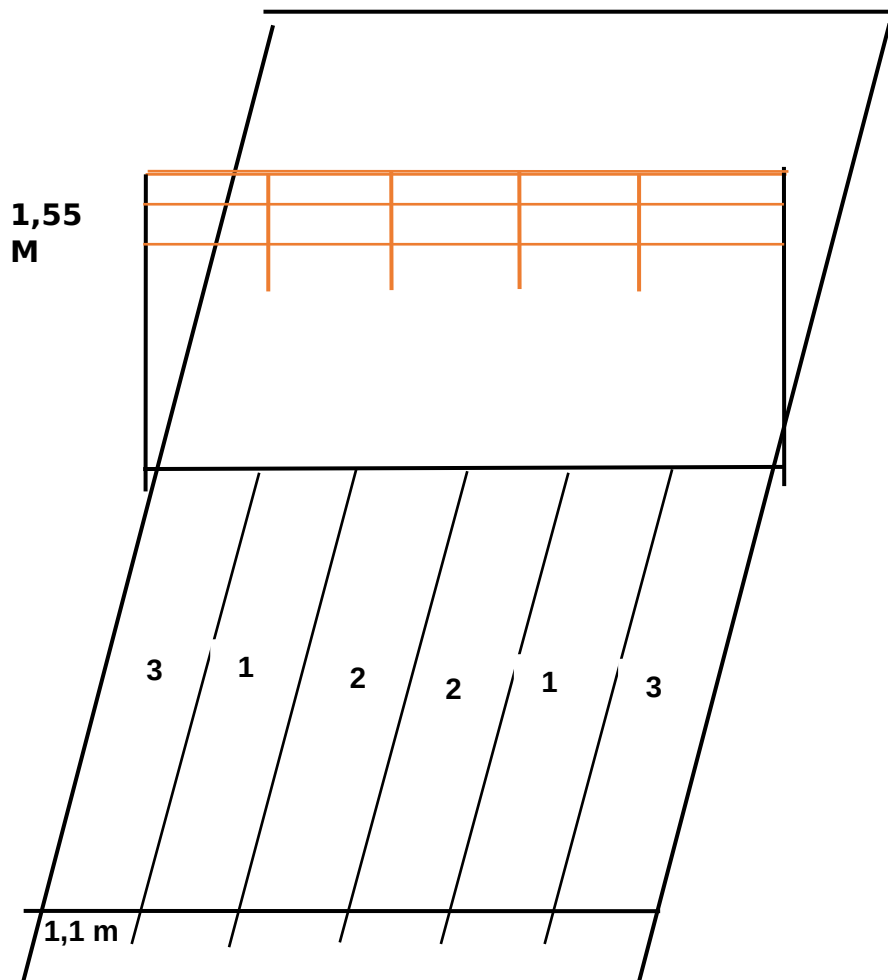
Picture 1. Service Training Test Field
(Private Document)

These rules and procedures for service training are that each player carries out a number of ten Takraw services with a target of half the field to the left of the *Sepak Takraw* field. Furthermore, each player carries out a service of ten takraw balls with the right target. Before carrying out the test the participant performs a three-time to heating and numbers 1, 2 and 3 are service target viewed from the difficulty level. For tools and size of field test service based on drill double event namely field length 13.40 cm, field width 6.ten cm, men's net height 155 cm and test target distance based on difficulties 1.1 cm.

**Smash Training Test**

This training is conducted to determine the ability of players to do a smash that leads to the goal to get a high score in ten times through a drill double event.
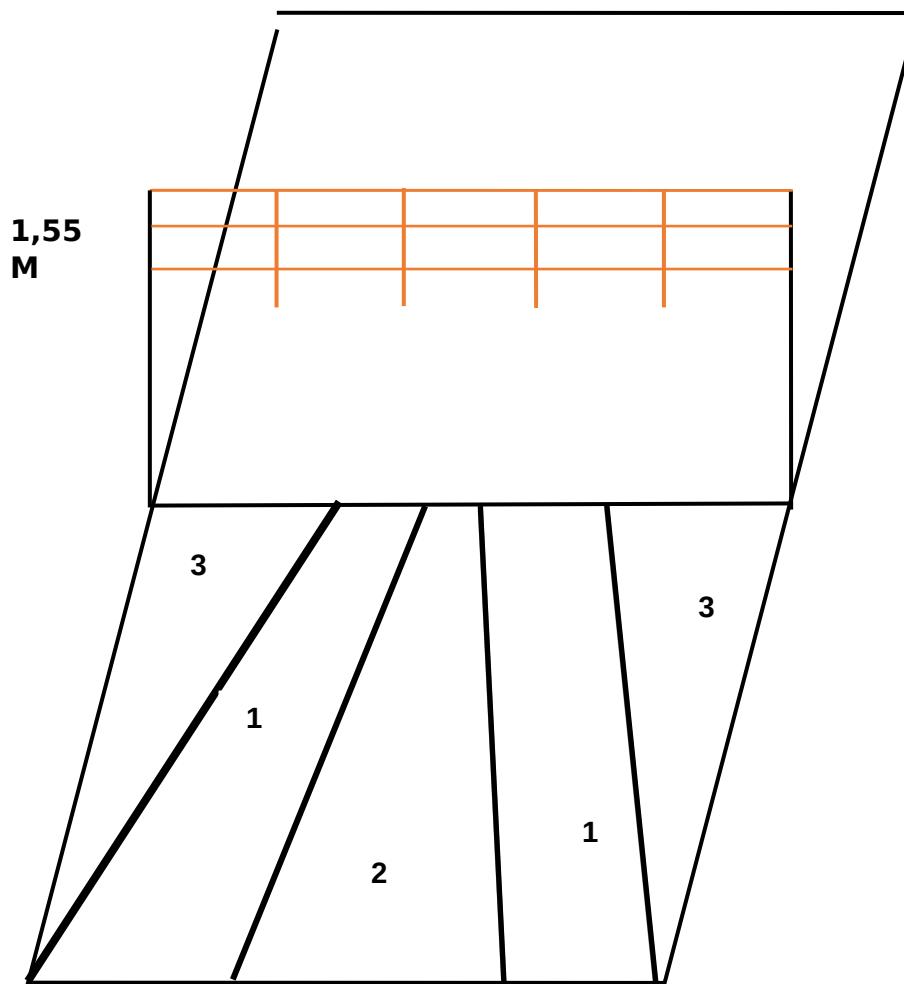


Picture 2. Smash Test Field
(Private Document)

In this test the researcher made observations by seeing the correct smash if the ball that was smashed did not involve the net and fell into the score. Then the smash ball must be done in ten times and get a high score. The distance between the back lines is 2.03 cm, the numbers are given based on the target, the participants carry out ten times smash 3 sets and participants can try 3 repetitions.

**Umpan Training Test**

This training is carried out to measure the skills to do the following bait is a training test:
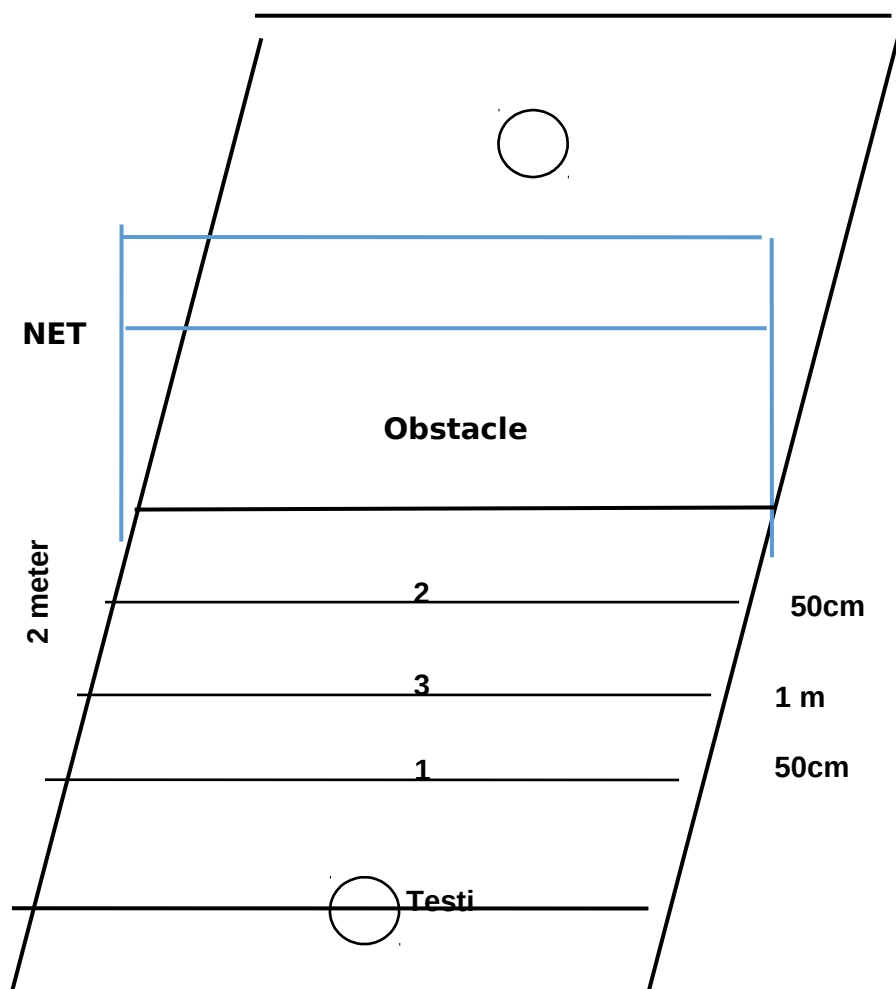


Picture 3. Umpan Training Test Field
(Private Document)

The athlete tries to enter the ball in the area provided, with the score according to the difficulty level for the bait technique. The distance between obstacles is 50cm, 1m and 50cm from each obstacle. Players may control with their head, thighs, and controlled once or twice then bait. The recorded score is according to the score printed on the target where the ball fell. If the ball falls on the target line, then the calculated score is a score with a target that has a bigger score.

**Results and Discussion**

**Feasible to use in Takraw practice**

In analyzing the results of observations of the service training model, Sepak Takraw smash and feed, there are several models that were demonstrated. For service training based on drill double event models, namely: double event service model, imagination of motion and exposure position, double event service model bet straight, right and left footsteps, double event two bet service model, service model double event hanging ball, service model double event bet forward behind, double hull service model itself, double event service model bet around the right and left target of two fields, double event service model hit by net and screw, double event service model using rope tool tied to the foot, double service model right target target event, double event obstacle and target service model, double carpet event service model on the net, free carpet double event service model, and double event service model for smash defense target.

Besides that, the smash training model also has several models that are played, namely smash model with the target standing in the chair, the four point ball hull model smash, hanging ball model smash twenty-one times, while the right crossing model positions 1,2,3 and 4 , cross model smash with Pull twenty-one times, smash model maximal speed position one, smash model position ready to fight target kick, smash model first ball free new smash, target smash paired model 1,2,3 and 4, position model of squat jingrat then smash five minutes, the model of receiving a small ball four points from the bait coach himself smash, the smash model is straight center from the right corner of the bait and the smash model games use a smash racket.

Then for bait model training based on double drill events such as position 1,2, and 3, bait one meter from the net, bait one step, feed receive sila right, left, thigh, bait use right target rope left bait, bait target foot right and left enter the circle, the bait with the target, the bait survive the first ball racket, the bait with the wall, the right and left side position of the coach, the half-field racket ball feed and the two-pair double event feedback

"the model really needed for *Sepak Takraw*"-athlete 3

"this guidebook is useful as a reference in *Sepak Takraw* training"-athlete 2

"training through guidebooks is very easy to understand"-athlete 4

"The guidebook of *Sepak Takraw* practice model provides innovation in conducting training"- athlete 5

"In this guidebook, there are many examples of variations in *Sepak Takraw* exercise"- athlete 6

Based on interviewed with several athletes, 'showed that the guidebook containing variations of *Sepak Takraw* practice was very complete. Bompa and Haff (2009: 2) regarding Training is one of the processes to prepare athletes for high performance, the ability to coach a direct optimization of performance. Through a guidebook that is used as an easy model for athlete to understand and become an innovation in process to get high performance. So that athletes are able to know material such as service, smash and double event bait.

**Increase in service, smash and double event feedback**

Products that are developed in printed form (books) have been tested on a limited basis by developers and colleagues, making it even more convincing that the product has functioned as planned. Based on the results of the analysis conducted by researchers in collaboration with 42 athletes' before using the *Sepak Takraw* model training manual based on drill double event:

**Table 1. The Result of Pre Test**

| No | THE EARLY RESULTS TEST OF SMASH, DOUBLE SERVICE EVENTS AND BAIT DOUBLE EVENT WITH TEN BALLS | | | | | | TOTAL |
|---|---|---|---|---|---|---|---|
| | SERVICE *DOUBLE EVENT* KRS | SERVICE *DOUBLE EVEN T*PLS | SMASH KRS | SMASH PLS | BOUNCE BAIT | STAND BAIT | |
| 1 | 6 | 5 | 4 | 6 | 4 | 5 | 31 |
| 2 | 7 | 5 | 3 | 5 | 5 | 6 | 33 |
| 3 | 5 | 4 | 4 | 4 | 3 | 4 | 31 |
| 4 | 6 | 5 | 5 | 5 | 5 | 3 | 30 |
| 5 | 6 | 5 | 6 | 5 | 6 | 5 | 28 |
| 6 | 6 | 6 | 3 | 5 | 3 | 4 | 28 |

| | | | | | | |
|---|---|---|---|---|---|---|---|
| 7 | 5 | 5 | 4 | 5 | 4 | 3 | 24 |
| 8 | 6 | 5 | 4 | 5 | 5 | 4 | 27 |
| 9 | 7 | 4 | 5 | 5 | 5 | 4 | 29 |
| 10 | 6 | 4 | 5 | 4 | 6 | 5 | 26 |
| 11 | 6 | 5 | 5 | 4 | 6 | 5 | 31 |
| 12 | 7 | 5 | 5 | 4 | 7 | 5 | 33 |
| 13 | 7 | 4 | 5 | 4 | 6 | 5 | 31 |
| 14 | 6 | 5 | 4 | 4 | 5 | 6 | 30 |
| 15 | 6 | 4 | 4 | 5 | 5 | 4 | 28 |
| 16 | 5 | 5 | 6 | 5 | 4 | 3 | 28 |
| 17 | 5 | 3 | 4 | 4 | 4 | 4 | 24 |
| 18 | 5 | 4 | 4 | 4 | 6 | 4 | 27 |
| 19 | 5 | 4 | 5 | 5 | 5 | 5 | 29 |
| 20 | 5 | 4 | 6 | 3 | 4 | 4 | 26 |
| 21 | 8 | 5 | 5 | 4 | 4 | 4 | 30 |
| 22 | 5 | 6 | 4 | 5 | 5 | 4 | 29 |
| 23 | 6 | 4 | 4 | 4 | 5 | 3 | 26 |
| 24 | 6 | 4 | 4 | 5 | 4 | 4 | 27 |
| 25 | 6 | 4 | 5 | 5 | 6 | 5 | 31 |
| 26 | 5 | 5 | 3 | 6 | 5 | 4 | 28 |
| 27 | 5 | 5 | 4 | 4 | 6 | 4 | 28 |
| 28 | 6 | 4 | 5 | 3 | 5 | 4 | 27 |
| 29 | 6 | 5 | 5 | 5 | 4 | 5 | 30 |
| 30 | 6 | 4 | 4 | 5 | 5 | 6 | 30 |
| 31 | 6 | 5 | 4 | 6 | 4 | 5 | 30 |
| 32 | 7 | 5 | 3 | 5 | 5 | 6 | 31 |
| 33 | 5 | 4 | 4 | 4 | 3 | 4 | 24 |
| 34 | 6 | 5 | 5 | 5 | 5 | 3 | 29 |
| 35 | 6 | 5 | 6 | 5 | 6 | 5 | 33 |
| 36 | 6 | 6 | 3 | 5 | 3 | 4 | 27 |
| 37 | 5 | 5 | 4 | 5 | 4 | 3 | 26 |
| 38 | 6 | 5 | 4 | 5 | 5 | 4 | 29 |
| 39 | 7 | 4 | 5 | 5 | 5 | 4 | 30 |
| 40 | 6 | 4 | 5 | 4 | 6 | 5 | 30 |
| 41 | 5 | 6 | 6 | 5 | 5 | 6 | 33 |
| 42 | 6 | 5 | 5 | 6 | 5 | 5 | 32 |
| TOTAL | 176 | 137 | 134 | 137 | 147 | 131 | 1548 |

**Table 2. The Result of Post Test**

| No | THE FINAL RESULTS TEST OF SMASH, DOUBLE SERVICE EVENTS AND BAIT DOUBLE EVENT WITH TEN BALLS | | | | | | TOTAL |
|---|---|---|---|---|---|---|---|
| | SERVICE *DOUBLE EVENT* KRS | SERVICE *DOUBLE EVEN T* PLS | SMASH. KRS | SMASH. PLS | BOUNCE BAIT | STAND BAIT | |
| 1 | 8 | 6 | 6 | 6 | 6 | 6 | 38 |
| 2 | 8 | 6 | 5 | 6 | 6 | 7 | 38 |
| 3 | 7 | 6 | 5 | 5 | 5 | 5 | 33 |
| 4 | 7 | 7 | 6 | 6 | 6 | 6 | 38 |
| 5 | 7 | 7 | 7 | 7 | 7 | 7 | 42 |
| 6 | 8 | 7 | 5 | 6 | 5 | 6 | 37 |
| 7 | 7 | 7 | 5 | 6 | 6 | 5 | 36 |
| 8 | 8 | 7 | 6 | 5 | 6 | 6 | 38 |
| 9 | 8 | 6 | 5 | 5 | 6 | 6 | 36 |
| ten | 7 | 6 | 6 | 5 | 7 | 6 | 37 |
| 11 | 7 | 6 | 6 | 5 | 7 | 7 | 38 |
| 12 | 8 | 6 | 7 | 5 | 8 | 6 | 40 |
| 13 | 8 | 5 | 7 | 5 | 6 | 7 | 38 |
| 14 | 7 | 6 | 6 | 6 | 7 | 7 | 39 |
| 15 | 7 | 6 | 6 | 6 | 6 | 5 | 36 |
| 16 | 8 | 7 | 7 | 6 | 6 | 5 | 39 |
| 17 | 8 | 5 | 6 | 6 | 6 | 6 | 37 |
| 18 | 7 | 5 | 5 | 5 | 7 | 6 | 35 |
| 19 | 6 | 5 | 6 | 6 | 6 | 5 | 34 |
| 20 | 7 | 5 | 6 | 5 | 5 | 6 | 34 |
| 21 | 8 | 7 | 6 | 6 | 6 | 4 | 37 |
| 22 | 7 | 7 | 5 | 7 | 7 | 5 | 38 |
| 23 | 8 | 6 | 4 | 5 | 6 | 6 | 35 |
| 24 | 7 | 6 | 5 | 6 | 7 | 5 | 36 |
| 25 | 7 | 6 | 6 | 6 | 5 | 6 | 36 |
| 26 | 8 | 8 | 5 | 7 | 6 | 4 | 38 |
| 27 | 8 | 6 | 5 | 5 | 6 | 5 | 35 |
| 28 | 7 | 6 | 6 | 7 | 7 | 5 | 38 |
| 29 | 8 | 7 | 6 | 7 | 7 | 5 | 40 |
| 30 | 8 | 7 | 6 | 7 | 7 | 7 | 42 |
| 31 | 8 | 6 | 6 | 6 | 6 | 6 | 38 |
| 32 | 8 | 6 | 5 | 6 | 6 | 7 | 38 |
| 33 | 7 | 6 | 5 | 5 | 5 | 5 | 33 |
| 34 | 7 | 7 | 6 | 6 | 6 | 6 | 38 |
| 35 | 7 | 7 | 7 | 7 | 7 | 7 | 42 |

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 36 | 8 | 7 | 5 | 6 | 5 | 6 | 37 |
| 37 | 7 | 7 | 5 | 6 | 6 | 5 | 36 |
| 38 | 8 | 7 | 6 | 5 | 6 | 6 | 38 |
| 39 | 8 | 6 | 5 | 5 | 6 | 6 | 36 |
| 40 | 7 | 6 | 6 | 5 | 7 | 6 | 37 |
| 41 | 8 | 8 | 7 | 7 | 7 | 8 | 45 |
| 42 | 7 | 7 | 6 | 8 | 7 | 8 | 43 |
| TOTAL | 224 | 187 | 172 | 175 | 188 | 172 | 1579 |

Based on the above information regarding assessment in the form of service skills tests, smes and double event bait, we can know the comparison of results, service, smelt and bait double sepak takraw event Jakarta before taking the test, hard smelling = 176, plas smoked = 137 after doing exercises the new model increased to hard smiles = 224, smoked plas = 187, then compared the results of service, smes and double event smiles before taking the test, hard = 134, smoked plas = 137 after doing the exercises with the new model increased to hard smiles = 172, high school plas = 175, then comparison of service results, smes and double event feeds for foot bait before taking the test, stomach bait = 147, survival bait = 131 after doing the exercise with the new model increasing to gastric bait = 188, bait = 172.

"This double event drill-based training model is feasible to use and can improve performance *Sepak Takraw*"- athlete 7

"The duration given by the portion needs to be added because it can also improve participants' skills"-athlete 8

Based in the three *Sepak Takraw* experts, the results of the input show that there are 40 models that combine because they represent techniques and movements in other models and there are also deleted because they are difficult, paying attention to the principle of training from simple to complex, implementation must be clear and ringy, the distance of each between players must be clear, the use of cones as a sign is very important, as well as

adjusting targets, adding truth of motion, and using training tools in accordance with the facilities and needs of a double-event drill based training.

**Conclusion**

The developed drill double event-based sepaktakraw skill training model is 40 models. The model consists of 13 services, 14 smes and 13 feeds, which can be used as a development model for drill double event-based sepaktakraw playing skills. The drill double event-based on *Sepak Takraw* skill training model consisting of 40 training models consisting of service, smash and bait is suitable to be used as a model for developing skills training to play drill double event based takraw football. A double-drill drill event skill training model for playing football takraw as an ingredient for training, teaching in schools, and in Jakarta and national clubs. This double-event-based skill training model for playing football takraw will provide a variety of service techniques, smash and bait that are varied in technique, from service skills, smash and bait to continued attacking until the ability of service, smash and bait techniques will increase as it will increase ability to play because you already have the technique of playing the *Sepak Takraw* double event.

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