

**THE EFFECT OF DOT DRILL ONE FOOT TRAINING METHOD ON INCREASING
ABILITY KICKING SKILLS IN EXTRACULICULAR STUDENTS OF SMAN 1
PANDEGLANG**

Muhammad Ivan Miftahul Aziz

Rizky Risfandi

Health and Recreation Physical Education Study Program
Mutiara Banten College of Teacher Training and Education

Rizkyrisfandi667@gmail.com

jurnalstkipmb@gmail.com

ABSTRAK

Penelitian ini di latar belakanginya rendahnya kemampuan tendangan sabit pencak silat pada siswa ekstrakurikuler Sma Negeri 1 Pandeglang. Adapun penelitian ini bertujuan untuk mengetahui pengaruh positif dari latihan Dot Drill One Foot terhadap peningkatan kemampuan tendangan sabit pada siswa ekstrakurikuler pencak silat Sma Negeri 1 Pandeglang penelitian ini menggunakan menggunakan metode eksperimen. Menurut Uki Afresi (2013) latihan dot drill adalah suatu bentuk latihan dengan cara di lantai atau dilapangan dibuat 4 titik yang membentuk persegi yang berguna untuk melatih kelincahan dan keseimbangan. Sedangkan Menurut Lubis dan Wardoyo (2014: 39) "Tendangan sabit adalah tendangan yang lintasannya setengah lingkaran kedalam, dengan sasaran seluruh bagian tubuh, dengan punggung telapak kaki atau jari telapak kaki". Penelitian ini akan membandingkan hasil Pretest dan posttest peningkatan kemampuan tendangan sabit pencak silat. Populasi yang digunakan dalam penelitian ini adalah siswa ekstrakurikuler pencak silat Sma Negeri 1 Pandeglang yang berjumlah 20 orang dan semua ditetapkan sebagai sampel. Rata-rata pretest peningkatan kemampuan tendangan sabit pencak silat 64,5500, sedangkan rata-rata hasil posttest sebesar 75,6000, dengan demikian terjadi peningkatan sebesar 11,05, hal ini menunjukkan adanya peningkatan kemampuan tendangan sabit pencak silat pada siswa Sma Negeri 1 Pandeglang sesudah diberi latihan dengan metode latihan Dot Drill One Foot. Kesimpulan dari penelitian ini adalah terdapat pengaruh latihan Dot Drill One Foot terhadap peningkatan kemampuan tendangan sabit pada siswa ekstrakurikuler pencak silat Sma negeri 1 Pandeglang.

Kata kunci :Dot Drill One Foot, Tendangan Sabit

ABSTRACT

This research is motivated by the low ability of the pencak silat sickle kick in extracurricular students of SMA Negeri 1 Pandeglang. This study aims to determine the positive effect of the Dot Drill One Foot exercise on improving the ability of the sickle kick in pencak silat extracurricular students at Sma Negeri 1 Pandeglang. This study used an experimental method. According to Uki Afresi (2013), dot drill is a form of exercise by making 4 points on the floor or in the field that form a square which is useful for training agility and balance. Meanwhile, according to Lubis and Wardoyo (2014: 39) "The sickle kick is a kick whose trajectory is in a semi-circle, targeting all parts of the body, with the back of the foot or the toes". This study will compare the results of the pretest and posttest to increase the ability of the pencak silat sickle kick. The population used in this study were extracurricular pencak silat students from SMA Negeri 1 Pandeglang, totaling 20 people and all of them were set as samples. The average pretest increase in the ability of the pencak silat sickle kick is 64,5500, while the average posttest result is 75,6000, thus an increase of 11.05, this indicates an increase in the ability of the pencak silat sickle kick in SMA Negeri 1 Pandeglang students after being given training with the Dot Drill One Foot training method. The conclusion of this study is that there is an effect of Dot Drill One Foot exercise on improving the ability of the sickle kick in pencak silat extracurricular students at SMA Negeri 1 Pandeglang.

Keywords : Dot Drill One Foot, Sickle Kick

A. INTRODUCTION

Sports that are able to become part of the community will further facilitate the birth of healthy and fit community members. Prospective athletes who have the potential and high quality will also be born in the midst of people who like to exercise. If sports are known and practiced and even become part of people's daily lifestyles, either through sports clubs or extracurricular activities organized by the school, it will generate interest in sports from an early age.

Pencak silat is a traditional martial art originating from the Archipelago. This martial art is widely known in Indonesia, Malaysia, Brunei, Singapore, the southern Philippines and southern Thailand according to the spread of the various ethnic groups of the archipelago. The ancestors of the Indonesian nation have had a way of self-defense aimed at protecting and defending their lives or groups from natural challenges. They create self-defense by imitating the movements of animals in the natural environment, such as the movements of monkeys, tigers, snakes, or eagles. The origin of martial arts in this archipelago may also have developed from the skills of indigenous Indonesian tribes to hunt and fight using machetes, shields, and spears. Pencak Silat is one of the cultural characteristics and a reflection of behavior into the life of the Indonesian people which is hereditary. This is evidenced by the natural way of humans to defend themselves in order to maintain life. These natural conditions and circumstances also indirectly contribute to the rich diversity of martial arts movements. Pencak Silat is unique compared to other self-defense sports, namely that there are four patterns in Pencak Silat competitions, namely: 1) pairs of attitudes, 2) step patterns, 3) attack-defense and 4) return to pairs of attitudes. form a series of motion so that it becomes a certain movement pattern.

Along with the development of pencak silat which is rooted in the culture of the Indonesian nation, pencak silat has a very distinctive diversity in each region. In addition, of course, pencak silat needs to be introduced, studied and preserved by all levels of Indonesian society as a form of love and preservation of the nation's culture. One form of preservation of pencak silat is the existence of extracurricular pencak silat activities in schools and also the competition of pencak silat in regional, national and international scale events such as Kejurda,

Pre-Porda, Porda, PRA-PON, PON, and championships. the world of martial arts.

Pencak silat in a match has various types of leg attacks, one of which is kicks, kicks are a form of attack that often produces points or numbers that are clearer and more decisive than other attacks. Therefore, as a fighter, one must have a kick skill that is strong and accurate enough so that the kick skill is categorized as a special skill. Therefore, a good kick is a kick that is difficult to read, or anticipate, or catch by the opponent. There are several kicking techniques in Pencak Silat, namely front kicks, side kicks, gajul kicks, jejag kicks, back kicks, and sickle kicks. However, only a few kicks are used in the sparring category, namely front kicks, side kicks, back kicks, and sickle kicks. These four kicks are kicks that are often used in sparring category matches.

Based on the description above, the researcher saw from the phenomena that occurred in the field and the information obtained from the coach of SMA 1 Pandeglang, it was obtained that most of the athletes at SMA Negeri 1 Pandeglang had not maximized their kicks, especially sickle kicks, both during match tests and competitions. This research is the low ability of the sickle kick, this can be seen from the kick that is no longer accurate, not well controlled, lacks speed, and decreased kick power. When the kick is done, it is necessary to be able to focus on the legs (horses) on one leg and the ability to maintain body balance.

The low agility and balance affect the athlete's appearance when performing the sickle kick so that it will cause the athlete to hesitate to attack and it will be very easy for the kick to be caught and dropped, so that the fighter's mentality becomes weak so there is no motivation to attack. So that the maximum achievement expected by SMA Negeri 1 Pandeglang will be difficult to achieve. Factors that influence the alleged low shooting ability of the Sma Negeri 1 Pandeglang scythe athletes include leg muscle explosive power, endurance, strength, agility, speed, coordination, balance and flexibility.

Therefore, researchers are interested in proving it scientifically. From the results of this study, it is hoped that it can give birth to a conclusion that can be used as an anticipatory step for improving the achievements of SMA Negeri 1 Pandeglang in the future.

The use of the one foot dot drill exercise method is expected to have a positive influence on athletes and be able to improve the ability of the sickle kick so that athletes can use the sickle kick effectively, by using the one foot dot drill method athletes will learn to know agility and balance so that their kicks can be right on target. and also with the dot drill one foot exercise athletes will be directed to be careful using the sickle kick so that their kick is not easily caught. So, as an effort to improve the ability of the sickle kick of athletes who take part in the extracurricular pencak silat at SMA Negeri 1 Pandeglang

B. RESEARCH METHOD

1. Participants

2. Instrument

Evaluation

extracurricular athletes of SMAN 1 Pandeglang totaling 20 people sickle kick ability (O1), and after being given the treatment the state of the kick was measured again with a final test (Post-test) of the sickle kick ability (O2).

3. Procedure

The design used is an experimental One-Group Pre-test Post-test Design which is carried out by giving X treatment to the subject. Before being given treatment, the subject was given a measurement of the initial test (Pre-test) of the sickle kick ability (O2).

C. RESEARCH RESULTS

The purpose of this study was to examine the effectiveness of the form of exercise given to students in improving the sickle kick skills of extracurricular pencak silat students at SMA Negeri 1 Pandeglang. In this case, the researcher applies the Dot Drill One Foot form of exercise, the researcher hopes to find out whether this form of exercise can improve the sickle kick ability of the pencak silat extracurricular members of SMA Negeri 1 Pandeglan . In this section the author will present the results of calculations from data.

The sample of this study is a saturated sample, where the total population is less than 30 people. The samples used in this study were

Table 1
Pre test and Post test results increase sickle kick ability

NO	NAMA	L/P	Pre Test	Post Test	SELISIH
1	AGNEA	F	56	71	15
2	RIVANI	F	60	73	13
3	USWA	F	61	72	11
4	RASYA	L	66	78	12
5	ALWI	L	64	76	12
6	TAJITA	L	57	70	23
7	RIZAL	L	63	71	8
8	ABU	L	70	84	14
9	FAISA	L	62	70	8
10	DAJTA	L	59	70	11
11	RANI	F	57	71	14
12	DILLAH	F	69	73	4
13	VOGE	L	71	83	14
14	IFAN	L	65	79	14
15	RAFLY	L	72	87	15
16	RAHRAN	L	68	75	7
17	RIKI	L	70	83	13
18	URI	L	68	77	9
19	DANU	L	67	76	9
20	DAMIN	L	66	71	4

Table 2 Test of Normality

One-Sample Kolmogorov-Smirnov Test		Pretest	Posttest
Nilai		20	20
Normal Parameters ^{a,b}	Mean	64.5500	75.6000
	Std. Deviation	4.97864	5.47148
Most Extreme Differences	Absolute	.113	.183
	Positive	.083	.183
	Negative	-.113	-.153
Test Statistic		.113	.183
Asymp. Sig. (2-tailed)		.208 ^c	.078 ^c

- a. Test distribution is Normal.
b. Calculated from data.
c. Lilliefors Significance Correction.
d. This is a lower bound of the true significance.

Based on the table of normality test results above, it is known that all pretest and posttest data have an Asymp Sig value > 0.05, so it is stated that all data are normally distributed.

Table 3

		Test of Homogeneity of Variances			
		Levene Statistic	df1	df2	Sig.
Nilai	Based on Mean	.092	1	38	.763
	Based on Median	.063	1	38	.803
	Based on Median and with adjusted df	.063	1	36.029	.803
	Based on trimmed mean	.073	1	38	.789

Based on the table above, it can be seen that the sig-based on mean value is $0.763 > 0.05$. Then the data can be

declared homogeneous or comes from the same variance.

D. DISCUSSION

Based on the findings obtained from research activities that have been carried out for 16 meetings, it is known that the Dot Drill One

Foot form has an effect on increasing the ability of the pencak silat sickle kick in students who take extracurricular pencak silat at Sma Negeri 1 Pandeglang. Based on the data, it appears that the average sickle kick ability of the pencak silat extracurricular students of SMA Negeri 1 Pandeglang before being given Dot Drill One Foot training was 64,5500 after treatment with Dot Drill One Foot exercise increased to 75,6000, this shows an average increase of 11.05.

Based on the hypothesis test, the value of $t_{count}(14,902)$ is greater than the value of $t_{table}(2,110)$. Thus, H_0 is rejected, H_a is accepted, which means that there are significant differences or changes in the experimental sample after receiving treatment with the Dot Drill One Foot exercise. From the results of this study, it was stated that overall training using the Dot Drill One Foot method was able to make a positive contribution in improving the results of the sickle kick ability in pencak silat extracurricular students at Sma Negeri 1 Pandeglang. This exercise is one of the training methods to improve the ability of the sickle kick to be better than the previous treatment.

E. CONCLUSION

Based on the analysis of research results and discussion, it can be concluded as follows:

The average pretest of pencak silat sickle kick ability in Pencak silat extracurricular students of SMA Negeri 1 Pandeglang is 64,5500, while the average posttest result is 75,6000, thus an increase of 11.05. From these data, it can be concluded that the Dot Drill One Foot exercise can affect the improvement of the ability of the pencak silat sickle kick in extracurricular students of SMA Negeri 1

BIBLIOGRAPHY

Afresi, Uki. 2013. The Influence of Dot Drill and Three Corner Drill Exercises on Agility of Male Badminton Athletes aged 13-15 Years at

Badminton Clubs throughout Sleman Yogyakarta. Thesis. University of Yogyakarta : Yogyakarta.

Harisandi, F. 2016. The Effect of Flexibility, Balance and Motivation on the Ability to Kick the Sickle in the Pencak Silat Sports Branch of BKMF Pencak Silat BEM FIK UNM Makassar Members. Thesis. Makassar State University. Makassar.

Kamarudin. 2014. The Effect of the Loaded Method on the Speed of the Crescent Kick in Pencak Silat Athletes in the Student Activity Unit of the Islamic University of Riau. Essay. Riau Islamic University. Pekanbaru.

Kriswanto, E.S. 2015. Pencak Silat. New Press Library. Yogyakarta.

Lubis, J. 2004. Practical Guide to Pencak Silat. PT. King Grafindo Persada. Jakarta. Mudlofir, Ali, and Evi F. Rusydiyah. 2016. Innovative Learning Design. PT Raja Grafindo Persada. Jakarta.

Lubis, J. 2004. Practical Guide to Pencak Silat. PT. King Grafindo Persada.

Lubis, J, and Hendro, W. 2014. Pencak Silat. Second Edition. PT Raja Grafindo Persada. Jakarta.

Muflikhul, F. 2020 Regarding the Effect of Dot Drill Exercise on the Agility of Pencak Silat Extracurricular Members at DARUL MUKIMIN SMA Bekasi Regency. Journal. Stkipbbm

Nasruddin, R. 2010. The Effect of Student Participation in Extracurricular Activities on Achievement Motives for Students at SMKN 2 Garut. Essay. Indonesian education university. Bandung.

Ramdani, A. 2015. The Effect of Xander Resistance Training on Pencak Silat Sickle Kick Ability. Journal of Sports Education. 4(1) : 88-100.

Reese, Sammy. 2016. Cheaps and Easy Drills. Vol.223, Iss 8. Outdoor Life : New York.

Sugiyono. 2008. Qualitative Quantitative Research Methods and R&D. Bandung : ALFABETA

Sugiyono. 2012. Quantitative, Qualitative and R&D Research Methods. Alfabet. Bandung.

Sugiyono. 2016. Quantitative, Qualitative and R&D Research Methods. Alfabet. Bandung

Sukadiyanto. 2010. Introduction to Physical Training Theory and Methodology. FIK

University Yogyakarta.

Sutrisno. 2014. Textbook of physical education, sports, and health. PPPPTK physical education & bk. Bogor.

Trijaya, True Faith. 2014. The Effect of Dot Drill and Three Corner Drill on Dribbling Agility of SSB Chess Singles FC Bandar Lampung Students. Essay. Lampung University: Lampung.

Bledsoe, Lisa Creech. 2010. Boxing, Drills, Techniques. Accessed at TheglowingEdge.com on 15 January 2018.

Winarno. 2013. Research Methodology for Physical Education & Sports. Second Printing. Publisher State University of Malang. Poor.

Wiyani, N.A. 2013. Class Management. Ar-Ruzz Media. Yogyakarta.