

PROCEEDING

BOOK 4/9



"International Seminar on Sport Science 2012"
6th October 2012, Semarang, Indonesia

Venue:

Amartapura Ballroom Grand Candi Hotel Semarang

"Educating Sport Professionals: Conserving Local Wisdom and Progressing Future"

ISBN 978-979-19764-2-8



Content

Cover	i
Preface.....	ii
Content	iii

PARALLEL SESSIONS

31. The Effect Of Long Legs And Barrier Hops Exercise To Vertical Jump Ability At Unnes Volleyball Team Hadi, Semarang State University	208
32. Optimizing Jpok Student Competence Through Mastering Subject Of Sport Anatomy Febriani Fajar Ekawati, Sebelas Maret University	212
33. Athletes Defense Mechanisms Toward Media Pressure: Psychological Perspectives Study Heny Setyawati, Semarang State University	219
34. The Effect Of Leg Muscle Flexibility On Sepak Sila Learning Agus Raharjo, Semarang State University	221
35. Exercise ModelS' To Improve Capability Sepaksila In Sepaktakraw Iyakrus, Sriwijaya University	224
36. Hypertension Sufferers' Obedience In Healthy Heart Gymnasium Exercises Sofwan Indarjo, Semarang State University	228
37. Effectiveness Of Biomechanics Technical Analysis For Male Fencing Athlete In Central Java Faidillah Kurniawan, Yogyakarta State University	239
38. Reflection Analysis Journal Publishing Sports Achievement (JORPRES) Coaching Education Department Faculty of Sport Science, Yogyakarta State University Endang Rini Sukamti, Yogyakarta State University	245
39. The Economic Impact Of Olympic Games 2008 In China Basyaruddin Daulay, Medan State University	250
40. The development of the instructional modesl of adaptive physical activity on physical education, sport, and health, Sumaryanti, Yogyakarta State University	253



EXERCISE MODELS' TO IMPROVE CAPABILITY SEPAKSILA IN SEPAKTAKRAW

Iyakrus
Sriwijaya University

ABSTRACT

This research aims to produce a model of exercise to improve their game sepak takraw sepaksila at Sriwijaya University of Physical Education student. Subjects were 20 students who attend the University of Sriwijaya Palembang sepak takraw coaching accomplishments. The research method used was in the form of product development research methods training models to improve the game sepaksila sepak takraw Sriwijaya University of Physical Education students performed with the following procedures: (1) the product needs analysis, (2) developing initial products (3) validating the expert (4) conduct field trials on a small scale and large scale (5) revision of the product and (5) the final product. Data collection techniques using observation and questionnaire data analysis techniques whereas the percentage of test data collection techniques to the measurement capabilities with data analysis sepaksila t test.

The results showed that training model developed effective sepaksila improve physical education students with t test Sriwijaya University ($30.777 > t$ Table 1.729)

Conclusion, that the model developed for the training of physical education students of the University of Sriwijaya produce an effective product that can improve the ability of physical education students sepaksila Sriwijaya University. Suggested for Lecturers and Trainers to be able to use this model as an alternative exercise to enhance the ability of students and athletes sepaksila sepak takraw.

Keywords: *Model exercise, improve Capability sepaksila, sepak takraw*

INTRODUCTION

Sepak takraw is played on a rectangular field in both indoor and outdoor field with 13:40 meters length and width of 6:10 meters free of obstacles around the field 3 meters. The ball used was originally made of rattan and then grow until eventually made of plastic (synthetic fiber) woven round. This game uses the whole body, except the hands, the ball was played to restore spaciousness opponent over the net. The game is played by two teams, each consisting of three two as a backup.

Sepak takraw is a sport that is contested modification of the traditional sports sepak raga. According Tampubolon (1996:6) sepak takraw game is a game such as the implementation of a simple net game can be said to play a combination of volleyball and badminton. How to play the ball in play dominant sepak takraw using legs, head or body condition that the state bouncing (Darwis, R, 1992:2).

Sepak takraw A player must have a good basic techniques that can be played using the feet, head, chest, shoulders and other body portion in order to earn points from the opponent. According to Deny, M (1999:4) first stage to rehearse sepak takraw must first master the technique sepaksila, then the opinion Suhud, M (1990: 13) sepaksila movement is the main basic movements in the game sepak takraw.

Besides the opinion Hanif, S (2011:27) sepaksila techniques will determine the skills and techniques that other athletes will be easier to master advanced techniques. For novice athletes sepaksila technique is a major advance mastered before other techniques, because the movement is the foundation to a technique sepaksila higher. If the foundation is true then it will be easier for athletes to learn advanced techniques more difficult. Opinion Iyakrus (2011: 65) kicked primarily sepaksila is the dominant movement in the game or in other words sepak takraw sepaksila is her technique on the game sepak takraw. Opinion Darwis, R (1992:19) main training phase for the novice player is learning sepak takraw sepaksila movement. Opinion Hanif, S (2011:19) sepak takraw game requires a high basic techniques such as motion sepaksila, it is necessary to support the model of exercise contains elements of flexibility athlete speed and accuracy.

Sepak takraw training in Physical Education at the University of Sriwijaya was not as expected, where students lined up one by one and then students do sepaksila motion using a ball that is fed by a teacher / coach. Such things will be difficult for novice students to learn techniques



sepaksila because the students have not been trained by the movement of the leg muscle flexibility, particularly muscle and joint flexibility required in sepaksila movement. Coach or teacher must understand that to learn sepaksila athletes should be trained first with the body flexibility exercises muscles and joints involved in the movement sepaksila.

Because exercise sepaktakraw not have a model that can be followed in practice arranged the training given to athletes before the start of learning techniques, especially in the stage of basic training sepaksila start, it is needed a model to practice sepaksila improve the design movement - a movement that contains elements of flexibility . With the first training exercise flexibility associated with joints or muscles involved with movement sepaksila will allow the athlete to master the technique sepaksila well.

Based on the description on the background of the problem, then formulate the problem of how this type of training to improve the ability sepaksila for Sriwijaya University Students' Physical Education?

Characteristics Games Sepaktakraw

Sepaktakraw game including a game made on the field rectangular, flat, either open or closed, and free from all obstacles. Field is limited to the net. The ball used is made of wicker or plastic woven synthetic fiber round. This game uses the whole body, except the hands and the ball is played back over the net into the opponent's court.

Sepaktakraw is a fusion or development of three kinds of games are football, volleyball and badminton. Said to be similar to the game of football as it is played using the feet and other limbs except the hands. Told volleyball because bait technique, block, smash and said because of the size of the field and badminton net is similar to badminton and value measurement system (Darwis, R, 1992:2).

Sepaktakraw is a sport contested and modified traditional native sport sepakraga. Although sepaktakraw sepakraga modified traditional sports, assessment methods and how to play the game or the rules are very much different (Tampubolon, 1996:6).

Opinion to Darwis, R (1992:7) sepaktakraw game is a game whose implementation as in the game with a simple net can be said as in the game of volleyball and badminton combination. How to play the ball on the sepaktakraw on legs, head or body, provided that the state of bouncing.

The term sepaktakraw or sepakraga in the Southeast Asian country is known by several names. In Burma called by the term "ching Loong", Sri Lanka 'Raga', Brunei familiar with the term "Sports Nets", in the Philippines called "Sipa", in Thailand known as "Takraw", South Sulawesi in Indonesia, especially the so-called "Rago ".

To play sepaktakraw someone claimed to have the ability or the ability of the basic skills that consists of using part-kicking leg, played ball with the head, the chest, thighs, shoulders and the soles of the feet (Denny, M, 1994:4).

The skills of playing sepaktakraw has various components basic techniques sepaktakraw game that consists of kicking a soccer precepts, horse soccer, football lever, kick your feet, then mengkop, holding his chest, holding the thigh and holding the shoulder (Hanif, S, 2011:19).

The acquisition sepaktakraw skills required, skills that can be referred to individual skill, and skill mastery matches. Individual skills include: football precepts, horse soccer, soccer quotes, soccer badik, soccer shoot, using the thigh, and heading the ball (heading). While skill mastery matches include: football first, pet, give feed (passing), do smesh, and block ((Hanif, S, 2011:19). To play sepaktakraw, a person is required to have the basic skills to play sepaktakraw. Basic skills such as kicking by using parts of the foot, playing ball with the head (around the head), the chest, thighs, shoulders, and with your feet between each other is an integral and inseparable. Without mastering the basic skills or basic engineering, sepaktakraw not be played properly (Denny, M, 1999:4).

Kick in the game sepaktakraw a dominant motion, because the game is played with more sepaktakraw foot, between the ability to kick a football among other precepts. The sepaksila is kicking the ball with the inside of a football using feet sila used to receive and fondling or the ball, feed the ball and saving an opponent's attack (Denny, M, 1999:4).

Ability or skill to play ball sepaktakraw using basic engineering components consisting of the kick by using foot parts such precepts football, horse soccer, football lever, kick your feet, and then play ball with the head, the chest, thigh, shoulder.



Exercise To Improve Capability Model Sepaksila

The term model is used to demonstrate understanding of the conceptual framework used in the conduct. Further according Sugiono (2009:407) that the model is seperangkap sequential procedure for realizing a process, media selection and evaluation.

Based on the opinion on the definition of the above model is a model of exercise in this study is a conceptual framework of practice that contains elements of motion patterns sepaktakraw players were systematically arranged and designed and developed to help achieve the goal of improving the ability of students sepaksila Sriwijaya University of Physical Education.

The model should be designed exercise training is a model which is based on the needs of the movement such as flexibility sepaksila body especially the legs. Good leg flexibility can be seen by the way athletes do sepaksila are not rigid and luwesnya movement. Flexibility that was developed in this study is flexibility legs or muscle flexibility and joint involving the movement sepaksila. Here is a model of flexibility exercises were developed in this study: 1) ankle flexibility, 2) knee flexibility, 3) flexibility thigh joints, 4) flexibility waist

RESEARCH METHODOLOGY

Research Procedures

The procedure used in this study are as follows:

- a) Analysis of needs sepaksila
- b) Initial Product Design Practice Model for Physical Education students Sriwijaya University
- c) Perform Validation Expert
- d) Conducting Field Trial
 - 1) Implement small-scale trial
 - 2) Implement large-scale trials
- 3) Revised Product
Revision of the product is done by input from experts to improve the product before the product is used.
- e) Trial Design
In this study the treatment given is a model practice for students of Physical Education University of Sriwijaya sepaktakraw training. Trial products through two stages of small-scale tests and large-scale trial by conducting field experiments. In testing the product on the study design used is pre eksprimental design design with forms one group pre test post test design. According Sugiono (2009: 111) pre eksprimental design form one group pre test post test design is by comparing before and after a given treatment.
- f) Trial Subjects
Target use of the product is 20 students Sriwijaya University of Physical Education who follow guidance sepaktakraw.
- g) Type of Data
The data used in this study is qualitative and quantitative data. The qualitative data obtained from interviews of experts and coaches verbally mapun written as input for product revision material. Quantitative data obtained from test taking abilities sepaksila.
- h) Data Collection Instruments
Data collection instrument in this study using observation, and test kuisener sepaksila order to gather information on the implementation of the training process and provide feedback and suggestions on products that will be produced.
- i) Data Analysis Techniques
Data analysis techniques are used to analyze the percentage of subjects and assessment developers in assessing the feasibility, quality and response of a product to yield products and the t test to determine the effectiveness of the product.

Results and Discussion

Research Results

After testing the product during the 16 sessions, the results showed models developed exercises that effectively increase the ability of physical education students sepaksila Sriwijaya University with a t test (30.777)> t table (1.729). This is consistent with the need to practice to master skills that sepaksila must first perform exercises that form the muscles associated with the basic techniques sepaksila include 1) ankle flexibility, 2) knee flexibility, 3) flexibility thigh joints, 4) flexibility waist.



DISCUSSION

Training model that has been conceived and designed by referring to the need to increase capacity sepaksila results in accordance with the opinion of Fox (1998:98) that in order to start training techniques should first be trained muscle groups associated with the motion base sport is concerned. Then think Hanif, S (2011:27) sepaksila ability in the game is the ability of high-level sepaktakraw will require rapid movement to anticipate the ball and leg muscle flexibility so that movement can be done efficiently. Then Iyakrus opinion, (2011:78) flexibility exercises for beginner athletes sepaksila sepaktakraw before mastering the technique is absolutely necessary in order to facilitate the movement of athletes to master the technique of sepaksila. This is also consistent opinion Dervish, R (1992: 11) that sepaktakraw athletes to excel not enough to just practice techniques related to aspects of the game but also trained the dominant motion required by the sport sepaktakraw as train movement in sepaksila.

CONCLUSION AND SUGGESTIONS

Conclusion

Based on the results of a study of the needs of engineering sepaksila motion, it can be summarized as follows:

1. Before starting the exercise technique sepaksila athletes must first be trained with training models that fit the pattern of movement which is based on aspect sepaksila leg muscle flexibility that ankle flexibility, knee flexibility, joint flexibility thighs, waist flexibility and body movement combinations.
2. Model training is based on the needs of motion sepaksila has good effectiveness in improving student sepaksila Sriwijaya University of Physical Education.

Suggestions

To coach or teacher who teaches technique sepaksila before training / mengajar sepaksila technique should be trained / taught first motion patterns required in sepaksila techniques such as modeling exercise developed in this study.

REFERENCES

- Darwis, Ratinus. 1992. *Olahraga Pilihan Sepaktakraw*. Jakarta: Direktorat jendral Dikti.
- Deny, Muslim, 1999. *Mari Bermain Sepaktakraw*. Jakarta: PB. Persatuan Sepaktakraw Indonesia.
- Fox. 1998. *Physiological Basis Of Physical Education and Athletics*. Philadelphia: 4th Ed Saunders College Publishing.
- Hanif, Sofyan, 2011, *Kepelatihan Dasar Sepaktakraw*, PT Bumi Timur Jaya, Jakarta.
- Iyakrus. 2011. *Permainan Sepaktakraw*. Palembang: Fakultas Keguruan Ilmu Pendidikan (FKIP) Universitas Sriwijaya.
- Suhud, Muhammad, *Sepaktakraw*, Jakarta, Balaipustaka, 1990.





CERTIFICATE

Awarded to

Iyakrus

as

Presenter

**In the International Seminar on Sports Science 2012
EDUCATING SPORT PROFESSIONALS CONSERVING LOCAL WISDOM AND PROGRESSING FUTURE**

Semarang, October 6th 2012
Dean of Faculty of Sports Sciences
Semarang State University



HARRY PRAMONO