

Differences Effect and Method of Exercise Blocked Practice Ability to Practice Random Field Based on Tennis Groundstroke Based On Kinesthetic Perception

(Frury)

DIFFERENCES IN EFFECT AND METHOD OF EXERCISE BLOCKED PRACTISE ABILITY TO PRACTICE RANDOM FIELD BASED ON TENNIS GRONDSTROKE BASED ON KINESTHETIC PERCEPTION

(Experimental Study on Men Student Sports Coaching Education Department of Teaching and Education Faculty of the Universitas Tunas Pembangunan)

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Abstract

Sport is all systematic activities to encourage, support and develop the potential physical, spiritual, and mental. (Act No. 3 year 2005). National sports destination according to law no. 3 2005, chapter 4, which reads "national sports aims to maintain and improve health and fitness, achievement, human qualities, inculcate moral values and noble character, sportsmanship, discipline, cultivate and foster national unity, strengthen national defence, as well as raise the dignity, dignity and honor of the nation". To achieve the national goal No 3 scope of coaching and sports development include: 1) a health education, 2) recreational sports, 3) sporting achievement. There is no information difference approach to exercise influence, *groundstrokes* tennis courts. So that the movement can be done efficiently, then a tennis player must have a good physical condition. Physical ability alone there are an assortment needed to support the movement. Various physical ability is speed of reaction, strength, endurance, speed, flexibility and kinesthetic perception. In the development of tennis groundstrokes ability, but must be supported by excellent physical condition, then in the process of training the trainer should be able to choose the learning approach is appropriate or correct.

Based on the background issues that have been pointed out, the authors are interested in conducting research titled "Differences Influence Approach Exercise and Kinesthetic Perception Of Groundstroke Tennis Skills(Experimental Study on Student Men

Differences Effect and Method of Exercise Blocked Practice Ability to Practice Random Field Based on Tennis Groundstroke Based On Kinesthetic Perception

(Frury)

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A. Research purposes

Based on the existing problems, the purpose of this study was to get information about:

1. Differences between the effects of exercise approach blocked and random practice on skills practice tennis groundstrokes.
2. Difference effect difference between students who have kinesthetic perception that well and students who have kinesthetic perception that less against groundstrokes tennis skills,
3. The interaction between exercise and perception kinesthetic approach against groundstrokes tennis skills,

C. Discussion

1. Games Tennis

Tennis game comes from the Greek state, which is a small ball game played in a room measuring 30 x 100 x 7 m. Similar games found also in the country of Egypt, Persian, and Arabic. Then tennis is played by the Roem, with the name of Pila.

Tennis sayings may well have come from the French word "Tenez" which means "take it around". The word "raquet" in English comes from the Arabic word "rakat" meaning the palm of the hand. In medieval times tennis is very popular in France and England, where the game was known as the "game of kings" and is considered as an entertainment. Tennis with the rules as they are now, in a matter of tennis 15, 30, 40, and 60 are considered as rounded numbers used as benchmarks to win the game. The game can be played with a game of tennis single, double (double), and double mix (mixture). The

Differences Effect and Method of Exercise Blocked Practice Ability to Practice Random Field Based on Tennis Groundstroke Based On Kinesthetic Perception

(Frury)

game is very easy to play, because it requires at least two people is enough. Indonesia remains a game of tennis in increased demand is due to such factors as follows:

- a. This game can be played by all age levels (8 years - 70 years) provided they are strong enough and do not have certain types of diseases so that by doctors to exercise tennis.
- b. Does not require such a wide field of golf.
- c. Fee still affordable by the community.
- d. Comparatively casual game can be set.
- e. Probability to an injury because tennis is very small.
- f. Can be followed by all levels of society.
- g. Can be where good communication while waiting for their turn to play.

In the game of tennis, a skilled player must master some kind of punch. Various punches in the game of tennis is his forehand drive, backhand drive, service, return service, approach shot, volley, smash (overhead), lob, drop shot, and the half volley.

2. Skills bet Tennis

a. *Forehand groundstrokes*

Forehand is the most common stroke in tennis. Forehand is a type of stroke that is most often done in the game. Forehand drive generally is a blow to the right of the player and the left-hander from the left. Forehand drive is a deadly weapon for opponents

b. *backhand groundstrokes*

Differences Effect and Method of Exercise Blocked Practice Ability to Practice Random Field Based on Tennis Groundstroke Based On Kinesthetic Perception

(Frury)

Backhand is a stroke after the ball bounces. It is a form of tennis stroke is important, as is often done during the game and easy to learn. Although the game is more dominant forehand stroke. A powerful backhand can be used to get a point.

3. training approach

The learning method with the block system is a sequence of learning in which students perform the same tasks or exercises repeatedly. The learning approach undertaken to complete the first task and the second task may be new. And so on when the second task has not been completed, shall not perform the third task.

b. Practice Random Learning Approach

The learning method with random system is a sequence of exercises where students perform a number of different tasks or exercises in order indefinite thus avoiding or minimizing repetition of a third consecutive tasks

4. Kinesthetic

Kinesthetic term comes from the Greek origin of the word "Kin" (motion) and "esthesia" (sensation), which means a person observations on its own motion, both on the movement of limbs with regard members of other bodies, as well as overall body movement. Therefore, it can provide an awareness of the position of the body or body parts are moving, also familiar with muscle contractions and balance the body. From these two we will control the movements performed more accurately. With the ability to control more accurate means movement into a better condition and the resulting motion will be more effective. Individuals with a high level of kinesthetic will be

Differences Effect and Method of Exercise Blocked Practice Ability to Practice Random Field Based on Tennis Groundstroke Based On Kinesthetic Perception

(Frury)

easier to perform the movement - a movement in the sport of tennis. Players will be able to lead a more consistent motion.

D. RESEARCH METHOD

A. Place and time of research

1. Place and time of research

This study was conducted from the date of January 1, 2019 in Sport Center tennis courts Plesungan UTP with the following details:

a. Initial tests

Initial tests conducted on March 18, 2019 at 07:00 until finished in Surakarta UTP campus tennis courts.

b. implementation Exercise

On the issue of the frequency of exercise 3 times per week, it is based on the opinion of Nossek (1982: 195) which states that "In order to enable a high-quality player takes practice four times a week or more" .

As long exercise is needed as noted M. Sajoto is for 6 weeks or more (1988: 209). In this study, exercise frequency is 3 times a week for 6 weeks, so there are 24 times the number of meetings, one meeting for pre-test and post-test one meeting for. With a length of 120 minutes of practice time, it is based on the opinion of Suharno who said that the intensity of exercise for sporting achievement takes 45-120 minutes (1986: 195).

c. Final test (post-test)

If the number of meetings have been met then the post-test conducted on 10 April 2019 with a view to taking the final data obtained from four groups after getting a workout as much as 16 sessions.

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(Frury)

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Differences Effect and Method of Exercise Blocked Practice Ability to Practice Random Field Based on Tennis Groundstroke Based On Kinesthetic Perception

(Frury)

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Differences Effect and Method of Exercise Blocked Practice Ability to Practice Random Field Based on Tennis Groundstroke Based On Kinesthetic Perception

(Frury)

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