

ACCURACY OF FINISHING SHOT WOOBALL ATHLETES IN CENTRAL JAVA

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Abstract:

Finishing shot ability is a key point in the sport of woodball to complete a fairway. The aim of this research is to determine the accuracy of finishing strokes in Central Java athletes. The research method uses a survey design using a finishing blow skills instrument with a gradual distance of 1 to 5 meters developed by Indonesia Woodball Association Central Java. The samples used were 8 male woodball athletes aged 25-35 years and 8 female woodball athletes aged 25-35 years. The results showed that at a distance of 1 meter the average success of athletes was 95%, at a distance of 2 meters the average success of athletes was 90%, at a distance of 3 meters the average success of athletes was 92.5%, at a distance of 4 meters the average -Athletes' average success is 85%, and at a distance of 5 meters the athlete's average success is 80%. The conclusion is that the accuracy of woodball athletes when making finishing shots is 88.5%.

Keywords: accuracy, finishing shot, woodball

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INTRODUCTION

Finishing shot accuracy is a very important part in completing a game in one fairway (Irawan et al., 2022). The implementation and development of a woodball game begins with an initial shot and ends with a shot at the goal which indicates the game is over (Sumariyanto & Rahayu, 2018). Improving the quality of an athlete's shot is a basic asset in playing woodball. Unfortunately, athletes and even coaches don't understand this so woodball sports practice is done directly by playing a game or competition (Ikhwan Maolana Ibrahim Iman, Nur Indri Rahayu, 2017).

One of the problems faced by athletes is the lack of accuracy in finishing shots in woodball games (Afif Maulana Chakim et al., 2021). Nowadays, many children play by just hitting, not using empty swings before making the finishing shot, and not even imaging the goal that will be the target of the shot (Muhammad et al., 2019). A culture of accuracy training is very important in increasing the success of finishing shots in woodball games (Tisna & Darmawan, 2020). In

woodball clubs, there are currently many who provide woodball sports coaching, including the coaching carried out by the IWBa Central Java Provincial Government which is extraordinary (Chandrasegaran et al., 2020). Currently, the Central Java IVBa Provincial Government is conducting a training camp towards the 2024 Aceh National Sports Week.

The training center was carried out in preparation for the 2024 Aceh National Sports Week. One of the training programs carried out was finishing shots with various distances and different angles towards the goal (Putri et al., 2017). This exercise was carried out in order to improve the accuracy of Central Java woodball athletes. Based on findings in the field, finishing shots are something that is considered a challenge for athletes. The mental role is also an important part so that the finishing blow can be successful.

The IWBa Java provincial government is working to improve the quality of finishing strokes for Central Java athletes. One of them is by developing assessment instruments for athletes to measure finishing strokes for athletes. With this instrument, it is hoped that we can determine the level of accuracy of woodball athletes in Central Java.

METHOD

The research method used in this study was a survey design with an instrument developed from Indonesian Wooball Association Central Java to determine the level of accuracy of athletes' shooting. The sample used was 8 male athletes and 8 female athletes with an age range of 25-35 years. Instrument details are in accordance with table 2.

Table 1. Research Instrument

| NO | Shooting Distance | Result 1 | Result 2 | Result 3 | Result 4 | Result 5 |
|----|-------------------|----------|----------|----------|----------|----------|
| 1 | 1 meter | | | | | |
| 2 | 2 meter | | | | | |
| 3 | 3 meter | | | | | |
| 4 | 4 meter | | | | | |
| 5 | 5 meter | | | | | |

The data that has been obtained is then made into a presentation like the picture 1.

$$P = \frac{F}{N} \times 100\%$$

Notes:

P = Percentage

F = The number of successful hits

N = Number of strokes

The norms that apply in this research are listed in table 2.

Table 2. Assessment norms

| No | Shooting Success Percentage | Criteria |
|----|-----------------------------|-----------|
| 1 | >90 | Very Good |
| 2 | 75-90 | Good |
| 3 | 40-74 | Less |
| 4 | <40 | Very less |

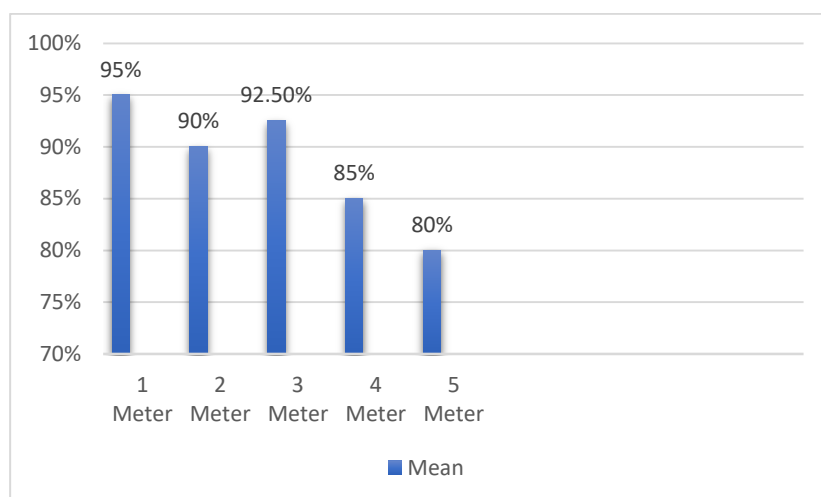
Sumber: Indonesian Woodball Association of Central Java

RESULTS

The results showed that at a distance of 1 meter the average success of athletes was 95%, at a distance of 2 meters the average success of athletes was 90%, at a distance of 3 meters the average success of athletes was 92.5%, at a distance of 4 meters the average -Athletes' average success is 85%, and at a distance of 5 meters the athlete's average success is 80%.

Table 1. Results obtained

| No. | Distance | Result |
|-----|----------|--------|
| 1. | 1 meter | 95% |
| 2. | 2 meter | 90% |
| 3. | 3 meter | 92,5% |
| 4. | 4 meter | 85% |
| 5. | 5 meter | 80% |



Picture 1. Results Graph

DISCUSSION

This research produces data that is consistent at distances of 1 meter, 2 meters, 4 meters and 5 meters. However, the results were in the good category for

shots from 3 meters with 92.5% points. This is in line with research from (Syafutra et al., 2022) that the farther the distance of the shot, the lower the accuracy/success of the finishing stroke made by the athlete. However, at a distance of 3 meters, there are very good accuracy results of 92.5%. The results at a distance of 3 meters are slightly different from the results of shooting accuracy in general, but this is in line with research from (Wasak, 2017) and (Iragraha et al., 2019) which states that the distance of 3 meters is the favorite and ideal distance for athletes to start shooting at the goal. so that at this distance the athlete will feel confident to shoot directly at the goal.

CONCLUSION

The conclusion is that the accuracy of woodball athletes when making finishing shots is 88.5%. In general, the accuracy level of Central Java woodball athletes prepared for the Provincial Sports Week is in the very good category.

Conflict of Interest

No conflict of interest in this reasearch.

Acknowledgment

Indonesian Woodball Association of Central Java, Woodball atlet of Central Java, All of woodball coach in central java.

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