

The Effect Of Strokes Netting Training On Improving Badminton Netting Skills At Pb Warna Agung In 2023

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Abstract

Objectives: This study aimed to determine the effect of strokes netting training on improving badminton netting skills among PB Warna Agung players in 2023.

Materials and Methods: This study used an experimental method with a one-group pretest–posttest design. The participants were badminton players of PB Warna Agung in 2023. The research sample was selected using a population study technique because the number of participants was relatively small. The instrument used in this study was a badminton netting skill test. Data were collected through pretest and posttest measurements before and after the strokes netting training program. The data were analyzed using a paired sample t-test with SPSS.

Results: The results showed that there was an improvement in badminton netting skills after the strokes netting training program. The paired sample t-test showed a significance value of 0.012, which was lower than 0.05. This indicates that there was a significant difference between the pretest and posttest scores.

Conclusions: Strokes netting training had a significant effect on improving badminton netting skills among PB Warna Agung players in 2023. This training method can be used as an effective exercise model to improve accuracy, touch control, and technical consistency in badminton netting.

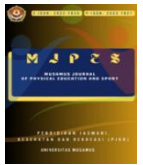
Keywords: Training, Strokes, Netting, Badminton, Skill Improvement

Introduction

Badminton is one of the most popular sports in Indonesia and is played by children, adolescents, and adults for various purposes, including recreation, physical fitness, and achievement. As a competitive sport, badminton requires players to master various technical skills, such as service, lob, dropshot, smash, drive, underhand stroke, and netting. Among these techniques, netting is one of the most important skills because it is often used to place the shuttlecock close to the net and create difficulties for the opponent.

Netting is a soft stroke performed near the net with the aim of making the shuttlecock fall as close as possible to the opponent's net area. A good netting stroke requires accuracy, racket control, footwork, body balance, concentration, and feeling. If the shuttlecock is hit too hard, it may go out of the court. Conversely, if it is hit too weakly, it may get stuck in the net. Therefore, netting is considered one of the most difficult technical skills in badminton.

Based on observations at PB Warna Agung, many players still experienced problems when performing netting. The shuttlecock often hit the net, went out of the court, or was returned too high,



giving the opponent an opportunity to attack. These problems were caused by several factors, such as poor racket contact, late shuttlecock reception, lack of focus, weak footwork, and insufficient technical repetition.

Strokes netting training is a training method that emphasizes repeated and continuous netting strokes. This training is designed to improve accuracy, touch, rhythm, and technical consistency. Through systematic repetition, athletes can develop better motor control and improve their ability to place the shuttlecock close to the net.

Previous studies have shown that structured technical drills can improve badminton skills. Pradinata (2022) found that netting ability among badminton athletes can be improved through technical practice involving accuracy, agility, and speed. Baihaqi and Hadi (2022) also reported that drill and strokes-based training methods were effective in improving technical accuracy in badminton. Therefore, this study was conducted to determine the effect of strokes netting training on improving badminton netting skills among PB Warna Agung players in 2023.

Materials and Methods

Study Design

This study used an experimental method with a one-group pretest–posttest design. This design was used to compare players' netting skills before and after receiving strokes netting training.

Study Participants

The participants in this study were badminton players of PB Warna Agung in 2023. The study used a population study technique because the number of players was relatively small, so all available players were included as research participants.

Study Organization

The research was conducted by giving a pretest to measure the initial netting skill of the players. After that, the players received strokes netting training as the treatment. At the end of the training program, a posttest was conducted to determine the improvement in netting skills.

The strokes netting training consisted of repeated netting strokes directed toward target areas near the net. The training emphasized soft touch, racket control, shuttlecock placement, footwork, and timing.

Research Instrument

The instrument used in this study was a badminton netting skill test. The players were asked to perform netting strokes toward predetermined target areas. Each successful stroke was scored based on the accuracy of shuttlecock placement. Shuttlecocks that landed in the highest target area received the highest score, while shuttlecocks that landed outside the target area received a score of zero.



Statistical Analysis

The data were analyzed using descriptive statistics and a paired sample t-test. The normality test was conducted using the Kolmogorov-Smirnov test. The paired sample t-test was used to determine whether there was a significant difference between pretest and posttest scores. The significance level was set at $p < 0.05$.

Results

Normality Test

Table 1. Normality Test Result

Variable	N	Test Statisti	Sig.
Unstandardized Residual	11	0.297	0.012

The normality test showed a significance value of 0.012. The data were then analyzed using the paired sample t-test to determine the difference between pretest and posttest scores.

Hypothesis Test

Table 2. Paired Sample t-Test Result

Pair	Mean Difference	Std. Deviation	df	Sig. (2-tailed)
Pretest–Posttest	-1.100	1.10050	-3.161 10	0.012

The paired sample t-test showed a significance value of 0.012, which is lower than 0.05. This means that there was a significant difference between the pretest and posttest scores. Therefore, strokes netting training had a significant effect on improving badminton netting skills among PB Warna Agung players in 2023.

Discussion

The results of this study showed that strokes netting training significantly improved badminton netting skills among PB Warna Agung players. The improvement can be seen from the difference between pretest and posttest scores, with a significance value of 0.012. This indicates that the training program provided a positive effect on players' ability to perform netting more accurately and consistently.

Netting is a technical skill that requires fine motor control, concentration, and accuracy. Players must be able to control the racket and shuttlecock with a soft touch so that the shuttlecock falls close to the net. Kholis (2017) explained that netting is a stroke performed near the net and directed as close as possible to the net with a very soft touch. Therefore, repeated technical training is needed to help players develop proper feeling and control.



The findings of this study support Baihaqi and Hadi (2022), who reported that drill and strokes-based training methods were effective in improving badminton technical accuracy. Repetition in strokes netting training allows athletes to strengthen movement patterns, improve timing, and increase consistency in shuttlecock placement. This is also in line with Wijayanto and Williyanto (2022), who stated that training techniques and coordination have an important role in improving badminton stroke accuracy.

The improvement in netting skills may also be related to better footwork and body positioning. In badminton, netting is not only determined by racket control but also by the player's ability to move quickly toward the shuttlecock and maintain body balance. Fitrianingsih and Mansur (2019) emphasized that agility training contributes to badminton movement performance. Good footwork helps players reach the shuttlecock earlier, allowing them to perform netting with better control.

The results also support the concept that structured repetition can improve motor skill learning. Strokes training provides players with repeated movement experiences, enabling them to develop automatic movement patterns. Marzuki (2023) found that drilling exercises influenced badminton netting ability, showing that systematic technical repetition can improve stroke performance.

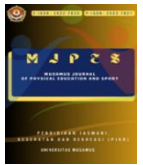
Furthermore, Pradinata (2022) found that badminton netting ability is related to accuracy, agility, and speed. This is relevant to the present study because strokes netting training requires players to repeatedly adjust racket position, shuttlecock contact, and body movement. Through repeated practice, players become more familiar with the correct movement pattern and can perform netting more effectively during play.

Overall, the findings indicate that strokes netting training can be used as an effective training method to improve netting skills. Coaches should apply this training progressively, starting from simple feed patterns and gradually increasing difficulty through variation in direction, speed, and target placement.

Conclusions

Based on the results of the study, it can be concluded that strokes netting training had a significant effect on improving badminton netting skills among PB Warna Agung players in 2023. The paired sample t-test showed a significance value of 0.012, indicating a significant difference between pretest and posttest scores.

Strokes netting training can improve players' accuracy, soft touch, racket control, and consistency in placing the shuttlecock near the net. Therefore, this training method is recommended for badminton coaches as part of technical training programs, especially for improving netting skills.



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