

ABSTRACT

MODIFICATION EFFECT OF ALTITUDE ON THE NET ACCURACY SMASH BADMINTON PB. PAHLAWAN JAYA SUMENEP (Study at the age of 7 - 12 years)

ABDUN NUR KHALISH

Keywords: Modification, Altitude, Net, Badminton, Athlete Early, Exercise.

One of the basic technique of badminton that commonly used to shut down the opponent's game is a smash. Smash is one type of hard blows overhead, directed to powerful downward, and the type of stroke that is used as a form of attack against the opponent. Smash is very good ability to be ruled by any badminton player because it is a most important offensive weapon for its opponent. Therefore, it's necessary made a smash exercise program that suit the characteristics of athletes (young athletes). For the young athletes, net height factor is one of the problems that they have to face because it doesn't suit for their physical form, so when the techniques of motion smash taught, the result can not be directly visible because the shuttlecock often stunted by the net. Therefore, it is necessary to make a modification net height exercise so the athletes can more understand for the basic techniques properly.

The purpose of this research is to obtain empirically: the influence of exercise by modifying the net height to smash skills in playing badminton. The research target are badminton player of PB Pahlawan Jaya Sumenep in age 7-12 years old, include total are 30 children. The statistical analysis method that used in this research are descriptive quantitative and comparative method, while the process of data collection carried out by testing the accuracy of smash technique.

From the results of this study concluded: the net height modification exercise have a significant affecting to the accuracy of smash technique of badminton player aged 7-12 years old in the PB. Pahlawan Jaya Sumenep. This is based on t-test result showed that $t_{count} 10.638 > 2.045$ t_{table} value. Results for the 6-week exercise provides increased accuracy of 14.57% athlete's smash technique with details of stages increases in each week as follows: in the second week increase of 2.37%; in the third week increased by 4.19%; the fourth week increased by 6.19%; at week V increased by 9.29%, and VI in the week increased by 14.57%.