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The Effect of Cone Training and Backcourt Sessions on the Agility of Squash Athletes

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Abstract

In squash, Agility is the ability to move various footsteps and aim to place the body position as quickly as possible. This study aims to determine the effect of Cones Drill and BackCourt exercises on increasing agility in squash. The method used in this study is a quasi-experimental method using pretest posttest control group design. The population in this study was 76 people from all over West Java Squash athletes, a sample of 22 squash athletes in Sumedang district using purposive sampling techniques. Before collecting data, researchers were divided into 2 groups using the ABBA technique. The data collection technique was carried out by conducting initial tests using the Illinois Agility Run to 2 groups. Then given the Cones Drill and Backcourt Session exercise treatment, then given a final test using the illinois agility run. for data processing techniques, descriptive statistical analysis and comparative test analysis which shows that, (1) There is a significant influence on increasing agility in squash sports with the Cones Drill training method. (2) There is a significant effect on increasing agility in squash with the BackCourt Session training method. (3) There is no significant difference in the effect between Cones Drill training methods and BackCourt Session training on the ability to increase agility in squash. The practice method of cone drill drills and backcourt sessions has an influence on improving agility, both methods have a very significant influence. So it can be concluded that Cones drill and backcourt practice methods have an equally important influence in improving agility in the sport of squash.

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INTRODUCTION

Sports coaching is an effective effort to achieve better results. This effort must be carried out systematically, diligently, and continuously in order to achieve significant results (Suparno et al., 2019). Squash is a type of sports game played by two people using a racket and a small ball in a room limited by a wall (Aref Vai et al., 2022). Squash is played on a court measuring 10 x 6 meters surrounded by four walls of approximately 5-6 meters. Only rackets and balls specifically designed for squash are required and in a single match, two players play the ball alternately with the intention of bouncing it off the front wall, provided that the ball must not bounce on the floor more than once.(Jones et al., 2018). In the game of squash, to get these effective and efficient moves it is necessary to be based on a good mastery of basic techniques. Basic techniques include serve, drive, drop, volley and lob or high-five. Basic squash movement techniques include balance, footwork, basic swimming basic strokes (Hasan et al., 2021). Squash is a game sport that has begun to develop in Indonesia. This squash sport is synonymous with competition that requires physical readiness, technique, tactics, and winning mentality. Squash is a complex sport because a player is required to have strength, speed, and strategy at the same time (Iswoyo & Junaidi, 2015a). So it can be concluded that the sport of Squash is a sport that requires an athlete to play his own excellent physical condition. The sport of Squash offers its own variety and challenges with dynamic and strategic games, making it even more attractive to its fans. In general, beginner Squash players have four basic skills that must be mastered, including drive, volley, boast,and service(Razaq et al., 2023.).

Agility is one of the important elements of the body's bimotor components to change direction as quickly as possible, the intended direction is front, back, right, and left (Sumerta et al., 2021). Agility is the body's ability to change positions in different directions, Agility is the body's ability to change various positions at high speed (Ahmad, 2018) Based on the above opinion, agility is the ability of the body to change direction as quickly as possible to move the position of the body. The ability to move from one place to another quickly or agility depends heavily on footwork. This means that the better or faster a person's foot movements, the easier He is to move. Agility has a very important role for athletes in changing their body position quickly. This is of course very important considering that sports such as squash, football, basketball, volleyball, badminton, pencak silat and other sports require an element of agility in their implementation. With good agility, an athlete can reach all corners of the court easily and freely (MUBAROK, 2018). Based on the results of the author's experience during joint training at the NAB Squash Team Contingent in Sumedang Regency, the problem that occurs is the lack of agility of athletes when playing squash. So it makes it difficult for athletes to play squash optimally. After interviews the author, coach and NAB squash athlete they confessed about it. The coach believes that in terms of technique, Sumedang Regency Squash athletes are very qualified but their movements have changed direction still need to be improved and trained better, because the players always lag behind when chasing the ball due to being hit by the opponent.

The opinion of NAB squash athletes even thus, they realize that they are not fast enough in changing the direction of their pace, so they always have difficulty returning the ball given by the opponent. The thing that causes It to happen is the aspect of agility (agility) that has not been good, while squash is a sport that requires athletes to move quickly to chase the ball in different directions of the angular court. In addition, another factor that causes his agility is not increased enough is the forms of agility training that are not enough to be done by NAB squash athletes in Sumedang Regency. (Erliana and Arisman 2017) explains that: E-Movement Cone Drill is an exercise that uses cones that are useful for increasing one's agility in moving. This exercise is an exercise by forming a kun (cone) with certain conditions. Cones Drill training in Squash can improve agility and can be done in several ways and conditions that have been created using Cones. In harmony (Diputra 2015) . A form of training that uses cones as limits and

obstacles when performing movements with the aim of increasing agility. According to Cholik (2000) in (Hardiansah et al., 2019) Training in the context of sport is "an activity carried out systematically, planned, repetitively and gradually increased over a long period of time, aimed at improving the physiological, psychological and sociological functioning of the offender to meet the needs of his task." According to (Flynn et al., n.d.) An important Backcourt session is that players have been trained to play an attacking and safe style of play and the application of this tactic can then vary according to the situation – whether critical or not.

METHOD

(Setyosari, 2010) states that experimental research is a research method that used to look for the effect of certain treatments on others in controlled conditions. From this opinion it can be concluded that experimental research is research by conducting experiments on experimental groups, to each experimental group is subject to certain treatments with conditions that can be controlled. The research method used in this study is a quantitative research method, namely as a research method based on the philosophy of positivism (Sari et al., 2016). This method is used for the reason that we want to see if there are results from Cones Drill training and BackCourt Session training or treatment On increasing agility with results in the form of data / numbers, does it affect when implementing training Cones Drill and Training BackCourt Session to increase agility in squash players. With research design, Pretest Posttest Control Group Design.

Participants

The analysis, researchers must look for data. This data can be obtained from one of the clubs in West Java. In this study there was a population of 76 squash athletes in West Java. Researchers took samples of athletes from one of the clubs in West Java, precisely in Sumedang Regency, with the reason for taking research at the club because it had problems with agility, squash was just developing and was the only squash club in the Sumedang Regency area.

Sampling Procedure

According to Soegiyono (2011) Purposive sampling is a technique for determining samples with certain considerations. The purpose of using this Purposive sampling technique It is expected that the sample criteria obtained by researchers are really in accordance with the study. In the process of this study, the samples taken were 22 athletes from Sumedang Regency clubs, 76 athletes in West Java. The sample was divided into two groups, that is, 11 people in the experimental group practiced Cone Drill , 11 people in the control group practiced BackCourt Sessions . The 22 people consisted of 16 men and 6 women with an age range of 16-24 years and consisted of high school students and college students with certain criteria such as those who were more skilled and had potential in squash sports so that the sampling technique for this study was used Sampling. purposive .

Materials and Equipment

In this study, the measuring tool used by researchers was the Illinois Agility Run Test. The Illinois agility running test is a test that aims to measure the speed and agility of athletes with a validity of 0.82 and reliability of 0.90. The procedure for conducting Illinois agility trials is to use equipment such as stop watches , 8 cones , whistles, paper and stationery. There are officers or people involved during the test, consisting of five people, including one person calling, one person taking photos for documentation, one person recording the results, one person holding the stop watch and one person administering the agility test .

Procedure

To find out chronologically the research steps to be carried out, it must be explained in detail how the procedure of this research was carried out, starting with the determination of the population according to the criteria determined by athletes from one of the squash clubs in West Java, Sumedang Regency. Second, the determination of a sample from the population adjusted to the criteria set for

athletes from one of the squash clubs in West Java, Sumedang Regency. The author used a purposive sampling technique with a sample of 20 people consisting of 14 men and 6 women divided into 2 groups of 10 people each, namely 1 experimental group doing Cones Drill exercises, 1 control group doing BackCourt Session exercises.

Third, prepare a letter of permission to carry out research at the University Institution to related parties that the researcher will conduct research at the location and explain the research to be carried out. Fifth, conduct an initial test (pre test) using the Illinois Agility Run Test instrument at the research site. Treatment was given to the experimental group using the Cones Drill exercise and the BackCourt Session exercise control group. The final test (post test) is to perform the Illinois agility test instrument run back at the research site. The last step is to carry out data processing, analyze and draw conclusions from the results of data processing and data analysis.

Data Design or Analysis

In this study, the measuring tool used by researchers was the Illinois Agility Run Test. The Illinois agility running test is a test that aims to measure the speed and agility of athletes with a validity of 0.82 and reliability of 0.90. The procedure for conducting an Illinois agility test is to use equipment: Stop watch, 8 cones, whistle, paper and stationery.

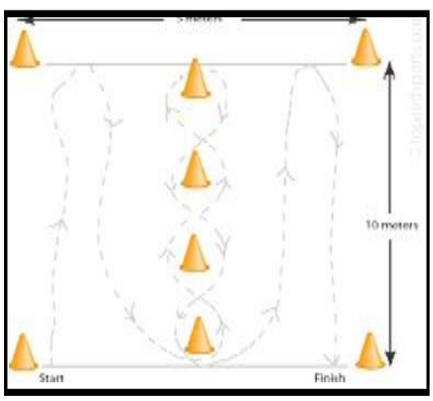

Figure 1. Run Test

RESULT

In accordance with the problems the authors discuss in this study. The author will prioritize the acquisition of trial data starting to the end of the Dai group practice cones test, training and backcourt sessions on agility athletes or agility squash at NAB squash club Sumedang. The first is the normality test used to test whether a variable is normal or not. Normal here means having a normal data distribution. To test data normality, you can use the Shapiro-Wilk test and the decision-making guidelines for the normality test are as follows:

a. If the significance value or probability value $p < 0.05$ (not normally distributed).

b. If the significance value or probability value $p > 0.05$ (normal distribution).

Normality test using spss software, the normality test obtained is as follows:

Table 1. Normality test results

Test results	Shapiro-Wilk	Sig	Conclusion
Pretest Cone Workout	0.430	0.530>0.05	Normal Data
Post test Cone drill	0.660	0.660>0.05	Normal Data
Pretest Back court	0.555	0.555>0.05	Normal Data
Post test Back court	0.715	0.715>0.05	Normal Data

Table 2. Levene Statistic

		Levene Statistic	df1	df2	Sig.
result	Based on Mean	.167	1	20	.687
	Based on Median	.186	1	20	.671
	Based on Median and with Adjusted DF	.186	1	19.585	.671
	Based on trimmed mean	.182	1	20	.674

Based on the table above, it can be concluded that the data from the results of the data normality test using Shapiro-Wilk with significance values obtained from the SPSS test results of all classes show large values. Because of the value of asim. Sig. > 0.05 (alpha), then the value is said to be normally distributed. Based on the spss output above, it is known that the significance value (Sig) Based on Mean is 0.687, which is greater than 0.05, it can be concluded that the variance of posttest groups A and B is the same or homogeneous. Thus, one of the conditions (not absolute) of the sample T independent test has been met. The paired sample t test is used to determine if there is an average difference between two samples (two groups) in pairs or relationships. Based on the results of the paired sample t test, it is known that the significance value (2-tailed) in training with backcourt session is 0.000 < 0.05 and significance (2-tailed) in cone drill is 0.000 < 0.05, it can be concluded that cones drill and backcourt session exercises have a significant influence on the agility of squash athletes' footwork. Regarding the results of the independent sample t test, it is a comparative test in order to determine whether there is a meaningful difference between cone drill and backcourt session training on the footwork agility of squash athletes. To find out the ttable at the degree of freedom by using the significance method alpha = 5% and obtained a ttable of 2,085. By comparing the tcount and ttabel values, it can be concluded that there is no significant difference between cone drill and backcourt session training on the footwork agility of squash athletes with significance values of 0.70 > 0.05 and tcount -0.385 < ttable -2.085 so that H0 is accepted and H1 is rejected.

DISCUSSION

Sports from various branches around the world have experienced rapid progress and development. Squash is no exception, one of the sports that is in great demand by the public and is starting to develop in Indonesia. Squash is one of the games that is done by hitting the ball. This sport is very similar to court tennis and badminton that originated in England (Iswoyo & Junaidi, 2015b). Squash is a competitive sport that has several factors based on physical, tenic, tactical, mental and strategic aspects. Squash is played by two players in one room without barriers and nets. The room contains the right side wall, left side, front wall, and back word but actually contains glass that surrounds the player. Both players take turns hitting the ball towards the front wall, but can bounce the ball to the side or back wall. The player who earns points is the player who is legitimately unable to return the ball from the opponent (Minarni et al., 2019). One of the keys to success in racquet sports, such as badminton, and squash is the duration required when competing more than 5 hours (Girard &; Millet, 2009). The characteristic of this squash game is to rely on endurance, speed, strength, accuracy and agility to be able to defeat opponents. Endurance is the state or condition of the body that is able to compete for a long time in doing long rallies. Speed is an element of conditions that are needed by a squash athlete in moving forward, backward, forward, backward, moving left and right sideways (Ariesna & Setiawan, 2018).

Agility according to Harsono in (Gumantan & Mahfud, 2020) People who have the ability to change the direction and position of the body quickly and precisely when moving, without losing balance and awareness of the position of the body. Agility is the coordination of speed, strength, reaction speed, flexibility and neuromuscular coordination (Diputra, 2015). Speed is one of the basic biomotor skills needed in every sport. Speed is the rate of muscle movement, both for body parts (arms, hands, and legs) and for the whole body (whole body moved), (Sukadiyanto & Muluk, 2011). Movement speed is the speed of a person to move and move places as quickly as possible. Speed of movement in modern sports is very necessary to be able to help athletes overcome every condition that exists on the field. This movement speed is divided into three parts, namely speed, agility, and quickness. (Mustaqim, 2021). Based on its characteristics, squash is a sport that requires agility. Agility is the ability of a person's body to move as quickly as possible to reach a target without losing its balance. As explained by Ariesna & Setiawan (2018). Cone drills are physical exercises to increase speed and agility that

involve using cone stacks or conical marks as markers or references. According to (Diputra, 2015). Cone drill is a form of exercise that makes cones or cones as limits and obstacles when performing a movement with the aim of increasing agility. According to (Flynn et al., n.d.) The important backcourt session is that the player has been trained to play an attacking game and a safe style of play and the application of this tactic can then vary according to the situation – whether critical or not.

Based on the explanation of the problems described above, therefore researchers want to provide treatment in the form of cones drill and backcourt session exercises to increase agility in squash players and aim to find out whether through these exercises there is an improvement after treatment. The importance of this research is carried out, first researchers want to know and provide knowledge to coaches and other teachers so that when doing a squash game the need to practice first before doing the game. Second, the importance of both exercises according to researchers is a form of exercise that can increase agility in squash players because in the method and direction of training that allows for players or athletes to move.

CONCLUSION

Based on the results of research, calculations and data analysis, the author can draw conclusions regarding Cones Drill training and BackCourt Session training about increasing agility in Squash sports, as follows:

1. There is a significant effect on increasing agility in the sport of squash with the Cones Drill training method.
2. There is a significant influence on increasing agility in the sport of squash with the BackCourt Session training method.
3. There was no significant difference in the effect between Cones Drill training methods and BackCourt Session training on the ability to increase agility in squash.

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