THE EFFECT OF MULTIBALL TRAINING ON THE SPEED OF TARGET STROKES FOREHAND AND STROKE BACKHAND DRIVE IN TABLE TENNIS ATHLETES AT PTM PADE ANGEN MATARAM NTB TAHUN 2024

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ABSTRACTS		ARTICLE INFO
The focus of this study is motivated by the low speed of the target strokes forehand and stroke backhand drive. The research objectives to be achieved based on the formulation of the problem that has been defined are as follows: To find out whether there is an effect of multiball training on the speed of target strokes forehand and stroke backhand drive in table tennis athletes at PTM Pade Angen Mataram NTB 2024. The research design used was experimental research using a two group pretest-posttest design. In this experiment there were external variables that influenced the formation of the dependent variable. Instruments Accurate target speed forehand and stroke backhand drive table tennis techniques sampling using a population study of 12 players divided into two groups. Based on the results of the research and data analysis above, it can be concluded that on this basis the null hypothesis (Ho) is rejected and the alternative hypothesis (Ha) is accepted N-1 (12- 1) = 11. After getting the t-count, target speed training forehand strokes - count > t-table, namely (3,995 > 1,796), and stroke backhand drive exercise that t-count > t-table, namely (4,015 > 1,796). Based on the above facts, namely t-count is greater than t-table, thus the t-value obtained in this study is significant (influence). Ha (accepted) there is an effect of multiball training on target speed of forehand strokes in table tennis athletes at PTM Pade Angen Mataram NTB 2024 .		

INTRODUCTION

Initially, the game of table tennis was only known as a pastime for entertainment or simply as recreation. Currently, the game of table tennis has developed a lot, both in society, schools and universities. This game uses a table as a place to bounce the ball hit by the player. Table tennis games can be played individually or in pairs. To play table tennis, you must be able to cross the ball over the net and return the ball to your opponent's area after the ball bounces in your own area. Table tennis is a simple game. The movements carried out in this sport are consistently hitting, directing and placing the ball on the opponent's table and in the hope of the opponent being unable to return the ball. At first this game uses rubber ball,

then using cork and artificial rubber (Salim, 2008:9). One of the most important hitting techniques in table tennis is target accuracy strokes forehand and stroke backhand drive. Players need to master this technique, 3 is even a mandatory technique that table tennis players must have. Ability to target accuracy strokes forehand and stroke backhand drive . closely related to maturity and frequency of training. That is, to obtain accuracy and smash the forehand. The good thing is that players must train intensively and in a programmed manner. A.M Bandi Utama (2004: 3) said that in table tennis matches, the ability to hit accurately   smash forehand.   has an important role to win the competition. Smash forehand is the main stroke in table tennis. According to Sridadi (2004: 5), "Forehand ball control is a form of familiarization training with the ball and the net." The player tries with his handle to touch the bet to the ball, namely by bouncing the ball onto the bet within a certain time. Reflecting the ball with this bet can be bounced or bounced.. Whereas backhand spin is a blow made when the ball is to the left of the body by lowering the body then moving the hand towards the left side of the waist followed by swinging the arm while remaining at 90 degrees and staying straight.

The backhand stroke is a drive with the right hand positioned from the left so that the hand is facing away from the direction of the stroke. This blow is usually used to call backhand clear, backhand smash, backhand net kill, backhand drive, backhand net kill, backhand net shot, and backhand dropshot, as well as all strokes that can be done from the backhand will fall into this category. The focus of the problem in this research is that this research is motivated by the low accuracy of target strokes forehand and stroke backhand drive. Table tennis at PTM Pade Angen Mataram NTB Table Tennis Athlete in 2024. In the game of table tennis, you need to hit the right target because the factor of accuracy in the game of table tennis is very important in order to place a difficult ball in a direction that is difficult for your opponent to hit during a match. Therefore, players need to receive training in mastering existing training techniques from their teacher or trainer.

The solution applied is training in table tennis, according to Larry Hodges (2007: 2) training methods in table tennis include practicing with other players, practicing with a coach, practicing alone, machines and also multiball. Of the various methods in table tennis, one of the training methods is used to improve accuracy and smash forehand. is "training multiball". This training method emphasizes the frequency of hitting, thus allowing players to get used to hitting the ball at the 4 intended targets, so that the student's movements become automatic. Method multiball You can also use a machine or manual given by the trainer or feeder No machine yet so the method of multiball manually is very good for increasing target accuracy strokes forehand and stroke backhand drive . The high frequency of students practicing punch accuracy forehand and backhand By hitting the ball as much as possible, it is hoped that students will get used to hitting the target, so that their accuracy ability will increase. One of the goals of many ball exercises or multiball This is to improve the ability to hit accuracy and smash forehand. Method multiball It is hoped that in the future the players will have much better accuracy skills. Based on the author's observations, research has never been conducted on whether there is an effect of exercise multiball on target accuracy strokes forehand and stroke backhand drive For PTM Pade Angen Mataram NTB Table Tennis Athletes in 2024.

RESEARCH METHOD

The design used in this research is a design or design with an experimental model. What is meant by the experimental research method is a systematic and objective way to look for a cause and effect relationship between two variables that are deliberately generated by the researcher as treatment strictly (Hulfian, 2014:9). So everything researched in this research was done deliberately. Where in this case the players are given training multiball on target accuracy strokes forehand and stroke backhand drive For PTM Pade Angen Mataram NTB Table Tennis Athletes in 2024 so that players' agility can increase. Everything was done experimentally. The research design is to use Two group pretest-posttest design. In this design there is no control group, and subjects are not randomly assigned. The advantage of this design is that it is done pretest and posttest so that you can know for sure the difference in results as a result of the treatment given.

Table 1: Two Group Pretest-Posttest Design

Pre- Test	*Treatment*	*Pos-Test*
$T1^a$	Shah	$T2^a$
T1b	Xb	T2b

Description:

$T1^a$: *Pretest* / initial test *strokes forehand*
X1a Treatment given Multiball training

$T2^a$: *Posttest /* Final test *strokes forehand*
T1b : *Pretest* / initial test *stroke backhand drive*

Xb : Treatment provided by Multiball training
T2b: *Posttest /* Final test stroke *backhand drive*

Population is all players in the PTM Pade Table Tennis Athletes Pade Angen Mataram NTB in 2024 Mataram with number 12 people. The sample is 12 people. In this study, researchers prepared to collect data by providing students with an understanding of the tests that would be carried out. The purpose of data collection preparation is to carry out data collection tailored to the existing problem. In this research, the preparations that must be made are the preparation of tools, preparation of materials, preparation of test participants. As for instructions for carrying out the test are as follows: Tools and equipment
1. table tennis ball
2. but
3. hooligan
4. stopwatch
5. shoes shit

Stroke Accuracy Instrument Forehand *Drive Table* Tennis to make it easier to understand below is a picture of table markings, two targets on the right side of the test, namely an area of 30cm x 30cm, both the area is 60cm x 60cm.
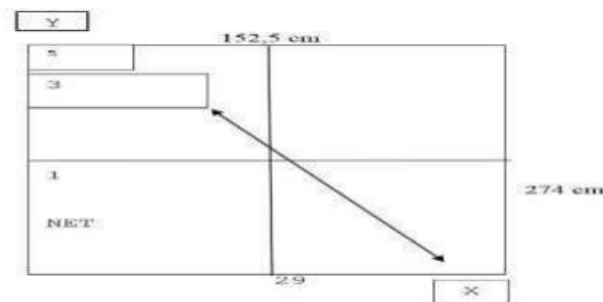
Figure 1. Forehand Drive Precision Instrument
Source: Tomoliyus (2012: 19)

To obtain a conclusion on the problem being studied, data analysis is an important step in the research. In accordance with the problem formulation and research objectives, the data analysis used in this research is *t-test* with the formula: Then analysis is used statistics with the following formula Hulfian, (20014: 71).

$$ t = \frac{SD}{\sqrt{\frac{N.\Sigma D2 - (\Sigma D)^2}{N}}} $$

Information:
D = Difference between each pair of scores (post test -pre test)

N = Number of samples used

The steps for analyzing data are as follows:
 1. Formulate a hypothesis
 2. Prepare a work table (preparation table)
 3. Distribute the data into the formula
 4. Evaluate T
 5. Draw conclusions

RESEARCH FINDING AND DISCUSSION

Table 2 Results *Pretest posttest Strokes forehand* table tennis in athletes
PTM Pade Angen Mataram NTB Table Tennis in 2024

No	Player Name	*Pre-test* Best 30 seconds	*Posts* Best 30 seconds
1	Dede Supiandi	19	19
2	Muhammad Ilham	20	22
3	Ade Kurniawan Saputra	21	23
4	Sinaga's blessing	18	18
5	Rahyan Sulmi	19	20
6	Iqbal Albi Adekamula	18	20
7	Anugra Diansa	18	18
8	Lutpan Adil	17	19
9	Aryo Ramadhan	18	19
10	Banner Lajuardi	19	21
11	Muhammad Irfansyah	16	17

12	Kahiaril Azani	19	20

Table 3 Results posttest and postest Backhand Spin table tennis for PTM Pade Angen Mataram NTB Table Tennis Athletes in 2024

No	Player Name	*Pre-test* Best 30 seconds	*Posts* Best 30 seconds
1	Dede Supiandi	19	19
2	Muhammad Ilham	22	21
3	Ade Kurniawan Saputra	23	22
4	Sinaga's blessing	18	19
5	Rahyan Sulmi	20	21
6	Iqbal Albi Adekamula	20	21
7	Anugra Diansa	18	18
8	Lutpan Adil	19	20
9	Aryo Ramadhan	19	20
10	Banner Lajuardi	21	22
11	Muhammad Irfansyah	17	18
12	Kahiaril Azani	20	20

1. Formulate a null hypothesis (Ho) for the target group *strokes forehand*

To test the alternative hypothesis (Ha) it reads: There is an effect of training *multiball* on target accuracy *strokes forehand* "On PTM Pade Angen Mataram NTB Table Tennis Athletes in 2024." So it must be changed to the null hypothesis (Ho) which reads: There is no effect of training *multiball* on target accuracy *strokes forehand* On Table Tennis Athletes PTM Pade Wind Mataram NTB Year 2024 ".

2. Organize work

Table 4 Working table to find the "t" skill value Strokes forehand For PTM Pade Angen Mataram NTB Table Tennis Athletes in 2024

No	Player Name	X1	X2	D (X1-X2)	D2
1	Dede Supiandi	19	19	0	0
2	Muhammad Ilham	20	22	2	4
3	Ade Kurniawan Saputra	21	23	2	4
4	Sinaga's blessing	18	18	0	0
5	Rahyan Sulmi	19	20	1	1
6	Iqbal Albi Adekamula	18	20	2	4
7	Anugra Diansa	18	18	0	0
8	Lutpan Adil	17	19	2	4
9	Aryo Ramadhan	18	19	1	1
10	Banner Lajuardi	19	21	2	4

11	Muhammad Irfansyah	16	17	1	1
12	Kahiaril Azani	19	20	1	1
	∑	222	236	14	24
		18.5	19.6667	1.1666667	2

According to the results of research and observations, exercise shows the influence of exercise multiball on target accuracy strokes forehand and stroke backhand drive For PTM Pade Angen Mataram NTB Table Tennis Athletes in 2024, Helping improve skills strokes forehand and stroke backhand drive. The success of extracurricular activities cannot be separated from several factors, including good and correct training methods. By choosing the correct training method according to the student's character or shortcomings, it is hoped that they will be able to improve their target accuracy abilities   strokes forehand and stroke backhand drive On PTM Table Tennis Athlete Pade Angen Mataram NTB Year 2024. Accuracy ability forehand and stroke backhand drive Good performance itself is influenced by the frequency and quality of good training. In terms of training frequency, it can be concluded that programmed training for a long time increases the accuracy of punches forehand and stroke backhand drive becomes increasingly increasing. The varied activities will create a pleasant training atmosphere for students so that when participating in the exercises students can participate in the activities enthusiastically. By using a variety of training methods multiball It is hoped that students can improve their accuracy skills strokes forehand and stroke backhand drive   because of the training method Multiball gives students the opportunity to hit the ball that comes with almost the same direction, accuracy and angle. This training method also gives students an opportunity to get used to hitting the ball with strokes forehand and stroke backhand drive The target is so that students can apply the precision of forehand and backhand strokes in the actual game so that playing table tennis can run well. Regular practice with a good training program using the multiball method is expected for students to be able to master accuracy strokes forehand and stroke backhand drive in playing the game so that the game can run well. This increase was seen when collecting posttest data for the accuracy ability test strokes forehand and stroke backhand drive   in the experimental group, namely there was an increase in experimental group students who received the training method multiball.

CONCLUSION

Conclusions can be drawn, then on this basis the null hypothesis (Ho) is rejected and the alternative hypothesis (Ha) is accepted N- 1 (12- 1) = 11. Where Ha (accepted) there is an influence of training multiball on target accuracy strokes forehand For PTM Pade Angen Mataram NTB Table Tennis Athletes in 2024 ", Ho (rejected) there is no effect of training multiball on target accuracy strokes forehand For PTM Pade Angen Mataram NTB Table Tennis Athletes in 2024

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