

## English The Effect Of Target Practice Drill On The Accuracy Of Badminton Forehand Service Technique In Extracurricular Courses At Sma Al - Islam Krian

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### ABSTRACT

*This study aims to determine the extent to which the drill target practice method can improve the accuracy of forehand service techniques. But in reality there are problems that are often faced by students, especially extracurricular participants at AL-Islam Krian High School, which are clearly visible in the field, namely many students who do not understand and tend to be less precise when performing the correct forehand service technique, each student should master one of the basic service strokes, such as the forehand serve. This research design uses a quantitative research design with a pre-test treatment post-test research design. The method used in this research is survey test research which is a way of collecting data to be analyzed. The population of this study were badminton extracurricular participants at AL-Islam Krian High School. The sample consisted of 10 extracurricular participants. The results showed that there was an increase in extracurricular participants, this was shown from the results of the T-test comparison in the experimental group. It can be seen that the p-value in the experimental group is 0.000. When compared to alpha, the value of the experimental group is smaller ( $0.000 < 0.05$ ) which states that  $H_0$  is rejected and  $H_1$  is accepted. This shows that there is a significant difference between the pretest and posttest results, so it can be concluded that drill training has an effect on increasing the accuracy of badminton forehand service techniques in extracurricular activities at Al-Islam Krian High School.*

### ARTICLE HISTORY

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### KEYWORDS

Effect of Target Practice Drill Training; Forehand Serve; Extracurricular

### Introduction

Badminton is a sport with unique movements and techniques. Therefore, to master badminton movements, it is necessary to study and practice intensively and well to help students excel. The badminton management body in Indonesia was founded on May 5, 1951 under the name of the All-Indonesian Badminton Association (PBSI). This organization has produced many great and talented athletes who are the pride of Indonesia (Ardyanto, 2018). By popularizing badminton, we must continue to encourage and increase efforts to achieve badminton achievements to maintain and increase the success of the Indonesian nation in the eyes of the world (Muhammad Thoharun et al., 2022). Badminton players must master these basic badminton techniques to support or achieve their further game goals. Badminton can be played on a square court with a length of 13.40 m and a width of 1.5 m x 6.10 m, a net pole height of 1.55 m, a net height of 1.52 m. and surrounded by a net to separate the playing field itself from the opponent's playing field (Nurhasan, 2015). "Training is a process of organized practice or work that is repeated with increasing amounts of exercise or workload" (Zainuddin et al., 2023)

In this study, extracurricular participants at AL- Islam Krian High School for the accuracy of badminton forehand serve techniques are still many techniques or movements that are less precise and it is hoped that this research can create the right badminton forehand serve learning technique. This sport is growing rapidly, and coaches, athletes, administrators, and administrators contribute fully to its development. Various achievements have been achieved including the Thomas Cup, Uber Cup, British

Championships, and Olympic Championships. This success cannot be achieved immediately, but it is a long process, and the process in question is through a continuous and measurable training program (Putra, 2022). Badminton is one of the sports that is very popular and known by the Indonesian people because this game is an individual game that can be played individually or individually. Badminton is part of an elective sports lesson that is played in PJOK learning material during school hours or in extracurricular time. In order for badminton players to play well, it is necessary to master the techniques of badminton games, such as the forehand service technique, because in badminton the forehand serve is one of the techniques that must be mastered thoroughly, the service technique plays an important role in badminton games.

Badminton is a sport that uses a small ball, this sport is played with It is played in two pairs, singles and doubles (Hasanuddin, 2021) says badminton is a racket sport, played by two (or two pairs) in a dish that is divided into two parts by a network. Service is a basic technique in the game of badminton that must be mastered correctly. This movement that starts the game of badminton is called a serve, which means the shuttlecock is played by hitting it to the opponent's side of the court (Poole, 2020). Short Service positions the shuttlecock for two targets: the front service line and the middle line, and the intersection angle between the side and long service lines is a down serve, where the shuttlecock is swung high and falls vertically between the two double lines behind the opponent's court (Muharram & Andiana, 2024). In badminton, serving is an important part because it determines a team's victory or defeat based on the results of the serve to get points. The forehand service technique in badminton refers to the optimal way to serve using the right grip and correct movement. The serving technique is very important because in game sports it requires accuracy, especially badminton. The service stroke is the initial stroke that marks the start of a badminton game (Seth, 2016). The results of the correlation between the short serve and the ability to play badminton are positive, which means that the short serve supports the ability to play badminton. The simple correlation value between the short serve and the ability to play badminton is quite high, so the short serve also affects the ability to play badminton. Someone with a large short serve will find it easier to serve correctly than someone with a low short serve. The stronger the fingers of a player, the easier it is to serve accurately (Budiawan, 2016).

The drill method is a teaching method that instills certain habits. According to (Endrawan, I. B., & Satria, 2020), the drill method is a teaching method in which students carry out practice activities that empower students to achieve accuracy. Drill is a teaching method in which badminton players perform exercises to learn certain skills and accuracy. The meaning of the word practice is to repeat something repeatedly skills and accuracy are increasingly refined along with changes in the conditions of the training situation and require modification of responses (Yuliawan, D., & Sugiyanto, 2014). Description of target practice drill: Place a target (e.g. a kun or a sign in the desired corner of the service box). Practice forehand serving with a focus on aiming the shuttlecock correctly at the target. Record the number of correct serves into the target to monitor progress. Hit the shuttlecock concentrating on one movement. Trained students can understand and master the correct serving technique, the coach can immediately recognize the mistakes of the participants' hitting techniques immediately correct them, the coach can monitor or supervise the implementation of extracurricular activities at any time.

## Method

This research uses quantitative research. Quantitative research methods are based on the philosophy of positivism. This method fulfills scientific principles, namely concrete or empirical, objective, measurable, rational, and systematic. This step also serves as evidence or

O1	X	O2
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confirmation. This method is called a quantitative method because the research data is in the form of numbers and statistics are used for analysis.

The variable relationship in this study can be described by the following chart:

Figure 1 Relationship between Research Variables Y = Accuracy of badminton forehand service techniques.

Source: (Wardani et al., 2022)

Description:

O1 = Pretest score (before treatment)

X = Treatment (target practice drill)

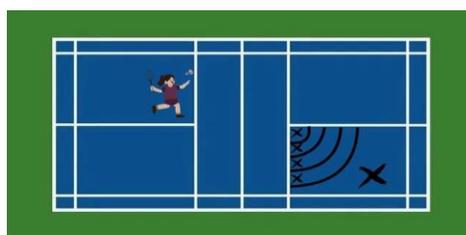
O2 = Posttest value (after being given treatment)

The population of this study were badminton participants aged 15-17 years who participated in the badminton extracurricular training program at AL-Islam Krian High School. The sample is part of the number and characteristics possessed by the population. So that from this study the data source taken by extracurricular participants at AL-Islam Krian High School was 10 participants.

Target assessment with 5 forehand serves

1. Very less
2. Not enough
3. Enough
4. Good
5. Very good

The data collected in this study need to be processed and conclusions drawn. Data on basic forehand service skills of extracurricular activity participants at SMA AL-Islam Krian. According to Arikunto as quoted in (Indrawan, B., Rubiana, I., & Herliana, 2020), "Research instruments are tools or equipment used by researchers to collect data so that it is more accurate, complete and systematic in the sense that it is easier to understand".



Picture 1. Forehand Service Test Instrument

Source: (SHELEMO, 2023)

1). Analisis Deskriptif

Table 1. Descriptive Statistics Source: SPSS 26

	N	Minimum	Maximum	Mean	Std. Deviation
Pre_test	1 0	7.00	20.00	14.6000	3.97772
Post_test	1 0	12.00	24.00	17.6000	3.92145
Valid N	1				

0
(listwise)

From the data in table 1. it can be explained that the value for the sample size is 10. The mean value in the experimental pretest group is 14.6000, the experimental group posttest is 17.6000. Std value. Deviation in the experimental pretest group was 3.97772, posttest experimental group was 3.92145.

Table 2. Data Tests of Normality Source : SPSS 26

	Kolmogorov-Smirnov <sup>a</sup>			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
Pre_test	.144	10	.200*	.95	10	.772
Post_test	.158	10	.200*	.96	10	.880
				.9	9	

\*. This is a lower bound of the true significance.

a. Lilliefors Significance Correction

Based on table 2. regarding the normality test using the Shapiro-Wilk normality test method. It can be seen in the experimental pretest group with the Sig value. amounting to 772, the experimental posttest group with a value of Sig. equal to 880. This value is greater than the alpha value (0.05), so it can be concluded that the results for both groups are normally distributed.

Table 3. Test Result Homogenitas Data Source: SPSS 26

	Test of Homogeneity of Variances			
	Levene Statistic	df1	df2	Sig.
Pre_test	.584	1	8	.467
Post_test	4.266	1	8	.073

Based on the results of table 3. of the homogeneity test above, the p-value obtained in the experimental pretest group was 467, the experimental posttest group was 073. Because the p-value was greater than  $\alpha = 5\%$  or 0.05, it was known that the pretest and posttest values had the same variance (homogeneous).

Table 4. Comparative Test Results Paired Samples Test Sumber : SPSS 26

Paired Differences
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		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference		T	Df	Sig. (2-tailed)
					Lower	Upper			
Pair 1	Pre Test	-	1.490	.4714	-	-	-	9	.000
	- Post Test	3.0000	.7100	.4066	4.0663	1.9336	6.364		
	eksperimen								

From the table in 4. regarding the experimental group comparison test. It can be seen that the p-value in the experimental group is 0.000. When compared with alpha, the experimental group value is smaller ( $0.000 < 0.05$ ) which states that  $H_0$  is rejected and  $H_1$  is accepted. This indicates that there is a significant difference between the pretest and posttest results, so it can be concluded that target practice drill training has an effect on increasing the accuracy of badminton forehand service techniques in extracurricular activities at Al - Islam Krian High School.

## Results and Discussion

The purpose of the analysis is to test the hypothesis that is accepted or rejected. With the author's hypothesis put forward in this research, its truth and untruth can be proven from scientifically accountable analysis, therefore the data that the researcher presents needs to be analyzed in order to provide a concrete picture. This research uses a forehand serve test of 5 strokes. After obtaining research data, the data is grouped for analysis. The results of the analysis will later be included in the data grouping so that the value of the results of performing a forehand serve test of 5 strokes can be known. Badminton is one of the most famous sports in the world. This sport attracts various ages, different skills, men and women who play the sport both indoors and outdoors used for relaxation and competition. Badminton is a sport played on a network, racket, and shuttlecock, with various hitting techniques and involving tricks ranging from relatively light to very fast (Wardani et al., 2022). Many Indonesians make this badminton sport a hobby or just a recreational sport. This game is individual and can be played in pairs by boys. Girls can also play with a mixture of men and women. Badminton is a game with its own unique characteristics that use shuttlecocks that are played alternately until the opponent cannot return it (Juang, 2015).

Other researchers also show that the drill method can also be used or can be made to practice other basic techniques not only for serving but even for smash can also be like what was done by (Arfiani et al., 2023) Judging from relevant research or previous researchers where research conducted (Saputra, A., Saripin, S., & August, 2016), (Syukur, 2018) dan (Nasri, Y. Y., Sepdanius, E., & Haris, 2019). in the title The Effect of Drill Variations on the Accuracy of Smash in Badminton Games on Junior Athletes PB. Jambi Raya. The main advantage of this research is the development of a target practice drill program that is focused on improving the accuracy of badminton forehand service techniques. By providing

structured and varied exercises, this study succeeded in showing how these exercises can effectively improve the service technique in a match.

After collecting pretest and posttest data, here the researcher found the results of the descriptive analysis test, normality test, homogeneity test, and comparison test (T test). Based on the results of the research and data processing that has been done above, it can be concluded as follows: Regarding the experimental group comparison test. It can be seen that the p-value in the experimental group is 0.000. When compared to alpha, the experimental group value is smaller ( $0.000 < 0.05$ ) which states  $H_0$  is rejected and  $H_1$  is accepted. So it can be interpreted that target practice drill is one of the effective training methods to improve the accuracy of forehand service techniques. By using this method, this research can show a significant effect on the accuracy of the forehand serve technique and this research can be useful for the development of badminton training programs, especially in terms of improving the accuracy of the forehand serve technique.

After collecting pretest and posttest data, here the researcher found the results of the descriptive analysis test, normality test, homogeneity test, and comparison test (T test). Based on the results of the research and data processing that has been carried out above, it can be concluded as follows: Regarding the experimental group comparison test. It can be seen that the p-value in the experimental group is 0.000. When compared with alpha, the experimental group value is smaller ( $0.000 < 0.05$ ) which states that  $H_0$  is rejected and  $H_1$  is accepted. So it can be interpreted that practice target practice is an effective training method for improving the accuracy of forehand service techniques. By using this method, this research can show a significant influence on forehand serve technique and this research can be useful for developing badminton training programs, especially in terms of improving forehand serve technique.

The main advantage of this research is the development of a practical target training program specifically to improve the accuracy of badminton forehand service techniques. By providing structured and varied training, this research succeeded in showing how this training can improve serving technique effectively in a match. In addition, this research makes an important contribution to player development at the high school level, which requires a special approach to improve their technical skills. Overall, this research also confirms that the right drill method can have a big impact on improving the performance of badminton players, as well as opening up new understanding regarding the effectiveness of specific exercises in sports.

Based on the results of this research, it is recommended that badminton extracurricular coaches at the high school level, especially at AL-Islam Krian High School, consider implementing target practice drills regularly in their training program, because it has been proven to increase service accuracy. Apart from that, the results of this research also suggest that the target practice drills used should be adjusted to the player's ability level so that the training remains effective and motivates them to continue to develop. Through these recommendations, it is hoped that badminton players can experience immediate improvements in performance, as well as improve competition results at a higher level. The implications of this research show that the application of target practice drills in a structured and focused manner can make a significant contribution to improving the forehand service

technical abilities of badminton players. The results of this research open up opportunities for the development of more innovative training methods in the world of sport, especially at school level, which often has limited time and resources. In addition, the application of target practice drill training can be a model for trainers throughout Indonesia to create more effective and efficient training programs, which not only increase accuracy and technical skills, but also helps build the mentality of badminton players who are tough and ready to face pressure in matches. Thus, this research not only provides new insight into training techniques, but also has a wider impact in efforts to improve the quality of sports coaching at the educational level.

## Conslusions

Based on a series of research activities that have been carried out, starting with observing existing problems then determining face-to-face forehand serve training with a specified duration as a suitable exercise for the accuracy of badminton forehand service technique. After the observations were made, an initial and final test was carried out for the accuracy of the forehand service technique using a target practice drill. After obtaining data and calculating it can be said that the target practice drill can improve the accuracy of badminton forehand service techniques in extracurricular activities at AL-Islam Krian High School. Because the sig value. (2-tailed) in the final test of accuracy of badminton forehand service technique target practice drill  $0.000 < 0.05$ . So the research entitled The Effect of Target Practice Drill on the Accuracy of Badminton Forehand Serving Techniques in Extracurriculars at AL-Islam Krian High School can be used as extracurricular trainers at AL-Islam Krian High School as a reference or guide in providing training programs or material specifically to improve the accuracy of forehand service techniques with target practice drills. Because it has been proven to improve the accuracy of badminton forehand service techniques in extracurricular activities at AL-Islam Krian High School.

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