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IMPROVING FOREHAND STRIKES IN FIELD TENNIS GAMES THROUGH THE DRILL METHOD IN SCHOOLS

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Abstract

This article addresses key aspects such as body position, hip rotation, and core strength with physical and mental exercises that contribute to stronger punches and hitting accuracy. Through implementing these strategies, players can develop more effective shots and improve their ability to control and dominate the court. Combining the right technique and training will be the key to achieving superior hitting power in tennis. Court tennis forehand technical skills include open skills. Open skills are movement skills where the implementation occurs in changing environmental conditions, and the actor moves according to the stimulus that arises. Temporal and special changes in environmental conditions will stimulate students to move. When students perform forehand movements, they will adjust the incoming ball so that they can adjust the position of their feet, bet and starting point in executing their forehand. The drill method for forehand strokes is a movement that is done with a sprint movement to move forward or obliquely forward, a step to the right, left side, and a backward movement to move backwards and obliquely backwards. Thus, if training using the drill method is carried out seriously and according to instructions, it will be able to improve your forehand ability to become better, so that during games or matches it will be an advantage for scoring points.

Keywords: Forehand, Tennis Game, Drill Method

INTRODUCTION

Physical education is an integral part of the overall education system which is capable of developing children/individuals as a whole which includes physical, intellectual (interpretive abilities), emotional and spiritual moral aspects, which in the learning process prioritize physical activity and healthy living habits (Bailey, R ., et al, 2009). Therefore, the implementation of physical education must be directed at achieving these goals. The aim of physical

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education is not only to develop the physical realm, but also to develop aspects of health, physical fitness, critical thinking skills, emotional stability, social skills, reasoning and moral actions through physical activities and sports.

Physical education is a medium for encouraging motor development, physical abilities, knowledge and reasoning, appreciation of values (attitudes, mental, emotional, spiritual and social), as well as the habit of healthy lifestyles which lead to stimulating growth and development (Education, I.P, 2010).

Lawn tennis, as a sport that combines speed, precision and power, places great challenges on players to develop an effective stroke. One critical aspect of this skill is the ability to generate power strokes, especially on the forehand and backhand. Greater hitting power not only increases the potential for creating points, but also provide significant competitive advantages (Ibrahim, N., et al, 2022).

Tennis is a sport that combines aspects of strength, endurance, agility and complex strategy. As a tennis athlete, the ability to maintain high physical endurance and move oneself quickly is a determining factor in achieving success. Tennis is also a sport that can be played between 2 players (singles) and 2 pairs (doubles). Each player uses a racket to hit the ball, the aim of this game is to find points by hitting the ball in all directions specified in the rules, so that the opponent is unable to reach the ball and a point occurs (Seff et al., 2017). The basic principle of playing tennis is to hit the ball directly and into the opponent's court (Sari, M. P., et al, 2020).

At the same time, tennis players at all skill levels often experience challenges in mastering proper forehand technique. Some players may lack an understanding of the necessary body movements, while others may struggle with maintaining consistency in their strokes.

Court tennis forehand technical skills include open skills. Open skills are movement skills where the implementation occurs in changing environmental conditions, and the actor moves according to the stimulus that arises. Temporal and special changes in environmental conditions will stimulate students to move. When students perform forehand movements, they will adjust the incoming ball so that they can adjust the position of their feet, bet and starting point in executing their forehand (Sawali, L, 2018).

The drilling method will be more interesting if modified tools are used that allow the ball to be more stable or constant and more visible. This makes it easier for students to better observe the perception of the incoming ball, so that the ball will be hit easily. With assistive devices, the height of the ball's

bounce can be adjusted, the frequency of the ball's arrival can be adjusted and the assessment can be carried out easily and accurately (Irawadi, H., & Yusuf, M. J, 2021).

Using the drill method with constant ball placement will make students happier and more motivated to learn court tennis forehand techniques. According to Irawadi, H., & Yusuf, M. J (2021) a student will quickly overcome difficulties in learning and practicing if he has high motivation, especially in fields that we enjoy. Using the drill method will make students master more detailed forehand movement techniques and will achieve correct movement automation.

Therefore, this article aims to provide a comprehensive guide to tennis players, both beginners and experienced, regarding basic forehand stroke techniques. By providing insight into proper technique, effective drills, and practical tips, this article will help players improve their skills on the tennis court, resulting in a stronger, more consistent, and more accurate forehand. It is hoped that the guidance in this article will be a valuable resource for those looking to improve their tennis game.

RESEARCH METHOD

The study in this research is qualitative with literature. The literature study research method is a research approach that involves the analysis and synthesis of information from various literature sources that are relevant to a particular research topic. Documents taken from literature research are journals, books and references related to the discussion you want to research (Earley, M.A. 2014; Snyder, H. 2019).

RESULT AND DISCUSSION

Understanding the Forehand Shot

In table tennis, there are several hitting techniques that we need to know, namely the forehand shot which is the most common in table tennis. Ramli, A. S. S., et al (2021) stated, "A forehand shot is a ball shot with the palm of the hand holding the bet/racquet facing forward." Fuentes-García, J. P., et al (2022) stated, "A backhand stroke is a stroke made by moving the bet to the left of the elbow for players who use the right hand and vice versa for players who use the left hand." This opinion shows that the table tennis backhand is a stroke that is used to attack from the backhand side with the back of the hand holding the racket/bet facing forward. A backhand shot is a ball shot with the

palm of the hand holding the bet/racquet facing backwards, or the back of the hand holding the bet/racquet facing forward.

The forehand technique is as follows: when the ball arrives, turn your body to the right until your body is towards the side line of the court and your left shoulder is towards the net. Body weight rests on the right foot. At ear level. Then lower it back down to waist level. The source of this movement is from the shoulder with the arm bent at the elbow and the face of the racket perpendicular to the floor. How to play a forehand shot is as follows: (Reid, M., et al, 2013)

1. Stand behind the table facing the direction of the game.
2. One foot is placed in front and the other behind.
3. One hand holds the bet at the side of the body with the forearm forming a 90 degree angle.
4. The blow is made by moving the bet from back to front.
5. The bet must hit the ball when the ball reaches the highest point.

Basic Correct Forehand Technique

The basic correct forehand technique in tennis involves a number of key elements. First of all, the position of the feet is very important. Players should stand with their legs slightly apart, the dominant leg (usually the stronger leg) slightly behind, and the other leg in front. This position provides stability and allows players to move their body more efficiently during the shot. Apart from that, racket grip is also an important factor. Players must grip the racket with a strong hand and follow the correct grip pattern to ensure control and power in the shot. Hip rotation and proper body movement are also important parts of effective forehand technique (Fauzan, L. A, 2022). By understanding and mastering these elements, players can improve their basic forehand technique, which will help them achieve consistency and success in the game of tennis.

Furthermore, correct hip rotation and body movement are essential to producing a powerful forehand shot. When hitting, players must be able to move their hips laterally and shift body weight to the dominant leg, which in turn increases the speed of the racket when it hits the ball. Proper body movements also help players maintain balance during the shot, allowing them to follow the ball accurately (Sun, X. W, 2014).

Apart from that, the orientation of the player's eyes and head also plays an important role in correct forehand technique. Players must remain focused on the ball at all times, keeping their eyes and head in a position that

allows them to see the ball clearly when it meets the racket. This helps players make the right decisions in shots and improves accuracy (Alim, A., & Yuliarto, H, 2022). Correct basic forehand technique is a crucial first step to becoming a more competent tennis player. By understanding and honing these elements, players can improve the quality and consistency of their forehand strokes, giving them an edge in tennis matches (Sawali, L, 2018). It is important to remember that mastering the basic forehand technique requires practice and patience. Players should regularly practice movements and embed these technical elements in their game. This can include practicing with a friend, working with a trainer, or even using a mirror or videotape to monitor and improve their technique.

Additionally, each player may have differences in terms of physical strength, body size, and personal preferences. Therefore, adapting the basic forehand technique to suit the uniqueness of each player is also important. Engaging in experiments and discussions with coaches or other experienced players can help adapt the forehand technique that best suits individual needs (Pane, B. S., et al, 2020).

With patience, constant practice, and a deep understanding of the basic forehand technique, tennis players will be able to improve their skills and reach higher levels in their game. A strong and accurate forehand technique is one of the most valuable assets in tennis, and mastering it will help players achieve success on the court (Ngatman, N., et al, 2022).

Best Exercises to Improve Your Forehand

Proper training is the key to improving your forehand in tennis. There are several exercises that can help players hone their skills in producing strong and consistent forehand shots. One effective drill is practicing with a ball friend or instructor which allows the player to focus on body movement and technique without having to worry about the actual game. Additionally, practicing hitting the ball against a wall with a forehand is a great way to improve hand-eye coordination and mastery of technique. These drills can be accompanied by variations such as forehand volleys, topspin shots, and others, according to the player's skill level. Lastly, involving yourself in fitness exercises aimed at strengthening the muscles involved in the forehand stroke is also important (Agustiyanto, A, 2023). With regular practice and focusing on the correct technical aspects, players will see significant improvements in their forehand strokes.

In practice with a ball friend or instructor, players can focus on body movement, breathing, and shot technique without the pressure of the game. This allows players to deeply understand and improve the technical elements discussed previously, such as racket grip, foot position, hip rotation, and eye orientation (Li, F., & Liu, L, 2013). Practice hitting the ball against a wall is also very beneficial because players can practice alone or with a little help. This refines basic skills and builds confidence in developing hitting consistency. Variations in drills, such as changing the angle of the wall or the speed of the ball, can help players adapt to different situations in a match. Fitness exercises that target the muscles used in the forehand stroke, such as the arm, abdominal and back muscles, can increase strength and endurance (Sawali, L, 2018). This will help the player to maintain control during the stroke and prevent excessive fatigue.

Apart from technical training, mental training is also important in improving your forehand stroke. Players must understand the importance of concentration, focus and understanding the game. Meditation or visualization exercises before a match can help players feel calmer and mentally prepared, which in turn will influence the quality of their forehand strokes (Safari, I., et al, 2017).

Additionally, playing with different levels of players is also valuable practice. This allows players to face game variations and adapt to different playing styles. Frequently playing with better or experienced players can help players hone their forehand stroke and improve their overall game.

Lastly, consistency in training is key. Players should plan regular practice sessions and commit to continually improving their forehand. Tracking progress in a journal or taking practice videos to record technical improvements can also help players monitor their progress.

With a combination of consistent technical, mental and game practice, players will see significant improvement in their forehand stroke. The main key is patience and hard work on the way to mastering the correct basic forehand technique. Overall, the best exercises to improve your forehand are those that focus on repetition of correct technical movements, increasing strength, and developing consistency in the game. The combination of these exercises will help players achieve a higher level of skill in their forehand strokes and improve their abilities in tennis matches (Fauzi, D., et al, 2021).

Strategy to Increase the Power and Accuracy of Forehand Shots

Consistent physical and mental training for lawn tennis athletes should be designed to improve the strength, speed, endurance, coordination and flexibility required in this sport. According to Nikolakakis, A., et al (2020) the interval training method is a form of repetitive training where the training load, training intensity and rest time have been previously designed by the trainer for a goal to be achieved. Interval training is a form of training that was born from a mythology of Sisyphus, who is called the god of death. Now it is increasingly popular and is used as a part of the training program which is very important in modern training schedules. The following are several types of physical training that can help tennis athletes:

Strength Training according to Hassan El-Gizawy, H (2015) Strength is the ability of a muscle or group of muscles to withstand or receive a load in one work. Therefore, strength training is related to resistance training received by muscles and is usually carried out by means of weight training such as; Bodyweight exercises, such as push-ups, pull-ups, and squats, to increase core and upper body strength. Exercise with additional weights, such as deadlifts, bench presses, and shoulder presses, to increase overall strength. Plyometric exercises to increase explosive power and leg strength.

Speed and Agility Training according to Negro, C., et al (2023) speed training has a significant influence on athletes' abilities. Leg drills to increase movement speed and change of direction. Practice ladder drills or cone drills to improve coordination and agility. Short sprint drills to increase track speed.

Endurance Training according to Cutton, D. M., & Landin, D (2007) Endurance is one of several physical elements that need to be trained and developed as a factor that really supports playing technical and tactical abilities such as; Run long distances or cycle to increase cardiovascular endurance. Interval training to increase interval endurance (for example, short sprints followed by a short rest). Play tennis during training sessions to improve sport-specific endurance.

Coordination and Reflex Training according to Oliveira, V., et al (2024) Coordination is one of the biomotor components of physical conditions. The biomotor component of good physical condition is useful as a support or support for the level of skills possessed by the individual as follows; Play mini-tennis or practice playing ball against the wall to improve hand-eye coordination. Reaction drills to improve reaction time and reflexes.

Flexibility training according to Landlinger, J., et al (2010) flexibility training is training that must be in accordance with training rules that suit

abilities in order to achieve training goals for athletes. Stretch regularly to maintain muscle flexibility and reduce the risk of injury. Yoga or pilates to improve overall body flexibility.

Mental Training According to Irawan, R., et al (2023) Mental training is a very important element in almost all sports. Thus, mental training needs to receive very important attention for the athlete's own mental readiness, mental development and maintenance cannot be done separately so that the balance of technical and mental training is in line with the program.

example exercises Mental exercises such as]; Visualization and meditation exercises to improve focus and concentration. Talk to a mental coach or sports psychologist to help manage stress and increase mental resilience.

Physical training must be adjusted to the fitness level and goals of the tennis athlete. It is also important to have a regular training program that is synergistic with technical tennis training. Additionally, consult with an athletic trainer or fitness specialist to design an exercise program that fits the athlete's individual needs. The physical condition of a tennis player is one of the important factors that becomes the basis for

achieve maximum performance or appearance (Tahseen, T. H., et al, 2024).

Drill Training Method for Court Tennis Forehand Shots

The drill training method is a form of training that is carried out by providing a program that is planned and arranged systematically which is carried out repeatedly or continuously, in the form of movements to adjust the ready position and hitting distance according to the direction the ball is coming from. This movement is carried out in the form of stepping or running towards the ball or shifting to adjust the hitting distance by moving forward, backward, right, left, obliquely and so on (Fauzan, L. A, 2022).

This movement is a movement that is done with a sprint movement to move forward or tilt forward, a step to the right, left side, and a backward movement to move backwards and tilt backwards. Thus, if training using the drill method is carried out seriously and according to instructions, it will be able to improve your forehand ability for the better, so that during games or matches it will be an advantage for scoring points (Sawali, L, 2018).

But apart from the results obtained in this research, factors related to the training process also greatly influence the results achieved, such as intensity, duration, volume, frequency and intervals in the training itself.

Because each of these factors plays a role in the continuity of programmed training (Irawadi, H., & Yusuf, M. J, 2021).

CONCLUSION

The correct forehand stroke is a key element in the game of tennis, and understanding it is the first step to success on the court. By mastering basic techniques, players can produce stronger, more accurate and consistent forehand shots. Foot position, racket grip, hip rotation, and eye orientation are key factors that must be considered in this hitting technique. Continuous practice with a focus on these technical elements will help players improve their skills. Apart from technical training, understanding game tips and strategies is also important. Choosing the right shot, correct positioning, and the ability to find the opponent's weaknesses are components of a successful game strategy. By engaging these aspects, players can improve their overall game. Overall, this research provides concrete evidence about the effectiveness of an influential physical and mental training program in increasing the hitting power and hitting accuracy of field tennis players. With a deeper understanding of the relationship between physical training and performance, players and coaches can design more effective programs to achieve success in this demanding sport.

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