

The Impact of Training Using the Suek and Cross Strategy Patterns on Athlete Productivity in Scoring Goals in Handball Matches in Padang City

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ABSTRACT

The problem that occurs in this study is the Productivity of Goals for Handball Athletes in Padang City when competing. This problem is caused by the Padang city handball athletes do not understand the correct playing pattern. There are two patterns or strategies (Suek and Cross) in playing handball. Both of these patterns or strategies can be tested and compared to see the effect on the productivity of the goals of handball athletes in matches. The purpose of this study was to reveal the effect of training with a pattern or strategy (Suek and Cross) on the goal productivity of Padang city handball athletes in matches. This type of research is quantitative research with this research design using experimental research. The population of this study were 14 people in the Padang City Handball Athletes from the third selection results. The sampling technique uses the Total Sampling technique. After the pre-test, all samples were divided into two groups, namely the Suek and Cross groups. Each group consists of 7 people. The research was conducted for 16 meetings. Pre-Test and Post-Test results recorded are from the results of official matches that are guided. Analysis of the research data yielded hypothesis one. There is a significant effect of training with the Suek Attack Pattern on the goal productivity of Padang City Handball athletes. Hypothesis two There is a significant effect of Training with Cross Attack Patterns on the goal productivity of Padang City Ball Handball athletes. Hypothesis three Both attack patterns (Cross and Suek) have a positive impact on Goal productivity in handball matches. The difference between the two attack

patterns can be seen. Based on the results of the increase in goals obtained during the post-test, the Suek attack pattern produces more goals (6 goals) compared to the Cross-attack pattern which produces goals (2 goals).

Keywords: Training, suek and cross strategy patterns, athlete productivity, scoring goals, handball

INTRODUCTION

Handball is a body contact team activity that requires quick changes of direction and speed and sharp landings [1] by using good physical conditions such as using speed and muscle strength. This is an advantage for players [2], [3] by using throws during the game [4] cuts, jumps, and landings as well as constant physical contact between players [5]. A good and correct game pattern is a floating pattern or a defensive pattern. Man to man Defense Pattern: this defense is carried out if the opponent has the ball, and the defender immediately guards the opponent who enters his defense area in a one-on-one manner. Defense zone defense is the responsibility of guarding each area, men to men defense and to attack using blocking and screeving patterns. This fast attack pattern cannot be played with the Padang city team.

This handball game has more than 27 million fans in the world, which is a popular sport in Europe [5], To perform well during a game, competitive handball players need a combination of technical, tactical, physical

and psychological factors [6] Due to the extremely challenging training and competition requirements, the game of handball as a performance sport requires extreme effort on the part of the players[7], [8].

The Suek Attack Strategy is a term for the name of an attack in the sport of Handball. Suek is an attack pattern that relies on short passes with a fast-playing pattern. Suek's movement patterns circle the 9-meter circle line in front of the opponent's defensive position. The suek pattern consists of suek wing, suek defender, suek centre and suek pivot.

Cross is an attack pattern that relies on short and long crosses with moderate intensity playing patterns [9]. Cross play patterns can be started from any position, either from the left and right wing, flashlight and pivot or from left back and right back positions. Attack patterns rely on cross and circular movement patterns. pivots.

The purpose of this study was to compare the Suek and Cross attack pattern training models on the goal productivity of Padang city players.

MATERIALS & METHODS

The researcher uses the approach that will be carried out is a quantitative approach with a Pre-Test and Post-Test research design (Pre- and Post-Two Group Design)

in 16 meetings for 6 weeks with an intensity of 3 times a week. This study aims to reveal that training with the Suek pattern can have a significant influence on the goal productivity of Padang city handball athletes with a sample of 14 people. The instrument used to measure self-confidence in this study was the process of a handball match between group A and group B. This match was carried out according to the Handball competition standards (IHF 2019) the data taken was each shooting technique. The analysis used was an independent samplet-test and a two-way analysis of variance using the Excel 2019 for windows program.

RESULT

This research is experimental research which found the effect of mastery of exercise with the Suek attack pattern and the effect of mastery of exercise with the cross attack pattern on goal productivity. From the results of the training attendance that the researchers carried out, it was found that the sample received sufficient treatment, the Suek training group consisted of 7 people and the Cros training group consisted of 7 people. Requirements for Dependent Sample analysis, the samples must be paired in number, thus the sample for the Suek practice group is 7 people and the sample for the Cross-practice group is 7 people.

Table 1. Suek Practice Group pre-test and post-test

No	Interval Class	Pre-test		Post-test		Information
		Absolute Frequency	Relative Frequency	Absolute Frequency	Relative Frequency	
1	7 s/d 8	0	0	1	16,67	Very Good
2	5 s/d 6	2	33,33	3	50,00	Good
3	3 s/d 4	3	50,00	1	16,67	Not enough
4	1 s/d 2	1	16,67	1	16,67	Very less
Sum		6	100%	6	100%	

Table 2. Pre-test and post-test of the Cross Training Group

No	Interval Class	Pre-test		Post-test		Information
		Absolute Frequency	Relative Frequency	Absolute Frequency	Relative Frequency	
1	7 s/d 8	0	0%	0	0%	Very Good
2	5 s/d 6	3	50,00	2	33,33	Good
3	3 s/d 4	2	33,33	3	50,00	Not enough
4	1 s/d 2	1	16,67	1	16,67	Very less
Sum		6	100%	6	100%	

The Suek Training Group is part of a form of training pattern in the sport of Handball which can produce as many goals as

possible against the opponent's goal. (Lo) $0.0659 < (Lt) 0.300$. The explanation is that Suek's training patterns are normally

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DISCUSSION

The data obtained in this study are from the pre-test and post-test data from the research sample. The pre-test aims to see the initial ability data from the sample and can be divided into groups using the Matching By Pairing method so that the distribution of the treatment groups in this study is balanced between groups, namely exercises with Suek and Croos patterns. This can be seen in the initial data collection, where the goals obtained in the Pre-Test were 23 goals with tcount (0.89) after being treated, it can increase the goals, namely 29 goals with ttable (4.965). The increase in goal productivity for Padang City Handball athletes was due to the Suek Attack Pattern Training, which is very easy to observe and practice during matches. starting from the results of the Pre-Test 25 Goals after the treatment was carried out, it increased, namely in the Post-Test goal results obtained 27 goals, thus it can be stated that Training with Cross Attack Patterns can have a significant influence on the goal productivity of Padang City Handball athletes.

The comparison obtained from the two patterns based on the results of the analysis found that Tcount (0.34) $<$ Ttable (4.965). The results of the analysis in this study are acceptable. We can say that from this analysis it can be said that there is a significant difference in the results of training with the Suek and Croos patterns on the goal productivity of Padang city volleyball athletes.

The suek model is the naming of a style of handball game with short passes [10]. Handball games really need a programmed

and regularly executed or trained exercise aimed at improving aspects that are still low. The cross training model is a cross training model [11], from the results of the tests carried out it seems clear that the suek model is more suitable to be played than the cross playing model, this is based on the physical characteristics of Padang city handball players which range from 150-170 which tend to be suitable for the game of suek or short pass [10], Since movement activity is an integral part of human existence, having a general understanding of basic motion is essential for performing various types of motion work. The capacity to master abilities increases with a person's general basic motor skills [12].

Previous research stated that the handball game mode through modification was a form of variation that was appropriate to be played by class VIII students of SMPN 2 Playen, Gunungkidul[13], there was also previous research suggesting that the development of a handball passing model met the criteria so that it could be used in carrying out handball exercises[14]. This research shows that the Suek exercise has advantages compared to the Cross exercise, this can be seen during a match that the suek model is more suitable to be applied by Padang city players, satisfying results compared to cross training which only slightly produces goals against the opponent's goal. The suek training model is one of the training models for playing short passes with a fast-playing pattern.

CONCLUSION

The two attack patterns (Cross and Suek) have a positive impact on Goal productivity in handball matches. The difference between the two attack patterns can be seen. The results of this study found that suek training had a greater effect on goal productivity compared to the cross-training method.

Declaration by Authors

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