

The Effect of Shooting Training Using Transparent Barriers and Closed Barriers on Increasing the Ability to Shoot Game Petanque Mojokerto Athletes

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ABSTRACT

This research is motivated by the results of observations on the sport of pétanque which is increasingly developing in Indonesia, in the city of Mojokerto petanque sport is also increasingly recognized by the wider community. increasingly recognized by the public at large. This sport has also been included in the East Java Porprov championship. In Mojokerto City there is also a training center petanque which began to be favored by the Mojokerto community. The problems of this study are (1) How much influence does shooting training using transparent barriers have on shooting games? using transparent barriers on the ability to shoot games in Mojokerto petanque athletes? Mojokerto petanque athletes? (2) How the effect of shooting training using closed barrier on the ability of shooting games in petanque athletes Mojokerto? Mojokerto? (3) Comparison of the effect of shooting training using transparent barriers and closed barriers on the ability to shoot games in Mojokerto petanque athletes?

This study uses a quantitative research approach with an experimental method. This research was carried out by taking pretest and posttest data. The conclusion of the results of the study that (1) There is a significant influence between transparent shooting practice on improving shooting ability in athletes petanque athletes in

Mojokerto City (2) There is a significant influence between closed barrier shooting training on improving shooting ability. There is a significant influence between closed barrier shooting training on improving shooting ability in petanque athletes in Mojokerto City. petanque athletes in Mojokerto City (3) Training with transparent shooting has more effect on the shooting ability of petanque athletes in Mojokerto City. than training using a closed barrier on Mojokerto City athletes.

Based on the conclusions of the results of this study it is recommended (1) so that it can be more to be more varied in different age groups (2) Conducted at other clubs that have better achievements, in order to have better achievements, in order to compare the achievements of an athlete.

Keywords: petanque, shooting

INTRODUCTION

As early as the 6th century BC the ancient Greeks had played a game of tossing coins, flat stones and stone balls, called spheristics. The ancient Romans modified the game by adding targets that had to be approached as closely as possible. The Roman variation was brought to Provence (southern region of France) by Roman soldiers and sailors. In a Roman tomb in the Florence region of Italy, there is a gravestone depicting people playing this game with the decoration on the

gravestone showing people bending down to measure points.

The Romans later replaced the original stone target with a wooden ball. In the Middle Ages Erasmus referred to the game as globurum, but it became known in many circles as 'boule,' or ball, and the game began to be played throughout Europe. King Henry III of England banned the game and replaced it with archery, he wanted his citizens to practice archery as a national defense rather than playing bole. In southern France boule has evolved into a Provençal jeu (boule lyonnaise) similar to petanque, except the size of the court is much larger than petanque and players must run three steps before throwing the ball.

Petanque in its current form was invented in 1907 in the town of La Ciotat near Marseilles by a French Lyonnaise player named Jules Boule Lenoir. The length of the pitch was reduced by about half, and the mobile throwing of the ball was replaced by a stationary one. The first petanque tournament with the new rules was organized in 1910 by brothers Ernest and Joseph Pitiot, owners of a café in La Ciotat. With simpler and more universal rules the sport grew quickly, and soon became the most popular form of boule. With the formation of the International Federation of petanque Fédération Internationale de petanque et Jeu (FIPJP) in 1958 in Marseille, the first World Championships were held in 1959.

Confederation Mondiale Sport Boules (2015: 7), Petanque is a form of boules game whose goal is to throw an iron ball (bosi) as close as possible to a wooden ball (boka) called a jack and both feet must be in a small circle, there are also special competitions for shooting. This sport, which originated in France, requires accuracy and concentration in playing petanque. This sport can be played by anyone, men and women, children and adults can play this sport. The throw in petanque consists of 2 types of throws, namely pointing and shooting. Pointing throw is a type of throw to approach the target boka closer than the

opponent's bosi which is the beginning of the game strategy that will be carried out in the petanque match. Pointing in petanque matches is a strategy for defense. Usually novice athletes who often do this strategy. While shooting is a type of throw to repel the opponent's bosi from the target boka. Shooting is the most important part of the petanque game.

Petanque sport is certainly a sport that is newly recognized by the Indonesian people. In 2011 this sport just entered the country of Indonesia. The parent organization of petanque in Indonesia is known as the Indonesian Petanque Sports Federation (FOPI) ahead of the XXVI SEA GAMES in Indonesia. Indonesia is the host of the Southeast Asian Games in 2011 with Jakarta and Palembang as the designated cities to host the multi-event sports championship.

In 2012 after the 2011 SEA GAMES, FOPI began to socialize Petanque sports to campuses that have sports study programs in 5 provinces namely Bali, Yogyakarta, Riau, Bandung West Java, Jakarta and Surabaya East Java. Furthermore, the socialization milestone that has been formed is continued by the Jakarta State University so that this sport has now been widespread and successfully developed throughout Indonesia. To make it easier for Indonesians to learn Petanque, this sports equipment began to be adapted to the Indonesian tongue, namely Bosi (Iron ball) and Boka (Wooden Ball) and began to translate Petanque Sports regulations issued by Fipjp into Indonesian.

The development of Petanque sport is certainly increasingly widespread. From the events and socialization carried out by FOPI, it was able to introduce the sport of petanque to Mojokerto. Various efforts were made by FOPI Mojokerto in introducing this sport. In 2019, precisely at Porprov VI, Mojokerto was able to win a bronze medal in the triple women number on behalf of Zahrotul Nurul Izzah, Merita Nardiana Elitawati, Fatcha Laila Sari. On June 21-22, 2021, FOPI Mojokerto also held a Socialization and Guidance on petanque

sports for PJOK teachers at elementary, junior high and high school levels in Mojokerto, one of the resource persons was also from UN PGRI Kediri, namely Dr. Abdian Asgi Sukmana, M.Or, this of course wants to further disseminate the sport of petanque through schools. Of course, it is hoped that there will be seeds of petanque players who will later represent Mojokerto in an event, especially if they are able to represent the country of Indonesia.

This sport relies on accuracy and concentration, so an idea emerged to improve both of these things. Of course, with a serious and directed training process, it will produce good quality training and players. One of the efforts in improving accuracy and concentration by modifying the exercise. The training model is using a transparent barrier pole and a closed barrier pole. With these 2 training models, will it be able to improve the throwing accuracy of petanque players.

Hermawan (2012: 17), based on the purpose of its main mechanics, petanque games are included in sports that have the aim of achieving maximum accuracy. This means that the throws made must be right on certain targets to get the winning points. the more precise the throw at the given obstacle, the more points you get. In addition, the components that affect the success of shooting must also be considered, namely: Ball grip (technique in holding bosi), body position towards the target (body alignment with the target), static limb balance. Low body position and leaning forward, Release the ball (ball release) Follow through Pelana (2016: 4).

With the description of the background of the problem, of course, a research idea arises that will be studied, namely the effect of shooting training using transparent barriers and closed barriers on improving the shooting game ability of mojokerto petanque athletes.

LITERATURE REVIEW

1. Nature of Petanque

Petanque is a sport that originated in France. Petanque sport first entered Indonesia in 2011 at the SEA GAMES event in Palembang (Okilanda, 2018). Petanque is a sport that originated in France. This sport requires the agility of throwing a ball made of metal iron to approach a target ball made of wood. Petanque is played on a 4 m x 15 m field on hard ground or grass. The original form of the game emerged in 1907 at la La ciotat, in Provence, in the south of France. The history of the name Petanque comes from Les Ped Tanco which means "Meeting Feet" (Galih: 2011). The game of petanque is played by two teams, each team consisting of two, or three people in a team, or players can play individually/single. Single and double games each player has three balls, and for triple games each player has 2 balls. To start the game a coin is tossed to determine which team will play first. Teams start to draw a circle on the ground that is 50 cm in diameter.

All players must throw their ball from inside this circle, with both feet on the ground. The first player throws the jack with the provisions of the distance from the circle 6-10 meters, 1 meter from the back line and 30 cm from the side line, Yudik Prasetyo (2012: 5). Petanque Sports Equipment namely petanque ball, wooden ball (boka) / jack, circle, measuring instrument / meter, field.

2. The Nature of Ability

A person must have an ability that is brought from birth. However, the abilities of each human being are certainly different from one another. Hadiati (2001: 34) defines "Ability as a person's basis that is itself related to implementation of work effectively or very successfully". Amung Ma'mun and Yudha M. Saputra (1999: 61): Ability is the degree of consistent success in achieving a goal effectively and efficiently determined by speed, accuracy, form, and self-adjustment. Many approaches have

been developed to classify movement ability.

There are at least three systems according to Robbins (2007: 57) that can represent the classification of movement abilities, namely: environmental stability, whether the starting and ending points of the movement are clear, the accuracy of the movements performed. Movement ability is the ability to perform movements effectively and efficiently. Movement ability is a manifestation of the quality of coordination and control over the parts of the body involved in movement. Movement ability is acquired through a learning process, namely by understanding the movement and performing repeated movements accompanied by physical awareness of the correctness or action of the movements that have been performed. Ability consists of two groups of factors, namely: Intellectual ability, which is the ability needed to perform various mental activities of thinking, reasoning and solving problems; Physical ability, which is the ability to perform tasks that demand stamina, skill, strength and similar characteristics.

3. The Nature of Training

Every athlete needs training to become an outstanding athlete. Training is a systematic process of practicing or working, which is done systematically and repeatedly with the addition of programmed loads (Harsono, 1988: 101). According to Nossek (1982: 13), training is a process expressed in other words a period of time that lasts for several years until the sportsman or sportswoman reaches the highest standard of performance. Training is an athlete's effort to achieve the highest standard of performance by practicing systematically and repeatedly. Bompa (1983: 23) explains that training is a systematic sports activity for a long time, progressively improved and individualized which leads to the characteristics of human physiological functions to achieve the desired goals.

While Nala (1998: 1) states that training is a physical movement and or activity that is carried out systematically and repeatedly (repetitive) in a long period of time (duration), with progressively increasing and individualized loading aimed at improving the physiological and psychological systems and functions of the body so that when doing sports activities can achieve optimal performance.

Based on several opinions that have been described, training is a process of practicing and doing activities that are carried out systematically and structured which is carried out continuously by increasing the training load progressively and individually to achieve the desired goals.

Exercise is the most important thing to improve an athlete's ability. The term exercise comes from English which contains several meanings, such as practice, exercise and training. Sukadiyanto (2010: 5). Practice is an activity to improve the skills (proficiency) of exercising by using various equipment according to the goals and needs of the sport. Exercise in petanque sports such as jogging to increase endurance, wrist curl exercises to train the wrist. Training is a process of improving sports skills that contains theoretical and practical material, using methods and rules. (all about petanque, 2015) In petanque training the things that must be done when running the exercise are concentration, accuracy and consistency.

4. The Nature of Shooting

The basic skill that every petanque player must have been shooting, because the goal of the game is to get the ball closer to the target ball and keep the opponent's ball as far away as possible and prevent the opponent from scoring. Souef (2015: 50) shooting does not need a long description: aim at the target ball (focus on the target ball point, not the ball trap) and try to land the ball on the target ball and push it out of the field. Pelana (2016: 119) shooting is a type of throw to expel the opponent's bosi from the target boka. The types of shooting

are: Shot on the iron shoots right at the opponent's bosi without touching the ground first. Short Shoot shoots the opponent's bosi by first touching the ground about 20 to 30 cm from the opponent's bosi. Ground Shoot shoots the opponent's bosi by first touching the ground about 3 or 4 meters and rolling about the opponent's bosi.

5. Shooting Using a Barrier

The variation of training using a barrier is one of the shooting training methods in the sport of petanque, namely shooting practice using a media barrier in the form of a pole with a certain height placed at a distance in the middle between the boka and the circle. This variation is a thought and development of an exercise video seen on YouTube, where to find the right throw height on the boka towards the target with a distance of 5 meters, 6 meters, 7 meters, 8 meters and must pass through a barrier pole, both transparent and closed with a height of 1 meter with a distance of half of the target.

6. Factors that Affect Shooting

Sumiyarsono (2002: 32) there are 5 factors that affect the success of shooting, namely distance, mobility, shooter attitude, repeat shots, situation and atmosphere.

MATERIALS & METHODS

The research method that will be used in this scientific research is a quantitative research approach. In this study the sample

amounted to 16 athletes who were the whole of the population who would be divided into 2 groups using the ordinal pairing sampling technique.

Data collection in this study is by measurement tests used for initial measurement (pretest) and final measurement (posttest) using shooting game tests. The data analysis technique uses normality test and data homogeneity test. The normality test is carried out to determine whether the distribution of the research data is normal or not, while the homogeneity test is to determine whether the data distribution is homogeneous or not.

RESULT

1. Description of Shooting Using Transparent Barriers

From the results of the analysis of pretest shooting abilities using transparent barriers and posttest shooting using transparent barriers which were carried out 3 times a week for 2 months starting February 28, 2022 - April 27, 2022, the data can be presented as follows it can be explained that there is an increase in each Mojokerto City petanque athlete. The lowest increase was 4 points, while the highest increase was 7 points. The total number of overall improvements amounted to 44 points, with a total percentage of 125%.

Table Statistical description of pretest and posttest shooting using transparent barriers

Statistic	Pretest	Posttest
rata rata	4.375	9.875
standar deviasi	3.50255	3.270539
maksimum	11	15
minimum	0	6
sum	35	79

From the table data above, it can be explained that the statistical value of Mojokerto City petanque athletes. The pretest mean value is 4.375, the standard deviation is 3.50255, the maximum value is 11 points, the minimum value is 0 points, the sum value is 35 points. The average

posttest value is 9.875, the standard deviation is 3.270539, the maximum value is 15 points, the minimum value is 6 points, the sum value is 79 points.

2. Description of Shooting Using Closed Barriers

From the results of the analysis of pretest shooting abilities using closed barriers and posttest shooting using closed barriers which were carried out 3 times a week for 2

months starting February 28, 2022 - April 27, 2022, the data can be presented as follows:

Table Statistical description of pretest and posttest shooting using closed barriers

Statistik	Pretest	Posttest
rata rata	4.25	9.25
st. dev	3.370036	3.105295
maksimum	9	12
minimum	0	4
sum	34	74

From the table data above, it can be explained that the statistical value of Mojokerto City petanque athletes. The pretest mean value is 4.25, the standard deviation is 3.370036, the maximum value is 9 points, the minimum value is 0 points, the sum value is 34 points. The average posttest value is 9.25, the standard deviation is 3.105295, the maximum value is 12 points, the minimum value is 4 points, the sum value is 74 points.

From the results of the analysis of the pretest shooting ability of the control group and the posttest shooting of the control group taken without being given treatment for 2 months starting February 28, 2022 - April 27, 2022, the data can be presented as follows there is an increase in each Mojokerto City petanque athlete. The lowest increase was 3 points, while the highest increase was 8 points. The total number of overall improvements amounted to 40 points, with a total percentage of 117%.

3. Description of Control Group Shooting

Table Statistical description of pretest and posttest shooting using closed barriers

Statistic	Pretest	Posttest
rata rata	4.25	6.375
st. dev	3.370036	2.199838
maksimum	9	10
minimum	0	3
sum	34	51

From the table data above, it can be explained that the statistical value of Mojokerto City petanque athletes. The pretest mean value is 4.25, the standard deviation is 3.370036, the maximum value is 9 points, the minimum value is 0 points, the sum value is 34 points. The average posttest value is 4.25, the standard deviation is 2.199838, the maximum value is 10 points, the minimum value is 3 points, the sum value is 51 points.

DISCUSSION

The research conducted is an effort to determine the effect of transparent shooting and closed shooting training models on improving shooting ability. Based on the

results of the research obtained that these two training models can improve shooting ability for petanque sports, especially athletes in Mojokerto City.

Iskandar, et al (2018) explained that training is a process of perfecting the movements of a sport that is carried out regularly and scheduled. Of the two training models conducted in this study. The effect of transparent shooting training is a more appropriate training model for athletes in Mojokerto City because it has a better effect, which is 125% on shooting ability in petanque sports. While training using a closed barrier has an effect of 117% on shooting ability in petanque sports in Mojokerto City.

The increase in transparent shooting ability is better than shooting a closed barrier against the shooting ability of Mojokerto City athletes there are several factors. With the petanque sports shooting skills training model for beginners can be developed and applied in extracurricular training at school petanque sports shooting training model for beginners that has been developed can be obtained evidence of this increase is shown in the results of testing the data of the pretest and posttest results there is a significant difference between before and after the model treatment. Of course, the development of the model will be very necessary to eliminate the boredom of an athlete when doing training sessions. The more varied an exercise program is, the more an athlete's motor skills will improve.

CONCLUSION

From the results of the research that has been carried out, the following conclusions can be drawn:

1. There is a significant influence between transparent shooting exercises on improving shooting ability in petanque athletes in Mojokerto City.
2. There is a significant influence between closed barrier shooting training on improving shooting ability in petanque athletes in Mojokerto City.
3. Training with transparent shooting is more influential than training using a closed barrier on Mojokerto City athletes.

Declaration by Authors

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