ABSTRACT

SENDI DIAN NURZAMAN. 2023. The Effect Of Drilling Clear Method on Overhead Clear Skills in Badminton Games (Experimental Study on Extracurricular Members of SMK Negeri 1 Pangandaran in 2022/2023). Department of Physical Education, Faculty of Teacher Training and Education, Siliwangi University, Tasikmalaya.

The background of this research is the extracurricular participants at SMK Negeri 1 Pangandaran, where it can be said that when making overhead clear shots, many punches go wide to the right, left, or the back of the field. The purpose of this study was to obtain information about the effect of the drilling clear method of training on overhead clear hitting skills in badminton games for extracurricular students at SMK Negeri 1 Pangandaran in the 2022/2023 academic year. The research method used was the experimental method and the instrument in this study was the badminton clear shot test. The population and sample of this study were 23 extracurricular students at State Vocational School 1 Pangandaran for the 2022/2023 school year using a saturated sampling technique. Based on the results of data processing with statistical tests. It turns out that empirically the drill clear method has an effect on overhead clear hitting skills in badminton games for badminton extracurricular students at SMK Negeri 1 Pangandaran in the 2022/2023 academic year. The correctness of testing the results of the hypothesis is also supported by research data using the t' test which shows a t'count of 15.86 which is outside the area of acceptance of the hypothesis (t' of 1.72). and research from each test is normally distributed, therefore statistical testing can be used using the t' test. Based on the results of this study, the authors suggest to various parties related to the field of sports, especially in the sport of badminton, that they should always increase clear shots, because clear shots are very necessary when playing badminton.

Keywords: drilling clear method, overhead clear, badminton