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## Quality of the physical condition and basic techniques of sepak takraw

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### Abstract

Monitoring the preparations in the sparring test shows the physical condition of athletes and basic techniques that have decreased. This is necessary to know the quality of physical conditions and basic techniques owned by the Sangkuriang Club sepak takraw team to prepare for participating in the 2022 national competition. This study aims to find out about the quality of physical conditions and basic techniques possessed by Sangkuriang sepak takraw club athletes so that they are used as a basis for evaluating the coaching team in determining team preparation. The research uses quantitative descriptive research methods that use a research approach in the form of test surveys, physical shaving conditions, and basic techniques. The instruments used for the physical condition are the dominant test items in sepak takraw athletes, while the basic techniques of test items are in the form of basic techniques in sepak takraw. The sample in this study was 12 male athletes from the Sangkuriang club. Physical condition; the most numerous category is the good category of 5 people (41.67%). In basic engineering, the most numerous category is moderate five people (41.67%). In the future, it is necessary to know the physical qualities and basic techniques of sepak takraw athletes, aiming that coaches can understand their athletes' abilities.

**Keywords:** sepak takraw, physical condition, basic techniques, tests, and measurements

### INTRODUCTION

Sepak Takraw is a game that uses a ball made of rattan (takraw), played on a rectangular flat field with a length of 13.40 m and a width of 6.10 m (Zarei & Ramkissoon, 2021). In the game of sepak takraw, the defender must kick the football towards the front of the net, try to make his three best punches, and defeat his opponent by making passes and smashing the ball (Infantino, 2021). Most players prefer to use their feet to kick the ball past the net. The court used to play is the same size as the double badminton court. A player consists of three different players, one in each position. Each

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of them uses different skills during competitive play. Sepak takraw is popularly played in Southeast Asia and is widely in the Middle East, Europe, and America. The sport of sepak takraw in Palu is one of the regions in Central Sulawesi that has very good achievements. This is based on the fact that in central Sulawesi, the city of Palu has good sepak takraw coaching. The coaching carried out by the city of Palu includes having a number of talents of sepak takraw athletes and a good competition system. In addition, every championship at the national level of the Palu sepak takraw team is always outstanding. In addition, at the national level, sepak takraw athletes from the city of Palu have been able to penetrate the national team squad that competes in international events, a proud result.

The achievement of the sepak takraw sports of the Sangkuriang club in Palu city is certainly inseparable from various factors, one of which is the factor of coaching athletes carried out. The process of coaching sepak takraw athletes in Palu is highly preparing to become professional players. To get professional athletes PSTI (Persatuan Sepak Takraw Indonesia) Palu city has teams from a young age to senior age. All players in the coaching of sepak takraw belonging to PSTI Palu city are prepared to start from their training, mastery of technique, physical, mental, and tactics. Physical factors are the foundation of sports achievement because technique, tactics, and mentality will be well developed if they have good physical qualities (R. Hidayat et al., 2016; Maselena et al., 2016). Physical condition is a requirement that an athlete must possess in improving and developing optimal sports achievements (Husein, M Akbar Sabah, 2017) so that all his physical condition must be developed and improved according to the characteristics, characteristics, and needs of each sport (Sugito & Allsabab, 2018). Physical condition is the most important factor because having a good physical condition can improve athletes' ability when training or competing. Physical condition is a very important must as a support for the achievement of an athlete's achievements, so the physical condition factor must be considered by the athlete.

Physical condition is very important for each individual to play a sport that requires more activity. For example, football, sepak takraw, volleyball, badminton, martial arts, and many more sports require good physical condition. The quality of physical condition is an ability possessed by every athlete in every sport. Quality means the level of knowing a condition. The conditions adopted in this study are physical conditions and basic techniques possessed by sepak takraw players. The components of physical condition can be put forward as follows: strength, endurance (muscular endurance, general endurance, muscle explosiveness), dexterity, flexibility, balance, coordination, agility, and accuracy (Anderson et al., 2015). A good physical condition will play a role in the movement of its appearance, and it will affect the function and system of the body organism, among others, in the form of There, will be an ability to improve the circulatory system and work of the heart, there will be an increase in strength, flexibility, stamina, and other components of physical condition, there will be an economy of motion at the time of exercise, there will be a rapid recovery in the organs of the body after exercise, there will be a quick response from our body organisms if at any time such a response is necessary Improving physical condition is very influential on the abilities of each individual, not only in the context of the game but also the rapid recovery of body organs after exercise (Chen & Xiao, 2017). Physical training that is carried out regularly and measurably with sufficient doses and time causes physiological changes that lead to abilities that can generate greater energy and improve athletes' appearance or physical achievement (Saunders et al., 2020).

To know the quality of the physical condition and the basic technique of the athlete is an obligation that must be known by the coaching team at a sports club. Tóth et al., (2014) state that the coach must know the qualities possessed by the athlete. The goal is to create an appropriate training program for the athlete so his abilities can develop. In addition (Rani, 2016; Sugito et al., 2020) state the abilities that athletes must have from doing the exercises provided by the coach. Coaches can know the training program

is right on target for their athletes, it is known from knowing the qualities that their athletes have. In this study, physical condition, which is an important factor in achieving achievements, must be owned by athletes. Coaches must know the physical condition of athletes to prepare the team when competing. Athletes must master basic techniques because, with good techniques, athletes can master the game in every sport.

With good and perfect mastery of basic techniques, players can carry out game tactics easily because the player has high confidence in himself, and every skill performed does not waste unnecessary energy. [Piepiora et al., \(2020\)](#) state that: "Mastery of a technique calls it by engineering skills, in addition, a good mastery of techniques will be able to save the use of effort. This means that the better our technique, the more efficiently we use the required manpower".

In the game of sepak takraw, many basic techniques must be mastered by a player, there are basic techniques of precept football, pry football, memaha, heading, tekong (service), smash, and block ([R. Hidayat et al., 2020](#)). Several techniques must be known from the above basic techniques, namely defensive and attacking techniques. Precepts can be defined as playing the ball effectively and efficiently to get optimal results. Defensive techniques include good precepts and blocks. In comparison, the attacking plans are smash and tekong (service). A sepak takraw player must have good football skills to perform defensive and attacking techniques in the game of sepak takraw because sepak sila is also one of the most dominant moves in the game of sepak takraw.

This study aims to determine the quality of physical conditions and basic techniques possessed by sepak takraw players in sangkuriang club players so that this study will present the results of physical conditions and basic techniques owned by the latest athletes. Researchers want to provide the athlete's current physical condition and Techniques to readers and the club's coaching staff. ([Elmagd, 2016](#)) Physical condition is important to know as a material for coaches to create training programs for their athletes.

Sepak takraw playing skills must be supported by several factors, namely physical factors, basic techniques, tactics, and mentality (J. Hidayat & Azisah, 2016). Physical factors are the most basic support for other factors because, without good physical condition, athletes will not be able to follow the exercises perfectly (Harsono, 2015), therefore physical factors are also one of the supporting factors in improving achievement, and physical exercise also greatly affects the increase in athletes' self-confidence and lowers the risk of injury. Some physical components that need to be considered to be developed are cardiovascular endurance, strength endurance, muscle strength (strength), flexibility, speed, stamina, agility, muscle explosiveness (power), and strength endurance (Bompa & Buzzichelli, 2015). In carrying out the basic sepak takraw technique, of course, there are dominant physical aspects in each basic technique. Therefore, this study aims to find out the dominant physical condition that supports sepak takraw skills through measurements of physical aspects, including strength, endurance, speed, coordination, reaction, balance, agility, and flexibility, as well as basic techniques of sepak takraw players. A sepak takraw player who lacks the basic technical skills of precept football is a very direct influence on the failure to reduce attacks or to build attacks (smash) because the precepts in the game of sepak takraw have three uses, namely: to control, pass, and to build attacks (Smash).

## **METHOD**

The method used in this study is descriptive quantitative by taking data using tests and measurements. The method of this study is a survey using tests and physical conditions. This study used tests and measurements of physical condition and basic sepak takraw techniques. The population in this study was all sepak takraw athletes of Sangkuriang club, with a total of 12 athletes. The sampling technique uses a total sampling technique, a sample determination technique that takes all population members as respondents or samples (Sugiyono, 2013). Data collection techniques in this study used tests and measurements. Data collection in the implementation

of this study is to use the following: 1) Physical condition, the tests to be carried out are strength, speed, endurance, explosive power, coordination, balance, and agility. While the tests for basic techniques include: Sila football test, Memaha test, Heading Test (Heading), Smesh Test, and Service Test.

In the assessment of the ability of physical condition and basic engineering abilities possessed by the research subject, a category classification is carried out. The category score formula knows the categories given to physical condition and Basic techniques. Categorization is grouped into five categories (Suharsimi, 2013), namely: very good, good, enough, less, and less once. Categorization using a reference to 5 normal limits (Sudjiono, 2011), is as follows:

**Table 1.** Category raw score

Number	Norm Range	Category
1	$X \geq M + 1,5 \text{ SD}$	Very good
2	$M + 0,5 \text{ SD} \leq X < M + 1,5 \text{ SD}$	Good
3	$M - 0,5 \text{ SD} \leq X < M + 0,5 \text{ SD}$	Moderate
4	$M - 1,5 \text{ SD} \leq X < M - 0,5 \text{ SD}$	Less
5	$X < M - 1,5 \text{ SD}$	Less once

After the data is obtained, the next step is to analyze the data to conclude the research carried out. The data analysis used in this study used quantitative descriptive analysis techniques with percentages. The formula used is as follows:

$$P = \left( \frac{f}{N} \right) + 100 \%$$

Information:

P = percentage searched

F = frequency

N = number of respondents

### Research Procedure

This study aims to find out the physical condition and basic techniques. This research will be carried out by 12 sangkuriang sepak takraw athletes, who will be tested and measured in accordance with the research objectives. On the physical condition of the study, subjects conducted tests:

agility, speed, power, endurance, balance, and flexibility. While the basic techniques of the tests carried out are precept, sila, sing, heading, smash, and service tests. Tests are carried out for one week, and the tests' implementation is scheduled. This is done on the basis of rest that the athlete must do because paying attention to it can produce a good physical condition and basic techniques in accordance with his abilities.

## RESULT

This study used tech and measurement approaches such as physical condition: agility, speed, the explosiveness of the limb muscles, endurance, balance, and flexibility. Basic technical measurements: passing, heading, serve, smash, and swearing. The number of players involved in this study was 12 Sangkuriang club athletes. The data of this study is based on the results of measurement data obtained from the field. The decryption of the data is presented information including the maximum score, minimum score, mean (average), and standard deviation of each research data. The description of each data in detail is in accordance with the results of factual findings in the field, such as which researchers have obtained to obtain valid data. The following is a breakdown of the data on the results of the sepak takraw physical condition test.

### 1. Agility Test Results

The results of the data obtained from the agility test on Sepak takraw athletes of Sangkuriang club in 2022 to 12 samples can be seen in the following table:

**Table 2.** Agility test result data

Number	Category	F	%
1	Very good	0	0
2	Good	0	0
3	Moderate	0	0
4	Less	3	25%
5	Less once	9	75%
		12	100%

In the table above, it is found that out of 12 athletes of the Sangkuriang sepak takraw club presented in five categories of results that can be very good 0 athletes with a percentage of 0%, good 0 athletes with a percentage of 0%, moderate 0 athletes with a percentage of 0%,

less three athletes with a percentage of 25%, and less once nine athletes with a percentage of 75%.

## 2. Speed Test Results

The results of the data obtained from the speed test on Sepak takraw athletes of Sangkuriang club in 2022 to 12 samples can be seen in the following table:

**Table 3.** Speed test result data

Number	Category	F	%
1	Very good	0	0
2	Good	1	8,33
3	Moderate	4	33,33
4	Less	7	58,34
5	Less once	0	0
		12	100%

In the table above, it was found that out of 12 athletes of the Sangkuriang sepak takraw club presented in five categories of results that were obtained were very good 0 athletes with a percentage of 0%, good one athlete with a percentage of 8.33%, moderate four athletes with a percentage of 33.33%, less seven athletes with a percentage of 58.34%, and less once 0 athletes with a percentage of 0%.

## 3. Limb Muscle Explosiveness Test

The results of the data obtained from the limb muscle explosive power test in The Sangkuriang club Sepak takraw athletes in 2022 to 12 sample people can be seen in the following table:

**Table 4.** Limb muscle explosives test result data

Number	Category	F	%
1	Very good	0	0
2	Good	11	91,67
3	Moderate	1	8,33
4	Less	0	0
5	Less once	0	0
		12	100%

In the table above, it is found that out of 12 athletes of the Sangkuriang sepak takraw club presented in five categories of results can be very good 0 athletes with a percentage of 0%, good 11 athletes with a percentage of 91.67%, moderate one athlete with a percentage of 8.33%, less 0 athletes with a percentage of 0%, and less once 0 athletes with a percentage of 0%.



#### 4. Endurance Test Results

The results of the data obtained from the speed test on Sepak takraw athletes of Sangkuriang club in 2022 to 12 samples can be seen in the following table and figure:

**Table 5.** Endurance test result data

Number	Category	F	%
1	Very good	0	0
2	Good	0	0
3	Moderate	1	8,33
4	Less	10	83,34
5	Less once	1	8,33
		12	100%

In the table above, it is found that out of 12 athletes of the Sangkuriang sepak takraw club presented in five categories of results that can be very good 0 athletes with a percentage of 0%, good 0 athletes with a percentage of 0%, moderate one athlete with a percentage of 8.33%, less than ten athletes with a percentage of 83.34%, and less once one athlete with a percentage of 8.33%.

#### 5. Balanced Test Results

The results of the data obtained from the speed test on Sepak takraw athletes of Sangkuriang club in 2022 to 12 samples can be seen in the following table:

**Table 6.** Balance test result data

Number	Category	F	%
1	Very good	3	25
2	Good	3	25
3	Moderate	6	50
4	Less	0	0
5	Less once	0	0
		12	100%

In the table above, it is found that of the 12 athletes of the Sangkuriang sepak takraw club presented in five categories of results that can be very good three athletes with a percentage of 25%, good three athletes with a percentage of 25%, moderate six athletes with a percentage of 50%, less than 0 athletes with a percentage of 0%, and less once 0 athletes with a percentage of 0%.

## 6. Flexibility Test Results

The results of the data obtained from the flexibility test on Sepak takraw athletes of sangkuriang club in 2022 to 12 samples can be seen in the following table:

**Table 7.** Flexibility result data

Number	Category	F	%
1	Very good	12	100
2	Good	0	0
3	Moderate	0	0
4	Less	0	0
5	Less once	0	0
		12	100%

In the table above, it is found that from 12 athletes of the Sangkuriang sepak takraw club presented in five categories of results can be very good 12 athletes with a percentage of 100%, good 0 athletes with a percentage of 0%, moderate 0 athletes with a percentage of 0%, less 0 athletes with a percentage of 0%, and less once 0 athletes with a percentage of 0%.

From the overall data on the physical condition of Sangkuriang club sepak takraw players in this study, research data were obtained and analyzed using percentages. The results of such studies are as follows:

**Table 8.** Frequency distribution of physical condition of sepak takraw

Interval	Category	Frequency	Frequency Relative
x > 71,53	Very good	0	0,00%
46,52 < x < 71,53	Good	5	41,67%
21,51 < x < 46,52	Moderate	3	25,00%
-3,49 < x < 21,51	Less	4	33,33%
x < -3,49	Less once	0	0,00%
		12	100%

In the table above, it was found that from 12 athletes of the Sangkuriang sepak takraw club, the analysis of overall physical condition was presented in five categories of results that were obtained were very good 0 athletes with a percentage of 0%, good five athletes with a percentage of 41.67%, moderate three athletes with a percentage of

25.00%, less than four athletes with a percentage of 33.33%, and less once 0 athletes with a percentage of 0%.

Description of the results of the test The basic technique of sepak takraw at the Sangkuriang sepak takraw club data in detailed descriptions in accordance with the results of factual findings in the field, which researchers have obtained to obtain valid data. The following is a breakdown of the basic sepak takraw technique test result data.

### 1. Sepak Sila Test Results

The results of the data obtained from the Sepak Sila test on Sepak takraw athletes of Sangkuriang club in 2022 to 12 samples can be seen in the following table:

**Table 9.** Sepak sila test result data

Number	Category	F	%
1	Very good	0	0
2	Good	0	0
3	Moderate	7	58,33
4	Less	5	41,67
5	Less once	0	0
		12	100%

In the table above, it is found that out of 12 athletes of the Sangkuriang sepak takraw club presented in five categories of results that can be very good 0 athletes with a percentage of 0%, good 0 athletes with a percentage of 0%, moderate seven athletes with a percentage of 58.33%, less five athletes with a percentage of 41.67%, and less once 0 athletes with a percentage of 0%.

### 2. Memaha Test Results

The results of the data obtained from the memaha test on Sepak takraw athletes of Sangkuriang club in 2022 to 12 samples can be seen in the following table:

**Table 10.** Memaha test result data

Number	Category	F	%
1	Very good	0	0
2	Good	0	0
3	Moderate	0	0
4	Less	12	100
5	Less once	0	0
		12	100%

In the table above, it is found that 12 athletes of the Sangkuriang sepak takraw club presented in five categories of results that can be very good 0 athletes with a percentage of 0%, good 0 athletes with a

percentage of 0%, moderate 0 athletes with a percentage of 0%, less 12 athletes with a percentage of 100%, and less once 0 athletes with a percentage of 0%.

### 3. Heading Test Results

The results of the data obtained from the heading test on Sepak takraw athletes of Sangkuriang club in 2022 to 12 samples can be seen in the following table:

**Table 11.** Heading test result data

Number	Category	F	%
1	Very good	0	0
2	Good	0	0
3	Moderate	2	16,67
4	Less	9	75
5	Less once	1	8,33
		12	100%

In the table above, it is found that of the 12 athletes of the Sangkuriang sepak takraw club presented in five categories of results that can be very good 0 athletes with a percentage of 0%, good 0 athletes with a percentage of 0%, moderate two athletes with a percentage of 16.67%, less nine athletes with a percentage of 75%, and less once one athlete with a percentage of 8.33%.

### 4. Smash Test Results

The results of the data obtained from the smash test on Sepak takraw athletes of Sangkuriang club in 2022 to 12 samples can be seen in the following table:

**Table 12.** Smash test result data

Number	Category	F	%
1	Very good	0	0
2	Good	0	0
3	Moderate	4	33,34
4	Less	4	33,33
5	Less once	4	33,33
		12	100%

In the table above, it is found that out of 12 athletes of the Sangkuriang sepak takraw club presented in five categories of results that can be very good 0 athletes with a percentage of 0%, good 0 athletes with a percentage of 0%, moderate four athletes with a percentage of 33.34%, less four athletes with a percentage of 33.34%, and less four athletes with a percentage of 3.33%.

## 5. Service Test Results

The results of the data obtained from the service test on Sepak takraw athletes of sangkuriang club in 2022 to 12 samples can be seen in the following table:

**Table 13.** Service test result data

Number	Category	F	%
1	Very good	1	8,33
2	Good	1	8,33
3	Moderate	5	41,67
4	Less	3	25
5	Less once	2	16,67
		12	100%

In the table above, it is found that out of 12 athletes of the Sangkuriang sepak takraw club presented in five categories of results that can be very good one athlete with a percentage of 8.33%, good one athlete with a percentage of 8.33%, moderate five athletes with a percentage of 41.67%, less three athletes with a percentage of 25%, and less once two athletes with a percentage of 16.67%.

From the overall data on the basic techniques of Sangkuriang club sepak takraw players carried out in this study, research data were obtained and analyzed using percentages. The results of such studies are as follows:

**Table 14.** Frequency distribution basic techniques of sepak takraw

Interval	Category	Frequency	Frequency Relative
$x >$	Very good	1	8,33%
$32,75 < x <$	Good	2	16,67%
$6,95 < x <$	Moderate	5	41,67%
$-18,85 < x <$	Less	3	25,00%
$x <$	Less once	1	8,33%
		12	100%

In the table above, it was found that from 12 athletes of the Sangkuriang sepak takraw club, the basic engineering analysis as a whole was presented in five categories of results that were obtained were very good one athlete with a percentage of 8.33%, good two athletes with a percentage of 16.67%, moderate five athletes with a percentage of 41.67%, less than three athletes with a percentage of 25.00%, and less one athlete with a percentage of 8.33%.

## DISCUSSION

The game of sepak takraw is a team game that requires good physical condition, skills, tactics, and cooperation. This study aims to determine the physical condition and basic technique of sepak takraw players. Components of physical condition: agility, speed, explosive power, endurance, balance, and flexibility, as well as basic techniques: precepts, headings, serves, smashes, and in sepak takraw are the main capitals for playing sepak takraw well, without neglecting physical and mental needs. With the physical condition and basic techniques possessed by each individual, it will make it easier for sepak takraw players either to get points or player cooperation.

Based on the results of physical condition tests on sepak takraw players in North Palu District. Obtained test results of the physical condition of sepak takraw players, in those that fall into the category of good once 0 people (0%), in the category of good five people (41.67%), in the category of moderate three people (25%), in the category of less four people (33.33%), in the category of less once 0 people (0%).

From the above research results by [Anderson et al., \(2015\)](#), muscle explosiveness, speed, flexibility, balance, agility, and endurance are needed in game sports. [Horicka et al., 2014](#)) in the game of sepak takraw, agility is needed to reach wild balls, and the agility of an athlete is also needed for defense. Practicing agility training will greatly help athletes perform extensive movements during the game on the field ([Husein, M, Akbar, 2020](#); [Unnithan et al., 2012](#)). Cardiopulmonary endurance is an endurance exercise related to blood circulation and breathing, while muscle endurance is an exercise related to muscle mass and muscle strength ([Rønnestad & Mujika, 2014](#)) that physical condition is a requirement to improve student achievement. It can even be said to be a basic need that cannot be delayed anymore.

The physical condition component, balance, is needed in playing sepak takraw to maintain body position during the action, acceleration, and deceleration during sudden changes in location and direction ([Indrayana &](#)

[Yuliawan, 2019](#)). Another opinion says that equilibrium, defined as "the ability to apply movement at the highest possible speed" affects agility ([Wiguna, Ida Bagus., 2017](#)) which is defined as "the ability to change direction quickly while maintaining balance without losing speed ([Dawes, Jay dan Mark Roozen., 2012](#)), and balance is an essential element for agility ([Acar & Eler, 2019](#)). While agility is defined as the athlete's ability to accelerate, decelerate, move in the right direction, and quickly change the direction of movement, posture control requires a lot of skill ([Acar & Eler, 2019](#)).

Based on the results of the basic technique test on sepak takraw players obtained the results of the basic technique test of sepak takraw players, in the category of very good once one person (8.33%), in the category of good two people (16.67%), in the moderate category of 5 people (41.67%), in the category of less three people (25%), in the category of less once one person (8.33%). The above explanation The basic technique can also be understood as an indicator of the level of proficiency. Mastery of a motor skill is a process by which a person develops a set of responses into a coordinated, organized, and integrated motion pattern. As an indicator of proficiency, skills are defined as competencies demonstrated by a person in carrying out tasks related to 8 achieving a goal. The higher a person's ability to achieve the expected goal, the more skilled the person will be.

[Qoryatiningtyas et al., \(2017\)](#) Sepak Sila, in addition to being a basic technique in the game of sepak takraw are also key in carrying out the game, including bait for smashes, fitting, and serves, and if the technique of football to play sepak takraw is required to have good appearance the ability in question is the basic ability to play sepak takraw the ability in question is, flapping by using the inner legs playing the ball with the head with the chest, with thighs, they cannot be separated from one another. Without working on basic techniques or the ability to play well, the basic techniques must be trained properly and gradually, but sepak takraw achievements are not only good basic techniques, but several factors support achievement ([Iyakrus, 2012](#)).

Future research development can be in the form of scientific sports development to develop sports knowledge. In the future, it is necessary to know the physical qualities and basic techniques of sepak takraw athletes, aiming that coaches can understand their athletes' abilities. In the next study, it is hoped that it can make a study that becomes a reference for this research. The results of this study can be developed into a study that can create an exercise program to maintain or improve, be it physical condition or basic techniques.

## CONCLUSION

This study aims to assess the quality of physical condition and basic techniques of Sangkuriang sepak takraw athletes. The entire series of studies looks directly at phenomena in the field. So that the results of the study showed the actual condition of physical condition and basic techniques of the Sangkuriang sepak takraw club athletes. After going through the process, this study concludes that the physical condition of Sangkuriang sepak takraw athletes is included in the good category with a percentage of 41.67%, while the basic technique is included in the moderate category with a percentage of 41.67%. So in assessing the physical condition of sepak takraw athletes, Sangkuriang made donations or preliminary data as a basis for coaches to design training programs in the context of the club's participation in the 2022 national level Sepak takraw championship.

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