

The Development of Penetration Drill Training Technique of Wrestling Sport

Ihsan Idris Silalahi¹

Departement of Sport Education
Post Graduate Student School State University of Medan
North Sumatra, Indonesia
email: silalahiihsanidris@gmail.com

Jan Bobby Nesra Barus²

Lecturer of Departement of Sports Education University
Quality Berastagi
North Sumatra, Indonesia

Abstract-- The purpose of this study was to develop a model of technical training to infiltrate the wrestling sport. This study was conditioned on cadet and junior athletes. So the research location is in the Pengkab. PGSI Karo, PPLP North Sumatra and Pengkot. PGSI Medan with a sample size of 40 athletes. This study uses purposive and qualitative and quantitative sample techniques. Data collection techniques in this study used speed tests for qualitative and questionnaires for experts in the form of quantitative data. Data analysis techniques use t-test statistical procedures. The results of this study indicate that the development of technical training models infiltrated the wrestling sport.

Keywords: *Drill, Technique, Penetration, Wrestling*

I. INTRODUCTION

In wrestling matches, especially in freestyle wrestling, susupan technique is the dominant technique used. Infiltration technique is a technique commonly used to break the opponent's defenses until finally he can get technical numbers. Infiltration technique is a road opening technique for other wrestling techniques, for example from the technique of infiltration of an attacking wrestler to infiltrate the opponent's defense for rear mastery, from the technique of insertion can be continued with a roll technique, from the insertion technique can be continued with foot or slap, and many more techniques that might be able to continue through the technique of insertion.

In the process of forming the infiltration technique itself, drill or drill drills can be used that can sharpen the technique. When viewed from drill drills or drills, the current infiltration technique is not varied, this can be seen from the training process at several wrestling training sites and wrestling books which only present only a few training drills.

Exposure to the above infiltration technique makes researchers have an opinion that it is normal for athletes to be lazy, lackluster and less active. The cause of this is due to a lack of training facilities, a boring and boredom training

atmosphere, so that the innovation and creation of trainers is needed in developing various training drills so that the training process does not become monotonous and boring. Cadet wrestling athletes should have great motivation in technical training because according to Hadisasmita and Syarifuddin (2006: 62) in adolescence years is the age that is most suitable for the development of the basic skills needed later. Characteristics of cadet athletes who like to play, like to move, like to work in groups and like to feel or do things directly, make the right development drill given, namely various training drills with drill drills which of course the movement must support and relate to the basic motion.

Based on the background above, the researcher was interested in conducting research on the development of drill wrestling techniques which varied if reviewed according to the needs of the technique of the various situations in the match. Drill technique of intrusion that will be developed refers to the attack and the perception of the athlete about the need for motion from the technique, so that the wrestler will be more effective and efficient in performing the technique of interfering in various situations during the match.

A. Concept of Penetration Wrestling Technique

Basically the susupan technique is an opponent's defensive breakdown technique with various kinds of solutions. The American Sport Education Program (2010: 93) proposes that the process of applying an insulating technique with a one-foot catch, both wrestlers take the position of horses to have an attack angle (see figure 2.1a) then the attack wrestler must change the height with the inner penetration step ending with the head positioned on the opponent's chest. The footsteps must be deep enough so that when the attack wrestler pushes forward into the knee deep, his body weight will move along the space of the opponent's wrestler's space. When penetrating, the attack wrestler must ambush one leg with both arms, locked behind the knee, and step with the outside foot first and then feet in Guidance on basic wrestling techniques presented at upgrading of National Level I wrestling trainers (2015: 18)

describes the process of applying the technique of catching with two feet of catch, (1) when the whistle sounded the attacker immediately caught two feet once gus, (2) head pulled up, two legs parallel. If you do not succeed in lifting your opponent, then your opponent will back. If the one caught is only one leg, the attacker is able to lift it, (3) the attacker stands upright. The head is pulled back. The opponent's position is on the attacker's left shoulder, (4) the opponent is rotated to the left so that the attacker can place the right hand between the two legs of the opponent. The attacker's left hand holds the opponent's right thigh. The right hand holds the opponent's left thigh, (5) the opponent is dropped to the left. The right hand still holds the opponent's left thigh. (6) The opponent falls on his back. The attacker presses the opponent's left thigh until it clings to the opponent's chest. The attacker face down on the opponent's chest. Both legs maintain balance. Based on the theory obtained from the two sources above, about wrestling technique, it can be concluded that the susupan technique is the opponent's defensive breakdown technique by infiltrating and ambushing opponents in the legs and waist. Wrestling technique is the dominant technique used in struggle.

B. The concept of Development Penetration Technique Drill

Drill method is a learning method that emphasizes the mastery of the technique of a sport that is carried out repeatedly in the implementation, (Sugiyanto, 1993: 371) states, in the drill method the athlete performs movements according to what the instructor instructs and does it repeatedly - reset. The repetitive exercise of this movement is intended to enable movement automation. Therefore, in the drill method it is necessary to arrange a sequence of good training processes so that athletes are actively involved, so that optimal training results will be obtained. In order to develop drills, the technique of infiltration training is to be structured and in accordance with the characteristics of the drill technique, there are several things that must be considered and made as a basis for developing it, among others;

1. Position of the stance and preparation of attacks on wrestling penetration techniques
1. Moving step on the technique of infiltration
2. Change height
3. Lifting techniques on penetration techniques
4. Seize the hips
5. Taking focus

II. METHOD

In this development researchers used research and development methods. Where to develop products in the form of training in penetration techniques in sports. In the research process, there are three stages that must be carried out, namely pre-development, development and field trials. In the pre-development stage, what was done was gathering information consisting of literature, data, preliminary studies that were in accordance with the analysis needs that would develop and compile the design of football material. During the development phase, the first draft is a draft concept for experts who use audio visual language. After being solved by experts, the next step is to revise the script and then take a picture of the model that matches the script and make edits and make prototypes. After the editing and prototyping process, the next step is a second try by experts consisting of players, audio visual media and sports academics. After conducting trial II, the next step is to make improvements to the advice given by the expert. MINING ROUND in PPLP North Sumatra Province and City Government.PGSI Medan. Trials were carried out during the training using developed practice exercises. After that, researchers conducted interviews with trainers and how they thought about existing products. After getting information about the product being developed, the last step is to fill the product to make it better and more suitable for use.

The types of data used in this study are qualitative and quantitative data. Sources of data to be obtained in this study consist of several sources, namely, tests, and experts. Data obtained from teachers and students includes how they think about drill techniques for infiltration drills.

Data collection techniques that will be used are using triangulation data consisting of test data and expert opinions. The form of data analysis that will be used is qualitative descriptive analysis. And quantitative. The interviews were conducted with experts and after conducting product trials by asking the experts' opinions about the use of penetration techniques. Then the tests were carried out for cadet and junior athletes using the compiled instrument sheets.

With the development of drill techniques for penetration techniques in wrestling. Add variations in forms of exercise to improve the ability to do infiltration techniques. For trainers, this exercise model can be used during the training process for athletes so that the training process can run well. As for athletes, this exercise model can be used to improve the ability to do penetration techniques

III. CONCLUSION

Based on the explanation, it can be concluded that it is necessary to develop a training model to assist trainers and improve the ability to penetrate techniques. The final result produces 15 new training models.

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