ARM SLAM SKILL TRAINING MODEL FOR BEGINNER WRESTLING ATHLETES

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Abstract This study aims to improve the throwing skills of wrestling athletes aged 13-15 years. The research was carried out in early June to late June 2024 at the POPB DKI Jakarta Wrestling Sports Hall. The study was attended by all wrestling athletes aged 13-15 years, consisting of 30 athletes. The method used in this study is Research & Development with the ADDIE method. The instrument used is the Arm Throw skill test for ages 13-15 years which has been validated by martial arts expert lecturers, wrestling lecturers and wrestling coaches. Based on the initial test data for arm throw skills, an average result of 95.8333 wasobtained. Then after being given training material in the study to improve wrestling arm throw skills for ages 13-15 years for 8 meetings, a final test was carried out with an average result of 104.5333 There is an increase in wrestling arm throw skills for ages 13-15 years.

Keywords: Throws, Wrestling, Training Model

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INTRODUCTION

The oldest type of individual martial arts in the world is wrestling (Bazarov 2022), originating from ancient Greek-Roman people who prioritized the use of the hands, feet and waist as the subject of movement. A wrestler in a match situation attempts to defeat an opponent by pulling, pushing, slamming, tackling, and locking until the opponent's back is against the mat (Langmead 2024). Wrestling can also be divided into full body contact categories. Wrestling is a sport that requires a lot of movement and quite a lot of activity (Matkarimov et al. 2024). The leg catch technique is mostly used by wrestling athletes, both national and international athletes. The sport of wrestling can be classified in the main categories (Mirzaei 2021). Where the leg catching technique is included in the technique of attacking the opponent's weak part.

In wrestling, various types of throwing techniques include waist slams, arm slams and head slams (Riccio, Tarulli, and Maffulli 2022). Throwdowns are an important part of wrestling skills (Jahrir and Yusuf 2022). The goal is to attack the opponent from various body positions so that the opponent falls (Won, Gopinath, and Hodgins 2021). In the sport of wrestling which has many opportunities for wrestlers, one of which is the slamming technique, the slamming technique is one of the basic techniques of Gregro Roman style wrestling which is often used in training and competitions, if a wrestler is successful in doing the shoulder slam technique on the opponent then he has a greater chance of getting to win the match (Nadapdap and Mahfud 2021) Several researchers also highlight the level of throwing skills in wrestling athletes which shows its importance in the context of training and skill development in the sport of wrestling. Thus, throwing techniques in wrestling are an important aspect of the sport of wrestling which involves various throwing techniques to attack the opponent from various body positions.

The role of a coach in improving athlete performance is very important (Jin et al. 2022), and a coach must have professional expertise who has the knowledge and ability to improve athlete abilities and skills as well as coaching knowledge to support the success of coaching the athlete himself (Orunbayev 2023). Therefore, a trainer is required to be able to behave and behave well in accordance with the norms that exist in

society. The ideal attitudes and behavior that a coach must display/practice include: 1) behavior, 2) leadership, 3) sportsmanship, 4) emotional balance, 5) firmness and personality, 6) humor, 7) joy of training, 8) respect referee, 9) respect the visiting team, 10) personal attention, 11) think positively, 12) prohibit gambling, 13) make fun of people 14) use authority. The behavior and character of a coach must be free from reproach and insult. He must always remember that his students and society consider him to be a perfect human being and to be used as a model (Hadi 2011). To maximize learning outcomes in the sport of wrestling, coaches and athletes must pay attention to the athlete's physical condition (Endrawan, Adi, and Santoso 2024). Agility is a very important requirement for throwing techniques (Mirzaei 2021). Beginning athletes are the successors of future athletes. Beginning wrestling athletes must be trained in seven basic skills (Nuriddinov 2023). starting with position, movement, changes in height, penetration, lifting, stepping back, and lifting. Beginner wrestling athletes will have a poor foundation for advancing to the next level if the wrong training is used to build their basic skills. When performing advanced wrestling techniques, beginner wrestling athletes will think of it as something that is always on their mind. Because wrestling athletes have wrong habits, it is difficult to change them to correct movements (Malcolm, Papathomas, and Warden 2023). The facilities and infrastructure component is an important thing where facilities and infrastructure are an integral part in increasing athletes' motivation and performance. Without supporting facilities and infrastructure, it is impossible for athletes' training to develop (Rahmat et al., 2022).

Researchers often find athletes who have problems with basic throwing movements. including athletes who throw each other in a face-to-face position. because the athlete did the wrong basic movement when doing the kick. As a result, the opponent will easily counter the technique used. In the existing training model, this model has the advantage of being able to increase the speed of accuracy in slamming, but in its implementation it often happens that when carrying out a technique the speed and accuracy in slamming are not on target. Apart from that, the existing model has good physical condition components such as strength, speed,

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accuracy and specific skills for throwing movements. If you are not accompanied by a trainer, it will result in serious injury when doing this movement. This research aims to develop a movement training model for basic throwing skills for beginner athletes because training for beginner athletes should basically be a safe, comfortable and enjoyable activity. Based on several explanations of the facts and problems that have been described, as well as from the results of empirical and theoretical studies, on this occasion the researchers tried to make a new breakthrough by innovating wrestling training by developing a throwing skills training model in the sport of wrestling for beginner athletes.

METHOD

Development research in this skill uses the ADDIE research and development model. A series of stages or steps must be taken in this research. The research and development stage uses the model design that will be used in this research using the ADDIE model, where each step is divided into five steps, namely: 1) Analysis, 2) Design, 3) Development, 4) implementation, and 5) Evaluation (Zhang 2020). The ADDIE model can be seen in the image below:

Figure 1 Model ADDIE (Zhang 2020)

The approach used in this research is a qualitative and quantitative approach. This means that the approach has the aim of finding answers to problems. The final result of the research and development is a new product designed to train throwing skills for beginner wrestling athletes. The final result of this model development research is a throwing skill training model in the sport of wrestling which will produce a product in the form of a training model for training with specific products as well as the effectiveness of the training model created, thereby improving the skills of wrestling athletes and can also be used as a guide for trainers to improve their abilities. the athlete.

RESULTS AND DISCUSSION

The assessment data from 30 POPB wrestling athletes regarding the effectiveness of the throwing skills training model for POPB wrestling athletes is shown in the following table:

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Table 1 Pretest and Posttest Result

	Pretest	**Posttest**
Skor	2875	3136

The table above shows the results of the kicking skills in the pretest and posttest carried out by POPB Dki Jakarta athletes aged 13-15 years. The pretest was carried out before implementing 20 models of Bantingan skill training and the post test was carried out after being treated with various models of Bantingan skill training, totaling 15 models which had been validated and evaluated. This test is carried out to find out before and after treatment is given. After carrying out the pretest, namely with a total of 2875, then data collection was carried out again in the post test and the total was 3136. Based on the description above, there is a difference in the results between the pretest and post test, thus it can be concluded based on the table above that, training in slamming skills is for ages 13-15 The year developed is effective and can improve slamming skills for ages 13-15 years.

Table 2 average test results

Paired Samples Statistics				
	Mean	N	Std. Deviation	Std. Error Mean
Pair 1 Tes Awal	95.8333	30	2.58755	.47242
Tes Akhir	104.5333	30	2.31537	.42273

Based on the output results using SPSS 16, the average score for throwing skills training results before being given the training model was 95.83 and after being treated with the training model was 104.53, meaning that the average score for throwing was an increase in results.

Table 3 Correlation Coefficient

Paired Samples Correlations			
	N	Correlation	Sig.
Pair 1 Tes Awal & Tes Akhir	30	0.182	0.335

Based on the output of the table above, the correlation coefficient for training before and after being given the slam training model is 0.182 with a p-value of $0.00 < 0.05$, so the conclusion is significant.

Table 4 Significance of the Difference

Paired Samples Test								
	Paired Differences					t	Df	Sig. (2-tailed)
	Mean	Std. Deviation	Std. Error Mean	.05% Confidence Interval of the Difference				
				Lower	Upper			
Tes Awal - Tes Awal	-8.70000	3.14204	.57366	-9.87326	7.52674	15.166	29	.000

In the significance difference test using SPSS 16, the results obtained were t-count = 15.166, df = 29 and p-value = $0.00 < 0.05$, which means there was a significant difference in the throwing training of novice wrestling athletes

before and after the throwing skills training model treatment.

Based on this information, it can be said that the throwing training model that has been developed for beginner athletes can effectively improve throwing skill training for beginner athletes.

The effectiveness results can be concluded that the throwing training model for beginner athletes can be used in the wrestling throwing training process for beginner athletes and is feasible and effective for improving throwing training for beginner athletes.

CONCLUSION

Based on the data obtained, from the results of field trials and discussion of research results, it can be concluded that:

1. With the throwing skills training model for athletes aged 13-15 years, they can practice throwing material effectively and efficiently.

2. With the throwing skills training material that researchers have developed, athletes can understand the throwing material quickly and correctly.

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