

Analysis of the Skills of Petanque in Sleman Regency

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ABSTRACT: Mastery of basic skills must be possessed to achieve performance, including on Petanque. This research is held to analyze skills of Petanque in Sleman regency. The research is a quantitative research that describes research results found. Data collecting technique is held in some steps, they are preparation of instruments for shooting and pointing, and the second step is collecting data in the field by using observation and taking notes of results reached by the samples. Samples of the research are the 18 Petanque athletes in Sleman regency which are elected by using purposive sampling technique. Data analysis technique in the research is frequency descriptive analysis technique using 5 categorizations. The result of data analysis shows that pointing skill is 29.61, and shooting skill is 24.28. Based on the result of data analysis, we can conclude that basic skills of Petanque in Sleman regency is fair for pointing and poor for shooting. The research result can be used for evaluation to the committees, coaches, and the athletes in applying appropriate approaches and methods of practice in order to achieve better achievement.

KEYWORDS: petanque, shooting skills, pointing skills.

INTRODUCTION

Petanque is a traditional sport from France and copied by Fédération Internationale de Pétanque et Jeu Provençal (FIPJP). Petanque is done by throwing an iron ball as near as with a wooden ball that is called as jack in the distance of 6 to 10 meters, and the legs have to stand in a small circle. This sport has 13 numbers of match. To win the match, the player should have the skills of pointing and shooting (Suwiwa et al., 2022). Pointing is done to make the iron ball get as close as possible to the wooden ball (jack), while shooting skill is done to set apart the iron ball from the jack or remove the iron balls around the jack. The player can do them in both squat and stand-up positions in a small circle.

In Petanque, a player can be as a pointer or shooter or a middle (pointing-shooting). By having those roles, it will be easier to have a team based on the player composition needed. In fact, there are many coaches that give a training to the athletes homogeneously without paying attention to their strength. More tournaments and competitions held, it needs to have a consistent evaluation and can be measured to determine the player's skills in competitive level. Petanque skill test can be used to know and evaluate the process of the training done by an athlete.

Test and measurement will help a coach to hold a more specific training program based on the athletes' ability in their role as a pointer, shooter, and a middle as well. Besides, a test and measurement can be used to evaluate the athletes' weaknesses in a certain distance. Therefore, a more effective and efficient training is needed in order to get a better result (Phytanza et al., 2022). A test is held to classify, find a better training method, measure the athletes' progress, and to assess objectively.

The test of Petanque is important for selecting and athlete breeding (Sutrisna et al., 2018). The test of sport skills can be used to monitor the athletes progress time by time. It gives a better understanding about how far practice and training can contribute to the improvement of skills and performance of sport. Therefore, skill assessment will ease a Petanque coach in measuring the Petanque athletes objectively so that the choosing of talented athletes will be optimal.

A research that uses a deep analysis mechanism to the basic skill or Petanque is done by (Cahyono & Nurcholis, 2018) analyze back swing and release shooting carreau in the shooting distance of 7 meters. A research about the effectivity assessment of a certain equipment in shooting accuracy improvement was also held by (Lubis et al., 2021). Some those researches have not held a comprehensive on the athletes' basic competence so that the difference with the research that will be held is to have a deep analysis to overall Petanque basic techniques.

The research is expected to be a comprehensive beginning base in deciding Petanque athlete's practice program, as a

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recommendation for the athletes and coaches about the basic technique that needs further improvement. The purpose of the research is to know the Petanque athletes' skills in Sleman regency in shooting and pointing. The choosing of the two components is held since shooting and pointing skills in Petanque are the basic skills that must be mastered by the athletes.

RESEARCH METHODS

According to the design used in the research, the variables in the research is the skill in Petanque. The focus in the research is pointing and shooting in playing Petanque.

RESULTS AND DISCUSSION

The research result that is analyzed by using frequency distribution analysis technique shows that the highest score for pointing is 45 with the average of 29.61, while the lowest score is 17. Besides, the highest pointing score is 49 with the average of 27.27, while the lowest score is 11.

Table 1. The Distribution of Petanque Athletes' Score of Sleman Regency

	Amount of the sample	Highest score	Lowest score	Average	Deviation standard	Category
Pointing	18	45	17	29.61	7.85	Fair
Shooting	18	49	11	27.27	7.20	Fair

1. The analysis of Pointing Skill Frequency Distribution

From the test and measurement of the 18 athletes, it is found that the lowest pointing score is 17, while the highest pointing score is 45, and the average is 29.61.

Table 2. The Analysis of Pointing Skill Frequency Distribution

No	Interval	Category	Frequency	Percentage
1	$41.06 < X$	Very high	1	6%
2	$33.43 < X < 41.06$	High	5	28%
3	$25.80 < X < 33.43$	Fair	7	39%
4	$18.16 < X < 25.80$	Low	4	22%
5	$X < 18.16$	Very low	1	6%
Total			18	100%

The pointing skill of Petanque athletes of Sleman regency in the category of "fair" has the biggest proportion, that is 39% or 7 athletes, while in the category of "high" is 28% or 5 athletes, and 22% are in the category of "low". According to the average of 29.61, it can be concluded that pointing skill of Petanque athletes of Sleman regency is "fair".

2. Analysis of Shooting Skill Frequency Distribution

The measurement of shooting skill uses the same sample of 18 athletes. According to the measurement of shooting skill, it can be found that the lowest score of shooting skill is 11, while the highest score is 49, and the average of shooting score is 27.28.

Tabel 3. Distribusi Frekuensi Keterampilan Shooting Atlet Petanque

Number	Interval	Category	Frequency	Percentage
1	$44.99 < X$	Very high	1	6%
2	$35.66 < X < 44.99$	High	1	6%
3	$26.34 < X < 35.66$	Fair	5	28%
4	$17.01 < X < 26.34$	Low	6	33%
5	$X < 17.01$	Very Low	5	28%
Total			18	100%

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The categorization shows that athletes that are in the category of “very low” is 28% or 5 athletes, however there are many athletes that are in the category of “low”, that is 33% (6 athletes). Besides, in the category of “high” is 6% or 1 athlete, and in another category, the percentage is less than the categories described before. When it is reviewed from the average, that is 27.28, the shooting skill of Petanque athletes’ of Sleman regency is in the category of “fair”.

Based on the percentage descriptive analysis by using the five categorizations, there should be an attention especially for Sleman regency Petanque coach and committee, because the basic skill of Petanque as the measuring variable in the research is the absolute skill that athlete has own. According to the athletes’ skill that are in the category of “fair”, it can not be reliable to achieve the higher achievement. The accomplishment of Petanque depends on a lot of factors, for instance the physical factor or the anthropometry and the physical condition of the athlete, such as the height, balance, wrist, arm length, accuracy and eyes coordination with the hand (Badaru et al., 2021; Hanief & Purnomo, 2019; Rabani & Nurhidayat, 2021). Besides, the elevation standpoint of each movement of hand in pointing and shooting will take effect very much (Cahyono & Nurcholis, 2018).

The result of the study proves that in playing Petanque is not as simple as what we imagine, in which we only throw the iron ball and easily get the point. It needs a concentration and physical components that are proper to get the achievement, as it is needed in the other sports.

Petanque also needs practices like the other sports, such imagery practice. By doing imagery practice, the athlete’s shooting skill in Petanque will be better, compared to athlete with no imagery practice (Dini & Syafutra, 2021; Lubis & Permadi, 2020). There are many factors that are influential on the achievement of skill in playing Petanque, especially on pointing and shooting skill. The research is held only to describe the basic skill of Petanque in general and does not discuss about the support so that the skill can be done well. Next, a research study about athlete’s psychological and physiological condition will be held so that it can support the athletes’ performance in pointing and shooting skill, so that it can extend the field of study deeper in the research. The implication of the research is expected to be able to be a reference for the coach in coaching Petanque, moreover on the step of athlete recruitment, by paying attention to the two components, shooting and pointing.

CONCLUSION

According to the data analysis and the discussion, we can conclude that the skills of Petanque athletes of Sleman regency in both shooting and pointing are in the category of “fair”, so it needs some refinement in both skills to achieve a better performance. The result of the research can be used as the evaluation material for the athletes and coach to revise the techniques, practice programs, and approach done in the practices as well. Besides, the result of the research can be a new section to hold a deeper research about the skills of Petanque, especially pointing and shooting techniques.

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