



Analysis of Game Method Training on Tackle Ability in Rugby Game

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ABSTRACTS

This research is based on the researcher's curiosity about the relationship between the Tackle Drill Game Method and the Tackle Rugby Ability as well as the lack of ability or technique to tackle (dropping opponents) on the Upi Sumedang campus rugby athletes. Therefore, the researcher wanted to find out whether the Tackle Drill Game Method has a good potential for success in the Tackle ability in the game of Rugby. The research method used is literature study, which examines data or theories put forward by previous researchers. Thus this study only compares whether there is a relationship, linkage or similarity of characteristics between the two variables to be studied. In practice, the researchers found that the tackle drill game method affects rugby tackle ability on the basis of saying that this drill training method makes an athlete have to perform the movements instructed by the coach repeatedly so that it allows an athlete to become accustomed (automatically) in performing a movement.

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INTRODUCTION

Rugby, which has developed in this world, has become one of the favorite sports in countries such as Fiji, Australia, New Zealand, etc., in general, in these countries it has become a daily sports activity for the people. Seeing the development of Rugby, we can also feel that in our country, there have been many events or championships that hold Rugby matches (Barata,

2018, p. 182). One of the things that is unique in the sport of Rugby is in terms of an oval ball and the way to get it, namely the tackle, which is a very important ability for rugby players (Hendricks et al. 2014, p. 753). Indeed, the tackle is a very important thing considering it is done to grab the ball from the opponent or block the opponent, if seen this is very risky for a player who makes a tackle (tackler) and results in bad results when the tackle technique he does is not good, it can result in injury. This is seen in a journal that states that during a rugby match between a ball carrier and an obstacle, there is a high risk of injury (Burger et al. 2016, p. 117).

A person who makes the tackle is more likely to get injured from the impact than the ball carrier. Reflecting on this, the tackle becomes one of the scary things for people who play Rugby, especially those who are new to joining and have never experienced the real game of Rugby (only for training). And the researchers also found that at the UPI Rugby Student Activity Unit, Sumedang Campus, the members who took part in this Rugby activity on average said that if you were a tackler there was a sense of fear of injury, which resulted in not optimal tackle technique being carried out but that was not the case. of course, due to a lack of understanding about tackling which results in monotonous training, especially in tackles so that a player's tackling ability does not improve. Therefore, the researcher wants to make the tackle ability of the members of the UKM rugby UKM UPI Sumedang campus to be better by implementing tackle training which is packaged in a game method which includes tackle drill.

The game of rugby has begun to develop in Asian countries, especially Indonesia. This interesting and adrenaline-challenging game has begun to be recognized by the public through events that are widely held in Jakarta and various regions in Indonesia. This is what makes rugby now popular in several regions in Indonesia with events between regions being one of the objections. measure how many regions are participating in the event. Rugby is a unique sport because it uses an unusual ball media as in general, rugby itself relies on the ability to throw and catch the ball and then avoid the opposing team or vice versa. It is clear for an athlete to master this. When viewed from the point of view of the game, it looks hard because there is a physical collision between players, this is due to the way to block or stop the opponent's movement, namely by tackling.

It is common for people who know rugby that the tackle is hard and can also be dangerous. Indeed, tackling is the most dangerous aspect of play in rugby, which makes every player have a fear of tackling an opponent, either the fear of not being able to knock the opponent down or the fear of being injured due to the collision that occurs between players during the tackle. In the game rugby tackling is one of the moves that generally has the risk of making a blocker more injured than the ball carrier when the impact occurs. Between the tackler (the person who makes the tackle) and the ball carrier (ball carrier) who will be tackled, the one who has

a higher risk of injury is the tackler. And this is what is terrifying for someone who will tackle in rugby.

It is even more dangerous if a player makes a tackle without having a basic ability, skill or understanding of how a good and correct tackle movement should be, skilled in this is an act that becomes a reference for seeing someone's skills (Susilawati, 2017, p. 26) because it is wrong. movement when doing it could be bad for a player. Thus the researcher wants to apply the tackle drill game method to make the ability of Rugby players, especially in the Upi Sumedang Rugby UKM, to be better, the game method used is several varied tackle exercises that are carried out repeatedly, but do not give a saturated, bored and monotonous effect for players because there are several tackle drill games that are carried out. There have been many studies on rugby both on tackle techniques and most of it was done by researchers from outside Indonesia because this game of Rugby was first popular outside Indonesia, then on how to deal with the risk of injury due to tackles etc. For example, a study entitled "Characteristics of an 'effective' tackle outcome in Six Nations rugby" and a research conducted by the title "Contact Skills Predicting Tackle-Breaks in Rugby Union" which both discussed tackles.

THEORETICAL FRAMEWORK

Although there have been several studies on tackles, no one has examined the actual ability of tackling through a game that is packaged into the Tackle Drill Training Method, most of the research is about how to deal with the risk of injury due to the tackle. Thus, this research is important to do to see changes in tackle ability for rugby athletes at UPI Sumedang campus, whether there has been a change after this research was carried out and how to analyze tackle practice through this Tackle Drill Game Method. In addition, this study also aims to dig deeper into good tackle techniques, so that they can be applied in the future, especially for UPI Sumedang rugby athletes who are in the scope of UKM Rugby UPI Sumedang. Then if it can be applied to a broader scope, it could be applied in the Kab. Sumedang etc.

RESEARCH METHOD

By using the method of literature study or literature study, it aims to see the relationship between the two variables and to clarify this relationship through the theories put forward. It can be said that literature research or literary review is research conducted based on written work, including existing and unpublished research results (Embun 2012). Apart from that, this literature study also aims to build a stronger and clearer concept based on the studies that have been conducted (Tjahjono, 2008, p. 23).

Thus, this research does not need to collect data in the field or primary data, but through secondary data taken from journals, articles or other scientific papers in accordance with the research being carried out. Researchers used the literature study method on the basis of the impossibility of direct data collection because the current situation could not move people to gather. The data taken in this study is secondary data, namely from several journals, articles and other research-based papers. Whether it is in the form of questionnaires, questionnaires, tables, pictures etc., secondary data is also a source that is collected from existing data and has the same form as previously described such as journals, books, reports and so on Priambodo, J. (2018).

In addition, it also utilizes theories that have been taken as additional sources of research data. Thus there is no need for researchers to collect data by conducting tests or practice in the field, it is only enough to review and retrieve the necessary data from the sources mentioned above. This literature study research collects qualitative data that will be analyzed from the data collected. already exist, the data is processed through the activity of reviewing and analyzing the theories or data that has been taken whether it has a relationship, similarity in character, relationship or correlation with the research variable being studied, so as to produce hypotheses or accountable possibilities regarding this research and can be draw conclusions based on these hypotheses using logic, aesthetics and ethics.

There are several steps that must be done in data processing, namely; Editing Editing here is a step in the activity of examining all the data and information that has been obtained, so that the data is not raw and can be used as a source of related research; grouping After the data is examined or viewed carefully, the data are grouped according to predetermined categories. Besides that, this grouping is also important so that the data that the researcher takes is easy to find; Tabulation (tabulating) After the process of grouping the data and information that has been obtained, the next step is to classify and present the data in a neat and orderly manner. So that the data is easily searchable and also understood by readers. Either in table or list form.

RESULTS

There are several data that will be presented by the researcher to support the strong results of the research, the data taken by this researcher includes the results of the research regarding the tackle drill itself, thus the researcher summarizes the conclusions from the research that has been done by other researchers. Research results from Speranza et al (2015):

Table 1. Match-play Tackling Performance

	Good tacklers	Poor tacklers	Effect size	Difference
Tackles (n)	21.2 ± 7.7	15.0 ± 10.4	0.67	Moderate
1st player involved (%)	54.8 ± 10.9	64.3 ± 9.9	-0.91	Moderate
2nd player involved (%)	39.0 ± 7.6	33.6 ± 9.0	0.65	Moderate
3rd+ player involved (%)	11.4 ± 5.3*	5.9 ± 1.5	1.40	Large
Zone 1 (%)	0.3 ± 0.2	0.8 ± 1.0	-0.64	Moderate
Zone 2 (%)	10.8 ± 5.3	10.5 ± 7.9	0.05	Trivial
Zone 3 (%)	25.8 ± 7.8	21.5 ± 10.0	0.49	Small
Zone 4 (%)	67.7 ± 10.3	70.9 ± 14.7	-0.26	Small
Positive tackles (%)	4.1 ± 3.6	4.7 ± 3.7	-0.17	Trivial
Dominant tackles (%)	58.4 ± 6.8**	45.1 ± 5.9	2.10	Very large
Missed tackles (%)	8.2 ± 2.8*	15.3 ± 8.3	1.15	Moderate
Offloads (%)	3.3 ± 1.3*	6.3 ± 2.4	1.61	Large
Errors (%)	3.3 ± 1.0	4.3 ± 2.2	0.54	Small

Note: Data are mean ± SD. Effect size: <0.2 = trivial; 0.2-0.6 = small; 0.61-1.2 = moderate; 1.21-2.0 = large; >2.0 = very large.
 *Significant difference ($P < .05$) between groups. **Significant difference ($P < .01$) between groups.

From table 1, the researcher wants to suggest that good tackling can occur when a game takes place at once, this can be seen from the first point, namely tackle (n) it is written that there is a difference after the application of the one on one tackle drill method. From the comparison of the numbers shown, which is around 2.10, the difference is said by Speranza et al. (2015), the difference is very large, this can be seen in the point of "dominant tackle". In addition, some of the tackle drill games that the researcher lifted have the same shape or characteristics with several tackle occurrences in the Rugby game when it took place, as said by Speranza et al. (2017, p. 265) good tackle ability has characteristics and relationships with live matches in the Rugby league and also the physical qualities of these players.

In table 2 this study describes the results of the application of the drill method. Data from the histogram table 2 are the average results taken using SPSS statistical analysis (version 12) which states that there is a difference in error scores from the tackle technique (before and after) meaning in the pre-test. and post-test. on the ability to cope with injuries to the shoulder when making the tackle. Results Research from Herrington et al. (2008)

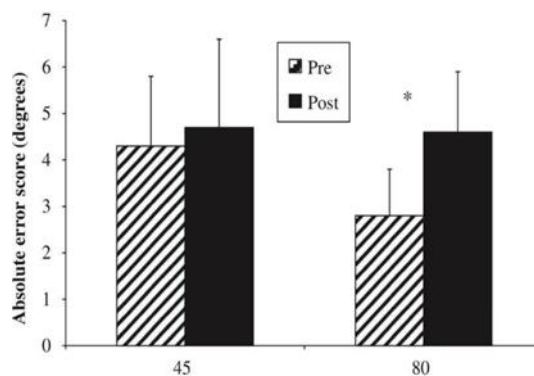


Figure 1. Comparison of Research Results

The data from the table histogram 4.2 is the average result taken using the SPSS statistical analysis (version 12) which states that there is a difference in the error score of the tackle technique (before and after) meaning the pre-test and post-test. From table 4.2, it can be seen that there are differences in the numbers obtained, thus the tackle method used has an analysis even though the data in table 4.2 is a description of a bad tackle tendency towards shoulder injuries, but to prevent this, namely through the application of the tackle drill method so that a player can perform correct tackle movement in anticipation of shoulder injury.

A good tackle includes the movement as well as the effect of the tackle, thus the drill method is also able to provide knowledge for a player to make a tackle that is safe for him, because during a match the player can do it several times. From table 2 there is a comparison after applying a tackle drill to prevent shoulder injuries, it is also seen the results of the tackle ability itself. Therefore, the tackle drill that is applied has a good analysis for tackle ability. In addition to the tackle drill that has been described, the researcher wants to dig deeper into the drill game method so that it can clarify this research and include proven data about this game method (drill).

DISCUSSION

The application of the drill training method is indeed useful for an athlete who wants to develop his abilities, this is in line with one of the statements made by Handayani, S. G. (2019) This drill training method makes an athlete have to perform the movements instructed by the coach repeatedly. -repeat so that it allows an athlete to become accustomed (automatically) in performing a movement.

Researchers found data about the game method (drill) which showed a positive analysis or an increase in basic movements or abilities and skills. Research results from Susanto (2015) What concerns the researcher is the average table above which shows an increase in numbers from 67.44 to 89.44 meaning that this drill method is able to provide a good analysis of the ability of a person who exercises using the game method (drill). Apart from the data, it is not from research on direct tackle, but the researcher wants to present the correct data regarding this game method (drill). This is what makes researchers believe that the tackle drill game method can analyze tackle ability. To increase confidence that the drill game method is able to analyze an activity in this case, the tackle ability researchers get a data that is quite real and clear about this drill game. although in other sports, and the data is Likewise, the tackle ability is also what researchers think can improve if the drill game method is applied in the practice. The researcher has the assumption that the drill game method, in this case the tackle drill, has an analysis of the tackle ability of the Rugby game, from the data that the researcher takes specifically here, the data from table 4 shows an increase in the application of the drill method,

namely 2.12 which is a comparison between pre-test and posttest. Thus, if the drill game method is applied directly, it can provide a good analysis of the tackle ability it self.

CONCLUSION

Based on the results of data processing the theories that have been described regarding the tackle drill game method and also its relevance to tackle ability in Rugby games. Researchers found findings that are in accordance with the provisional assumption (hypothesis) which states that the tackle drill game method analyzes tackle ability in the game of Rugby, this is based on a very relevant theory, namely according to Handayani, S. G. (2019) who said that this drill training method makes an athlete have to do the movements instructed by the coach repeatedly so that it allows an athlete to become accustomed (automatically) to making a movement (tackle).

Then from the average result data, pre-test means that before the treatment is applied to the subject, namely the drill game / training method the average score obtained is 29.33 and after applying this drill method the average score obtained by the subject becomes 31, 36. This means that there is an increase in the score obtained by the subject, which is 2.12. Thus, this drill method is able to analyze basic movement abilities or other skills, as well as tackle ability which researchers also think can increase if the drill game method is applied in practice.

Thus the researcher can prove the provisional assumptions which are the questions in this study with very clear answers about the tackle drill game method, according to the data processing and theories that have been presented and the results are indeed relevant to the purpose of this study.

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