

## Efforts to Improve Backhand Short-Serve Motion Ability in Badminton: Literature Review



Cristine Marito<sup>1</sup>, Ahmad Nasrulloh<sup>2</sup>

<sup>1,2</sup>Sport Science Study Program, Faculty of Sports and Health Science, Yogyakarta State University

**ABSTRACT:** Service is a basic technique in starting a badminton game, not only that serve is also one of the initial attacks that starts in a match. Backhand short serve is a form of serve in badminton. The ability to move short-serve backhands is one of the basic techniques that are important to master in the game of badminton. This paper aims to examine efforts to improve the ability to move short service backhands in badminton. Data searches are carried out using Google, Google Scholar and Google Books search engines with keywords for efforts to reduce the short-serve movement of the backhand in badminton. Based on research studies, it is known that many factors affect the ability to move short service backhands in badminton games, both movement techniques and training and learning factors.

**KEYWORDS:** Improvement efforts, backhand short serve, badminton.

### I. INTRODUCTION

Sport is an activity that is familiar in human life. In addition to being beneficial for health, sports are also referred to as a unifying tool for the nation, shaping individual character, and having the potential to dynamize other sectors of development (Utami, 2015). Sports can be classified based on their purpose, namely recreational sports, health sports, educational sports, achievement sports, and livelihood sports (Kusmaedi, 2002).

In this classification of sports, it is known that sports are also a form of game consisting of many sports. One such sport is badminton. The sport of badminton is one of the sports that is very common among the public. Currently, the sport of badminton is increasingly in demand and played by the public because the game of badminton can be said to be done by all ages. However, even so, to play badminton requires knowledge and mastery of basic techniques such as serving, smashing, backhand, and lob punching (Sugiarto, 2004).

Service is a basic technique in starting a badminton game, not only that serve is also one of the initial attacks that start in a match (Zarwan et al, 2018). Backhand short serves are one way of serving that can be used in double and singles category games. A short serve is a serve where the shuttlecock passes narrowly over the net, the shuttlecock must be hit with a relatively short racket swing and on the backhand serve the direction of the shuttlecock's fall is very close to the opposing player's attacking line (Saragih et al, 2022).

Although the backhand short serve looks simple, to perform a backhand short serve requires mastery of the service technique in order to get a good service result, not getting stuck in the net or out of the target field. Therefore, efforts are needed to improve the ability to move short-serve backhands in badminton.

### II. METHOD

Data searches are carried out using Google, Google Scholar and Google Books search engines with keywords for efforts to reduce the short-serve movement of the backhand in badminton. The source or reference obtained is then established with exclusion and inclusion criteria. The determination of inclusion criteria is data in the form of journals both nationally and internationally, textbooks, scientific articles containing efforts to reduce the short-serve movement of backhands in badminton. While the exclusion criteria are data obtained from invalid sources, for example websites without authors or theses, journals both nationally and internationally, textbooks, published scientific articles.

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### III. RESULTS AND DISCUSSION

Improving the ability to move short serves in badminton is an important thing to get maximum service results. Therefore, a lot of effort has been made to improve the short-serve capabilities of the backhand, be it through exercise programs or the development of learning media. Efforts to improve the ability to move short serves backhands in badminton can be studied through the following studies.

#### A. Improved Short Servicing Ability Based on Racket Grip Training

How to hold a racket is one of the basic techniques in the game of badminton. Kurniadi et al (2021), conducted a study to determine the difference in the effect of service training using a combination of grip and service exercises using backhand grip on the short service ability of Extracurricular Students of SMPN 2 Kota Bangun Kaltim. The results showed that both forms of racket grip training had a significant influence on short service ability, but service training using backhand grip was better than service training using combined grips.

#### B. Improved Backhand Short Servicing Ability Based on Wrist Flexibility Level

One of the elements needed in servicing the badminton game is the element of flexibility. The more flexible the wrist movement, the easier it will be to perform short serves, on the other hand, if you do not have the flexibility of the wrist, you will be constrained in doing short services well. The results of a study conducted on Unsyiah Badminton UKM athletes in 2016, showed that wrist flexibility has a significant relationship with short service ability (Qalbi et al, 2017). Judging from the results of the study, wrist flexibility exercises can be recommended to improve the short-serve ability of the backhand.

#### C. Improved Backhand Short Service Capability Based on Hand-Eye Coordination

One of the factors of physical condition that affects the movement of the service is eye and hand coordination, with eye coordination to see the target of the service performed, the hand can direct the service blow in the direction it is going. It is proven through Kadir's research (2021) which shows the results of research that there is a very significant relationship between the eye and hand coordination ability of PJKR students of Muhammadiyah Luwuk University in badminton games with short service skills. Therefore, improved eye and hand coordination exercises are needed to improve the ability to serve short backhands in badminton.

#### D. Improved Backhand Short Service Accuracy

In general, the capabilities required in improving the accuracy of backhand short serves are concentration, calmness, and focus. This ability can be improved through target games training which is an exercise where players will get a score if a ball or other similar projectile is thrown or hit directionally hitting a predetermined target. Target games training is considered suitable for improving accuracy because it is almost the same as short serves, namely having a direction towards the target correctly, proven through the results of research by Ramadhan and Hidasari (2020), suggests that target games training has a significant influence on the accuracy of short service backhands, where after participating in target games training there was an increase in service accuracy in badminton extracurricular participants at SMP Negeri 7 Sungai Raya.

In addition to target game training, one of the exercises that can be done to improve accuracy during backhand short serves is training using arm swings. The results of Surendidila's research (2019), stated that there was a significant increase in service training using arm swings against the accuracy of backhand short serves at Club Maher Jatiwangi, Majalengka Regency. By using the athlete's arm swing easily to adjust the strength when hitting the shuttlecock and assisted by the treatment in improving the accuracy of the backhand short serve.

#### E. Improved Backhand Short Service Technique Through Team Games Tournament Learning Model

In the TGT learning model, the competition is carried out internally in the team to obtain rankings, as well as external competitions between teams. The application of the TGT model is considered to be able to help students in learning badminton on the basic technique of backhand service because students can correct each other's basic backhand service techniques by looking at their group mates in the correct service punch technique. It is proven through the results of research by Wahyudiantod et al (2019), there is an influence of the TGT learning model on badminton backhand service skills at SMK Yabujah Segeran Indramayu.

#### F. Improved Backhand Short Service Technique Through the Application of Audio Visual Media

In learning motion techniques, there are several kinds of media that can be applied, one of which is audio-visual media. Audio-visual media is a learning model that uses material and absorption through sight and hearing not entirely including the tools used can be in the form of video and computers. In Setiawan and Darmawan's research (2014), the audio-visual media used was in the form of a computer. The results of the study stated that the application of audio-visual media to short service techniques

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backhand badminton extracurricular activities for students of SMP Intan Permata Hati Surabaya has increased. Based on these results, the application of audio-visual media can be one of the recommendations in an effort to improve the backhand short service technique.

### IV. CONCLUSIONS

Based on several research studies, it can be concluded that many factors affect the ability to move short service backhands in badminton games. It was found that several elements such as how to hold the racket, wrist flexibility, accuracy, and coordination have an influence on the ability to perform backhand short serve movements. In addition, there are also several exercises and learning models that can be applied to improve the ability of the backhand short serve. Basically, to improve the ability of backhand short serves in badminton games is to do technical exercises and some of the necessary elements on the backhand short serve to get good serve results.

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