

## The Effect of KEMP VINCENT Training on Consistency Groundstrokes in Athletes Tennis

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### Abstract

Objective study this is for analyze effect of KEMP VINCENT Training on consistency groundstrokes in athletes tennis. Janis research use method experiment. Method study validating with test influence One or more variable than other variables. Study implemented in the field Yogyakarta State University Tennis. Implementation of 16 meetings, with frequency of 4 meetings in One Sunday. Taking sample using purposive sampling. Criteria sample includes; [1]. Players who are still active follow practice [2]. Willing follow all over training given [3]. No in circumstances Sick. Amount population of 20 athletes tennis field selalabora. Instruments / tests use forehand groundstroke test and backhand groundstroke test. The results of the validity and reliability of the backhand groundstroke are 0.895 and 0.925. Value data normality test results significance 5% or 0.05 normally distributed data. Homogeneity test obtained mark significance of 0.694 and  $0.617 \geq 0.05$ , population own similarity variant or homogeneous. And percentages increase in ability consistency with hasi; 18.3%. So that method Kemp Vincet Rally Tennis training matches for enhancement consistency groundstrokes, there are average increase of the player 's forehand groundstroke and backhand groundstroke scores tennis field selalabora.

**Keywords:** KEMP VINCENT, Groundstroke, Athlete Tennis.

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### INTRODUCTION

Tennis is a complex sport involving sport-specific technical skills along with a variety of high-level physical components (Fernández-Fernández *et al.*, 2009). In this regard, the simultaneous development of strength, power, speed and agility has been proposed as a prerequisite for success in tennis (Fernández-Fernández *et al.*, 2014). To optimize training strategies and monitor training load, it is important to regularly assess tennis players using valid and reliable measurements and instruments (Ferrauti *et al.*, 2018; Reilly *et al.*, 2009). Consistent evaluations will provide the coach with important information about the tennis player (e.g., weaknesses or needs), which helps in prescriptions training when searching

Optimal long-term athlete development (Fernández-Fernández *et al.*, 2014). After implementing an individualized training program, testing should be repeated frequently to detect changes in physical

performance and adjust subsequent training programs (Ferrauti *et al.*, 2018).

Consistency represents circumstances Where somebody own steady ability in hit the ball in to in field in a way in a row without error (Crespo, 1998). Consistency is the initial foundation for being able to play tennis. In field tennis, the key to being able to make consistent shots is keeping the ball in play. Keeping the ball in play means that the player must keep the ball so that it always enters the opponent's court without making a mistake. In its development, consistency can be interpreted as an athlete's ability to perform all punching techniques with good and not do error

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(Crespo, 1998). Factor consistency in game tennis is very necessary Because This is one of the factor determines player level can said Already Good or Not yet. Consistency too sometimes become reject size For provide another training model or add burden Good from increase speed or multiply inner spin round do technique

in game tennis. Increase consistency one of the groundstrokes the method can done with using the Kemp Vincent Rally Tennis training model. Kemp Vincent Rally Tennis is the test used for measure level consistency do blow rally groundstrokes (forehand and backhand) for 3 minutes in a way consecutively without make appropriate error with situation play real tennis.

The Kemp Vincent Rally Tennis was designed for classify students and assess achievement in Skills play measured tennis with ability rally in game simulated tennis. Equipment consists from field tennis, stop watch, four good tennis balls per court and racket tennis for each student. Objective from the Kemp-Vincent Rally Tennis training model is for measure level Skills do blow rally groundstrokes (forehand and backhand) in situation play tennis (Kemp *et al.*, 1968). In matter this is Vincent Camp is something method training that really pays attention to ratio, rest and deep work its implementation. Apply method this can conducted on athletes over 14 years of age, see his abilities okay in a way technique, physical, tactical and mental already capable do method This. Vincent's Kemp method in Indonesia is very seldom implemented by coaches who do not follow developments in the world of training tennis field. Vincent Kemp usually done two people in pairs with feed the ball yourself then, rally for Possible with no tempo can too fast and not can too slow as well as No can do slice punch. Or can done with method coach give pass the ball to players on the field to be direct there was a rally. Objective from Vincent Kemp this is for increase Power resistance and speed, because each player is moderate You can rally pass the ball to their target want, however without each other kill.

## METHODS

Type study This use experimental method. Method This in nature (validation), namely test influence One or more variable than other variables Sukmadinata (2017: 194) states study experiment is approach study the most complete quantitative, in the sense of fulfilling all condition for test connection because consequence. Study this held at the Yogyakarta State University Tennis Court. With holding 16 meetings, with frequency of 4 meetings in One Sunday. Sample study in study this, Budiwanto (2017) stated that sample is part from selected population with use rules certain. Sample as data sources used for gather information or illustrative data characteristic or characteristics possessed population. Taking samples in research this use purposive sampling method. Criteria sample includes; [1]. Players who are still active follow practice [2]. Willing follow all over training given [3]. No in circumstances Sick. Amount population of 20 athletes tennis field selalabora.

Implementation when the command is given, one of the player pass the ball to the player on the other side of the net for do groundstroke. Second player the Then do blow rally during maybe so that the ball is hit don't until concerns the net or to outside field area single

(single area). If at the time do ball rally hits the net or to outside field area single tennis player can using another ball held by each tennis player. In do blow rally groundstrokes (forehand and backhand) of players can use various type strokes (flat, topspin, or slice). If all balls are hit concerns the net or to outside field singular, then player the must quick take the ball for continue. Error at the time do blow tennis groundstroke rally noted whereas: the ball does not passing / crossing the net at the time do blow rally, tennis player No can reach the ball at the moment do blow rally, player fail give feed (feeding) first from the back line (baseline) at the time will do blow rally, tennis player fail keep the ball for do blow rally so that the ball to outside field single, and player fail hit the ball after it bounces more one time. Each player given time warmup for 1 minute before implementation of the training model This.

Research instrument defined as tool measure used in study is something tools used for measure observed variables (Sugiyono, 2007). Aligned with matter Arikunto (2010) stated instrument study is tool or facilities used researcher in collect data for the job more easy and results more good, in more sense careful, complete and systematic so that more easy processed. Instruments used in study this, namely:

### 1. Test Consistency

Instruments / tests use forehand groundstroke test and backhand groundstroke test. Test Skills tennis field (Sport Skill Tennis Test) which consists of from the forehand groundstroke test and the backhand groundstroke test. Test this designed by Ngatman in 1999 and revised again in 2017. According to Ngatman, goal general this test is for measure level Skills play tennis for intermediate and advanced player levels (tournament players). The forehand groundstroke test and the backhand groundstroke test aim for measure level Skills tennis player in perform forehand groundstrokes and backhand groundstrokes directed at the target certain so that can difficult against in game. Validity and reliability from the forehand groundstroke test were 0.907 and 0.908, meanwhile the validity and reliability of the backhand groundstroke are 0.895 and 0.925. Test this used for player intermediate and advanced players (tournament players).

### 2. Data Collection Techniques

Data collection techniques are the most strategic step in research, because objective main from study is get data (Sugiyono, 2007). Data collection techniques used in study this is tests and measurements. Before done pretest and posttest measurements.

## RESULT

### Description of Research Results

Results data study This is in the form of pretest and posttest data which are description general about each related variable in study. Study this held at the Yogyakarta State University Tennis Court.

**Table 1: Pretest and Posttest Consistency Athlete Tennis Selabora**

<b>Kemp Vincent</b>			
<b>No</b>	<b>Pretest</b>	<b>Posttest</b>	<b>Difference</b>
1	26	30	4
2	28	30	2
3	26	29	4
4	22	27	5
5	20	29	9
6	21	30	9
7	23	28	5
8	22	27	5
9	18	24	6
10	22	29	7
11	28	35	7
12	20	24	4
13	24	31	7
14	24	24	3
15	25	29	4
16	22	26	4
17	18	25	7
18	22	28	6
19	23	27	4
20	25	25	2

**Table 2: Descriptive Pretest and Posttest Statistics Consistency**

<b>Method</b>	<b>Statistics</b>	<b>Pretest</b>	<b>Posttest</b>
<b>Kemp Vincent</b>	<b>Amount</b>	234.00	277.00
	<b>Average</b>	23.4	27.7
	<b>elementary school</b>	3.0258	2.2632

From the table presented on there is Vincent Kemp's influence to consistency athlete DIY tennis.

tests carried out on each group analysis done with the SPSS version 23.0 for Windows software program with level significance 5% or 0.05.

### Normality Test

Internal data normality test study this used Kolmogorov Smirnov method. Results of data normality

**Table 3: Normality Test**

<b>Variables</b>		<b>Sig.</b>	<b>Information</b>
Groundstroke Consistency	Pretest	0.05	Normal
	Posttest	0.05	Normal

Based on analysis normality test statistics that have been done with using the Kolmogorov Smirnov Z test, on all power pretest and posttest data stand anaerobic obtained from value data normality test results

significance  $p > 0.05$ , which means the data is normally distributed.

### Homogeneity Test

**Table 4: Homogeneity Test**

<b>Group</b>	<b>Sig.</b>	<b>Information</b>
<b>Consistency Pretest</b>	0.694	Homogeneous
<b>Consistency Posttest</b>	0.617	Homogeneous

Likewise with results calculations on the posttest were obtained mark significance of 0.694 and  $0.617 \geq 0.05$ . Meaningful things in data group has homogeneous variant. With thereby population own similarity variant or homogeneous.

### Hypothesis Testing

Testing hypothesis study done based on results Sequence data analysis results testing adjusted hypothesis with hypothesis. Analysis effectiveness vincent camp training to consistency.

**Table 5: Percentage Enhancement Consistency**

Variable	Percentage Increase
Consistency	18.3

In table on obtained percentage increase in ability consistency with hasi; 18.3%.

## DISCUSSION AND RESULTS

Method Kemp Vincet Rally Tennis training matches for enhancement consistency groundstrokes. This matter can seen from average increase of the player 's forehand groundstroke and backhand groundstroke scores tennis field selalabora. In method vincent camp training athlete sued for always spot the ball and keep the ball away against. In matter this is Vincent Camp is something method training that really pays attention to ratio, rest and work. Apply method This can performed on athletes over 14 years of age, see his abilities okay in a way technique, physical, tactical and mental already capable do method This. Kemp Vincent's method in Indonesia is very seldom implemented by trainers who do not follow world developments. Analysis results in vincent camp training influential to increasing Power stand cardiovascular in accordance with research conducted by Fernandez, *et al.*, (2016), shows that vincent kemp training program produce significant improvement in capacity aerobics. Based on amount time spent player tennis on the court, these results are also in line with Fernandez, *et al.*, (2012) who mentioned that vincent camp training High Intensity based. Furthermore study This disclose influence fatigue competition on ability consistency athletes and shows that athletes who have more games consistent so can win match, however they must own Power stand more physical For more aggressive so that they Can dominate match. Research result this in line with Cui, *et al.*, (2020) providing information based proof For advance knowledge about performance moment matches and behavior game player tennis elite. From perspective practical, trainer recommended for adapt exercise special purpose for help player own Power good hold and consistency in match. Enhancement capabilities that occur because exists association knowledge gained athletes at meets previously with new knowledge and associations the more strong when done in a way repetitive. Through method Kemp Vincent Rally Tennis Test practice, then quality technique in play tennis field can mastered with Good. According to Sukadiyanto (2002) principles base in play tennis field is hit the ball past over the net and in to in field game against. When hit the ball must try to make it difficult against in do return. For complicate things against in hit the ball, there is a number of technique base in play tennis field is one of them groundstroke technique.

According to J. Brown (2001) groundstrokes are blow after the ball bounces to field. Temporary That according to opinion Yudoprasetyo (1981) groundstrokes are blow taken to the touching ball land (field). Based on opinion expressed above so can concluded that groundstrokes are technique hitting the ball is done after

the ball falls to land or field game alone. For handle hand right, a stroke played on the side right from body, for handle hand left, vice versa (M. Crespo and Dave Milley, 1998). In do practice, we should too have objective exercise. Objective exercise is something achievement through the training process with correct and structured. Kemp Vincent Rally Tennis training model has purpose, that is for measure level consistency forehand and backhand groundstrokes.

## CONCLUSION

Vincent Kemp is something method training that really pays attention to ratio, rest and work. Analysis results in vincent camp training influential to increasing Power stand cardiovascular. Through method Kemp Vincent Rally Tennis Test practice, then quality technique in play tennis field can mastered with Good. Based on results validation and reliability backhand groundstrokes scored.895 and.925. Value data normality test results significance is 5% or 0.05, so the data is normally distributed. Homogeneity test results obtained mark significance of 0.694 and 0.617  $\geq$  0.05, so population own similarity variant or homogeneous. And percentages increase in ability consistency with yield 18.3%. So that can concluded that method Kemp Vincet Rally Tennis training matches For enhancement consistency groundstrokes, there are average increase of the player 's forehand groundstroke and backhand groundstroke scores tennis field selalabora.

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