

THE EFFECT OF SMALL GAME EXERCISE ON FREESTYLE
SWIMMING SPEED: A CASE STUDY OF HALU OLEO UNIVERSITY
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Background Study

The problem with freestyle swimming athletes is the speed of the swimming itself. Swimmers who win the race are swimmers who complete the distance in the fastest time. Therefore swimming speed plays an important role for swimming athletes. Freestyle swimming speed can be increased by means of programmed, planned, and progressive training. One of the exercises that can improve freestyle swimming speed is through a small game exercise.

Small games are all forms of games that do not have standard rules in their application both regarding the rules of the game, the tools used, the size of the field, and the duration of the game [10]. Small games can be adapted to circumstances or situations where and when the intended game is held. Besides that, small games do not have a National Parent Organization let alone International Parent Organization. This little game exercise is an exercise technique of feet, hands, breath and coordination which are all done in water. Components of swimming training using this small game include speed training with the method of students running to catch other students in the water so that students have the ability to pursue and avoid indirectly training the speed of movement of students' hands and feet, swimming with the target variation that students swim as fast as possible to catch the target and breathing exercises by students diving in water [11]. This gives motion experience to students so that the more types and forms of games that are carried out, the more rich students will experience motion.

Material and Method

The little “hitam-hijau” (black-green) game consists of two teams facing each other. Rules of the game: The game consists of 2 teams namely “hitam” (black) team and “hijau” (green) team. Each team consists of 5 members and both have the same number of members, both teams face each other with a distance of approximately 3 or 4 steps of an adult’s foot, the team called is the team

that runs and the team that is not called out is the team that chases, each student only chases the student who becomes his partner (this is the reason why the number of each team member must be equal). The game starts when the teacher shouts the name of one team. If the teacher yells, “hitam” (black) then the black team must run and the green team chases the partner in the black team. Vice versa, if the teacher yells “hijau” (green), then the green team must run as fast as possible to avoid catching students from the black team.

For shouting in the name of the team, the teacher can extend the initial syllable so that it sounds thrilling and confusing students (to increase concentration) because both team names have the same initial syllable. Students who catch students who are chased are entitled to a reward in the form of punishment for students who are caught. For instance: students who catch ask for a carrying student who is caught about 10 meters sling. Repeat this game 3 or 4 times.

Result

Table 1. Data on the Results of the Pretest and Posttest

Sample	Freestyle Swimming Speed		Explanation
	Pretest	Posttest	
1	36.10	35.09	Increased
2	37.20	35.92	Increased
3	37.53	35.45	Increased
4	38.23	36.78	Increased
5	38.90	36.47	Increased
6	39.86	36.26	Increased
7	39.12	36.94	Increased
8	40.05	37.53	Increased
9	41.63	38.36	Increased
10	42.90	38.96	Increased

Table 2: Average Pretest and Posttest Results

Treatment	N	Mean	Std. Dev.	Worst Score	Best Score
Pretest	10	39.15	1.954	42.90	36.10
Posttest	10	36.78	1.165	38.96	35.09