

Effect Of Training Methods, Precision And Feedback On Gateball Sports Stroke Skills

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Abstract. This gateball sport is a cheap sport which can be found easily both when done individually and in groups, it cannot be separated from that gateball is also favored by many adults, old, young and children, football is not just a game and a match but also a sport. a social phenomenon that has a deep meaning, such as understanding between players during training and matches and everyone who sees football must have opposing thoughts such as the existence of decisions that should be shot instead of being passed, which should be heading instead controlled it often happens, football will look beautiful, sweet and can entertain the audience if each player has a high ability both at the time of issuing basic technical skills. Gateball is a sport that requires skill, both when the gateball stroke, sparking the gateball ball. Gateball players will be effective in the game if they are as good as patterned skills starting from things that are easy to difficult. This happens because there is still no understanding of more varied training methods. So that the training process seems monotonous and boring, the data above shows that the exercises that have been carried out so far are still experiencing big obstacles because there is no diversity of training methods. So it can be concluded that coaches should still emphasize, reflect and hone their abilities to be able to continue to develop looking for issues as an interesting and not boring training model for athletes today, or in the future.

Keywords: Model of Practice, Gateball Skills, 12-15 Years Old.

1 Introduction

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Sports is one way to improve the quality of Indonesian people, and it aims to build character and personality, and discipline and high sportsmanship, as well as increase achievement, which can create a healthy and developing sense of national pride. people now it has always been an important part of the human body, where this human life requires very complex movements that lead to health, pleasure and well-being, from an early age to the end of life.

The sport of goalball was developed by Eiji Suzuki in 1947 in the small town of Memuro in Hokkaido, Japan. Goal ball came to Indonesia through Bali around 1994 by foreign tourists who bring the sport to Indonesia. The game-based training method is expected to provide innovation and attraction for the participating coaches and athletes to make a series of games that form the nature of the game and after a while somewhat increases both defensive and offensive maturity, which leads to basic goal ball techniques that have a different composition and can be understood, and easy to do. Training methods designed and implemented with the right strategy and training process can influence and contribute to the development of basic techniques in novice athletes.

This is because more versatile training methods are not yet known. To make the training seem monotonous and boring, the above data shows that there are still big obstacles in the training that has been done so far, because there is no variety in the training methods. So it can be concluded that coaches must continue to emphasize, reflect and polish their skills in order to continue to develop, seeking to make things interesting and not a boring training model for athletes today or in the future. Therefore, to overcome the main problem of the goal ball club, a solution or some kind of solution must be found.

Then, a positive impact on the development and progress of novice athletes requires maximum effort from all parties, and it is not easy. Based on the above background, the researchers have a great interest in conducting a study on "the effect of training methods, accuracy and feedback on shooting ability in goalball sports".

2 Problem Focus

The focus of the problem in this study is the effect of training methods, accuracy and feedback on gateball sports stroke skills.

2.1 Problem Formulation

Based on the background of the problem and the focus of the problem above, the formulation of the problem in this study is:

Based on the background of the problem, problem identification, and problem limitation related to this research, the formulation of the research problem is as follows:

1. Is there an effect of stroke skills using the student training method of PJKR STOK Binaguna Medan?
2. Is there an effect of stroke skills using the accuracy of the training of PJKR STOK Binaguna Medan students?
3. Is there an effect of stroke skills using student feedback from PJKR STOK Binaguna Medan?
4. Is there an interaction between training methods, accuracy and feedback on the stroke skill learning outcomes of PJKR STOK Binaguna Medan students?

2.2 Usefulness of Research Results

Based on the formula of the above problem, the usefulness of the results of this study offers alternative solutions to the needs of users to improve the quality of education in this case:

1. To help coaches, coaches and the community in the process of improving gateball sports achievements
2. To make it easier for athletes to carry out the gateball basic technique training process
3. To be used as a product in the form of a gateball technique training method
4. For researchers themselves, they can enrich and add to the repertoire of knowledge, especially those related to the development of gateball training models.
5. For gateball can contribute to the interests, improvement and development of sports in the future.

In the final stage of this research, problem solving results will be obtained, then the application of research results that have useful values can be stated as follows: For trainers, the results of this study can be used as an alternative choice of how to teach physical education subjects in other schools, for lecturers can be used as an alternative In implementing a training process that has the same characteristics as gateball games and the like.

Contributions to trainers, the results of this study can be used as a comparison with methods/styles to train children in learning movement in general. The results of this study will be useful for researchers for broader and in-depth research efforts for other branches. As for the scientific community, the results of this research can add knowledge and insight.

3 State Of The Art

State of the art (SOTA) research is like a building that has a strong foundation or wisdom so that the building can stand strong. The foundation in a study is based on similar research that has been carried out by previous researchers, both their own research and research conducted by others. SOTA aims so that researchers can find out information about the trend of popular research that concentrates on a problem. That way researchers can find gaps to produce good research by predicting the direction and goals of research problems that are currently being carried out.

The author has collected several international and national journals from previous studies which are used as references for this dissertation research in the hope that this research can produce updates from previous studies.

4 Road Map

According to Indrawan & Yaniawati (2017:32) Road Map or research roadmap is very important for a researcher to build competence and continuity and sustainability of research. This Road Map can help researchers so that the direction of our research is in line with the scientific field that forms like a chain with the aim of directing the scientific field at a respectable level. The Road Map in this study is as follows:

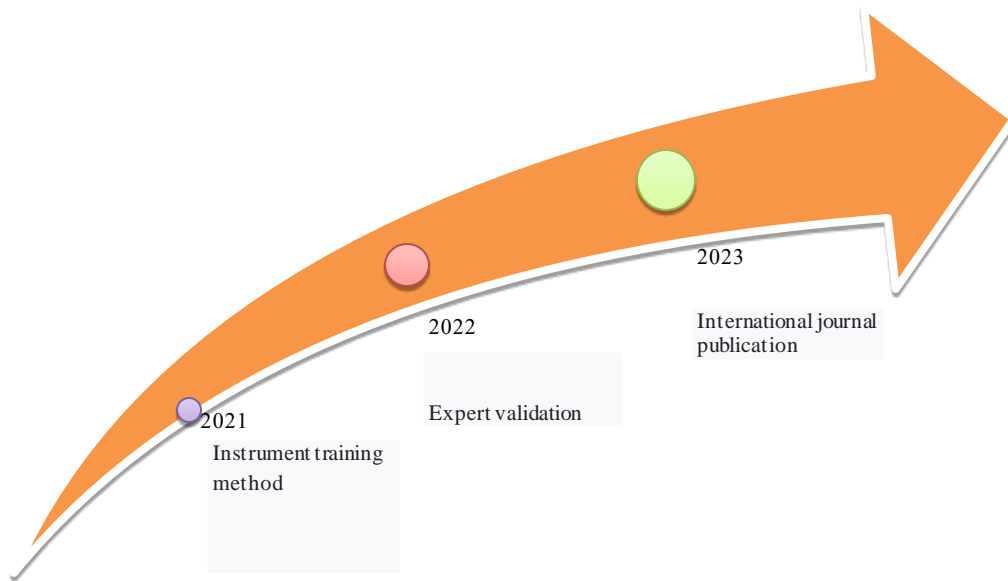


Figure 1 research road map

4 1 Conceptual Description

1. Learning Outcomes

In the educational process, learning outcomes are all skills and results achieved through the teaching and learning process which are expressed by numbers or values as measured by learning outcomes tests. This means that learning outcomes can allow students to know to what extent the abilities they have mastered against something they are learning (Anurahman, 2009:35). The word learning has several meanings including learning is a conscious effort made by individuals in changing behavior for the better through training and experience involving cognitive, affective and psychomotor aspects to obtain certain goals (Sudjana, 2009:22). According to Nana Sudjana, learning outcomes are the abilities that students have after receiving their learning experiences

The first step is to determine the goals that must be clear and clearly formulated to facilitate the activities to be carried out. To obtain data or information, appropriate tools or instruments are needed, if there are none, the instruments should be made first. Once there is or information is collected then it is processed statistically. The results of an evaluation assessment will only be meaningful if the results are compiled in the form of a written report so that it is easy and can be read by others. In addition, it can be stored and used when needed again.

Thus, to evaluate the process of football subjects, especially the material for passing under its reliability or level of difficulty, determine it in the form of scores or letters. Furthermore, the score is processed into the final value, determining the ranking and so on.

Based on the above description, it can be interpreted that learning outcomes mean students' mastery of one or more learning tasks after a certain period of learning process and experience. Examples of accepted learning outcomes are provided by tests that use test instruments that have been tested for validity and reliability and that can ultimately be assigned points or scores.

4 2 History of Gateball

Gateball or goal ball is a type of sport that uses a ball bat (stick) and is played by two teams facing each other (Suryanto, 2011). Gateball was invented in 1947 in the small town of Memuro, in Hokkaido, Japan. Eiji Suzuki is the creator of the sport which is currently popular in Indonesia. In the midst of the chaos after World War II, he wanted to give something to children who didn't have toys. This sport was inspired by the game "croquet" (a wooden ball game), since then gateball has spread throughout Japan. Now gateball is spreading in various parts of the world thanks to Japanese emigrants and has been played in more than 49 countries and every 4 (four) years the last world cup is held in Niigata, Japan in 2014 and is the XI world cup organized by the World Gateball Union (WGU). According to Yudik Prasetyo: "Naturally gateball is not a heavy game, and can be done with slow and gentle movements. Gateball is safe because there is no direct body contact, gateball is physically healthy because it is carried out in an open place, it is also spiritually enriching because it trains communication and thinking strategies. According to Suryanto: "Gateball or goalball is a unique sport, because it is played simultaneously for recreational purposes while achieving achievements. Gateball players do not discriminate between age, gender (young and old, male and female) it is a safe sport, does not require excessive energy, no physical contact, and the ball rolls on the ground.

One example of a recreational sport is gateball, now gateball has become increasingly popular in Indonesian society. Gateball is generally done by several people and is done in an open field. Not only done outdoors, gateball can also be done indoors. The uniqueness of the sport of Gateball is that it does not need extraordinary physical toughness to become a player. The age factor is also not an obstacle to playing gateball at national and international events. Therefore, gateball is often referred to as a sport without limits.

4 3 Gateball Facilities and Infrastructure

1) Gateball Field

The Gateball field is rectangular in shape with an inner line of 15 x 20 meters surrounded by an inside line and an outside line. The surface of the field is flat and grassy or using artificial turf. The distance between the inner and outer lines is 50-100 centimeters parallel to the inner line. And has a color that contrasts with the field.

The angles formed by the inside line are called angles 1, 2, 3, and 4. While the starting area is 2 meters on line 4, with a distance of 1 meter from angle 1 to 3 meters from angle 1.

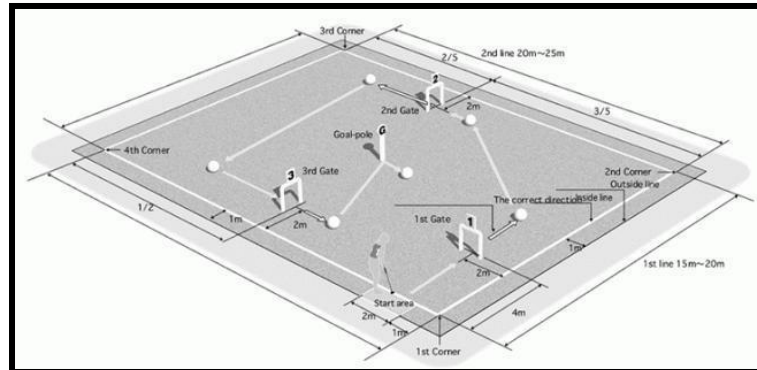


Figure 2 Gateball Field

(Source: Suryanto)

4.4 Exercise Factors

In doing the exercise, there are training factors that can achieve success in achievement. According to Bompa (1990: 56) that the training factors include physical preparation, technical preparation, psychological in theory should be incorporated in all sports programs.

1) Physical Preparation

The development of a thorough physical condition is very important, because without a good physical condition, one will not be able to follow the exercises perfectly. Physical exercise is a work process that is carried out systematically and continuously where the load and intensity of the exercise is increasing day by day, so that in the end it provides a comprehensive stimulus to the body and improves physical and mental abilities together. Physical exercise in principle is to put physical pressure on the body regularly, systematically, and continuously, thereby increasing the ability to do work. While the components of physical condition that must be trained and developed by an athlete to support maximum performance are cardiovascular endurance, strength endurance, muscle strength, flexibility, stamina, agility, and power.

2) Technical Preparation

Technical preparation is agility to master the movement techniques needed so that athletes are able to make movements in the sport they are engaged in, for example kicking a ball, heading a ball, receiving a ball, and so on. Technical training is intended to form and develop motor or developmental habits (muscular neurons), the perfection of the movement technique is very important because it will determine the overall movement.

3) Tactical Preparation

Tactics in sports can be interpreted as tactics used to gain victory by using individual, physical, and mental technical abilities. While the preparation of this tactic can be done in various ways:

- a. Hold as many matches as possible as a practice of technique execution.
- b. Exercises with special emphasis on planned tactics.

c. Giving random theories about knowledge of tactical theory given the pattern of the match system, knowledge of game and match rules, and the effect of training in matches.

4) Psychological Preparation

Psychological mental preparation of a player is no less important than the three factors above. According to Harsono (1998: 1001) mental training is an exercise that emphasizes the development of athlete maturity as well as emotional and impulsive development in order to enhance the athlete's mentality, especially if the athlete is in a complex stressful situation. So psychological mental development has a goal that is in accordance with increasing training to face the match. The formation of a high mentality is the athlete's ability to deal with difficult and unfavorable situations patiently and understandingly. The four factors mentioned above must be given in balance. In general, the mistake made by the coach is to ignore the psychological factor which is actually very important because the coach only focuses on physical preparation, technique, and tactics.

4 5 The Nature of Accuracy (Accuracy)

According to Suharno (2003: 35), accuracy is the skill to move an object so that the suggestion is right, so that the goal is achieved properly. In other words, accuracy is a factor needed by someone to achieve the desired target. The better one's accuracy ability, the more skilled an athlete is to give direction to the target with a certain purpose and purpose. Accuracy is an important factor in the sustainability of strategy in a sports competition.

Accuracy can be in the form of movement (performance) or as the accuracy of the results (results). Accuracy is closely related to the maturity of the nervous system in processing input or stimuli that come from outside, such as being right in assessing space and time, right in distributing energy, right in coordinating muscles and so on. As long as the movements that are within the coordination limits are relatively simple, precision training can be given to children who are still in their growing age, especially the nervous system. Meanwhile, for children who have entered their teens, precision training may be given with the involvement of more complex muscle coordination.

Accuracy is a person's ability to control free movement of a target. This target can be a distance or maybe a direct object that must be hit with one part of the body (Sajoto, 1988: 18). Suharno (1985: 32) states that the benefits of accuracy include; (1) Improve athlete achievement, (2) Train children's movements to be effective and efficient, (3) Prevent injury, (4) Facilitate mastery of techniques and tactics. People who have good accuracy can control the movement from one target to another. From the opinion above, it can be concluded that accuracy is the ability to move towards a certain target by involving several supporting factors and being well coordinated effectively and efficiently. In gateball sports, accuracy is needed and becomes something that cannot be separated, where the game will not be able to go according to the strategy planned by the team captain, because to shoot the ball, put the ball into the gate, place the ball in the desired place. requires precision. Several factors that affect the accuracy in this gateball sport are the distance to shoot the ball, the direction the ball enters from the gate, and field conditions that are not up to standard.

4 6 Theoretical Framework

1. The effect of training methods on gateball sport sparking skills

In the implementation of mastery of gateball sport sparking skills, the benefits are very large in the gateball game. Because in gateball sparking skills, mastery of basic techniques is very important, so that gateball sports sparking skills can be done well. Good mastery of basic techniques will be the key to success in terms of quality (effective and efficient passing learning outcomes). To get the basic techniques of sparking gateball skills that are good and permanent, it takes a relatively long practice. In line with the results of previous research, Setiawahyu, (2017) stated that there was an interaction between teaching style and initial ability to learn football skills. In addition, the role of the teaching style of a teacher/lecturer will also affect the level of achievement of sparking gateball skills for students. Train students to immediately respond to stimuli from the lecturer, uniform, according to instructions, Equalizing appearance, there is a fixed method, imitating methods, similarity and accuracy in responding, maintaining standards of beauty, increasing the spirit of togetherness, efficiency in the use of time and creativity.

Disadvantages of reciprocal teaching style in gateball sparking skills learning are; students are not active so that this reciprocal relationship does not occur in learning and it is difficult to control students who have low abilities. In teaching the exercises, the subject matter of the basic technique of gateball sport sparking skills is presented sequentially part by part and explained by the lecturer through demonstration. When viewed from the stages of learning the motion of the learning process, students before starting to learn do not yet have a complete picture of the basic techniques of gateball sport sparking skills, this will make it difficult for students to carry out a series of basic technique movements for gateball sport sparking skills.

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2. Style feedback on gateball sport sparking skills in high-motivated students

The number of repetitions of the movement parts of the basic technique material for gateball sports sparking skills in each meeting is determined by the trainer/lecturer. The large number of sting tests determines the success of students in learning the basic techniques of sparking gateball skills, so students inevitably have to carry out what the coach/lecturer tells them to do. The feedback given by the trainers/lecturers in groups during the learning process can have a feedback effect or vice versa. For students who make a wrong move and then are given feedback, they will quickly correct their mistakes immediately. But for students who make the right movements and are always disturbed by feedback given by the teacher / lecturer at school because other students make mistakes. So it can be assumed that the learning outcomes of gateball sport sparking skills using the training method for students who have high motivation.

5 Research Hypothesis

The research hypothesis according to James (2016) is a proposition which is a temporary answer to the research questions contained in the formulation of the problem which is a statement. Researchers formulate research hypotheses based on a theoretical framework. Based on theoretical studies and theoretical frameworks, several hypotheses were obtained, namely:

- 1) There is an effect of the training method on the sparking skills of the STOK Binaguna sport gateball.
- 2) There is an effect of precision training on the sparking skills of gateball sports in physical education students at STOK Binaguna Medan.
- 3) There is an effect of feedback on the results of the practice of gateball sports sparking skills for STOK Binaguna Medan students
- 4) There is an interaction of training methods on the learning outcomes of the gateball sports sparking skills of STOK Binaguna Medan students
- 5) There is an effect of training method for gateball sparking skills of STOK Binaguna Medan students who have high accuracy.
- 6) There is an effect of feedback on the sparking skills of the STOK Binaguna Medan students who have high accuracy.
- 7) There is an effect of training method for gateball sparking skills of STOK Binaguna students who have low motivation.
- 8) There is a feedback effect on gateball sports sparking skills of STOK Binaguna Medan students who have low motivation.

5 1 Research Methodology

1. Research Objectives

This research requires a process that must go through various stages to produce a conclusion. This study aims to determine the effect of precision and feedback training methods on gateball sport stroke skills. The specific objectives in this study are as follows:

Operationally, this research aims to determine:

1. The effect of the gateball sport stroke skill training method as a whole.
2. The effect of accuracy on the overall gateball sport stroke skills.
3. The effect of feedback on the overall gateball sport stroke skills.
4. The interaction between exercise methods and motor skills on the overall gateball sport stroke skills.
5. The effect of training methods on gateball sports stroke skills in students who have high motivation.
6. The effect of accuracy on gateball sports stroke skills on students who have high motivation.
7. The effect of feedback on gateball sport stroke skills as a whole in students who have high motivation.
8. The effect of the exercise method on the overall gateball sport stroke skills in students who have low motivation.
9. The effect of accuracy on the overall gateball sport stroke skills in students who have low motivation.
10. The effect of feedback on the overall gateball sport stroke skills in students who have low motivation.

5 2 Place and Time of Research

This research was carried out at the High School of Sports and Health, Medan Binaguna in the Recreational Health Physical Education study program which is located at Jl. Aluminum Raya No. 77 Medan Deli, North Sumatra province. The implementation of the research, which began in July 2022, was used for preparation, determination of research samples and preliminary tests to collect data on motivation from the samples used. Furthermore, the initial data is used to determine the high-precision and low-precision groups. This research plan will be carried out at STOK Binaguna Medan. The research implementation time will be planned for 9 months starting from the preparation of the research proposal.

6 Research Method

The method used in this study is an experimental method with a 3 x 2 design. The definition of design refers to the view of Sudjana (2005:109-12), ie. the experimental units are grouped into

cells so that the experimental units within the cell are relatively homogeneous. and the number of experimental units per cell is equal to the number of treatments under study. Treatments were randomly assigned to experimental units in each cell. The 3 x 2 factorial matrix is:

Tabel 1 By Desain 3 x 2

training method (A)	A				
accuracy (B)	A1		A2		
B	Tall (B ₁)	C ₁ A ₁ B ₁ C ₁	C ₂ A ₂ B ₁ C ₂	C ₁ A ₂ B ₁ C ₁	C ₂ A ₂ C ₁ C ₂
	Low (B ₂)	A ₁ B ₂ C ₁	A ₁ B ₂ C ₂	A ₂ B ₂ C ₁	A ₂ C ₂ C ₂

6.1 Population and Sample

1. Research Population

Sugiyono (2010:80) says that the population is a generalization area consisting of objects/subjects that have certain qualities and characteristics determined by researchers to be studied and then drawn conclusions. The target population in this study were all students of the second semester of STOK Binaguna Medan, totaling 100 male and female students.

2. Sampling Technique

The sample is part of the number and characteristics possessed by the population. The sampling technique in this research is using random sampling. From the total population of 100 people, 50 people were taken randomly as samples in the study. The sample is then tested for motivation with the aim of knowing the level of accuracy of each sample. The test results are then ranked 1-50. From the 50 students, the level of motivation accuracy was measured based on the opinion of Ferducci (1980:176) on the following calculations:

1. The high-accuracy group category is students who are included in the 27% of the highest scores.
2. The category of low accuracy group is students who are included in the 27% lowest score.

From the test results, the rankings were then taken 27% (13 people) from the top as the group that had high accuracy and 27% (13 people) from the bottom as the group with low accuracy skills, so the total number of samples to be given treatment was 26. person. Meanwhile, those that are not included in the upper 27% and lower 27% are not used because they clarify the difference between the upper and lower samples. Furthermore, dividing the sample into three groups, namely as a group that uses the exercise method group I, a group that uses the accuracy of group II and a group that uses feedback from group III which has been tested for its level of accuracy.

6 2 Data Collection Techniques

In accordance with the research design, there are two kinds of data that must be collected: (1) data on stroke learning outcomes, and (2). Motivation data. To obtain data on gateball sport stroke skill training data as well as data on accuracy using tests and measurements. To measure the stroke results of the inner gateball sport with an instrument made by the researcher.

1. Gateball stroke practice test

a. Conceptual Definition

Hitting the ball (stroke) in a soccer game according to Suryanto (2012: 3) is an attempt to move the ball from one point to another using a gateball stick. The basic hitting technique also has variations, namely side strokes, front strokes.

The results of the instrument trial were analyzed using Pearson's product moment correlation. The complete calculation can be seen in the following calculation:

6 3 Reliability test using

1 Operational definition

Accuracy is the result of a questionnaire test of the athlete's accuracy before being treated and expressed by a score. The accuracy test instrument used in this study was a questionnaire. The results of the accuracy measurement are used as a grouping of sample members, namely high accuracy and low accuracy.

2 Data analysis techniques

To analyze the data in this study, a two-way Analysis of Variance (ANOVA) technique was used with a treatment design by level 2×3 at a significant level of $\alpha = 0.05$. Before performing the analysis of variance, as a condition for meeting the data analysis requirements, the sample normality test was first performed with Liliefors, while to find the level of homogeneity of the population variance using the Barlett test. Furthermore, if there is an interaction (the result of the ANOVA calculation), it is continued with the Tukey test which aims to determine the significance level of calculated F with a significance level of $\alpha = 0.05$.

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