

THE IMPACT OF COACHING MODULE BASED ON TEACHING GAMES FOR UNDERSTANDING TOWARDS SCHOOL NETBALL PLAYERS' PERFORMANCE

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ABSTRACT

The study aimed was to assess the effectiveness of coaching module based on Teaching Games for Understanding (TGfU) towards the performance of school netball players. Samples consisted of 14 netball players in selected Malaysian secondary schools. The players had gone through four-weeks of training using the coaching module. The results showed that the coaching module has a high impact on players' performance in the aspects of decision-making, chose and used attack and defense strategy at the right time and place during netball game. There was a strong and significant positive relationship between the uses of coaching module with performance of the players in netball game. The implication of this study was to help school coaches to incorporate thinking culture of players on the ability in decision-making skills, choosing and using attack and defense strategy during playing netball.

Keywords: TGfU; coaching module; decision-making; attack and defense strategy; netball.

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1. INTRODUCTION

Netball game is a fast-paced team sports that requires players to make quick moves and sudden change in direction. The purpose of the game is to obtain as many scores or winning shots as possible against the opponent within a certain period of time, as well as to maintain the minimum score of the opponent.

In that regard, players need to have competence in various skills such as jumping, throwing, blocking, catching, shooting, and controlling foot movements. In addition, players need to have eye acuity and mental intelligence in relating the decision making aspect in implementing strategies and tactics (attack and defend) to solve game problems under a set of rules and game structures [1].

To achieve skill competence and mental intelligence, players need to undergo effective training sessions that can improve their performance in the aspects of decision-making, the use of attack or defense strategies and tactics and apply various skills in game situations. The method of applying the culture of decision making among players, which is to think creatively and innovatively in netball strategies and tactics is through Teaching Games for Understanding (TGfU) training.

However, there are a number of teachers implementing netball coaching processes in secondary school conventionally. Teacher coaches used to instruct players to perform structured training activities that focused on improving fitness and skill competence in netball games for the preparation of championship [2]. They found that most coaches still give instruction from outside the court during the match whenever the players failed to make the right decision in the selection of tactics as well as appropriate strategies and skills during game situation.

Madam Norasiah bt. Karim [2], a teacher, a netball coach in a secondary school, felt that her team failed in the District School Sports Council tournament because the players could not apply the right skills, strategies and tactics in the match because there were no training focused on tactics and play strategies. According to her, the players also failed to make decision on how and what to do either in terms of skills and movements execution and the strategies and tactics to be used in game situations.

Therefore, a modified game coaching module based on TGfU was introduced to help coaches

improve players' performance in the aspects of decision-making in the use of attack or defense strategies and tactics and applying various skills in netball game situations.

2. RESEARCH OBJECTIVES

- a. To determine the player's performance level in terms of decision-making, choosing and using attack and defense strategies at the appropriate time and place in netball game situation via the coaching module based on Teaching Games for Understanding
- b. To identify the relationship between coaching module based on Teaching Games for Understanding and the performance of players in the netball in secondary school.
- c. To compare the performance level between the groups using coaching module based on Teaching Games for Understanding with group not using the module.
- d. To evaluate the effectiveness of coaching module based on Teaching Games for Understanding in improving player performance in netball games in secondary school based on the perceptions of coach and players.

3. RESEARCH METHODOLOGY

This study used the nonequivalent control group quasi-experimental design which involved two intact groups, comprised of under 18 years old school netball players. Both groups were given pre-test before the study, whereas post-test was administered after the experimental group was given the intervention of coaching module based on TGfU.

The content of the module was based on the aspect of decision-making in determining the attack or defense strategies and tactics and the application of skills in modified game, namely Pass the Obstacles, Who's More Efficient and Grab the Chance. Each contents has an item assessment by process which involved the coach in assessing the aspect of decision making through players' behaviors with the criteria checklist instrument based on observation method. The players also evaluated their performance through self-assessment questions and affective value through inventory questions.

Pre and post-test were in the form of netball competition whereby the coach assessed the aspect of decision making through player behavior in competition based on observation method using the criteria checklist instrument. While the perception of coach and players on

the effectiveness of the coaching module based on TGfU was measured through questionnaires.

The data were collected through four methods. The first method is administering pre-test to the control group and the treatment group. Secondly, the assessment took place during each training session (four sessions) based on the coaching module based on TGfU through observation by the coach and the players answered self-assessment and inventory questions. The third method was the control and treatment groups carried out post-test. Finally, the coach and players answered the questionnaires regarding the effectiveness of the module after the post-test.

4. RESULTS AND DISCUSSION

The research data were analyzed descriptively for experimental group and control group on the players' performance in decision making, choosing and using attack and defense strategies at the appropriate time and place in netball game situation based on pre-test and post-test.

The results of the study (Table 1), found that both groups have achieved improvement of player performance in post-test. The experimental group achieved excellent level in terms of attack strategy compared to the control group. However, the experimental group achieved good level compared to the control group that only achieved moderate level in defense strategy and made decisions at the right time and place in netball game.

The players of the experimental group who were given training intervention using the coaching module based on TGfU have achieved better performance compared to players who underwent training without using the module. Good performance refers to players who could choose and execute attack strategy to score points as well as to defend and prevent the opponent from earning points. The players also made good decisions by not to fighting over or gather to get the ball in games. Players were found to utilize space and be at empty space so that their friends could easily pass the ball without barriers. The player has also applied various attack or defense tactics based on channeling opponent and intercepting skills that require dexterity, speed, and time reaction in footwork skills.

Table 1. Descriptive statistic of the performance level of player achievement for experimental group and control group in netball game situation based on pre-test and post-test

Aspect	Experimental Group (n=7)			Control Group (n=7)		
	Mean	SD	Level	Mean	SD	Level
Pre-Test						
Attack Strategy	2.05	.15	Moderate	1.80	.23	Weak
Defense Strategy	2.14	.17	Moderate	2.61	.25	Moderate
Decision Making	1.96	.15	Weak	1.93	.16	Weak
Overall	2.05	.10	Moderate	2.11	.16	Moderate
Post-Test						
Attack Strategy	4.06	.22	Excellent	2.63	.16	Moderate
Defense Strategy	3.69	.42	Good	2.49	.36	Moderate
Decision Making	3.87	.19	Good	2.58	.26	Moderate
Overall	3.87	.23	Good	2.57	.12	Moderate

The achievement of the player performance in the study was in line with the context of TGfU approach which aimed at developing the players' cognitive and psychomotor skills in games based on problem solving and decision-making [3]. TGfU also emphasizes the concept of game appreciation as this approach involves tactical awareness as the basis of decision-making in game [4] and skills techniques [5]. TGfU approach has the potential to be the facilitator for the skills development of players in game situations [6].

The ultimate goal of TGfU was to develop the player's skills in solving problems and making decisions. According to the philosophy of TGfU, players need not only know how to win a game, but it is more important to learn to make the right decision when the game goes on [7]. TGfU is an approach of game skill to step-by-step movements that allow players to master more complex skills successfully.

Based on the inferential analysis, there was a very strong and significant positive relationship between the performance achievement of players who used the coaching module based on TGfU with the performance of players who did not in netball game from the aspects of attack ($r = .75$, $p = .05$), defense ($r = .78$, $p = .03$) and decision making strategies ($r = .85$, $p = .01$).

There was also a strong but not significant positive relationship ($r = .62$, $p = .13$) between pre-test and post-test achievements.

Pre-test and post test data were also analyzed using independent t-test statistic for attack, defense and decision-making strategies. It was found that in general, there was no difference ($t = -.86$, $p = .40$) between group using the coaching module based on TGfU with group who did not use the module in the pre-test.

It can be deduced from the results that the more and frequent the player underwent training using the module, the better was his performance in netball game. A study conducted by Nathan, Abdul Rahim and Norkhalid [8] found that the use of the TGfU model was better in nurturing and implementing decision-making skills among junior elite hockey players in India. The post-test results of the study also showed that there was a significant difference among players and showed performance improvement in decision-making which involved the execution of dribbling, sending, tackle and shooting skills among players.

The effectiveness of the coaching module based on TGfU was also studied through the perception questionnaires of the coach and the players. The results of the study found that 100 percent of the coach and players agreed that the module has had a high impact on the player's performance in netball game. The module gave a very high impact (88.75%) as a result of triangulated data analysis for the three variables ie through the results of the perceptions of the coach and players, the evaluation of the panel of expert (the validity and reliability of the instrument) and the overall achievement of the players using the coaching module based on Teaching Games for Understanding in netball.

5. CONCLUSION

It is concluded that the coaching module based on Teaching Games for Understanding has gave a high impact on player performance in the aspects of decision-making, choosing and using attack and defense strategy at the right time and place during netball game situation. Consequently, the effectiveness of the module has a significant positive relationship between using of module with player performance and there were performance differences between the groups using coaching module with group that did not use the module. All coaches and players agreed that the module gave a high impact on player performance in netball game.

The implication of this study was to incorporate the thinking culture of players, especially in the context of game and to help the school coaches to track the player's learning level and the ability in decision-making skills, especially for netball games.

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