

Petanque Training Media Development for Beginner Athletes

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ABSTRACT

This study aims to develop training media in the form of instructional videos on pointing and shooting techniques in petanque for beginner athletes. The background of this study is the still low mastery of basic petanque techniques by beginner athletes in Jambi Province, as well as the limited availability and accessibility of learning media. The research method used is Research and Development (R&D) with the ADDIE model, which includes the stages of Analysis, Design, Development, Implementation, and Evaluation. This video media product was validated by material experts and media experts, and tested through small and large groups to measure its feasibility. The results showed that the developed training video media obtained the category of "Very Good" with a percentage of validation results from material experts of 93%, media experts 92%, small group trials 85.75%, and large group trials 95.3%. The training video includes pointing techniques (roll, soft-lob, high-lob) and shooting techniques (shot on the iron, short shot, ground shot) with visual and audio presentations designed to make it easier for athletes to understand and practice the movements independently. Based on these results, it can be concluded that this training video media is suitable for use as a learning tool for beginner petanque athletes. This media is considered effective and efficient as an alternative for improving basic petanque technical skills. Therefore, it is hoped that coaches and sports institutions will utilize this media as a tool in the coaching and development of athletes' potential from an early age.

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A. Conception and design of the study;
B. Acquisition of data;
C. Analysis and interpretation of data;
D. Manuscript preparation;
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INTRODUCTION

Petanque is a sport belonging to the boules category, with the primary objective of throwing metal balls (boules) as close as possible to a small wooden ball called a jack or cochonnet (Ismail et al., 2025). Players must keep both feet within a small circle while throwing. The game emphasizes skill, precision, and strategy and can be played on various surfaces, including hard ground, sand, and grass. Internationally, petanque has developed rapidly, particularly in countries with historical ties to France, the sport's origins (Ismail et al., 2025). In Southeast Asia, petanque has become an official sport in the Southeast Asian Games (Fadli, Agung et al., 2022).

Technically, petanque has two basic techniques: pointing and shooting. Pointing is a player's ability to throw the ball close to the target with a high degree of accuracy (Istikomah et al., 2023). Accuracy in pointing technique is a crucial factor in every match because it directly impacts the score (Adelia & Maslikah, 2024; Alfrianto et al., 2024). Meanwhile, shooting is the skill of throwing a steel ball to hit an opponent's ball and keep it away from the target (Bhaikhaqy, Al, Dimas et al., 2022). This technique requires strength, precision, and mastery of the throwing angle. The shooting competition even brought Indonesia fame through its achievements at the 2015 SEA Games in Singapore.

Mechanically, petanque is a sport that demands coordination between strength, precision, and consistent throwing power (Bustomi et al., 2020; Ismail et al., 2025). Each throw generally follows a parabolic trajectory, so adjusting the throwing angle and thrust is crucial to the outcome (Sutrisna et al., 2018). Therefore, the coaching process in petanque emphasizes not only physical and technical aspects, but also cognitive, tactical, and recreational aspects. Structured and systematic coaching is a crucial factor in improving athlete quality towards optimal performance.

However, field observations conducted in several districts in Jambi Province indicate that mastery of basic techniques, particularly pointing and shooting, remains low among beginner athletes. This is influenced by the varying characteristics of the fields in each region—from soil texture and rock thickness to playing surfaces—which demand a high degree of technical adaptability. Furthermore, the limited availability of professional coaches is a major obstacle, as most coaches are former senior athletes who have not received formal training in coaching methodology. As a result, the training process relies more on the coaches' personal experience, rather than a scientific approach based on technique and biomechanics of movement.

Field observations also indicate that most coaches and athletes still rely on YouTube reference videos as a supplementary learning resource. However, these videos generally suffer from various limitations, such as being shot from one direction, lacking systematic technical explanations, and not fully presenting all technique variations. These limitations make the training process less effective, especially for beginner athletes who require an in-depth visual and descriptive understanding.

Based on these conditions, innovative learning media are needed to facilitate the process of practicing basic petanque techniques effectively, efficiently, and independently. One potential alternative is the development of video-based training media that includes demonstrations of pointing techniques—including the roll, soft-lob, and high-lob—as well as shooting techniques, including the iron shot, short shot, and ground shot.

Through this video-based learning media, novice athletes are expected to train independently, in a focused and flexible manner, with easy access anytime and anywhere. Furthermore, this media is expected to be a supporting tool for performance development, as well as an innovative solution to the limited media and coaching resources available in the development of petanque in Indonesia, particularly in Jambi Province.

METHODS

This research used a Research and Development (R&D) approach with the ADDIE model, encompassing analysis, design, development, implementation, and evaluation. The analysis phase identified the need for appropriate training media for beginner petanque athletes in Jambi Province, including an assessment of limited learning resources and difficult-to-master basic techniques. The design phase resulted in a video instructional plan for basic pointing and shooting techniques, complete with scripts, movement sequences, and engaging and easy-to-understand visuals.

The development phase involved video production and validation by subject matter and media experts to ensure content accuracy and visual quality. After revisions, the product was piloted with beginner athletes through small and large group trials to assess its understandability, appeal, and effectiveness. Data from the validation and trials were analyzed descriptively and quantitatively to determine the product's feasibility. This process aims to produce a petanque training video that is both feasible and effective in improving the understanding and skills of beginner athletes in basic techniques.

RESULTS AND DISCUSSION

Result

The research results show that the developed training media, in the form of a video learning basic petanque techniques, covers two main aspects: pointing and shooting. The visualized pointing techniques include the roll, soft-lob, and high-lob, while the shooting techniques include the iron shot, short shot, and ground shot. All techniques are presented in video format, clearly displaying movements with engaging audio and visual guidance, making it easy for beginner athletes to understand and practice them independently.

The feasibility test results indicate that the developed petanque training video media has undergone a thorough validation process, both in terms of media appearance and content. Validation was conducted by two experts: a media expert and a material expert, who each assessed the product's feasibility based on design, readability, clarity of instructions, content accuracy, and suitability to the learning needs of beginner athletes. The media expert's assessment focused on visual aspects, audio, ease of navigation, and video display appeal, while the material expert assessed the accuracy of the techniques displayed, the sequence of movements presented, and their relevance to the basic principles of petanque.

Based on the validation results, the petanque training video media has a very good level of feasibility. The media expert gave a feasibility score of 92%, indicating that the visual display and presentation meet the quality standards required for video-based learning. Meanwhile, the material expert gave a score of 93%, indicating that the content, technique sequence, and clarity of movement instructions were deemed very appropriate and easy to understand by the target audience, namely beginner athletes.

These results confirm that the developed training media meet the criteria for validity and are suitable for use in the field trial phase without significant revision.

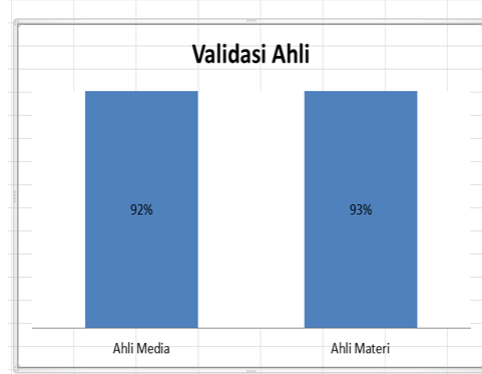


Figure 1.
Media and Material Expert Diagram

The results of the small group trial showed that the petanque training video media received a very positive response from the initial users, namely beginner athletes. Based on the assessment results, the media and materials obtained a score of 85.75%, which is included in the very good category. This percentage indicates that the developed training media product has met the criteria of effectiveness, ease of understanding, and visual appeal that can increase the motivation and independence of athletes in training. Feedback from the trial participants also showed that the training videos helped them understand the variations of pointing and shooting techniques more clearly through systematic motion displays and easy-to-follow explanations.

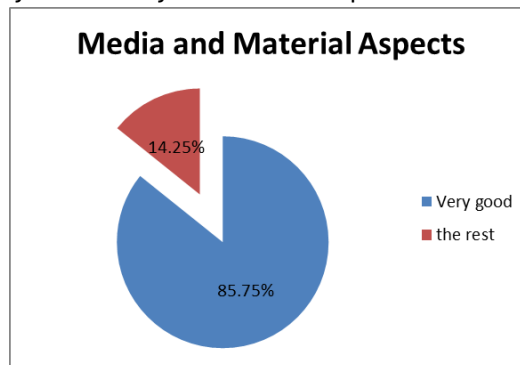


Figure 2.
Small Group Trial Pie Chart

Furthermore, the results of a large-group trial reinforced these findings. The petanque training video media received a feasibility score of 95.3%, also in the excellent category. This achievement confirms that the developed videos are not only effective for use within a limited scope but are also relevant and applicable to broader coaching settings. This assessment demonstrates that the media has successfully combined technical, visual, and pedagogical aspects, making it suitable for use as a learning and independent training tool for beginner athletes in various regions.

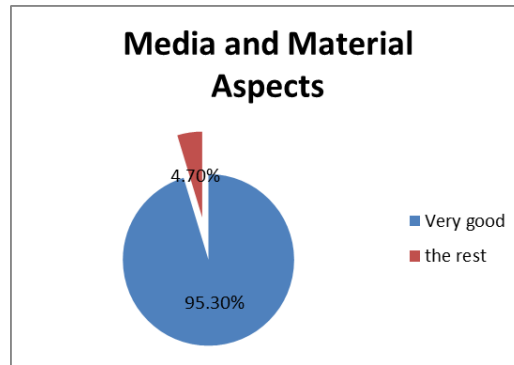


Figure 3.
 Large Group Trial Pie Chart

Thus, the developed training video is declared suitable and effective for use as a learning medium for basic petanque techniques for beginner athletes, and can be an alternative solution in improving skills and understanding of basic movements independently and efficiently.

Discussion

The research results showed that the developed petanque training video media proved to be suitable and effective as a learning tool for beginner athletes. During the expert validation phase, both media and material aspects received excellent ratings, with 92% and 93%, respectively. These findings indicate that the content, presentation, visual quality, and ease of use met the standards for appropriate sports learning media. Media expert validation deemed the video's visuals engaging, clear, and able to illustrate movements in detail. Meanwhile, material experts assessed the video's content as relevant to the needs of basic pointing and shooting techniques in petanque and suitable for use as independent teaching materials for beginner athletes.

The small-scale trial phase yielded a score of 85.75%, which is considered good. This percentage indicates that although the media can be used effectively, there are still some minor aspects that could be improved, such as adding more varied shooting angles or additional explanations for certain technical segments. Nevertheless, these results confirm that overall, video media can help athletes understand basic techniques more easily and systematically, especially for those who have not had intensive training experience. In the large-scale trial phase, the media received a higher rating of 95.3%, categorized as "very good." This achievement reinforces the results of previous trials and demonstrates increased acceptance and effectiveness of the media after refinements. Athletes participating in the large-scale trial reported greater confidence in practicing pointing techniques (roll, soft-lob, and high-lob) and shooting techniques (shot on the iron, short shot, and ground shot). This aligns with Pribadi's (2020) opinion, which states that video-based learning media can improve conceptual understanding and psychomotor skills through visual observation and hands-on practice.

Overall, the results of this study indicate that petanque training videos are effective for use in basic technique training, both within club coaching and independent learning contexts. The media's strengths lie in its ability to present accurate movements, clear

instructions, and flexibility in its use across various training situations. Therefore, this product has the potential to become a learning innovation that supports the performance of novice athletes and enriches learning resources in the field of petanque in Indonesia.

CONCLUSION

Based on research and development results, petanque training video media featuring pointing (roll, soft-lob, high-lob) and shooting (shot on the iron, short shot, ground shot) techniques was declared suitable and effective as a learning tool for beginner athletes. Validation results from media experts (92%) and material experts (93%) indicated that the product met the criteria for appropriate content, appearance, and ease of use.

The small group trial achieved a score of 85.75% (good), while the large group trial achieved 95.3% (very good). These improved results demonstrate that the developed video media can help athletes understand and practice basic techniques more easily, independently, and systematically. Therefore, this media can be used as an effective and efficient training alternative in the development of petanque athletes, and has the potential to support improvements in the quality of learning and sports achievement at the regional and national levels.

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