

# CIRCUIT TRAINING METHODS FOR PHYSICAL ABILITY OF TABLE TENNIS PLAYERS

by Tommoliyus, Sumaryanti

## ABSTRACT

The purpose of this study was to test the training model and to develop a draft of continuous and interval circuit training methods by experts for table tennis physical abilities. The procedure of this study was to test the content validity of the developed circuit training exercises, assessed by experts. The number of research subjects was seven experts classified as three academics and four table tennis practitioners in Indonesia. Data collection using the Delphi technique. Data analysis used the Aiken's V formula. The results of the research directing the continuous circuit training model from the first aspect to the fifth aspect had a value of  $V > 0.76$ . The results of the expert's assessment of the interval circuit model training of 60, 75, 90 seconds show a value of  $V > 0.76$ . The conclusion of this study is that the results of the assessment of plyometric combined training experts with continuous circuit models and interval circuit models have high content validity, therefore they can be used to improve the physical abilities of male table players. The next research is to test the effectiveness of continuous circuit training and interval circuit models to improve the physical abilities of table players.

Kata Kunci: *circuit training, physical ability, table tennis*