

The Quality Skill Level of Playing Rugby Seven in Rugby Athletes

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Abstract: Rugby Sevens is a variant of rugby union played by teams of seven players in a seven-minute half. The game requires high speed, dexterity and technical expertise from each player, so each position in the team has a more versatile role than in rugby union. The purpose of this study was to determine the skill level of women's rugby team in Grobogan Regency. This study uses survey research with a test and measurement approach, the type of research is descriptive quantitative. The subjects of the study were female rugby athletes aged 18 and over-21 years, a total of 8 players. The instruments used are passing, catching, tackling, kicking, and running, each test is done in 1 minute. The results of the rugby ability test were categorized into six sections: very good, good, average, less, very bad, and poor. All 8 players in the study were classified in the good category, which indicates a satisfactory level of rugby skills. The study provides valuable information for coaches to design training programs that are tailored to the abilities and needs of the players. With this knowledge, coaches can focus on improving specific areas where players need more work, ultimately leading to better performance on the field.

Keywords: quality, skill, athlete, rugby

INTRODUCTION

Rugby Sevens is a variant of rugby union played by teams of seven players in a seven-minute half. The game requires high speed, dexterity and technical expertise from each player, so each position in the team has a more versatile role than in rugby (Jiménez-Reyes et al., 2019; Wilcock et al., 2021). The main objective of the game of rugby sevens is to score points by putting the ball in the opponent's area or making a kick into the opponent's goal (Ross, Gill, Cronin, et al., 2015; Till et al., 2020). Points in rugby sevens can be scored by placing the ball in the opponent's in-goal area (try) which gives 5 points, taking a kick into the opponent's goal (conversion) which gives 2 points after a try, or with a kick into the opponent's goal from a certain distance which gives 3 points (penalty or drop goal) (Higham et al., 2016; Ross et al., 2014). The rugby 7s competition was held in Karanganyar Solo ahead of the Central Java pre-porprov and the competition was won by the women's team from Grobogan Regency. Strategy and physical skills have an important role to play in achieving victory. The first step to getting a win is the basic technique in a

match. Observation or analysis of players' competence in rugby sevens can assist coaches in designing more effective and efficient training programs, as well as providing useful feedback to improve players' ability and performance in playing rugby sevens. It is important for coaches to be able to dispel their subjective opinions about the skills of players and focus on facts obtained through objective observation and evaluation (Edwards et al., 2021; Goodale et al., 2016). This will help the coach evaluate the performance of the players more accurately and provide more targeted feedback. Motor skills should be improved in training (Aliriad, 2023). The basic rugby sevens skills include passing, catching, tackling, kicking, and running (den Hollander et al., 2023; Loturco et al., 2017). Players also need to pay attention to factors such as position, strategy, and tactical intelligence.

High technical skills are an important factor in distinguishing a champion from others in sports, including in rugby sevens (Schuster et al., 2018). A player's ability in passing, catching, tackling, kicking, and running can affect a team's success. Therefore, rugby sevens players and coaches need to understand the factors that affect the basic rugby sevens techniques to improve the quality of the game (Chiwariidzo et al., 2019). Mastering the basic techniques in the game of Rugby 7s is very important for athletes because it can help them know the extent of their ability in playing (Agar-Newman et al., 2017). In addition, the study's findings are crucial for coaches to assess and improve their athletes' skills in Rugby 7s, which are essential for achieving success in Grobogan. Basic technical skills in the game serve as a starting point for evaluating an athlete's abilities, and selecting the right skills is crucial for identifying and recruiting promising athletes who possess the necessary potential and qualifications to succeed in Rugby 7s. With this knowledge, coaches can identify their athletes' strengths and weaknesses, leading to a more effective and efficient training process. By knowing the basic skills mastered by each athlete, coaches can design a training program that suits each athlete's individual needs and abilities. Thus, training can be optimized to maximize the potential of each athlete and improve the overall capabilities of the team.

The scientific analysis of rugby skills has two fundamental objectives: The purpose of this study is twofold: firstly, to enhance understanding of the game of Rugby 7s, and secondly, to provide valuable information for developing effective training programs. While many previous studies have examined the quality of rugby teams and game analysis, the data from this study can be used to plan and design training sessions tailored to the skill level of players. Evaluating the basic quality of rugby techniques in Grobogan Regency can aid coaches in team building, while also providing insight into the overall development of rugby in the region. By observing rugby

matches, the characteristics of the winning team in Central Java can be identified. This research can contribute to the development of rugby in Central Java, particularly in the women's team category, which currently lags behind other regions.

METHOD

The research methodology utilized in this study was a survey, and the participants did not undergo any interventions (Sari et al., 2022). The data collection process only occurred once, and the study subjects consisted of eight Rugby athletes from the Grobogan women's team between the ages of 19-22. Each participant was tested on the same criteria, which included passing, catching, tackling, kicking, and running. Physical condition tests, such as strength, speed, and agility, were also conducted using specialized equipment. The collected data was then analyzed using the Anava (variance analysis method) to determine the reliability of the test-retest, and T-scores were computed. The test results were converted into a summation format, and then categorized using five standardized norms of very good, good, moderate, less, and very less. These five categories of norms were used to assess the participants' overall performance levels.

Tabel 1. Rugby Skill Score

Category	Total T Score
Very Good	370-ke atas
Good	320-369
Average	275-319
Less	225-274
Very Less	175-224

RESULTS

This study collected data on the names of rugby players in Grobogan regency, Central Java, as well as their skill level variables in passing, catching, tackling, kicking, and running (Ross, Gill, & Cronin, 2015). At the beginning of the study, information on the identity of the Rugby Players of Grobogan Regency was collected as the subject of the study. Then, descriptive data analysis was carried out to determine the level of Rugby playing skills of these athletes (Freitas et al., 2021). This analysis was done by categorizing the level of rugby playing skills based on the scores obtained by each research subject, so that the achievements of Grobogan players can be categorized based on the number of scores obtained from the study.

Table 2. Description of data skills to play Rugby Seven

Variable	N	Minimum	Maximum	Mean	Std. Deviation
Passing	8	62.00	72.00	66.0000	3.70328
Catching	8	62.00	75.00	70.0000	4.72077
Tackling	8	65.00	70.00	68.6250	1.76777
Kicking	8	60.00	65.00	61.1250	1.80772
Running	8	68.00	80.00	72.7500	4.09704

DISCUSSION

Based on the table, it can be concluded that the measurement results value for five skill variables in football (passing, catching, tackling, kicking, and running) of eight players. In Passing technique, the minimum value is 62, the maximum value is 72, and the average value is 66. The standard deviation of 3.70328 indicates that these values are quite diverse. Catching technique with a minimum value of 62, a maximum value of 75, and an average value of 70. The standard deviation of 4.72077 indicates that these values are more variable than the passing variable. Tackling technique with a minimum value of 65, a maximum value of 70, and an average value of 68.6250. A standard deviation of 1.76777 indicates that these values are relatively close to each other. Kicking technique with a minimum value of 60, a maximum value of 65, and an average value of 61.1250. The standard deviation of 1.80772 indicates that these values are quite close to each other. Running technique with a minimum value of 68, a maximum value of 80, and an average value of 72.7500. The standard deviation of 4.09704 indicates that these values are quite diverse. This Data was obtained from 8 rugby athletes from Grobogan Regency who managed to become champions in the Central Java Prapon held in Karanganyar Solo.

Based on the findings of the study, it appears that the average percentage of skill level of rugby playing skills in the good category (100%). This shows that the game of Rugby requires technical skills and a deep understanding of tactics to achieve optimal results according to the rules of the game (Clarke et al., 2017; Furlan et al., 2015; Portillo et al., 2017). Mastery of various basic techniques is also necessary to be able to play well in the game of rugby (Dziedzic & Higham, 2014; Paul et al., 2022). This study discusses the results of the basic skills of rugby techniques such as passing, catching, tackling, kicking, and running of rugby players in Grobogan Regency. From the results of the Rugby Skill Test, there are 8 players in the good category. Proficiency in playing rugby is very important for every player to achieve the best performance, because the ability to execute rugby techniques is very influential in the game of rugby (Higham et al., 2013). This study

aims to provide an overview of the technical capabilities of rugby athletes who managed to become champions (Alriad et al., 2016; Henderson et al., 2019; Rohandi et al., 2022). The data collected include the ability of passing, catching, tackling, kicking, and running. Overall research Data are as follows :

Table 3. Rugby Skill Test Result

N	Passing	Catching	Tackling	Kicking	Running	Results	Category
1	72	75	70	62	75	354	Good
2	64	62	68	60	80	334	Good
3	66	70	70	62	72	340	Good
4	64	68	68	60	68	328	Good
5	62	75	70	60	74	341	Good
6	62	65	65	60	68	320	Good
7	68	72	68	60	70	338	Good

The results showed that the basic skills in the game of rugby such as passing, catching, tackling, kicking, and running Grobogan included in the category of good. Some of the factors that affect these basic abilities are time for exploration of each basic skill, a regular and good exercise program, and training to improve speed and strength (Barata & Manopo, 2021; Miftahudin & Barata, 2022; Najib et al., 2022). Proficiency in basic techniques is vital for optimizing performance in Rugby 7s under any circumstances. According to the test results of passing, catching, tackling, kicking, and running, all eight players were categorized as "good." This suggests that the athletes possess satisfactory skills in the game of Rugby 7s in Grobogan, as evidenced by their success in sports championships.

CONCLUSION

Through data analysis of rugby players in Purwodadi, obtained the results that the average percentage of ability to play rugby is in the category of good for 8 players (100%). Having a strong command of various basic Rugby techniques can significantly improve players' game in the long run. By understanding and evaluating their abilities in basic techniques, athletes can identify areas where they need to improve through regular, targeted practice. Rugby is a game that involves many elements of well-coordinated movement, so mastering these basic techniques is crucial to

achieving effective and efficient movements on the field. This, in turn, can lead to a higher winning percentage for Rugby 7s teams.

Conflict of Interest

The author states that there is no conflict of interest that could affect the integrity or results of the study. The author is an independent researcher who is not associated with any organization or party that may have an interest in the results of the study.

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