

Edukasi Olahraga Pickleball Sebagai Inovasi Pembelajaran Pjok Bagi Guru Di Kecamatan Tallo Kota Makassar

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Abstrak

Kegiatan pengabdian kepada masyarakat ini bertujuan untuk memberikan edukasi olahraga pickleball sebagai inovasi pembelajaran Pendidikan Jasmani, Olahraga, dan Kesehatan (PJOK) bagi guru di Kecamatan Tallo, Kota Makassar. Pickleball merupakan olahraga yang relatif baru di Indonesia dan memiliki karakteristik permainan yang sederhana, menarik, serta mudah diterapkan di lingkungan sekolah. Namun, masih banyak guru PJOK yang belum mengenal aturan, teknik dasar, maupun model pembelajaran olahraga tersebut. Oleh karena itu, kegiatan ini dilaksanakan sebagai upaya memperluas wawasan dan meningkatkan kompetensi guru dalam menghadirkan pembelajaran PJOK yang lebih variatif dan menyenangkan bagi peserta didik. Metode pelaksanaan kegiatan meliputi sosialisasi materi, pelatihan teknik dasar pickleball, demonstrasi permainan, serta praktik langsung yang melibatkan seluruh peserta dilapangan. Kegiatan ini diikuti oleh guru PJOK di Kecamatan Tallo dengan pendekatan partisipatif sehingga peserta tidak hanya menerima teori, tetapi juga memperoleh pengalaman praktik secara langsung. Evaluasi dilakukan melalui observasi dan diskusi terhadap pemahaman serta keterampilan peserta selama kegiatan berlangsung. Hasil kegiatan menunjukkan bahwa para guru memberikan respon positif terhadap edukasi yang diberikan. Peserta mampu memahami dasar-dasar permainan pickleball, mulai dari aturan permainan, teknik servis, teknik pukulan, hingga penerapan model pembelajaran sederhana di sekolah. Kegiatan ini meningkatkan antusiasme guru untuk mengembangkan inovasi pembelajaran PJOK yang lebih kreatif, aktif, dan adaptif terhadap perkembangan olahraga modern. Dengan adanya kegiatan ini, olahraga pickleball diharapkan dapat menjadi salah satu alternatif pembelajaran PJOK yang menarik dan mudah diterapkan di lingkungan sekolah sehingga berdampak bagi peserta didik disekolah.

Kata Kunci: pickleball; inovasi pembelajaran; PJOK, guru; pengabdian masyarakat.

Abstract

This community service activity aims to provide education on pickleball as an innovative approach to Physical Education, Sports, and Health (PJOK) for teachers in Tallo District, Makassar City. Pickleball is a relatively new sport in Indonesia and is characterized by simple, engaging gameplay that is easy to implement in a school setting. However, many PJOK teachers are still unfamiliar with the rules, basic techniques, and teaching models for this sport. Therefore, this activity was conducted as an effort to broaden teachers' knowledge and enhance their competencies in delivering more varied and enjoyable P.E., Sports, and Health lessons for students. The activity's implementation methods included material presentations, training on basic pickleball techniques, game demonstrations, and hands-on practice involving all participants on the court. The activity was attended by PE teachers in Tallo Subdistrict using a participatory approach, ensuring participants not only received theoretical knowledge but also gained direct practical experience. Evaluation was conducted through observation and discussion regarding participants' understanding and skills throughout the activity. The results of the activity showed that the teachers responded positively to the education provided. Participants were able to understand the basics of pickleball, ranging from game rules, serving techniques, hitting techniques, to the application of simple learning models in schools. This activity increased teachers' enthusiasm for developing more creative, active, and adaptive Physical Education and Health (PJOK) learning innovations in response to the evolution of modern sports. With this initiative, pickleball is expected to become an engaging and easily implementable alternative for PJOK instruction within school settings, thereby benefiting students.

Keywords: pickleball; learning innovation; Physical Education and Health (PJOK) teachers; community service.

INTRODUCTION

Basic education is an important foundation in shaping the character and competencies of students that will determine their success at the level of Physical Education, Sports, and Health (PJOK) is an important part of the educational process which aims to develop the physical abilities, motor skills, knowledge, and character of students through planned movement activities. In its implementation, PJOK teachers are required to be able to create a learning process that is active, creative, fun, and in accordance with the times. Therefore, innovation in PJOK learning is an important need so that students do not feel bored and are more motivated in participating in learning activities (Candra & Iskandar, 2025).

In the context of education, pickleball is considered to have great potential to be applied in PJOK learning because the facilities and infrastructure are simple and easy to modify according to school conditions. Research conducted by Ismail Gani et al. explains that the game of pickleball is in

accordance with the characteristics of elementary school students and can be an interesting and fun alternative to physical education learning (Gani et al., 2022). In addition, the results of the latest research show that the implementation of the pickleball game is able to significantly improve students' gross motor skills so that it is suitable as a learning medium for PJOK in the Independent Curriculum (Adyani et al., 2025).

However, pickleball is still relatively new in Indonesia, including in Makassar City. Many PJOK teachers do not understand basic techniques, game rules, and pickleball learning models that can be applied in schools. This condition causes pickleball to not be widely used as an alternative to PJOK learning in the school environment. In fact, teachers have an important role in presenting innovative and adaptive learning to the development of modern sports.

Based on these conditions, this community service activity was carried out in the form of pickleball education for PJOK teachers in Tallo District, Makassar City. This activity aims to improve teachers' knowledge and skills related to pickleball as well as provide hands-on practical experience so that it can be applied in the learning process at school. Through this activity, it is hoped that PJOK teachers will be able to develop more varied, participatory, and fun learning so that it can increase students' interest in sports activities at school.

METHOD OF IMPLEMENTATION OF ACTIVITIES

This community service activity was carried out in Tallo District, Makassar City with the target of Physical Education, Sports, and Health (PJOK) teachers. The method of implementing activities uses a participatory approach through education, training, and direct practice of pickleball sports. The participatory approach was chosen because it is able to actively involve participants in the learning process so that understanding and skills can be obtained more optimally. This approach is considered effective in improving teacher competence through direct training and mentoring activities (Muhyi et al., 2025).

The implementation of activities is carried out through several stages, namely: (1) needs analysis, (2) program preparation, (3) implementation of education and training, and (4) evaluation of activities. The needs analysis stage was carried out through observation and discussion with PJOK teachers to determine the level of participants' understanding of pickleball and the needs of innovative PJOK learning in schools. This stage is important to do so that the training materials and methods are in accordance with the conditions of the service partners (Syamsuddin et al., n.d.)

The preparation stage includes the preparation of educational materials, the preparation of training facilities and infrastructure, such as paddles, pickleballs, nets, and practice fields. In addition, the service team also prepared a schedule of activities and evaluation instruments in the form of observation sheets and participant response questionnaires. The material provided includes the history of pickleball sports, game rules, basic techniques, simple game

strategies, and the implementation of pickleball in PJOK learning in schools (Syafuruddin et al., 2024).

The stage of implementation of the activity is carried out through interactive lecture methods, discussions, demonstrations of basic techniques, hands-on practice, and game simulations. The lecture method is used to provide a theoretical understanding of the sport of pickleball, while demonstrations and hands-on practice are carried out so that participants are able to better understand basic techniques such as serve, forehand, backhand, volley, and dink. The game simulation was carried out to provide real experience to participants regarding the application of pickleball rules and strategies. The hands-on practice method is considered effective in improving participants' skills because teachers can learn through hands-on movement experience.

Evaluation of activities was carried out through observation of participant involvement during training, reflective discussions, and the provision of questionnaires of participants' responses to the implementation of activities. Evaluation was also carried out through a comparison of participants' understanding before and after the training activity. Indicators of the success of the activity include increasing teachers' knowledge of pickleball, the ability to perform basic game techniques, and teachers' readiness to implement pickleball as a variation of PJOK learning in schools.

IMPLEMENTATION OF ACTIVITIES AND DISCUSSIONS

This community service activity was carried out in Tallo District, Makassar City with the target of Physical Education, Sports, and Health (PJOK) teachers. The method of implementing activities uses a participatory approach through education, training, and direct practice of pickleball sports. The participatory approach was chosen because it is able to actively involve participants in the learning process so that understanding and skills can be obtained more optimally. This approach is considered effective in improving teacher competence through direct training and mentoring activities (Muhyi et al., 2025).

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Figure 1. Photo with Participants

Based on the results of observations during the activity, PJOK teachers showed an increase in understanding of the rules of the game and basic pickleball techniques. Participants began to be able to serve correctly, perform simple rallies, and understand the scoring system in the game. In addition, participants were also able to modify the form of the pickleball game to suit the conditions of the facilities and characteristics of students at school. This ability is important because PJOK learning innovation requires teachers' creativity in adapting learning activities to school conditions. These results are supported by

service research conducted in Sumenep City District which shows a significant increase in the basic pickleball practice skills of PJOK teachers after participating in socialization and training activities.

In terms of learning implementation, PJOK teachers consider that pickleball has advantages because it can be played on a field that is not too large and uses relatively simple equipment. This is a solution for schools that have limited sports facilities. In addition, the game's recreative and competitive nature makes pickleball easy to accept by students of all ages. Therefore, pickleball has the potential to become one of PJOK's learning innovations that is adaptive to the development of modern sports and the needs of today's students.



Figure 2. Delivery of Materials

Discussion

Overall, this service activity succeeded in increasing the knowledge, skills, and motivation of PJOK teachers towards the sport of pickleball. The success of the activity can be seen from the active involvement of the participants during the training as well as the ability of the participants to understand and practice the basic techniques of the game. With this education, PJOK teachers in Tallo District, Makassar City are expected to be able to implement pickleball as an innovative, creative, and fun learning alternative in the school environment.

CONCLUSION

Community service activities through pickleball education for PJOK teachers in Tallo District, Makassar City have given positive results to increase the knowledge and skills of participants. Through a series of activities in the form of delivering materials, demonstrations of basic techniques, to hands-on practice, teachers gained a new understanding of pickleball as one of the

innovative and fun alternatives to PJOK learning. This activity also showed that the hands-on approach was able to increase the enthusiasm and active participation of participants during the training.

In addition to increasing understanding of the basic rules and techniques of the game, this activity also encourages teachers to be more creative in developing the PJOK learning model in schools. Pickleball is considered to have great potential to be applied in learning because it is easy to play, uses simple facilities, and can be adjusted to the conditions of the school environment. Interesting and adaptive game characters are also an added value in creating an active and not boring learning atmosphere for students.

Through this activity, PJOK teachers not only gain new insights about modern sports. They also gain practical experience that can be directly applied in the learning process at school. Pickleball education is expected to be the first step in expanding PJOK learning innovations that are more varied, participatory, and in accordance with current sports developments.

In the future, similar activities are expected to be carried out in a sustainable manner by involving more schools and all districts in South Sulawesi in collaboration with the provincial management of the Indonesian Pickleball Federation so that the development of pickleball is increasingly widely known and able to make a positive contribution to improving the quality of PJOK learning in Makassar City and other regions.

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