

Implementation of the Drill Method Using the High Lob Throw to Improve 7-Meter Pointing Results for Petanque Athletes

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Abstract

This study aimed to determine the effect of applying the drill training method using high lob throws on improving the 7 meter pointing performance of pétanque athletes from Musi Rawas Regency. This research employed a quantitative approach with a quasi experimental design using a one-group pre-test and post-test design. Data were analyzed using the Shapiro-wilk normality test and the paired sample t-test with SPSS version 25. The results indicated that the data were normally distributed, with significance values of 0.125 for the pre-test and 0.172 for the post-test (Sig.> 0.05) the hypothesis test showed a t-value of 21.879 with a Sig. (2-tailed) value of 0.000 (<0.05), indicating that the null hypothesis (H₀) was rejected and the alternative hypothesis (H_a) was accepted. The training program also improved athletes' motor skills through the development of muscle memory, better control of throwing force, greater accuracy of ball trajectory and landing point, as well as enhanced focus concentration, emotional stability, and self-confidence. Therefore, the drill training method using high lob throws was proven to be effective in improving the 7 meter pointing athletes from Musi Rawas Regency.

Keywords

Drill Training Method, Highlob, Pointing.



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INTRODUCTION

Sport is a physical activity aimed at maintaining physical fitness, supporting education, recreation, and improving athletic performance. In addition to providing health benefits, sport also serves as a means of character building, improving physical abilities, and achieving success through planned training. One sport that is currently growing in Indonesia is petanque (Pangestu, 2021)

Although relatively new in Indonesia, petanque has developed rapidly and was officially included in the 2011 Southeast Asian Games and the 19th National Sports Week (PON) in West Java in 2016. Petanque is a ball sport that demands skill, concentration, strategy, and precise technique. Athletes must be able to throw a metal ball (bosi) as close as possible to a wooden ball (cochonnet/boka) from various distances and in various playing situations. Therefore, throwing technique and ball position control are key factors in determining victory (Kusafuka et al., 2023). Besides requiring good physical condition, petanque also requires mental strategy and

emotional stability, as a single throw can determine the outcome of a match (Widodo & Hafidz, 2018).

To improve the performance of petanque athletes, the coaching process should not only focus on identifying promising athletes but also on systematically mastering basic techniques. One crucial aspect of basic technique to develop is throwing technique, as it determines an athlete's success in earning points. Mastering throwing technique requires structured training to enable athletes to achieve optimal skill levels (Pelana & Purnama, 2025).

In petanque, there are two basic throwing techniques: pointing and shooting (Sutrisna et al., 2018). Pointing is the technique of throwing the boka as close as possible to the target. This technique is the most frequently used in the game because it directly relates to scoring points through accurate ball placement. Therefore, pointing is one of the most important techniques every petanque athlete must master (Arsi Rabani & Nurhidayat, 2021).

One form of pointing technique is the high lob, a technique of throwing the ball with a high parabolic trajectory so that the ball lands as close as possible to the target. According to Rasyono and Setowati (2021), the high lob technique is performed with a release angle of more than 110° and a point of impact approximately 0.5–1 meter from the ball. This technique requires a high level of accuracy to produce an effective throw. Accurate pointing using a high lob is crucial in every game because it can determine an athlete's success in scoring points and winning the match (Rasyono & Setowati, 2021). This is also supported by Natasya et al. (2024), who stated that accurate high lob technique plays a crucial role in achieving victory in every game of petanque.

Theoretically, mastery of the high lob technique is supported by motor learning theory, which explains that repeated, deliberate practice can accelerate the development of temporal and spatial coordination, resulting in more consistent motor skills (Kusafuka et al., 2023). Furthermore, biomechanical theory explains that the success of a high lob throw is influenced by control of the ball's release angle, the speed of the arm swing, and the coordination of upper and lower body movements so that the ball's parabolic trajectory aligns with the target. Therefore, high lob technique training requires a training method that systematically repeats movements to further improve the athlete's skills.

One suitable training method for improving technical skills is the drill method. The drill method is a repetitive and structured exercise that forms correct movement habits and improves coordination, accuracy, and consistency of the athlete's skills (Zulhemawati, 2015). The use of the drill method is expected to help athletes improve technical aspects of pointing, particularly the high lob technique.

In Musi Rawas Regency, petanque is beginning to gain attention from the public and local government as a sport with the potential to improve regional performance. Petanque athletes from Musi Rawas Regency have participated in various championships at the district, provincial, and national levels. However, improving athlete performance still requires ongoing technical development to compete at a higher level.

Based on field observations and interviews with petanque coaches in Musi Rawas Regency, it was discovered that several athletes still experience difficulties in pointing at a distance of 7 meters. During training, the bosi throws are inconsistent and often fall far from the target boka. This problem is particularly evident when athletes use the high lob technique, where control of throw height, accuracy, and direction of the ball's fall is still suboptimal.

The coaches also revealed that 7-meter pointing technique training has not received specific attention, resulting in athletes' lack of focus on developing this skill. As a result, predetermined training targets are often not achieved. Training evaluation data from the past three years shows that the average 7-meter pointing score remains in the range of 0.45–0.60, indicating that athletes' abilities still need to be improved through more effective training methods.

These issues highlight the need for a training method capable of improving 7-meter pointing ability, particularly using the high lob technique. One alternative is the drill method, which provides athletes with the opportunity to repeat movements repeatedly, allowing for gradual correction of technical errors.

Several previous studies have shown that drill methods are effective in improving technical skills in petanque. Mangat et al. (2024) found that drills with barriers significantly improved pointing results at the San Agustin Petanque Club. Amirudin, E. W. Dirgantoro, and A. Rakhman (2024) also demonstrated that training using drills significantly improved shooting accuracy in petanque athletes. Furthermore, Rizqi et al. (2025) explained that the high lob pointing technique requires good motor coordination for a more controlled ball release, while Rasyono and Setowati (2021) emphasized that the high lob technique produces an optimal parabolic trajectory when supported by proper motor coordination and throwing momentum.

However, based on a review of previous research, research specifically examining the application of drills using the high lob technique to improve pointing results at a distance of 7 meters is still very limited, particularly among petanque athletes in Musi Rawas Regency. Most previous studies only examined drill methods in general or used variations of other exercises without focusing on the use of the high lob technique as the primary training method. This condition indicates a research gap that needs to be studied further.

METHODS

This study employed a quantitative approach using a quasi-experimental research design with a one-group pre-test and post-test design to examine the effect of the drill method utilizing high lob throws on the 7-meter pointing performance in Petanque. The research design consisted of a pre-test (O1), followed by the treatment (X), and a post-test (O2), allowing the comparison of participants' performance before and after the intervention (Arikunto, 2014). The study was conducted at the Sports Field of Universitas PGRI Silampari, Lubuklinggau City, located on Jl. Mayor Toha, Air Kuti Village, East Lubuklinggau I District, during February 2026 over 16 training sessions. The population comprised 30 Petanque athletes from Musi Rawas Regency,

including 10 male and 20 female athletes (Sugiyono, 2022). The sample was selected using purposive sampling (Yusuf, 2014; Sugiyono, 2022), resulting in 18 female athletes who met the inclusion criteria, while two female athletes were excluded due to having no competition experience. Data were collected through observation, a pre-test, the implementation of the drill method with high lob throws over 16 training sessions, and a post-test. Both the pre-test and post-test employed a 7-meter high lob pointing test, in which each athlete performed three throwing attempts using standard Petanque equipment, including a throwing circle, steel balls, a jack (boka), measuring tape, tires, and PVC pipes (Bagus et al., 2024). During the test, athletes stood inside the throwing circle positioned 7 meters from the pointing target and completed three throws, with scores determined based on the final resting position of the steel ball within designated scoring zones (Bagus et al., 2024). The pointing performance was classified according to the following categories: scores of 68 and above were categorized as ****Very Good****, 60–67 as ****Good****, 49–59 as ****Fair****, 41–48 as ****Poor****, and 40 or below as ****Very Poor**** (Bagus et al., 2024). Data analysis was conducted systematically to ensure scientifically valid and reliable findings. The analysis began with the Shapiro–Wilk normality test using SPSS Version 27, where data were considered normally distributed if the significance value exceeded 0.05. Subsequently, a Paired Samples t-test was performed to test the research hypothesis. The hypothesis was accepted when the Sig. (2-tailed) value was less than 0.05, indicating a statistically significant improvement in the athletes' 7-meter pointing performance following the implementation of the drill method using high lob throws.

RESULTS AND DISCUSSION

This study aimed to determine the effect of implementing the drill training method using high lob throws on the 7-meter pointing performance of Petanque athletes in Musi Rawas Regency. The study employed a one-group pretest–posttest design, which is an experimental design that begins with an initial test (pretest), followed by the administration of a treatment, and concludes with a final test (posttest). This design was used to compare the athletes' abilities before and after participating in the training program so that the effect of the treatment could be determined objectively.

The study involved 18 athletes as the research sample. Based on the results of data processing using IBM SPSS Statistics Version 25, descriptive statistical values were obtained to describe the athletes' pointing abilities during both the pretest and posttest. These descriptive data were presented as the basis for identifying changes in the athletes' performance after receiving the treatment.

Furthermore, the descriptive results of the 7-meter pointing pretest and posttest of the Petanque athletes from Musi Rawas Regency are presented in the following table.

Table 1. Descriptive Statistics of the Pretest and Posttest Data

Descriptives	Statistic	Std. Error
PRETEST		
Mean	36.94	1.604

Descriptives	Statistic	Std. Error
Median	37.50	
Variance	46.291	
Standard Deviation	6.804	
Minimum	26	
Maximum	46	
Range	20	
POSTTEST		
Mean	59.00	1.410
Median	60.00	
Variance	35.765	
Standard Deviation	5.980	
Minimum	49	
Maximum	69	
Range	20	

Based on the data above, to facilitate data presentation, a frequency distribution table was prepared for the results of the 7-meter pointing pretest and the 7-meter pointing posttest of the Petanque athletes, as presented below.

Table 2. Pretest and Posttest Results

Category	Final Score	Pretest (Fa)	Pretest (%)	Posttest (Fa)	Posttest (%)
Very Good	68 and above	0	0.0	1	5.6
Good	60–67	0	0.0	3	16.7
Fair	49–59	0	0.0	10	55.6
Poor	41–48	9	50.0	4	22.2
Very Poor	40 and below	9	50.0	0	0.0
Total		18	100	18	100

Based on Table 2, there was a noticeable change in the distribution of the 7-meter pointing performance categories between the pretest and posttest. During the pretest, no athletes were classified in the **Very Good**, **Good**, or **Fair** categories. All 18 athletes included in the study were classified only in the **Poor** and **Very Poor** categories. A total of 9 athletes (50%) were classified as **Poor**, while the remaining 9 athletes (50%) were classified as **Very Poor**. These findings indicate that the initial 7-meter pointing ability of the Musi Rawas Regency Petanque athletes was relatively low before receiving the drill training treatment using high lob throws.

After completing the training program, the posttest results demonstrated a substantial improvement in the distribution of athletes' performance levels. In the **Very Good** category, there was 1 athlete (5.6%), while the **Good** category included 3 athletes (16.7%). The **Fair** category became the largest group, consisting of 10 athletes (55.6%). Meanwhile, the number of athletes classified in the **Poor** category decreased to 4 athletes (22.2%), and no athletes remained in the **Very Poor** category (0%).

The pretest and posttest results of the 7-meter pointing performance are also illustrated in the following graph.

Assumption Testing

Based on the results of the 7-meter pointing test conducted on the Petanque athletes of Musi Rawas Regency, the collected data were subsequently tested for normality as one of the assumptions required for statistical analysis. The normality test was performed using the **Shapiro–Wilk** method because the research sample consisted of fewer than 50 participants. The results of the normality test are presented in the following table.

Table 3. SPSS Test of Normality for the Pretest and Posttest

Pointing Game Test (7-Meter Pointing Performance)	Kolmogorov–Smirnov		Shapiro–Wilk	
	Statistic	df Sig.	Statistic	df Sig.
Pretest	0.147	18 0.200*	0.919	18 0.125
Posttest	0.212	18 0.032	0.927	18 0.172

Based on the SPSS Version 25 output presented above, the Shapiro–Wilk significance value for the pretest data was **0.125**, whereas the posttest data yielded a Shapiro–Wilk significance value of **0.172**. According to the normality testing criteria, data are considered normally distributed if the significance value (Sig.) is greater than **0.05**. Since the significance values for both the pretest (**0.125**) and posttest (**0.172**) were greater than **0.05**, it can be concluded that both the pretest and posttest data for the 7-meter pointing performance of the Petanque athletes from Musi Rawas Regency were normally distributed.

Hypothesis Testing

Table 4. Paired Samples t-Test Results for the Pretest and Posttest

Pair	Paired Differences		t	df	Sig. (2-tailed)
	Mean	Std. Deviation	Std. Error Mean	Lower	Upper
Pretest Posttest	–22.056	4.277	1.008	–24.182	–19.929
				–21.879	17 0.000

Based on the results of the data analysis using the **Paired Samples t-test** with the assistance of **SPSS Version 25**, the significance value (Sig. 2-tailed) obtained was **0.000**. Since this significance value was lower than **0.05** ($0.000 < 0.05$), the null hypothesis (**H₀**) was rejected and the alternative hypothesis (**H₁**) was accepted. This finding indicates that there was a statistically significant difference between the pretest and posttest results of the 7-meter pointing performance of the Petanque athletes from Musi Rawas Regency after they received the drill training treatment using high lob throws.

Discussion

This study aimed to determine the effect of implementing the drill training method using high lob throws on the 7-meter pointing performance of Petanque athletes in Musi Rawas Regency. At the initial stage of the study, all athletes were administered a pretest to measure their basic pointing ability at a distance of 7 meters. Pointing is a technique of throwing the boule with the objective of placing it as close as possible to the jack (boka) as the target and closer than the opponent's boule (Fauziah et al., 2023). The measurement was conducted using a pointing test instrument that was adapted to the regulations and characteristics of the sport of Petanque. The pretest results were used to describe the athletes' initial abilities before they participated in the training program.

Following the administration of the pretest, all athletes participated in a training program designed by the researchers through the implementation of the drill method using high lob throws. The drill method was selected because it emphasizes systematic and continuous repetition of movements, enabling athletes to master the techniques being learned more effectively (Wiarto, 2021, p. 65). Throughout the training program, the athletes repeatedly practiced the pointing technique using high lob throws at a distance of 7 meters toward predetermined targets.

The high lob technique was applied because it is characterized by a high parabolic ball trajectory, allowing the boule to land with minimal bounce and roll. This condition enables the ball to stop closer to the target, making the technique effective for improving pointing accuracy at a distance of 7 meters (Adha & Alvian, n.d.). During the training process, the researchers also conducted observations of the training implementation, including movement coordination, throwing direction accuracy, power control, and the athletes' ability to determine the landing point of the boule. These observations were carried out to ensure that each athlete performed the training according to the established procedures.

After the entire training program had been completed, a posttest was administered using the same instrument, procedures, and testing conditions as those used during the pretest. Maintaining identical procedures was intended to ensure that the results obtained before and after the treatment could be compared objectively. The posttest data were subsequently used to determine changes in the athletes' pointing ability after participating in the drill training program using high lob throws.

Furthermore, the pretest and posttest data were analyzed using IBM SPSS Statistics Version 25. Based on the research findings, it was evident that the athletes' pointing ability improved after participating in the training program. This improvement was reflected in the changes in the distribution of the athletes' performance categories between the pretest and posttest. Before receiving the treatment, all athletes were classified in the **Poor** and **Very Poor** categories. However, after participating in the drill training program using high lob throws, the majority of athletes were classified in the **Fair** category, while several athletes achieved the **Good** and **Very Good** categories. These changes indicate that the training program effectively improved the athletes' ability to perform 7-meter pointing.

The improvement in performance can be attributed to the characteristics of the drill method, which emphasizes repetitive and systematic practice. Continuous practice provides athletes with opportunities to correct technical errors, improve movement coordination, and develop more effective movement patterns. Through consistent repetition, athletes become more proficient in controlling the direction of the throw, regulating throwing power, and estimating the landing point of the boule, thereby improving pointing accuracy. These findings are consistent with the opinion of Wiarto (2021, p. 65), who stated that the drill method emphasizes continuous repetition of movements, allowing skills to be mastered more effectively.

In addition to the training method itself, the improvement in pointing performance was also supported by the application of the high lob technique throughout the training program. The high lob technique produces a high parabolic trajectory, causing the boule to stop closer to the target because it rolls only minimally after landing. This characteristic assists athletes in controlling both the direction and landing point of the boule, particularly when performing pointing at a distance of 7 meters. Consequently, high lob training provides athletes with movement experiences that are more specific to the technical skills being developed. These findings are consistent with the opinion of Adha and Alvian (n.d.), who explained that the high lob technique enables the boule to travel along a higher trajectory, thereby reducing rolling after contacting the playing surface and allowing it to stop closer to the target.

From a statistical perspective, the results demonstrated that both the pretest and posttest data were normally distributed based on the Shapiro–Wilk normality test, with significance values of 0.125 and 0.172, respectively, both of which were greater than 0.05. Since the assumption of normality was satisfied, hypothesis testing was conducted using the Paired Samples t-test. The analysis yielded a significance value (Sig. 2-tailed) of 0.000, which was lower than the significance level of 0.05. Therefore, the null hypothesis (H_0) was rejected and the alternative hypothesis (H_a) was accepted, indicating that the implementation of the drill method using high lob throws had a statistically significant effect on the 7-meter pointing performance of the Petanque athletes in Musi Rawas Regency.

The findings of this study reinforce the theory of motor learning, which explains that motor skills develop through repeated and purposeful practice. Consistent repetition of movements facilitates neuromuscular adaptation, resulting in improved movement coordination and greater movement efficiency. In the context of this study, repeated drill training enabled athletes to develop greater consistency in performing the pointing technique, including determining the angle of ball release, controlling throwing force, and improving target accuracy.

The findings of this study are also consistent with previous research demonstrating the effectiveness of the drill method in improving Petanque skills. Mangat et al. (2024) found that the drill method using obstacles had a significant effect on pointing performance among members of the San Agustin Petanque Club. Similarly, the study conducted by Amirudin, E. W. Dirgantoro, and A. Rakhman (2024) reported that drill-based training significantly improved the shooting accuracy of Petanque athletes. The consistency of these findings indicates that the drill method is one of the most effective training approaches for improving fundamental technical skills in the sport of Petanque.

Nevertheless, this study differs from previous research by specifically focusing drill training on the application of the high lob technique to improve 7-meter pointing performance. This emphasis demonstrates that the effectiveness of training is influenced not only by the training method itself but also by the suitability of the training exercises to the specific technical skills being developed. Therefore, the implementation of the drill method using high

lob throws can be considered an alternative training program for coaches seeking to improve the pointing performance of Petanque athletes, particularly at a distance of 7 meters.

Overall, the findings of this study demonstrate that the implementation of the drill training method using high lob throws effectively improved the 7-meter pointing performance of Petanque athletes in Musi Rawas Regency. This improvement was evident both descriptively, through changes in the distribution of athletes' performance categories, and inferentially, through statistical analyses indicating a significant treatment effect. Therefore, the drill method using high lob throws can be recommended as an effective training approach within Petanque athlete development programs to enhance pointing accuracy at a distance of 7 meters.

CONCLUSION

Based on the research results, data analysis, and discussion, it can be concluded that the application of the drill training method using a high lob throw is effective in improving the 7-meter distance pointing results of female Petanque athletes in Musi Rawas Regency. The results of the hypothesis test using a paired sample t-test on 18 athletes showed a t-count value of 21.879 with a significance value (Sig. 2-tailed) of 0.000 (<0.05), so that H_0 is rejected and H_a is accepted, which indicates a significant increase in pointing ability after being given the treatment. The training program carried out for 16 meetings with 5 target patterns and 5 obstacle patterns also succeeded in improving the athletes' motor skills through the formation of muscle memory, control of throwing power, accuracy of parabolic trajectories, and accuracy of the ball's falling point near the target jack (cochonnet). In addition, this training method also has a positive impact on the psychological aspects of athletes, such as increased focus, concentration, emotional stability, and self-confidence when throwing in various match situations.

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