



The Effect of Paired Down Passing Practice and Individual Drill Practice on Volleyball Down Passing Ability

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Abstract: This research aims to analyze the effect of training methods in improving the volleyball underpassing ability of male students at SMP Negeri 1 Pamatang Silimahuta. The two training methods tested were paired down passing drills and individual drills. This research uses a quasi-experimental method with a quasi-experimental design. The research sample consisted of 20 students selected by purposive sampling from a total population of 273 students. This research involved two experimental groups: the first group underwent pair down passing drills, while the second group took part in individual practice drills. Data analysis techniques were carried out using descriptive and inferential statistics, including t tests for dependent samples and independent samples. The results showed that the paired down passing training method significantly improved under passing ability with an average pre-test score of 24.50 which increased to 37.00 in the post-test (t count = 12.330, t table = 3.44). A comparison between the two methods shows that the paired down passing training method is more effective than the individual drill training method, with the calculation results (t count = 3.196, t table = 2.03) showing a significant difference. In conclusion, pair bottom passing drills have a greater impact on improving students' volleyball bottom passing abilities compared to individual drill drills.

Keywords: Paired Passing; Individual Drills; Bottom Passing; Volleyball

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INTRODUCTION

Sports are one of the media that can be used to build physical growth, mental development, motor skills, knowledge, and reasoning, as well as the habituation of a healthy lifestyle, which ultimately leads to stimulation of balanced physical and spiritual growth and development. One example of a sport is volleyball. Direct attacks or hitting the ball directly into the air before it falls to the ground is what is meant by the term "volley" in the volleyball game setting (Evayanti Simbolon, 2022; Febriyan Muhammad Ginting, 2022; Salahuddin et al., 2022; ÜNVER et al., 2020). One of the components that plays a role in delivering the ball to the player is called the down pass. The Down Passing technique is one of the basic techniques whose main purpose is to give the ball to the smasher or spiker who is in the right position to receive it. Passing Down with a Partner In volleyball, one of the most common activities is training, which is sometimes also called "partner passing". By focusing on collaboration between the two players, the goal of this exercise is to improve the basic skills needed for low passing. In addition, the use of the drill training method is an effective training method that can help students improve their

basic volleyball technique skills. Types of training exercises that consist of continuous repetition of movements and increasing the intensity of the students' movements, so that focused reflex movements are created from the players and responsive spontaneity is created in movements during training. Volleyball players can improve their discipline and ability to automate their movements through the use of training. Based on the information presented above, the author is interested in conducting further research on Passing Under Players. To show this, the author intends to conduct a study entitled "The Effect of Paired Underpassing Training and Individual Training on Volleyball Underpassing Ability (Experiment on Extracurricular Male Students of SMP Negeri 1 Pamatang Silimahuta)". With this research, it is intended to be able to influence the results of Passing Under Players in such a way that it becomes better.

Theoretical framework that can be used in pair underhand passing drills: This technique ensures that each player understands the basic techniques of underhand passing, including correct body position, use of arms and hands to control the ball, and coordination of footwork for stabilization. They must develop a code or signal to communicate who will pass and the desired direction of the pass. This involves building a good understanding of each player's movements, starting position, and response to the incoming ball. They must learn to position themselves efficiently to receive the ball well, especially in different situations such as moving forward, backward, or changing positions laterally. This can include drills where the ball is hit at varying speeds or directions, mimicking real game situations. This can include drills where one player randomly directs the ball in different directions, and the pair of players must quickly adapt and react. Using video footage from previous training or matches can help players and coaches analyze technique, positioning, and mistakes made. Through repeated training, the main goal is to develop consistency in underarm passing. Good physical condition and strong mental toughness will help players to stay focused and perform optimally during training and matches. It is important to continuously evaluate players' progress and provide constructive feedback, this helps them to continuously improve their performance in underarm passing.

Underhand passing drills are an effective way to develop players' skills in receiving the volleyball well. Here is a theoretical framework for underhand passing drills using the drill method: Before starting the drill, make sure each player understands the basic techniques of underhand passing, including correct body position, use of the arms and hands to control the ball, and coordination of footwork. Divide players into groups that match their skill levels. Start with drills that focus on developing basic skills, such as controlling the ball with precision and consistency, such as players pairing up and throwing the ball to each other using the correct underhand passing technique. Provide drills that emphasize player movement on the court, such as players having to move into the right position to receive the ball from various directions or distances. Use drills that encourage players to react to the ball quickly and return it with good underhand passing technique, such as those involving the use of a bouncing ball or drills where the ball is randomly thrown to players. Add an element of pressure to the drill by increasing the speed or intensity of the ball, such as players throwing the ball at high speed or combining the drill with serving drills. Tailor the drill to the needs and roles of each player, such as defenders can focus on developing their receiving skills from passes, while forwards can focus on developing their receiving skills from teammates.

Evaluation and Feedback: Always provide constructive feedback to players after each drill aimed at further improving their skills. Variety and Creativity: Don't be afraid to vary the drills and be creative. Add new elements, such as variations in the direction of

the ball, situational plays, or the use of additional equipment, to keep the drills interesting and challenging for the players.

METHOD

The method used in this study is the Quasi-Experimental or Quasi-Experimental method. This research was conducted in one place, namely: the Field of SMP Negeri 1 Pamatang Silimahuta. This research was conducted for two months, namely March-May 2024 at SMP Negeri 1 Pamatang Silimahuta. The population in this study were all students of SMP Negeri 1 Pamatang Silimahuta totaling 273 people. Consisting of 74 people in class VII, 96 people in class VIII, and 103 people in class IX. The sampling technique in this study used the purposive sampling technique, so that only 20 male students totaling 40 students were taken as samples from the 273 population as needed in this study. This sample determination is due to certain considerations where the sample taken is only class VIII because class VIII is approaching the age of 13-15 years, if class VII is not yet accustomed to the training methods that will be given, and if class IX already has many theoretical activities which are more focused on facing the National Examination, so from the above considerations, class VIII is suitable to be used as a sample in the research being carried out. So for that reason the researcher took a sampling technique (purposive sampling). Data collection in this study used paired underhand passing exercises and individual drill exercises.

RESULT AND DISCUSSION

Result

Based on the initial test results of the Volleyball Passing Ability before being given the treatment of the Paired Underhand Passing Method group with a sample of 10 (n = 10), the maximum score was 29, the minimum score was 19, the average was 24.5, and the standard deviation was 3.6. The results of the final test data analysis after being given treatment of 16 meetings of the Volleyball Passing Ability of the Paired Underhand Passing Method group with a sample of 10 (n = 10), the maximum score was 44, the minimum score was 32, the average was 37 and the standard deviation was 3.97. Based on the frequency distribution of the data results displayed, it is clear that the Individual Drill training method can improve the Volleyball Passing Ability of students of SMP Negeri 1 Pamatang Silimahuta.

Tabel 1. Pre-test and Post-test Results With Practice Method

| No | Interval Class | Paired Underhand Passing Method Group | | | | Information |
|--------------------|----------------|---------------------------------------|-------|----------|-------|-------------|
| | | Pre-test | | Pos-test | | |
| | | Fa | Fr % | Fa | Fr % | |
| 1 | >40 | 0 | 0,00 | 2 | 20,00 | Very well |
| 2 | 30-39 | 0 | 0,00 | 8 | 80,00 | Good |
| 3 | 20-29 | 9 | 90,00 | 0 | 0,00 | Currently |
| 4 | 9-19 | 1 | 10,00 | 0 | 0,00 | Not enough |
| 5 | 0-8 | 0 | 0,00 | 0 | 0,00 | Very less |
| Number | | 10 | 100 | 10 | 100 | |
| Mean | | 24,5 | | 37 | | |
| Standard Deviation | | 3,6 | | 3,97 | | |

Based on the initial test results of the Volleyball Passing Ability before being given the treatment of the Individual Drill Training Method group with a sample of 20 (n = 10), the maximum score was 29, the minimum score was 18, the average (mean) was 24.9, and the standard deviation was 3.28. The results of the final test data analysis after being given treatment of 16 meetings of the Volleyball Passing Ability of the Individual Drill Underhand Passing Method group with a sample of 10 (n = 10), the maximum score was 39, the minimum score was 29, the average (mean) was 33.4 and the standard deviation (standard deviation) was 3.44. Based on the frequency distribution of the data results displayed, it is clear that the Individual Drill Underhand Passing Method can Improve the Volleyball Passing Ability of Students of SMP Negeri 1 Pamatang Silimahuta.

Tabel 2. Pre-test and Post-test Results Using Individual Drill Method

| No | Interval Class | Individual Drill Method Group | | | | Information |
|--------------------|----------------|-------------------------------|-------|----------|-------|-------------|
| | | Pre-test | | Pos-test | | |
| | | Fa | Fr % | Fa | Fr % | |
| 1 | >40 | 0 | 0,00 | 0 | 0,00 | Very well |
| 2 | 30-39 | 0 | 0,00 | 8 | 80,00 | Good |
| 3 | 20-29 | 9 | 90,00 | 2 | 20,00 | Currently |
| 4 | 9-19 | 1 | 10,00 | 0 | 0,00 | Not enough |
| 5 | 0-8 | 0 | 0,00 | 0 | 0,00 | Very less |
| Number | | 10 | 100 | 10 | 100 | |
| Mean | | 24,9 | | 33,4 | | |
| Standard Deviation | | 3,28 | | 3,44 | | |

Discussion

Efforts to improve the Volleyball Passing Ability of students of SMP Negeri 1 Pamatang Silimahuta then given the right training method. In this case the training method given is by using the Paired Underhand Passing Training Method and the Individual Drill Training Method. From the use of these two training methods will be seen whether there is a difference in the Volleyball Passing Ability of Students of SMP Negeri 1 Pamatang Silimahuta. The results of the study showed that the Individual Drill Training Method group can Improve the Volleyball Passing Ability of Students of SMP Negeri 1 Pamatang Silimahuta, but the expected increase is not yet maximal. Training is "A process of consciously improving students to achieve maximum achievement quality by being given regular, directed, increasing, gradual and repeated physical, technical, tactical and mental burdens". So based on the opinion above, it can be concluded that by practicing, it can improve abilities and improve physical conditions, planned and programmed Individual Drill training will improve students' physical conditions, which have been explained in the Paired Underhand Passing Training Method, there are various forms of movement so that combining various forms of physical conditions so that in training can improve physical conditions so that they improve the students' volleyball passing abilities.

So it is clear that in the implementation above, the Individual Drill Training Method is also a method that can develop physical conditions, especially those that support the Volleyball Passing Ability of Students of SMP Negeri 1 Pamatang Silimahuta. The training carried out every day makes the students' conditions trained with the methods given (Anugrah Ginting, 2020). The final test carried out after going through the

training process increased from the initial test, this proves that the Individual Drill Underhand Passing Method also affects the Volleyball Passing Ability of Students of SMP Negeri 1 Pamatang Silimahuta. It has been stated in the previous theoretical study that using the Paired Underhand Passing Training Method in training can stimulate elements of students' physical conditions. Repeated Paired Underhand Passing Training will affect Volleyball Passing Ability. All visible muscles must work repeatedly and continuously which causes muscle hypermetropia, so that the ability of these muscles will increase (Puspa Sari et al., 2024).

The ability of Volleyball Underhand Passing of Students of SMP Negeri 1 Pamatang Silimahuta can be improved with the Paired Underhand Passing Training Method and the Individual Drill Training Method with a load that is adjusted to the training program carried out each time practicing by paying attention to the principles of training. If training is not carried out regularly and continuously, it cannot improve the ability of Volleyball Passing of Students of SMP Negeri 1 Pamatang Silimahuta so that it will not be carried out properly.

Both of the above approaches are arranged based on the similarity of training objectives but what is differentiated is the movement for each form of training and the duration of training (Muhammad Iqbal, 2020). The difference in the success of the Volleyball Passing Ability between the Paired Underhand Passing Training Method approach and the Individual Drill Training Method, shows that the Paired Underhand Passing Method is more effective than the Individual Drill Training Method. Judging from the calculation of the average numbers obtained and the significance of the difference between the two approaches above on the Volleyball Passing Ability of Students of SMP Negeri 1 Pamatang Silimahuta.

CONCLUSION

Based on the data analysis and discussion that has been explained previously, it can be concluded that there is a difference in the influence between the Paired Underhand Passing Training Method and the Individual Drill Training Method on Improving Students' Volleyball Underhand Passing at SMP Negeri 1 Pamatang Silimahuta with the results (t count 3.196 > t table 2.03). And there is a significant difference in the influence on Improving Students' Volleyball Underhand Passing through the Paired Underhand Passing Training Method and the Individual Drill Training Method and looking at the magnitude of the Mean, the Paired Underhand Passing Training Method is More Effective than the Individual Drill Training Method. ($= 12.5 > = 8.5$).

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CONFLICT OF INTEREST

Clearly explain whether there are any conflicts of interest related to the reported research.

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