



Profile of Basic Technical Skills of Volleyball U-16 Club Athletes Wijaya Kusuma Champion 1 Level Cilacap District In 2025

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Abstract

This study aims to describe the profile of basic volleyball technical skills in U-16 athletes of Wijaya Kusuma Club who won 1st place at the Cilacap Regency level in 2025. The basic volleyball technical skills measured include serving, passing, setting, smash, and blocking, which are important elements in the game of volleyball. This research uses a quantitative descriptive method with a survey approach. Data collection techniques were carried out through direct observation and interviews with coaches and athletes, as well as testing basic technical skills in the form of practical tests. The results showed that overall, U-16 athletes of Wijaya Kusuma Club had a very good level of basic technical skills, with the highest scores in passing and serving skills. The conclusion of this study is that the Wijaya Kusuma club has athletes with good basic technical skills because what supports this success includes intensive training, high motivation, and competition experience that is often followed by athletes. The results of this study are expected to provide insight for coaches and club managers in developing more effective training programs to improve athletes' basic technical skills in the future.

Keywords: *Skills, Basic Techniques, Volleyball, Club Wijaya Kusuma*

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INTRODUCTION

Volleyball is one of the popular team sports in Indonesia. This sport requires a combination of technical skills, tactics, and good physical abilities to achieve optimal performance. The development of young athletes is very important in developing national volleyball sports achievements, especially at the U-16 level which is the golden age for the formation of basic technical abilities (Widiyono dkk., 2023). Wijaya Kusuma Club is one of the volleyball clubs in Cilacap Regency that succeeded in becoming the 1st place winner at the district level in the 2025 U-16 competition. This success is certainly inseparable from the quality of basic technical skills possessed by its athletes. Basic technical skills in volleyball include serving, passing (overhead and under), smashing, and blocking (Ikadarny dkk., 2023). These four basic techniques are important foundations that every volleyball player must master to be able to play effectively.

Previous research by Bayu Agung Wahyudi, et al. (2023) shows that there is a positive correlation between mastery of basic techniques and volleyball team performance. In line with that,

Ahmar, et al. (2021) states that good basic technical skills will improve player performance in matches and affect team success. However, there has been no research that specifically analyzes the profile of basic technical skills of U-16 volleyball athletes in Cilacap Regency. Based on this background, this study aims to describe the profile of basic technical skills of U-16 volleyball athletes from the Wijaya Kusuma Club who won 1st place at the Cilacap Regency level in 2025. The results of this study are expected to provide important information for coaches, coaches, and volleyball club administrators regarding the characteristics of basic technical skills that need to be developed to achieve optimal performance at the U-16 level.

METHOD

This study uses a quantitative approach with a descriptive method. According to Syafrida Hafni (2021), The descriptive method aims to systematically describe the facts and characteristics of the object or subject being studied precisely. The subjects of the study were 12 U-16 volleyball athletes from the Wijaya Kusuma Club who won 1st place at the Cilacap Regency level in 2025. The research location was at the Wijaya Kusuma Sports Hall, Cilacap Regency on Sunday, February 23, 2025. The sampling technique used total sampling, where all team members were used as research subjects. The research instrument used to measure basic volleyball technical skills was the modified AAHPER Serving Test (Husaeni dkk., 2022), passing test over the Brady Wall Volley Test (Kresnapati, 2020), down pass test: Brumbach Forearm Pass Wall-Volley Test (Wahyu, 2022), smash test: Stanley Spike Test, block test: Block Test (Pramudya dkk., 2022). Data collection procedures are carried out through the following stages: Preparing research instruments and equipment needed, providing explanations to research subjects regarding test procedures, warming up, conducting basic volleyball technique skills tests, recording test results on observation sheets. The data obtained were analyzed using descriptive statistics by calculating the average value, percentage, standard deviation, and minimum and maximum values for each component of basic technique skills. The results of the analysis are presented in the form of tables and diagrams.

RESULTS AND DISCUSSION

Result

The Results and Discussion should at least contain: (1) (what/how elements) Has the data presented been processed (not raw data), written in the form of tables or pictures (choose one), and given easy-to-understand explanations? Write down the findings or findings, but do not discuss the discussion here; (2). (the why element) in the discussion section, there is a connection between the results obtained and the basic concepts and/or hypotheses? In some fields of science even have to

discuss the level of the study of molecular aspects. The discussion made must be supported by real and clear facts; and (3) (what else element) is there any conformity or contradiction with the results of other people's research.

The results of the service skills test of U-16 Wijaya Kusuma Club athletes are presented in Table 1.

Table 1. Frequency Distribution of Service Skills

Category	Interval Score	Frequency	Percentages
Very Good	21-25	4	33.33%
Good	16-20	6	50.00%
Medium	11-15	2	16.67%
Low	6-10	0	0.00%
Very Low	0-5	0	0.00%
Total		12	100%

Based on Table 1, it can be seen that the majority of U-16 athletes of Wijaya Kusuma Club have service skills in the good (50%) and very good (33.33%) categories. The average percentage of successful service is 85%.

The results of the passing skills test, which includes overhand passing and underhand passing, are presented in Table 2 and Table 3.

Tabel 2. Frequency Distribution of Passing Skills

Category	Interval Score	Frequency	Percentages
Very Good	21-25	3	25.00%
Good	16-20	5	41.67%
Medium	11-15	4	33.33%
Low	6-10	0	0.00%
Very Low	0-5	0	0.00%
Total		12	100%

Table 3. Frequency Distribution of Underhand Passing Skills

Category	Interval Score	Frequency	Percentages
Very Good	21-25	2	16.67%
Good	16-20	7	58.33%
Medium	11-15	3	25.00%
Low	6-10	0	0.00%
Very Low	0-5	0	0.00%
Total		12	100%

Based on Table 2 and Table 3, it can be seen that the majority of U-16 athletes of Wijaya Kusuma Club have upper passing skills in the good category (41.67%) and lower passing skills in the good category (58.33%). The average percentage of successful passing is 78%.

The results of the smash skills test of U-16 Wijaya Kusuma Club athletes are presented in Table 4.

Table 4. Frequency Distribution of Smash Skills

Category	Interval Score	Frequency	Percentages
Very Good	21-25	2	16.67%
Good	16-20	5	41.67%
Medium	11-15	4	33.33%
Low	6-10	1	8.33%
Very Low	0-5	0	0.00%
Total		12	100%

Based on Table 4, it can be seen that the majority of U-16 athletes of Wijaya Kusuma Club have smash skills in the good (41.67%) and sufficient (33.33%) categories. The average percentage of smash success is 72%.

The results of the blocking skills test of U-16 Wijaya Kusuma Club athletes are presented in Table 5.

Table 5. Frequency Distribution of Block Skills

Category	Interval Score	Frequency	Percentages
Very Good	21-25	1	8.33%
Good	16-20	4	33.33%
Medium	11-15	6	50.00%
Low	6-10	1	8.33%
Very Low	0-5	0	0.00%
Total		12	100%

Based on Table 5, it can be seen that the majority of U-16 athletes of Wijaya Kusuma Club have blocking skills in the sufficient (50%) and good (33.33%) categories. The average percentage of successful blocking is 68%.

The results of the overall basic engineering skills analysis are presented in Table 6.

Table 6. Percentage of Basic Engineering Skills Success

Basic Engineering Skills	Success Percentage
Service	85%
Passing	78%
Smash	72%
Block	68%
Average	75.75%

Based on Table 6, it can be seen that the basic technical skills of U-16 athletes of the Wijaya Kusuma Club overall have a success percentage of 75.75% with service skills having the highest success percentage (85%) and block skills having the lowest success percentage (68%).

Discussion

The results of the study showed that U-16 athletes of Wijaya Kusuma Club have good basic technique skills with an average success percentage of 75.75%. Service skills are the basic technique with the highest success percentage (85%), followed by passing (78%), smashing (72%), and blocking (68%).

The service skills of the U-16 athletes of the Wijaya Kusuma Club are classified as very good with a success rate of 85%. Service is a basic technique that is important to start the match and can be a weapon to score points directly. This result is in line with research (Sujarwo, 2020) which states that good service skills can increase a team's chances of winning a match. The high percentage of successful service in U-16 athletes of the Wijaya Kusuma Club is inseparable from the training program implemented by the coach who emphasizes the accuracy and strength of the service.

The passing skills of U-16 athletes of Wijaya Kusuma Club are classified as good with a success rate of 78%. Passing is a very important basic technique in volleyball because it is the foundation for carrying out attacks. These results support the research Nurfalah et al. (2019), who found that teams with good passing skills have a greater chance of winning the game. The passing training program carried out by the Wijaya Kusuma Club includes intensive overhead and underhand passing training, so that athletes have good passing skills.

The smash skills of the U-16 athletes of the Wijaya Kusuma Club are classified as good with a success rate of 72%. According to Mahfud et al. (2023), Smash is an effective basic technique to score points in volleyball. Although the results are quite good, smash skills must be maintained and the portion of training must be increased because smash skills are the spearhead in every game.

The blocking skills possessed by the U-16 athletes of the Wijaya Kusuma Club are classified as not good, namely 68%. This skill absolutely must be improved, because according to Sagala & Daulay (2020), A good defense starts from holding back attacks from opponents and being precise in analyzing the movement of the ball from opponents. Every athlete must have good defensive skills because with a good defense, every attack strategy from the opponent will be easily broken so that points can be obtained when defending.

CONCLUSION

This study successfully revealed the profile of basic volleyball technique skills in U-16 athletes from the Wijaya Kusuma Club who achieved brilliant achievements as champions at the Cilacap Regency level in 2025. Through a quantitative descriptive approach, this study provides a clear picture of the level of mastery of basic techniques possessed by these young athletes. The results of the study show that in general, U-16 athletes from the Wijaya Kusuma Club have good basic volleyball technique skills. This is reflected in the high percentage in several aspects, especially in the underhand passing technique which reached the very good category. The overhand passing and service techniques also showed good results, indicating that the athletes had received effective training in developing these skills. However, this study also highlighted an aspect that needed to be improved, namely the block technique. Although it showed sufficient results, this technique still has room for improvement. This indicates that more intensive training and focus on the block technique is needed to improve the overall abilities of the athletes. The achievements achieved by the Wijaya Kusuma Club cannot be separated from a structured and effective training program. The coach has an important role in designing and implementing a training program that suits the needs and potential of the athletes. The results of this study can be used as evaluation material for coaches to continue to develop better training programs, especially in improving smash techniques. In addition, this study provides an important contribution to the development of volleyball in Cilacap Regency. Information on the profile of young athletes' basic technical skills can be used as a basis for more focused and effective athlete development. Thus, it is hoped that volleyball achievements in Cilacap Regency can continue to increase in the future. The results of this study are expected to provide benefits for the development of volleyball, especially in Cilacap Regency, and be an inspiration for young athletes to continue to improve their abilities. Practical implications of this study are that coaches can use the results of this study to design more effective training programs, especially in improving smash techniques, club administrators can use this information to evaluate and develop athlete development programs, athletes can use the results of this study as motivation to continue to practice and improve their abilities, local governments can use the results of this study as a basis for developing policies in

volleyball sports development. The recommendations from this study are that further research needs to be conducted using different research methods to get a more comprehensive picture, research needs to be conducted on other factors that influence athlete achievement, such as physical, mental, and social conditions. It is necessary to conduct evaluation and development of athlete development programs on an ongoing basis to improve volleyball achievements in Cilacap Regency.

ACKNOWLEDGMENT

The author would like to express his deepest gratitude to all parties who have provided support and contributions in completing the research and writing this journal article. In particular, the author would like to express his gratitude to the U-16 athletes of the Wijaya Kusuma Club: For their extraordinary participation and cooperation in the data collection process. The enthusiasm and dedication of the athletes are the key to the success of this research, the coaches and administrators of the Wijaya Kusuma Club: For the permission and facilities provided during the research. The support and guidance from the coaches are very valuable in understanding the profile of the athletes' basic technical skills, all parties who cannot be mentioned one by one for their contributions and support provided in various forms. Hopefully this research can provide benefits for the development of volleyball, especially in Cilacap Regency. The author realizes that this journal article still has shortcomings. Therefore, the author expects constructive criticism and suggestions from readers for future improvements.

CONFLICT OF INTEREST

In this study, there was no conflict of interest that influenced the research results.

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