



## Survey of Underhand Passing Ability of CKM Dendang Volleyball Team

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### Abstract

The problem raised in this study is how the CKM Dendang volleyball team's underhand passing ability is. This study aims to determine the underhand passing ability of the CKM Dendang volleyball team. The method used in this study is a survey method with data collection techniques using the Brumbach Forearms Pass Wall Volley Ball volleyball underhand passing test from the American VolleyBall Coaches Association (AVCA). The population in this study were 15 CKM Dendang team players, taken using the total sampling technique. Data analysis used descriptive analysis expressed in the form of percentages. The results showed that the passing ability of the CKM Dendang team showed results in the very good category with a percentage of 0%, a good category with a percentage of 7 people with a percentage of 46.67%, a sufficient category with a percentage of 46.67%, a less than adequate category with a percentage of 26.67%, and a very poor category with a percentage of 0%.

**Keywords:** *Underhand Passing Ability, Volleyball, CKM Dendang Team*

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## INTRODUCTION

Sport is a body activity and human needs where in doing sport will get health both from inside and outside, can improve muscle health and parts of the human body. Sport activities that are done regularly can provide benefits and fitness to the human body. (Shalahuddin, 2024).

The function and position of sports are always changing, this is caused by objective and subjective conditions that exist at a time and are also caused by different views of life and morality, both those that apply at a time or those that apply to a nation. However, in essence, a sport itself does not change. The goals of sports include such things as a profession, recreation, health, achievement, business, a unifying tool, and a tool for struggle. (Gumantan et al., 2020).

Volleyball is one of the sports that is widely played throughout the world and has a wide fan base, both as a recreational and competitive sport. In Indonesia, volleyball is developing very rapidly, among students, communities, and even at the professional level. Volleyball requires strong teamwork, each player must master various basic techniques, one of which is the underhand pass which is the key to building an effective attack (Supriyanto & Martiani, 2019).

Volleyball is a ball playing skill with good teamwork consisting of 2 groups, each group consisting of 6 players, the game will end when one of the teams reaches a score of 25 and that team is the winner (Hasugian & Siregar, 2022).

Volleyball is played by playing 2 times (sets) or 3 times if one team cannot reach a score of 25 in 2 consecutive games (Syntia, 2022). Volleyball can be played by people of all ages, from children to adults, both from the upper and lower classes. Volleyball can be played on all types of fields, for example on grass fields, sand fields, or on artificial floor surfaces, both inside and outside buildings..

Volleyball game was originally named Mintonette. Mintonette game was first invented by a physical education instructor Director Of Phsyical Education named William G. Morgan at YMCA (Young Men's Christian Association) on February 9, 1895, in Holyoke, Massachusetts United States (Khalim et al., 2024). This volleyball game was created four years after basketball was created by James Naismith. The name change from Mintonette to volleyball occurred in 1896. The first volleyball championship was held in Poland in 1947. During World War II, volleyball spread throughout the world, especially in Europe and Asia, which developed very rapidly.

PBVS (All Indonesia Volleyball Association) was inaugurated as the parent organization of national volleyball by the Indonesian Olympic Committee in 1955, precisely in March. This inauguration had a good impact on the face of Indonesian volleyball in the world arena, marked by obtaining temporary approval from the parent organization of international volleyball or IVBF (International Volley Ball Federation). Four years after the inauguration of PBVS, in October 1959 PBVS officially became a member of IVBF. PBVS with 63 other countries were registered as members of IVBF that year. PBVS then actively developed activities related to volleyball both at home and abroad. The development of volleyball was very prominent when approaching the 1962 IV Asian Games and 1963 GANEFO I in Jakarta, for the men's team and also for the women's team. These various events further strengthened the passion for volleyball in Indonesia. As a result, various clubs and volleyball court facilities were very easy to find in various corners of the country. This volleyball game has been accepted by the Indonesian people like other sports that are well known in Indonesia, such as football and badminton. (Syntia, 2022).

Underhand passing is one of the most basic techniques and is often considered the first technique that every volleyball player must master. This technique uses the lower arm to be able to control the ball that comes at high speed from the opponent, such as when receiving an attack or serving. Correct body position, coordination between the eyes and hands, being

able to anticipate the direction of the ball are important elements in doing a good underhand pass. (Putra et al., 2023).

According to (Ramadani 2022), Good underhand passing ability greatly determines the level of success of the team in defending and attacking. The accuracy and strength of underhand passing are very important for the team to carry out a coordinated attack. When a player can control the ball well through underhand passing, the team will have a greater chance of creating an attack pattern that leads to points. On the other hand, failure to do underhand passing often results in the loss of control of the volleyball, giving the opposing team the opportunity to attack again. In this case, training and evaluation of underhand passing ability must be a top priority in coaching volleyball players, especially at the amateur team level such as CKM Dendang.

The underhand pass technique plays an important role in volleyball because it is often the first attack with the ball after a serve from the opponent. This technique is used to receive a serve, a ball that comes from an opponent's attack, or a ball that bounces after a block. The ability to do a good underhand pass will allow players to easily organize attacks, so that the team can counterattack effectively. Therefore, mastering this technique should be the main focus in basic volleyball team training, especially at the amateur to professional level (Mandalawati & Nugraha, 2017).

In the CKM Dendang Team, mastery of basic techniques such as underhand passing plays a very important role in building an effective attack. Although this team has a fairly good reputation locally, evaluation of basic skills such as underhand passing is still rarely carried out in a structured and in-depth manner. In fact, the player's ability to do underhand passing not only affects the quality of the attack, but also directly affects the team's defense in facing the opponent's attack. Therefore, research that evaluates the player's underhand passing ability is very much needed.

The CKM Dendang Team is one of the volleyball teams that is quite respected by the local community. In its participation in various regional tournaments, this team has been able to show its potential for future development. However, for most amateur teams, evaluation of the player's basic skills, especially underhand passing, has not been carried out in a structured manner. Evaluation of basic skills is very important to implement the basic technique of underhand passing.

Volleyball games in Dendang District are very popular with the community, both parents, children, and teenagers. Many schools, higher education institutions have formed activities such as extracurricular activities or volleyball clubs that can develop the talents or

hobbies of students so that they can compete in volleyball matches in official and unofficial tournament events. Based on observations when watching training in the afternoon and also during matches at regional events held in the Dendang area. The researcher observed and discussed with one of the coaches or with the person in charge of the Dendang CKM Team, during training there were still many players doing incorrect underhand passes. There were still many mistakes made so that the ball could not be controlled, one of the mistakes made was; 1) when doing underhand passes the elbow was bent, 2) the player used one arm to take the ball that was aimed right at the position, so that the ball that was taken was not directed/right on target. Many factors that influence the error in underhand passing techniques need to be traced, the causal factors, whether due to physical conditions that do not support or ineffective training methods and so on. In such conditions a coach must be able to evaluate all factors both from the coach himself and from the players who are taking part in the training.

In the CKM Dendang team, it is indeed lacking in terms of underhand passing, but in the game that is played, the toser is very much needed to be able to do a good smash, although the underhand passing does not meet expectations, the toser in this team can be counted on and the smash that is done. So it can be concluded that this team is lacking in terms of underhand passing, but for the toser and smash players can be relied on.

## **METHOD**

The place and time of this research will be conducted at the SK 5 field, Kandis city. The time of this research was conducted in February 2025, This research uses a quantitative descriptive approach, with a survey method to determine the ability of the underhand passing of the CKM Dendang volleyball team. This approach was taken because it is in accordance with the objectives of the study to describe and measure the technical abilities of the players objectively. The method used in this study is a survey method with test and measurement techniques. To find out the real data, a volleyball underhand passing ability test and a sampling technique were used and using the Brumbach forearms paswall-volley test from AVCA through observation. The population in this study was the CKM Dendang Team aged 25-30 years totaling 15 people, the sampling technique in this study was total sampling. According to Sugiyono (2020), total sampling is a sampling technique that uses all members of the population as samples. Total sampling is also called a census. The sample in this study was 15 people. The instrument in this study was to use a test, namely the underhand passing test. The size for the Brumbach forearms wall-volley test is a smooth and flat wall with a

distance to the wall of 3 m with a wall height of 2.5 m from the floor. The data collection technique in this study used tests and measurements. This study revealed the level of validity that had been tested. The underhand passing test has a validity of 0.80. And in the study using a standard level of reliability. The underhand passing test has a reliability of 0.89.

Before conducting the analysis, an underhand passing test was carried out. After all the required data has been collected, the next step is to describe the data so that a conclusion can be drawn from the data. This analysis was carried out to determine the underhand passing ability of the CKM Dendang volleyball team by processing data from the specified test. After obtaining the data in the form of a score, the data can be categorized according to the specified categories. The categorization is grouped into 5 categories, namely: very good, good, sufficient, lacking, very lacking.

After the data is grouped in each category, then find the percentage of each data with the percentage formula. According to Sudjono (2006: 43) the percentage formula used is:  $P=f/n \times 100\%$  Description: P: percentage sought, F: frequency, N: number of respondents

## **RESULTS AND DISCUSSION**

### **Result**

This study aims to determine the underhand passing ability of volleyball players on the CKM Dendang Team. This study was conducted using a quantitative descriptive approach and survey method. In this study, the subjects used were all members of the CKM Dendang team totaling 15 people with an age range of 25-30 years. The instrument used in this study was the Brumbach forearm pass wall-volley test from AVCA.

This test measures the underhand passing ability of players by giving each player the opportunity to be able to make 10 underhand passes towards the target wall. The score will be given based on the level of accuracy of passing to the target on the target wall. The assessment is based on the guidelines of the American Volleyball Coaches Association (AVCA), with the results grouped into categories, there are five categories including: Very Good, Good, Sufficient, Less, and Very Less.

The data on the underhand passing ability of the CKM Dendang team was obtained through a test. The test used to obtain data on underhand passing ability was the (Brumbach Forearm pass wall-volley) test from (American Volleyball Coaches Association (AVCA)). The results of the research test on the volleyball underhand passing ability of the CKM Dendang team are as follows: The calculation results were obtained using the formula from Sudjono (2006: 43) the percentage formula  $P = f / n \times 100\%$ , namely Frequency divided by (: ) the number of respondents multiplied by (X) by 100

$$P \frac{0}{15} \times 100\% = 0\% \quad (\text{verry well})$$

$$P \frac{7}{15} \times 100\% = 46,67\% \quad (\text{Good})$$

$$P \frac{4}{15} \times 100\% = 26,67\% \quad (\text{Enough})$$

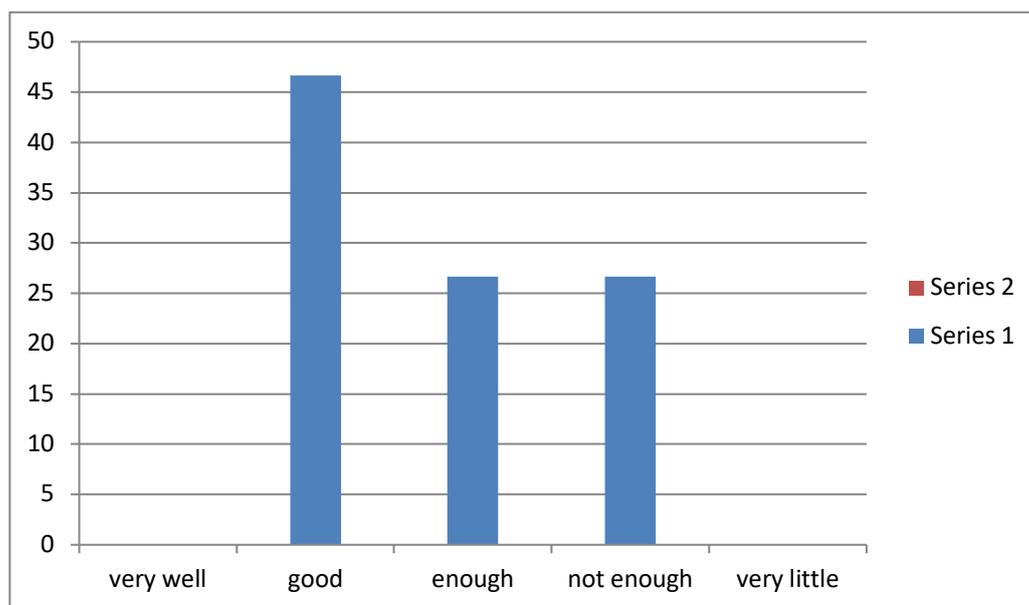
$$P \frac{4}{15} \times 100\% = 26,67\% \quad (\text{Not Enough})$$

$$P \frac{0}{15} \times 100\% = 0\% \quad (\text{verry little})$$

**Tabel 1.** CKM Dendang Volleyball Team Underhand Pass Assessment Category

Category	Score Range	Frekuensi (f)	Percentage (%)
<b>Verry well</b>	45-50	0	0%
<b>Good</b>	35-44	7	46,67%
<b>Enough</b>	25-34	4	26,67%
<b>Not enough</b>	15-24	4	26,67%
<b>Verry little</b>	<15	0	0%
<b>Total</b>	-	15	100%

From the table one above, the data obtained from the CKM Dendang team can be seen, namely: 0 athletes who received the Very Good category with a percentage of 0%, 7 athletes with the Good category with a percentage of 46.67%, 4 athletes with the Sufficient category with a percentage of 26.67%, 4 athletes in the Less category with a percentage of 26.67%, 0 athletes with the Very Less category with a percentage of 0%. The CKM Dendang team is one of the volleyball player teams located in the Sendang area, this team has been established for quite a long time and also often participates in events held in the Sendang area. In this CKM Dendang team, there is no consistent coaching, therefore there are still many players who do not master the underhand pass in volleyball. The players in this CKM team have a non-ideal body posture, even so it does not reduce their ability to play volleyball, the CKM Dendang team did not get the maximum underhand pass test score or the highest score, namely in the Very Good category. Another problem experienced was that this test was also the first time it was conducted so that the players felt that they were still unfamiliar with the test system conducted in the study. However, the head of the CKM team was very enthusiastic and appreciated the underhand passing ability test conducted by the players, because in this test the players could see how good the underhand passing ability was and could correct the mistakes made when conducting underhand volleyball passes. Table one above is clarified by using a histogram image as below:



**Figure 1.** Histogram of Data on the Condition of the Downward Passing Ability of the Famous CKM Team

## Discussion

The purpose of the study was to determine the condition of the CKM Dendang volleyball team's underhand passing ability. Based on the results of the analysis, it shows that the level of the CKM Dendang volleyball team's underhand passing ability is in the good category. There are players who are quite proficient in doing underhand passing, but there are still players who are lacking in volleyball underhand passing techniques, in these lacking players they have not been able to position their bodies and arms, especially in the starting and contact positions, in the starting position which should be a low body position, legs bent, but the players are still in an upright position. In the contact position there is only an incorrect ball, so the results of the underhand passing that is done are not good, passing means passing or passing, this technique is a basic technique that is quite difficult and is used in volleyball. Mastery of underhand passing techniques in volleyball is very important, success for a team to win is determined by how good the underhand passing is done by a team or player, therefore underhand passing is a useful technique when defending against smash and serve attacks from the opponent, and is useful for building a team attack

## CONCLUSION

Based on the research data, analysis and discussion that has been carried out on the volleyball underhand passing ability of the CKM Dendang team, the following conclusions can be drawn From the results of the volleyball underhand passing measurements on the CKM Dendang team above, there are 0 players (0%) in the very good category, 7 players (46.67%) in the good category, 4 players (26.67%) in the sufficient category, 4 players (26.67) in the less category and 0 players (0%) in the very less category

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