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The Relationship Between Training Frequency And Overhead Passing Ability In Volleyball Extracurricular Students SMP Islam Al Maarif 01 Singosari

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Abstract
This study aims to determine the relationship between training frequency and overhead passing ability in volleyball extracurricular students at SMP Islam Al Maarif 01 Singosari. This study uses a quantitative approach with a correlational design. The population in this study were all students who participated in volleyball extracurricular activities at SMP Islam Al Maarif 01 Singosari, a total of 20 students, with a sampling technique using simple random sampling. The instruments used included a questionnaire to measure training frequency and an overhead passing skill test to measure student abilities. Data analysis used the Product Moment correlation test to determine the level of relationship between the two variables. The results showed that there was a significant relationship between volleyball training frequency and overhead passing ability in volleyball extracurricular students at SMP Islam Al Maarif 01 Singosari.

Keywords: Practice Frequency, Volleyball, Overhead Passing

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INTRODUCTION

Volleyball is a popular sport among junior high school (SMP) students due to its competitive nature, teamwork, and increased physical fitness. Mastering basic volleyball techniques is crucial, including the overhead pass, which involves receiving and controlling the ball with both hands above the head to pass it to a teammate or the next setter. Mastering this technique is fundamental to success in matches and in the sports learning process at school.

In junior high school volleyball extracurricular activities, the frequency of practice plays a crucial role in developing basic technical skills. Regular and structured practice is believed to improve technical skills, such as the overhead pass, compared to irregular practice. This is supported by findings that pair combination training and wall practice can significantly improve overhead pass accuracy in volleyball extracurricular participants.

Several studies have shown that the level of basic overhead pass skills among extracurricular participants tends to vary depending on the training. Syria Hanafi (2025) found that regular practice in extracurricular activities has a positive impact on mastery of

basic overhead pass techniques, as reflected in differences in students' skill categories in passing tests.

Furthermore, other research on overhead passing techniques revealed that variables such as arm muscle strength and body balance also correlated significantly with overhead passing ability, indicating that in addition to practice frequency, participants' physical factors also play a role in mastering the technique.

High practice frequency provides students with the opportunity to practice technique more frequently, correct errors, and strengthen motor memory of correct movements. When practice occurs more frequently per week, extracurricular participants tend to show improved hand-eye coordination and ball control, which are essential components of overhead passing.

Practice frequency is also closely related to student motivation and commitment to volleyball skills. Students who participate more frequently in training programs outside of formal class hours typically show faster technical skill development than those who practice only occasionally. This is especially important in the context of voluntary extracurricular activities, where student engagement is highly dependent on their interest and discipline in practice.

In secondary schools, extracurricular volleyball activities often serve as a means of supplementing sports technique learning that is not fully covered in regular physical education classes. Therefore, higher practice frequency in extracurricular activities is believed to be able to bridge the gap between theoretical and practical learning of basic technical skills such as overhead passing.

Furthermore, the development of overhead passing ability can also be seen from the results of regular skills tests. Improved test results in students who practice regularly demonstrate the importance of optimal training frequency in improving playing technique.

However, to date, there is limited research directly linking training frequency to overhead passing ability, particularly among extracurricular junior high school students in Indonesia. Most existing studies focus on the influence of specific training models, or the relationship between physical ability and overhead passing, rather than specifically on training frequency.

Therefore, this study, entitled "The Relationship between Training Frequency and Overhead Passing Ability in Extracurricular Volleyball Students at Singosari Al Maarif 01 Islamic Junior High School," is crucial to fill this gap and provide empirical evidence regarding the influence of training frequency on volleyball technical skills, particularly

overhead passing, and to assist coaches and sports educators in designing more effective training programs.

METHOD

This study used a quantitative approach with a correlational design. The population in this study were all students participating in extracurricular volleyball activities at SMP Islam Al Maarif 01 Singosari, a total of 20 students, with a sampling technique using simple random sampling. The instruments used included a questionnaire to measure the frequency of practice and an overhead passing skills test to measure students' abilities. Data analysis used the Product Moment correlation test to determine the level of relationship between the two variables.

RESULTS AND DISCUSSION

Result

The research results can be seen in Table 1 below:

Table 1. Results of Hypothesis Test Calculation

		Practice Frequency	Overhead Passing
Practice Frequency	Pearson Correlation	1	.734**
	Sig. (2-Tailed)		.000
	N	20	20
Overhead Passing	Pearson Correlation	.734**	1
	Sig. (2-Tailed)	.000	
	N	20	20

Based on table 1 above, the calculated r value is 0.734, which is greater than the table r value, which is 0.468, and the significance value is 0.000<0.05, so there is a positive relationship between the frequency of practice and the ability to pass overhead.

Discussion

Based on the results of the correlation test, the calculated r value was 0.734, which is greater than the r table value of 0.468 and a significance value of 0.000 <0.05, meaning there is a positive relationship between training frequency and overhead passing ability in volleyball extracurricular students at SMP Islam Al Maarif 01 Singosari. This research is also supported by research on paragliding athletes that found a relationship between training

frequency and landing accuracy of athletes, although not significant — indicating that training frequency is not the only influencing factor on specific skills, but is still considered important as a variable in sports research. Other research in youth wrestling shows that training with a certain frequency (e.g., three times a week) significantly improves physical fitness, a supporting component of technical skills in any sport, including volleyball. The results of this study indirectly support the importance of training frequency as one of the variables that needs to be analyzed in relation to technical abilities such as overhead passing in volleyball.

CONCLUSION

It was concluded that there was a significant relationship between the frequency of practice and the ability to pass overhead in extracurricular volleyball students at SMP Islam Al Maarif 01 Singosari.

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