



Volleyball Lower Passing Analysis of Extracurricular Students of SMA Negeri 1 Marabahan

Robby Setiawan Sitepu¹, Norma Anggara², Perdinanto³

^{1,2,3}Universitas Lambung Mangkurat, Kalimantan Selatan, Indonesia

Received: 08-06-2024

Revised: 27-06-2024

Accepted: 27-06-2024

Abstract: Sharing basic volleyball passing tactics used by extracurricular students at SMA Negeri 1 Marabahan is the aim of this research. The sample for this quantitative descriptive research was twelve students of SMA Negeri 1 Marabahan who played volleyball extracurricularly. Participants are selected through a deliberate selection process taking into account several factors, one of which is their understanding of the basics of volleyball. This research uses a volleyball passing test as a data collection method. Data analysis methods consist of testing protocols, survey design, and descriptive statistics. Analysis of research data revealed that 12 students of SMA Negeri 1 Marabahan who took part in volleyball extracurriculars had poor passing abilities. This finding is based on the results of the students' lower passing test at SMAN 1 Marabahan as well as an examination of the students' basic volleyball passing skills, where the torso remains upright and the legs remain bent. Bending makes the basic volleyball passing technique less than ideal because the eyes are still not focused on the ball.

Keywords: Bottom Passing; Volleyball; Learners

Correspondence author

Email: robbysetiawansitepu@gmail.com

Copyright © 2024 Robby Setiawan sitepu¹, Norma Anggara², Perdinanto³



INTRODUCTION

Programs offered during school hours in response to school requirements and conditions are known as extracurriculars. Sports, scouting and arts are typical extracurricular activities. Sports is the most popular extracurricular activity among students. Sports activities are in demand to refresh the body after teaching and learning activities or just to play with friends. In addition, extracurricular activities in the field of sports will expand students' sports knowledge and abilities so that they can produce achievements in their fields of interest (Lestari, 2016).

Volleyball is a popular extracurricular activity among students of SMAN 1 Marabahan. One sport that has long penetrated society is volleyball. With practice, you can become an expert in volleyball server, passer, smasher, and blocker (Mikanda Rahmani in Dwi & Pratiwi, 2020). This sport has formed several communications in a country, community, village or community between schools and colleges. It is a basic sporting fixture that is accessible to all age groups and demographics, including women, men, children, and the elderly. As a result, everyone enjoys playing this sport (Ridwansyah, et al. 2021).

A ball game in which teams must be formed is the game of volleyball. To win the game, all players must work together and help each other. To achieve superior

collaboration and win a match, soccer needs to strengthen its ability to pass accurately and skillfully (Nuril Ahmad in Dwi & Pratiwi, 2020). Every player must be proficient in the basics of volleyball. Every player can perform these moves proficiently if they practice frequently. To achieve perfect performance, volleyball players need to do frequent structured exercises (Bangun, 2019).

Because the game of volleyball has been played in several events, it has developed into a sport that is known throughout the community and the world. This volleyball game combines elements of handball, baseball, and basketball into one big game. William G. Morgan first invented the game in 1870, and since then the game has gained popularity as a public sport. Serving, passing, smashing, and blocking are some of the basic skills of volleyball that can be mastered (Mikanda Rahmani in Dwi & Pratiwi, 2020). Then Mikanda Rahmani continued by saying that each of the basic methods previously discussed has a different purpose. The service function is used to start the game, the passing function is used to receive and play balls that enter the opponent's area or come from teammates, and the smash function is used to attack the opponent's area in an effort to kill the ball that crosses into it or at least make it difficult for the opponent to play the ball perfectly. It is also used to block, and block or block, which prevents counterattacks and opponent attacks from approaching the goal.

To form an offensive pattern against an opponent, a player must first pass. The purpose of passing is to transfer the ball to their friends as quickly as possible so that they can play on their own field. To achieve superior collaboration and win a match, football needs to strengthen its ability to pass accurately and skillfully (Nuril Ahmad in Dwi & Pratiwi, 2020). In the game of volleyball, there are two different passing techniques, namely underpassing and overpassing. In volleyball, passing refers to the movement of feeding the ball to a teammate or friend while using certain skills. Volleyball players must be proficient in the underpassing method, which is a very important skill. Receiving the initial ball or service ball from the opponent, passing the ball to teammates, and stopping the opposing team's attack or smash are some of the main purposes of the down pass. (2007:39) Suntriso. You can also direct the ball to a teammate through the underpass. can reduce the impact of the hard hit of the ball. Furthermore, direct the ball to friends so that they can pass or pass it to them.

To shape the volleyball playing experience and hone the techniques of SMAN 1 Marabahan students, regular volleyball extracurricular training is needed. The volleyball extracurricular activities offered by SMAN 1 Marabahan are of great interest to the students, regardless of gender. Volleyball training is held once a week. The training is held after school at 16.30 WITA- 18.00 WITA. After making observations, the author found that the volleyball game at SMAN 1 Marabahan seemed monotonous and did not have the right strategy. Students differ in their talents and abilities. The way the children traveled downhill showed this. When making a pass downhill, the improper stance includes not opening the feet shoulder-width apart, bending the knees, and bending the body forward sufficiently. In addition, students' arms remain bent in a downward passing position.

METHOD

The research strategy uses quantitative descriptive methodology. The purpose of this study was to assess the passing ability of volleyball extracurricular students of SMA 1 Marabahan by using survey techniques with a test process. Researchers facilitate and organize their work by using research instruments, namely tools for collecting data. The source is Aripunto Suharsimi (2002). The down passing ability test is one of the assessments and tests used in this study. To collect information in down passing training,

teachers often hold a Down Passing Ability Test (Brady test), which is down passing against a wall by bouncing off the wall and requires body preparation to perform down passing.

Students start holding the ball with both hands facing the wall, both legs bent and opened shoulder-width apart, and body posture leaning forward. The size of the wall for the test and measurement of passing down the target width of 1.52m, and the height of the wall is 3.35m from the floor, the distance of the learners from the wall is 1-2m, and the surface of the wall must be flat and smooth (Taufik, 2016). In addition to the wall, the tools used for tests and measurements are a stopwatch, tape measure, whistle, stationery, and volleyball. total points earned in a 60 second period. Furthermore, data is recorded based on how well each child can pass the ball during a volleyball match. Quantitative descriptive analysis was the technique used to analyze the data in this study. The use of scores and categories for quantitative descriptive analysis.

Twelve students of SMAN 1 Marabahan who participated in volleyball extracurricular activities were used as population and samples in this study. This study aims to assess the passing ability of volleyball extracurricular students of SMAN 1 Marabahan by combining the Brady test methodology with the survey method. Test and measurement scores were evaluated using descriptive statistical methods, and the results were displayed as scores. The research used a predetermined or well-defined data analysis procedure. Afterwards, a brief explanation in a more readable format of the data collected was provided.

RESULT AND DISCUSSION

Result

This research is a study that is analyzed using manual data analysis. The implementation of the research was held at SMAN 1 Marabahan on February 19, 2024 with a total of 12 volleyball extracurricular students. the implementation of the research starts from taking data from the brady test results to determine the ability of students. then to the descriptive statistical method, which results in scores and classifications. The following table shows the results of research on students of SMAN 1 Marabahan.

Tabel 1. Results of Research on Students of SMAN 1 Marabahan

No	Name	Skore	Category
1	Ahnad habibi	45	Very good
2	Muhammad rizal	39	Deficient
3	Muhammda arsyad	8	Very less
4	Denis	39	Less
5	Muhammad heru saputra	9	Very less
6	Muhammad heri saputra	39	Less
7	Ahmad fikri maulana	14	Very less
8	Ahmad zaky	39	Less
9	Rizky pahlevi	39	Less
10	Desta saputra	39	Less
11	Muhammad Fadhil.F	40	Medium
12	Rifqi andika	40	Medium

The data in the table above shows that of the twelve students in the volleyball extracurricular program at SMAN 1 Marabahan, three were in the very poor category. Of the total number of respondents, six were in the “poor” category, two were in the

“moderate” category, and one was in the “excellent” category. Of the twelve students in the sample, only one received an excellent category score on the Brady passing test in volleyball, and no other student received a decent category in the allotted sixty seconds.

Discussion

In forming a perfect game, each individual in the team must master good playing techniques and strategies. Techniques in playing can determine the winning and losing of a team. Therefore, every student should have a basic understanding of volleyball skills to improve academic progress in the sport (Fauzi et al., 2022). There are several tactics in volleyball games that students need to understand. Here are some techniques of volleyball games: smash (attack blow), passing (passing the ball), and service (first hit), which includes lower and upper serves. Open smash, fast smash, long smash, and block are some styles of smash. The author will examine the down passing strategy of SMAN 1 Marabahan students using the following strategies.

Soccer is a game that demands a high level of passing accuracy. Up passing and down passing are the two main passing styles used in volleyball games. Receiving a smash or serve from an opponent can be made easier by passing. The first step in preparing for an attack is to pass it. This result of passing plays a role in making it easier for players to direct the ball to the feeder and receive service so that it will produce points. Passing that is accurate and kills the opponent will result in big points for the team. Apart from attacking, passing is also used to defend (Nugraha, et al. 2020). In this study, lower passing will be analyzed. Using both hands to receive the ball is known as underpassing. Apply to the joints up to the elbow which is above the wrist. It is a common habit to receive serves and counterattacks from opponents using this underpassing method. Strong hand placement, both hands close together, and a constant ball underneath are necessary for a solid downhill passing technique.

CONCLUSION

It can be concluded that the volleyball underpassing ability of extracurricular students of SMAN 1 Marabahan is in the lacking category after research and data evaluation in the subject. This finding is based on the low results of passing tests on students at SMAN 1 Marabahan as well as the analysis of students in performing basic volleyball passing techniques. The basic technique of passing will be less than ideal because the student's body is still standing upright, the legs are not bent, and the view is not focused on the ball.

ACKNOWLEDGEMENTS

Thank you to the extracurricular students of SMAN 1 Marabahan who have helped the implementation of the research.

CONFLICT OF INTEREST

This study has no conflicts of interest related to the reported research.

REFERENCES

- Bangun, S. Y. 2019. "Peran Pelatih Olahraga Ekstrakurikuler Dalam Mengembangkan Bakat Dan Minat Olahraga Pada Peserta Didik". *Jurnal Prestasi*, 2(4), 29.
- Dwi, M., & Pratiwi. (2020). "Pembelajaran Bola Voli". In *Analisis Standar Pelayanan Minimal Pada Instalasi Rawat Jalan di RSUD Kota Semarang* (Vol. 3).

- Fauzi, M. S., Cahyono, D., Naheria, N., & Ningsih, F. (2022). Pengaruh Latihan Forward Raise Dan Dumbell Pull Over Terhadap Kemampuan Servis Atas Bola Voli Pada Mahasiswa Pendidikan Jasmani Universitas Mulawarman. *Jurnal Pendidikan dan Konseling (JPDK)*, 4(6), 10075-10083.
- I, Sholihah, P. (2021). "Komunikasi Interpersonal Pelatih Terhadap Motivasi Berprestasi Atlet". *Imroatus Sholihah. Kesehatan Dan Olahraga*, 95-104.
- Julianur, J., Fauzi, M. S., & Sukriadi, S. (2020). Pengembangan Permainan Sevolbas Dengan Pendekatan Pembelajaran Integrated Untuk Pembelajaran Bola Besar Penjasorkes Sekolah Dasar. *Jendela Olahraga*, 5(1), 73-85.
- Lestari, R. Y. (2016). Peran Kegiatan Ekstrakurikuler Dalam Mengembangkan Watak Kewarganegaraan Peserta Didik. *Untirta Civic Education Journal*, 1(2), 136-152.
- Nugraha, A. A., Hamdiana, H., & Sapulete, J. (2020). Analisis Keterampilan Teknik Dasar Bola Basket pada Siswa SMA Negeri 1 Tenggara Seberang. *Borneo Physical Education Journal*, 1(2), 10-21.
- Ridwansyah, R., Huda, S., & Fauzi, M. S. (2021). Survei Minat Dan Motivasi Siswa-Siswi Dalam Mengikuti Kegiatan Ekstrakurikuler Futsal Di Smp Negeri Kota Samarinda. *Borneo Physical Education Journal*, 2(1), 64-73.
- Suharsimi Arikunto. (2002). *Prosedur penelitian suatu pendekatan praktis*. Jakarta: Rineka Cipta
- Syawal, S., & Cahyono, D. (2021). Pengaruh Latihan Double Leg Bound Dan Knee Tuck Jump Terhadap Kemampuan Smash Bola Voli. *Jurnal Ilmiah Humanika*, 4(1), 66-75
- Taufik, I. (2016). Pengaruh latihan dengan menggunakan permainan net Terhadap peningkatkan passing atas bola voli peserta ekstrakurikuler bola voli SMKYpkk 1 Sleman Tahun 2015/2016. *Skripsisarjana, Universitas Negeri Yogyakarta, Yogyakarta*.
- Wibiwo, B. (2013). *Jurnal Pendidikan Jasmani. Journal of Chemical Information and Modeling*, 53(9), 1689-1699.
- Wicaksana, E. S., & Sapulete, J. J. (2021). Hubungan Kecepatan, Kelincahan, Dan Kelentukkan Dengan Menggiring Bola Siswa Ekstrakurikuler Smp Negeri 1 Muara Badak Kalimantan Timur. *Borneo Physical Education Journal*, 2(1), 31-37.
- Winarno, M. E. (2006). *Tes ketrampilan olahraga*. Malang: Laboratorium Jurusan Ilmu Keolahragaan Fakultas Ilmu Pendidikan Universitas Negeri Malang.