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VOLLEY BALL PASSING LEARNING MODEL FOR STUDENTS AGE 11-12 YEARS

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Abstract. *The purpose of this study was to produce a product of Learning Passing Learning Model Age 11-12 Years in Elementary School. The learning model is expected to help teachers during the physical education learning process, especially in volleyball. This study uses the ADDIE method. The results of the study resulted in a product in the form of a Passing Learning Model for the Age of 11-12 Years which had been validated and revised by 22 experts. Data were collected through documentation, interviews, and observations. Data analysis was done descriptively. The results of the study were in the form of a Passing Learning Model book for 11-12 Years Old. Based on the results of the study, it was proven that the Passing Learning Model for the Age of 11-12 Years could be developed and applied in volleyball learning in elementary schools. The Passing Learning Model of 11-12 years old can make a positive contribution in supporting the achievement of goals in physical education learning in elementary schools, because besides being able to improve volleyball under-passing skills, students can be motivated to do a variety of learning.*

Keyword : volley ball, passing, learning model.

INTRODUCTION

In volleyball learning if a teacher is lacking in developing creativity, students lack interest in participating in learning, for that a teacher must be able to carry out tasks and adopt learning models that can help students' problems and achieve educational goals, especially in the lower and upper passing sections of the game. volleyball. This can be done with gradual learning. "or to provide instructors/coaches the proper steps to instruct others, not necessarily feedback on their own performance"(Nadu, 2016).

The learning of lower and upper passing in volleyball for elementary school children has arrived at basic development, so in later learning the children will do interesting lower and upper passing models to do. With interesting learning, it is hoped that there will be reciprocity between students and teachers. "The knowledge obtained in this regard reveals that an effective factor for skillful performance is to provide the required information to improve the function. The information that is known as feedback refers to the data obtained through the response received during or after the movement" (Hashemian, Yaghoubi, Rengasamy, & Valiolah, 2012) Changes in the teacher's learning paradigm from the traditional model towards the development of various aspects of learning are needed. This

requires teachers to have various kinds of knowledge in learning, there must be a change in the teacher's mindset in learning. "As these authors indicate, the traditional view of teaching games and sports puts emphasis on the mastery of techniques by means of drill practice, as a fundamental requirement that must precede the progressive introduction to the tactical elements in game context."(Pereira, Mesquita, & Graça, 2010). Doing a good pass is not an easy thing. For novice students, they often pass imperfectly, even if the ball runs away from mastery. Errors that often occur when passing, one of the contributing factors is that they have not mastered the volleyball passing technique correctly. So that students can master the material of passing ball techniques correctly, a good way of learning is needed. "There is no doubt that the importance and effectiveness of basic skills in volleyball represent the main base for effective performance and achieving good results. Evaluation of these skills is a helping aspect, so decision making is very important in individual's educational process if connected with volleyball as it is one of the games which require great mental and movement concentration."(Djamel & Mohamed, 2015).

Volleyball was originally a game that was carried out as a mere "fad". The possibility of developing into a popular sport

that is popular today. Volleyball is a team sport played by two teams with each team consisting of six players. "Volleyball game is a game that uses the ball to be bounced (volleyed) in the air back and forth over the net (net), with the intention of being able to drop the ball in the opponent's field in order to seek victory." (Hidayat, 2015). Volleyball sports have characteristics according to the types of skills contained in the game in question, volleyball games have various techniques. These various techniques are used to achieve optimal performance. Optimal performance is impossible to achieve without having a good basic technique. "There is no doubt that the importance and effectiveness of basic skills in volleyball represent the main base for effective performance and achieving good results." (Djamel & Mohamed, 2015). Passing down is one of the defensive techniques by receiving the ball with a scooped style. The serve has grown tremendously, used to attack and take the initiative in the match. Because the reception of the service must be able to balance the service, so that the reception of the service will determine the course of the match. Because if the acceptance is wrong, then most likely the number will be won by the opponent. "Over a game or globally in a tournament, not establishing differences in the type of service depending on the game time in which the player is. are establishing, whether there are significant differences

between the use of one serve or another." (Jiménez-Olmedo, Penichet-Tomás, Sáiz-Colomina, Martínez-Carbonell, & Jove-Tossi, 2012). Passing down is one technique to receive a difficult serve, because this way you will have the opportunity to direct the ball at will. The most effective under passing during the game is by accepting the underpass from the various difficulties that will be faced, so that the underpass becomes perfect or good. "The basic technique of volleyball consists of various movements. The movement referred to here is a movement with basic techniques that are done correctly. Mastery of basic volleyball techniques, including setup, passing, smash, and block." (Yusmar, 2015). In volleyball, a defender has a bigger role than the other players. This means that the process of forming the bottom pass must be trained so that it can be mastered properly by the athlete concerned.

Child's physical development

starting from the body muscles that get stronger and followed by coordinated movements gradually. This is the initial process of growth and development. This includes biological growth such as brain, muscle and bone growth. At the age of 10 years, both men and women have increased their height and weight by approximately 3.5 kg. However, after adolescence, which is 12-13 years, girls develop faster than boys. Almost every organ or body system is

affected by these changes. Early puberty (prepubertal) and late pubertal (postpubertal) adolescents differ in outward appearance due to changes in body proportions and the development of primary and secondary sex characteristics. Although the sequence of events of puberty is generally the same for everyone, The timing of the occurrence and the speed at which it occurs vary. On average, girls start puberty 1.5 to 2 years earlier than boys. "These changes occur rapidly which cause confusion in adolescents. The physical changes that can cause problems in teenage boys are the most prominent being a taller body, changes in voice and mustache growth, and wet dreams. Meanwhile, for girls, the most common problems are menstruation, changes in body weight, and breast growth." The physical changes that can cause problems in teenage boys are the most prominent being a taller body, changes in voice and mustache growth, and wet dreams. Meanwhile, for girls, the most common problems are menstruation, changes in body weight, and breast growth." The physical changes that can cause problems in teenage boys are the most prominent being a taller body, changes in voice and mustache growth, and wet dreams. Meanwhile, for girls, the most common problems are menstruation, changes in body weight, and breast growth."(Permana, 2013).

While sitting in a small elementary school class, children begin to be confident

but also often have low self-esteem. At this stage they begin to try to prove that they are "mature". They feel "I can do the task myself, so this stage is called the "I can do it myself" stage. They are able to be given an assignment. Children's concentration power grows in the large grades of elementary school. They can spend more time on assignments their choice, and often they are happy to complete it."Cognitive behavior, students who have a concentration of learning can be characterized by: readiness of knowledge that can appear immediately when needed, comprehensive in interpreting information, applying the acquired knowledge, and being able to analyze and synthesize knowledge which is obtained."(Ulfiani Rahman, 2009).

This stage also includes the growth of independent action, cooperation with groups and acting in ways that are acceptable to their environment. They also begin to care about fair play. During this time they also begin to judge themselves by comparing them to others. Children who find it easier to use social comparisons, especially for social norms and the suitability of certain types of behavior. As children grow older, they tend to use social comparisons to evaluate and assess their own abilities. At the age of 11-12 years, growth tends to be relatively slow. Although growth is slow, but has a fast learning time and this situation can also be considered as a consolidation of growth

which is characterized by perfection and stability of existing skills and abilities compared to newly learned ones. Physical growth in children is measured by changes in body size and/or composition as well as physical profile. Physical activity is considered as a key factor for a healthy physical and mental development of children”(Hänschke, Paas, & Hilmann, 2004).

At that time there was also a change in which children initially moved from the conditions of the home environment to the school environment. Massive arrangements are needed for the development of tasks at that age. In elementary school-aged children, the obvious growth is the increase in the length of the arms and legs, the coordination between hands and eyes and the feet and eyes also improves. Courage is also more developed, this occurs in both boys and girls. Girls should therefore be guided to develop upper body strength which is very useful for maintaining their weight. “These differences in physical characteristics and abilities are important to know in efforts to develop sports achievements, especially in early coaching. Characteristics of physical abilities that are displayed in youth are the basic capital that can later be developed in an effort to achieve achievement in the appropriate sport. The talent monitoring program as a first step in coaching sports achievements can be based on the

characteristics and physical abilities possessed ”(Hermayanti & Mardiah, 2008).

At this time sports activities are highly recommended for elementary school-aged children, the continuous growth and coordination will experience improvement at these ages, but what really stands out is the development of balance and skills, especially in doing athletic sports. Basic motor skills and developments during this period that are most prominent are: “Balance, boys have better balance and skills than girls. Accuracy, girls usually have better accuracy than boys. Agility, girls have better dexterity until the age of thirteen years. Boundary control (control), girls have better control than boys at this age, but after the age of fourteen boys make better progress. Strength, boys do have greater strength than girls.” (Ministry of National Education. 2007)

In conclusion, basic motor skills are very important in providing sports training programs and for girls it is very important to emphasize balance, agility, control and strength exercises which will be useful for future body development. Associated with the above, the basis for developing underpassing in schools is the need for students' physical fitness. Physical fitness is a physical condition related to the ability and ability to function at work optimally and efficiently. “Physical fitness is closely related to human activities doing work and moving. A person will be able to think optimally and

have good performance if he has good fitness.(Janah,2017).

Universally, the development of various psychological aspects of children according to their age level will pass through certain stages. Researchers have identified the age and stages and characteristics of children's psychological development which includes aspects of thinking, language, personality, morals, and related questions that can help in the selection of literary readings. In addition to the aspects mentioned by Brady, this development also involves a physical aspect. There are certain things that become the basis of thinking in testing the stages of development and children, namely as follows.

First, the consideration of children's interest in a reading must be seen as a more important selection criterion than the assumption of compatibility made by adults. Second, an understanding of children's development in general and of the stages of development in particular will provide valuable information in the selection of children's reading. Third, understanding the stages of child development will help in reading selection, but it is not something rigid, not a fixed price (Nurgiiyantoro, 2005).

METHOD

The research that the author proposes is a research that uses a mixed methods research approach. Research and model

development in this study uses the ADDIE model which consists of five steps. However, due to these conditions and circumstances, the researcher only used 3 stages of development. The main research subject in the development of volleyball passing learning models in the upper grades of elementary school. In planning the product of volleyball underpassing learning for elementary school students, the research design and development of the research model applied 29 learning models.

RESULTS AND DISCUSSION

Learning models volleyball Bottom Passing For Upper Class Students which will be developed is the result of the problems found by researchers in the field through observations and interviews with elementary school students and teachers of physical education, sports and health. Based on observations and interviews conducted by researchers, the general objectives of the learning model are obtained Volleyball Bottom Passing For Upper Class Students, in addition to some general goals, researchers can also find out some of the characteristics of the subject of the learning model Volleyball Bottom Passing For Upper Class Students which will be developed.

After conducting the data collection stage and drafting a locomotor learning model for mentally retarded students. The next step is to conduct an expert test where the goal to be achieved is to obtain the

feasibility or validation of the model made with direct assessment from the expert. Researchers present 3 experts in assessing the feasibility of the volleyball bottom passing learning model. Where the 3 experts are experts in the field of volleyball. Then the results of the volleyball passing learning model are 11-12 years old.

Starting from the learning principle of easy, medium and complex, from these principles, the researchers made a learning model for volleyball under the age of 11-12 years. In this analysis, which was adjusted to the needs of the field, 22 models of volleyball underpassing learning were created at the age of 11-12 years.

From the results of the learning model obtained, the researcher conducts a validity or feasibility test by experts starting from the initial draft model to the final draft model to improve the product model by evaluating, providing input for improvement with conceptual analysis and further revision. So in the analysis that is tailored to the needs of the field

Seeing the advantages and disadvantages of the products made, there are inputs that the researcher will convey in order to achieve the perfection of this product, while the inputs are as follows:

- a) The provision of material is adjusted to the basic technical ability of students in learning and the need for repetition in learning activities so that

students really understand the material given.

- b) Characteristics and understanding of students, requires the teacher to provide explanations to students to learn tactics in playing with the formation that will be used so that in addition to understanding the formation they also understand the role in the position to learn volleyball underhand passing.

1. Product Discussion

The exercise model developed and made by the researcher is a product that aims to assist teachers in learning to improve volleyball bottom-peaing skills. This learning model is made based on the level of student needs, especially the ability to pass down volleyball. After reviewing some of the weaknesses that need improvement, this product can be conveyed some of the advantages of this product, including:

- a) Increase attack ability
- b) As a reference for teaching
- c) Donations for science, especially for physical education teachers
- d) This learning model is carried out from easy to difficult things
- e) The time used can be used optimally
- f) This model can be seen in the form of modules or books.

2. Product Limitations

This development research has been maximally pursued in accordance with the

abilities of the researcher, but in this study there are still some limitations that must be acknowledged and put forward as consideration in generalizing the results of the research achieved. These limitations include the following:

- a) Field trials of this research would be even better if carried out on a wider scope
- b) The products used are far from perfect.
- c) The facilities and infrastructure used are still limited.
- d) Explanations and regulations in the attack training model are still far from perfect.

CONCLUSION

Based on the data obtained, from the results of field trials and discussion of research results that the 11-12 Year Old Passing Learning Model can be developed and applied in volleyball learning in Elementary Schools. The 11-12 Year Old Passing Learning Model can effectively improve the ability to pass under the ball volleyball in elementary school children. The Passing Learning Model of 11-12 years old can make a positive contribution in supporting the achievement of goals in physical education learning in Elementary Schools, because in addition to improving volleyball bottom passing skills, students can be motivated to do a variety of learning. Thus, it is possible that this learning model can also be applied by physical education

teachers to improve the ability of their students to improve volleyball underpasses.

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