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DEVELOPMENT OF VOLLEYBALL LOWER PASSING SKILL MODEL FOR JUNIOR HIGH SCHOOL EXTRACURRICULARS

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Abstract This study aims to obtain empirical data on the effectiveness and results of the volleyball lower passing skills model. This type of research is research and development (R&D) with a pre-test and post-test design. The data analysis technique collects effectiveness test data using the t test with SPSS software. The effectiveness test was conducted on volleyball extracurricular participants at SMPN 15 Depok City, totaling 40 children who were given treatment using a variety of volleyball lower passing skill models for 4 meetings. The volleyball lower passing research instrument was carried out with a 1-minute lower passing test. The results of the study based on expert validation, it can be said that there are 12 models of lower passing skills based on media modifications that are considered feasible. And based on the quality of the model, this model is in the GOOD category, with a score of 88. In addition, after testing the effectiveness of the model, it can be seen that this skill model is effective for improving volleyball lower passing skills with a p value = 0.000 < 0.005. So, it can be interpreted that there is a significant difference between the average of the experimental group and the control group. So, it can be concluded that giving experimental treatment has a significant effect compared to the control group.

Keywords: model, lower passing; volleyball, extracurriculars



INTRODUCTION

One of the popular sporting activities present in Indonesian society is volleyball. In big ball game activities, volleyball is often the sport of choice as well as for beginners to adults. Supported by the popularity of volleyball games in the culture of the community, making volleyball games very familiar to the community so that it is relatively easy to teach. The existence of a club is a forum for breeding and developing sports that have the talent and potential to be developed both for beginners and adults. High achievement is achieved not only because of one's talent but external factors, namely training.

Volleyball is a game played in the form of team work or teamwork, where each team's area is limited by a net (Mawarti, 2019). Each team tries to pass the ball as quickly as possible to the opponent's area, using legal techniques and tactics and playing the ball. One of the things that determines a person's success in mastering skills in volleyball games is that there are components such as technique, physical, tactical and mental.

Technique is the focus of this study because in addition to mastering

the technique itself must be done and trained continuously, good technical training can also produce skills in volleyball games (Bakhtiar, 2020). The technique factor is closely related to the special skills possessed by a person and can be improved by regular and intensive training properly and correctly in order to develop special skills and optimize one's skills.

The lower passing technique is the main basic technique that volleyball players must master well because it will have an impact on the series of volleyball games. According to (Rahmadi, 2019) The lower passing technique is widely used by beginners, because this lower passing technique is not too difficult but also not easy to do for novice athletes and is the basis for players to develop other lower passing techniques. In other words, this passing technique is important to be considered properly and carefully so that the ball's contact and direction are more directed.

In addition, according to (Alviana, 2020) passing techniques in volleyball games can be interpreted as a way to play the ball efficiently and effectively in accordance with the applicable game rules to achieve an optimal result.

Exercise is a physical activity that is regular, systematic, and sustainable in such a way as to improve the ability to do work and improve physical fitness or physical abilities (Hariadi & Winarni, 2021). Training is a work process that is carried out systematically and continuously (Palar, 2019). A suitable and appropriate training model with characteristics is expected to help the process of forming movement skills.

In volleyball training, it is not only taught through clubs but has penetrated into extracurricular activities at school. According to (Prastyo, 2018) Extracurricular activities in physical education are very important because they are a forum for channeling talent and forming achievements. In addition, according to (Zulkarnaen, 2021) Extracurricular sports is one of the extracurricular activities carried out outside the official hours of educational institutions, meaning that extracurricular activities take place when school learning hours are over. With extracurricular activities, students can increase their knowledge and provide opportunities for students to develop their talents.

Exercise variation is an activity that can stimulate a person's creativity and thinking optimally without the child feeling forced to do it (Priyanto, 2018). During the training period, it is important to have something that can be used as a training variation that will certainly support performance. Training variations for a person can provide lessons or experiences on how to adapt both with the environment, other people, and with themselves.

According to (Susiono, 2019) The training model is an activity that is carried out over a long period of time and is systematic and progressive according to the level of individual ability, has the aim of forming physiological and psychological functions that qualify for the tasks of sports activities. From the variety of game-based training models designed by researchers, it has been adjusted so that the concept of training that can maintain and improve the ability to master movements, especially lower passing, can be effective.

METHODS

In general, the results of this study aim to determine the process of developing a volleyball lower passing training model and determine the

effectiveness of the volleyball lower passing training model process.

The method used in this study is by giving a volleyball lower passing skill test by passing down for 1 minute (60 seconds) to 40 volleyball extracurricular students at SMP Negeri 15 Depok City.

Research instruments play an important role in quantitative research because of the quality of the data used. The instrument used was a 1-minute (60-second) lower pass scoring sheet. Construct validity and reliability were calculated using Pearson correlation using SPSS.

RESULTS AND DISCUSSION

The results obtained from this study at SMP Negeri 15 Depok City on 40 students participating in volleyball extracurricular activities and assessments

were tested for validity and reliability using Pearson correlation which resulted as follows:

Based on the results of the independent t test between the experimental and control groups, the sig value is $0.004 < 0.05$ so that it can be interpreted that there is a significant difference between the average of the experimental group and the control

group. So, it can be concluded that giving experimental treatment has a significant effect compared to the control group.

The media modification-based lower passing skill model developed and made by researchers is a product that aims to assist coaches in training volleyball playing skills, especially lower passing. Based on expert validation, it can be said that there are 12 models of lower passing skills based on media modifications that are considered feasible. And based on the quality of the model, this model is in the GOOD category, with a score of 88. In addition, after testing the effectiveness of the model, it can be seen that this skill model is effective for improving volleyball lower passing skills with a value of $= 0.000 < 0.005$.

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