
THE INFLUENCE OF DRILL PRACTICE ON VOLLEYBALL BOTTOM PASSING ABILITY IN CISUKADANA STATE ELEMENTARY SCHOOL

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Abstract

The purpose of this research is to determine the effect of drill training on the lower passing ability of volleyball players at Cisukadana State Elementary School. The main problem in this research is that students' abilities in playing volleyball are still lacking, especially in the lower passing technique. This can be seen when the sport takes place, students have difficulty doing it. Apart from that, when the ball is bounced, students often don't pass, this is due to the lack of variety in learning volleyball, especially in passing, which causes the ability to pass less at Cisukadana State Elementary School. This research method uses the pre-experimental method with a one group pre test-post test design research design. The subjects in this research consisted of 15 grade IV students at Cisukadana State Elementary School. The data collection technique was carried out using pretest and posttest methods to obtain initial data using a volleyball underpassing skills test. Meanwhile, the data analysis technique uses descriptive statistical analysis and inferential analysis. Data is collected through observation, documentation and tests, data is analyzed quantitatively. The results of the research show that there is an effect of drill training on the bottom passing ability of volleyball players at Cisukadana State Elementary School. The findings of the sg hypothesis, (2-tailed) 0.000 are smaller than 0.05, meaning there is an effect of drill practice on the bottom passing ability of volleyball players at Cisukadana State Elementary School.

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INTRODUCTION

Physical education is an inseparable part of human life, through physical education humans can learn more things related to affective, cognitive and psychomotor skills which are human preparations for achieving life goals. (Susanto et al., 2021) Sports and health physical education is one of the most enjoyable subjects because in sports and health physical education lessons students can carry out learning activities, play and collaborate with friends or teams, who in the learning process prioritize physical activity and healthy living habits lead to growth with appropriate, harmonious and balanced physical, mental and social development (Fajar, 2020)

In physical education there is the game of volleyball. The game of volleyball in Indonesia is one of the games that is very popular, so the development of this game, which is played by two teams, each consisting of six people, is very fast. The game of volleyball is the same as other sports which have several basic techniques, but the most basic thing in volleyball is that you must first master passing.

Volleyball is a prestigious and accomplished sport not only in Indonesia but also throughout the world. Volleyball is currently experiencing very rapid development and even organizations used as a forum for coaching athletes have spread to all countries throughout the world (Muhaimin & Yusuf, 2019) The sport of volleyball is growing rapidly in Indonesia because people prefer sports that can be played easily, so it is possible that there is a warehouse of quality athletes in Indonesia (Nailufar, 2022). The sport of volleyball is a sport that has quite a lot of interest among the public. This is because volleyball can be played by any group, and of unlimited ages . According to "Volleyball has been identified as one of the five most practiced sports in the world." Apart from that, the increasing development of world volleyball civilization is shown by the many large match events that hold volleyball tournaments both in Indonesia and abroad. In the game of volleyball, of course there are basic techniques and techniques in attack or defense.

There are two passing techniques, namely upper passing and lower passing. Both have different levels of difficulty . Top passing is relatively more difficult than bottom passing. Underpassing is a pass that is often used by novice players because this type of passing is a very simple and easy pass. Bottom passing is used to receive serves , spikes that are directed hard (hand driven), falling balls, and balls that are heading towards the net. (Subanrna, et al. 2023: 157)

One of the basic techniques that volleyball players must master is underpassing. According to Hidayat (2020:806) "Passing supports the success or failure of a volleyball game, both during defense and attack." According to Achmad (2019:51) "Technical training is special training intended to form and develop motor and neuromuscular habits." Good down passing ability is the player's ability to control the ball coming from various directions in certain situations. A player's ability to control and control the ball by passing is important in a volleyball game. Because lower passes can be used to receive serves and receive attacks from opponents or can be called defense in play.

According to Ritimiasih Yulia (2021:48) "Underpassing is used by players to pass the ball to teammates in defense or attack tactics." A player is expected to have a good down pass because a player having a good down pass is the first step to planning an attack, because without a good receiving serve and directing the ball towards the feeder well, the chances of getting points are very small. So the bottom passing technique is done correctly, there is a high probability of receiving an attack from the opponent successfully, so that a good game will occur and the opportunity to spike to get points will occur. Underpassing is playing the ball using two hands. Underpassing is playing the ball using two hands. Underpassing is used to receive serves and receive attacks from opponents.

Common problems that often occur in the practice of learning volleyball game activities include student characteristics and student abilities. The characteristics of so many students with different levels of intelligence mean that Physical Education teachers must be more creative and innovative

to maintain students' active learning time as optimally as possible. The different levels of intelligence of students will be clearly visible when learning the game of volleyball, such as differences in students' understanding of one another regarding the basic concepts of the game of volleyball. Students have different levels of understanding as evidenced by the discovery that there are differences in the various basic techniques of playing volleyball used by students. It can be seen that there are those who enjoy playing volleyball and there are also those who don't like it. For example, there are students in elementary school who are active in participating in volleyball activities and there are students who just keep quiet. However, students who are less active only watch and instead do activities outside of playing volleyball, usually students chat, snack, etc. Student Skills/Abilities. There are so many students with different levels of intelligence. The different levels of intelligence of students will be clearly visible when learning the game of volleyball, such as differences in students' understanding of the basic concepts of passing. Students have different levels of understanding as evidenced by the discovery that there are differences in the various basic passing techniques used by students. (Ramat: 2020: 33)

Based on the results of observations on February 23 2024 at Cisukadana State Elementary School, the students' abilities in playing volleyball were still lacking, especially in basic down passing techniques. This was seen when the sport was taking place, students had difficulty making down passes, apart from that, when the ball was bounced, students often made down passes. not yet, this is due to the lack of variation in volleyball learning, especially in down passing, which causes students' under passing ability to be lacking.

One of the things that teachers can do to improve students' passing ability in volleyball is to implement drill exercises. The drill method is an exercise method or training method which is a good teaching method for instilling certain habits. Also as a means to obtain dexterity, accuracy, opportunities and skills. The training or drills given by the coach are truly useful and in accordance with the athlete's needs, appropriate and

constructive correction is always given when the athlete makes mistakes, supervision of every detail Movements are carried out carefully, and any movement errors are immediately corrected. The steps for implementing the drill method are as follows: 1) students should be given an in-depth understanding of something to be trained before starting the exercise, 2) the first exercise should be diagnostic, if the exercise is not successful then the teacher needs to make improvements, Next, make improvements, 3) practice time is relatively short, but carried out frequently, 4) practice should be adjusted to the level of ability of students, 5) practice should prioritize things that are essential and useful. Using the drill training method can improve volleyball passing ability. drill students gain dexterity and proficiency in carrying out movements according to what they are learning, which will give rise to students' self-confidence who are successful in learning, because they have special skills that will be useful in the future (Partini, 2019). With the drill method as a form of training, students did not realize while following the treatment that the habit of making repeated under passes had an impact on their ability to make under passes in volleyball games which was getting better day by day. Based on the above , the researchers were interested in examining the effect of drill training on Volleyball passing ability at Cisukadana State Elementary School.

RESEARCH METHOD

Quantitative research is a methodology used with a *pre-experimental design, one group pre-test and post-test* , which is carried out on one group without a control or comparison group. Pre-experimental design is a design that includes only one group or class that is given pre- and post-tests (Sugiyono, 2016). *One group pre test-post test* design is a research activity that provides an initial test (*pre test*) before being given treatment, then after being given treatment then gives a final test (*post test*) (Arikunto, 2010: 124). The data collection techniques used were initial tests, training programs and final tests. The data analysis techniques used are normality test, homogeneity test and hypothesis test.

RESULTS AND DISCUSSION

Based on the results of the pretest and posttest carried out in class IV of Cisukadana State Elementary School, the results of the volleyball drill practice test were obtained as follows:

Name	Pretest Value	Posttest Value
S1	15	23
S2	17	25
S3	13	20
S4	12	18
S5	14	22
S6	15	24
S7	12	20
S8	16	23
S9	13	21
S10	14	20
S11	15	23
S12	11	18
S13	10	17
S14	15	22
S15	14	23
Average	13.73	21.26
Smallest Value	10	17
Greatest Value	17	25

Based on the table above, it shows that the average value of the pretest data is 13.73 and the average value of the posttest data is 21.26. There is a significant difference in the averages. Apart from that, the smallest value of the pretest data is 10, while the smallest value of the posttest data is 17. The largest value is the pretest data was 17 while the largest value for the posttest data was 25.

NORMALITY TEST

Normality testing used the Shapiro Wilk normality test with the help of SPSS version 21 with a significance level of 0.05 . The normality test results are as follows:

Tests of Normality			
	Shapiro-Wilk		
	Statistics	df	Sig.
Pretest Results	,967	15	,808
Posttest Results	,943	15	,423

The pretest normality test produces a significant value of 0.808 because 0.808 is greater than 0.05, so the pretest data normality test has a normal distribution, while the posttest normality test produces a significant value of 0.423 because 0.423 is greater than 0.05, so the posttest data normality test also has a normal distribution. Thus, both pretest and posttest data are normally distributed.

HOMOGENEITY TEST

Homogeneity testing with the help of SPSS version 21 with a significance level of 0.05 . The normality test results are as follows:

Test of Homogeneity of Variances

Levene Statistics	df1	df2	Sig.
,085	3	7	,966

Based on the homogeneity test, a significant value of 0.966 was obtained because 0.966 is greater than 0.05, so the data is homogeneous

HYPOTHESIS TEST

Based on the results of the normality test and homogeneity test, it shows that the data has a normal and homogeneous distribution. Hypothesis testing with the help of SPSS version 21 with a significance level of 0.05. The results of the hypothesis test are as follows:

Paired Samples Test

	Paired Differences					t	df	Sig. (2-tailed)
	Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
				Lower	Upper			
Pretest Results - Posttest Results	-7,533	,915	,236	-8,040	-7,026	-31,870	14	,000

As can be seen in the table above, it shows a significant value of 0.000 because 0.000 is smaller than 0.05, so there is an influence of drill training on volleyball bottom passing ability at Cisukadana State Elementary School. This is in accordance with research

conducted by Ali Muhaimi and P. Muhammad Yusuf (2019), entitled "The Effect of Bottom Passing Training Using a Wall Bounce Target and Passing in Pairs Using a Rope on Bottom Passing Ability in the Momtong Baan Men's Club Volleyball Game, East Lombok 2019". Based on the results of the t-test calculation, the t-count for group 1 is 7.751 and group 2 is 5.517 which is compared with the t-table at a significance level of 5% at the n-1 degree of freedom (5-1=4, namely 2.132) so that it can be concluded that there is an influence of down passing training using a wall target (wall bounce) and pair passing using a rope on the down passing ability of the men's volleyball club Montong Baan East Lombok in 2019.

CONCLUSION

Data from the assessment of students' underpassing shows that drill training has an influence on students' underpassing at Cisukadana State Elementary School. The Sig value from the hypothesis test findings increasingly supports this. Sig. (2-tailed) $0.000 < 0.05$. Therefore, if H_0 is rejected or H_1 is approved, it means that drill training on students' passing ability at SD Negeri Cisukadana has had an influence.

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