



Direct Training Method: Top Passing over Application in the Volleyball

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Abstract

This study aims to determine the effect of direct passing training methods on the ability to pass over on extracurricular activities in Padang 7 State High School. This research method is a quasi-experimental study. The population in this study were male and female students who participated in volleyball extracurricular totaling 30 people. The samples used were 20 sons. Sampling using a purposive sampling technique. After the pre-test, all samples were divided into 2 groups through matched ordinal pairing technique. The results of the study obtained t- count 2.62 while t- table of 2.23 with a significant level $\alpha = 0.05$ and $n = 10$. Based on the decision making above, $t \text{ count} > t \text{ table}$ ($2.62 > 2.23$). The implication of this research is the application of the passing practice method directly affects the ability to pass volleyball in Padang 7 High School.

Keywords: *Direct Top Passing Training Method; Volleyball Games*

Introduction

Improving the human beings' quality reflected on their efforts which aims to build personality, achievements, sportsmanship gaining nationalist feelings is called as sports (Perdana, Kristiyanto, Doewes 2018). It was meant to shape Indonesian people to be skilled, having stable health of mentally and physically to make them getting a distance from negative influences in order to transform into a positive behavior (Hidayat, Krisiyanto, Riyadi 2019).

Volleyball is a game played by two teams separated by a net, the game uses hands in a reflected way (PBVSI, 2004). Volleyball is a complex game using simple skills. We can find two teams on a playing court divided by a net. The object of the game: send the ball over the net to the other team and try to make a point (Skupies, 2017). Raiola, 2012, Tiziana et al (2017) volleyball is a sport whose accuracy is the most important aspect achieve victory action. Besides Atmasubrata (2012) volleyball is a game sport played by two opposing groups, each group has six players and there are also variations of beach volleyball games, each group only has two players.

The basic principle in volleyball is to hit the ball towards the enemy field in such a way that the opponent cannot return the ball to our area (Vierra & Fergusson, 2000). Volleyball game has basic techniques that must be mastered, the techniques in volleyball game consist of service, bottom passing, top passing, smash, and block (Ahmad, 2007: 20). In volleyball, the overhead pass is an important skill, both for passing the ball and for setting the ball for the attackers. Fine motor control is required for the involved sequence of movements (Ozawa, Uchiyama, Ogawara, Kanosue, & Yamada, 2019). Basic technique is the main factor besides the physical condition, tactics, and mentality of a player (Dinata, 2004). From some basic techniques, the most important technique in volleyball is passing over. Passing up is one of the basic techniques of volleyball by bouncing the ball using both palms to give the ball to his teammates, besides that the top passing is also used to receive the ball above the head, and the top passing can be implemented as a final pass before the smash is made towards defensive areas (Beutelstahl, 2008). Subroto dan Yudiana (2010) states that passing in volleyball is a way to play the first ball after being in a game due to an opponent's attack, an serve, or net play

The observations obtained by researchers on passing skills showed unsatisfactory results, what is more this is the extracurricular team who should be more understanding and understanding and can perform basic technical movements better than other students who do not participate in extracurricular activities. It turns out that in this extracurricular team there are still many students who find it difficult to carry out basic passing techniques, it was proven during the passing game for students who took volleyball extracurricular activities at SMA N 7 Padang there were still many who strayed and did not even arrive at tosser so that during the game suffered defeat.

The results of these observations are caused by several factors including, students pay less attention to the basic concepts of passing volleyball correctly and students are not yet able to explore their motor skills, so students are also less excited in undergoing extracurricular activities and also the lack of attractiveness of the training model that suits their hearts respectively.

Research Methods

This research method uses an experimental method in the form of a Quasi Experiment. Quasi Experiments or quasi-experimental according to Sugiyono (2014) is a design that is used because in reality it is difficult to get a control group that is used for research. According to Danim (2013) quasi-experimental research design is an experiment conducted under conditions that do not allow manipulating all relevant variables. By using a quasi-experiment aims to see the effect of the method of direct passing training directly on the ability to pass over the volleyball extracurricular activities at Padang 7 Middle School. The research design used in this study is "Design Pre-test and Post-test Group Design". The population in this study were students who took volleyball extracurricular totaling 30 people. The sample of this research is 20 people by doing in the selection of this research sample is purposive sampling.

Inferential statistics and descriptive techniques by sample t test formula was applied to analyze and describe the data. They also used to test the hypotheses in this research. It is necessary to find out the normality of the data before starting to analyze it by using test. Once it's done, it can be applied to test the two samples from different mean.

Result and Discussion

Pretest Results

The pre-test research data obtained a range of 18 with 11 as the lowest score and 29 for the highest score. From the analysis in the description of an average score of 20 and a standard deviation of 5.3. The pre-test frequency distribution is presented below.

Table 1. Pre-test frequency data distribution

Interval	F (absolut)	F (relatif)
11 – 15	5	25%
16 – 20	5	25%
21 – 25	7	35%
26 – 30	3	15%
amount	20	100%

Based on the frequency distribution table of 20 samples with 5 people (25%) having a passing ability of 11-15, 5 people (25%) having a passing ability of 16-20, 7 people (35%) having a passing ability of 21-25, 3 people (15%) have a passing ability of 26-30. So the conclusion of the pre-test data found 10 people are above the average and 3 people are below the average.

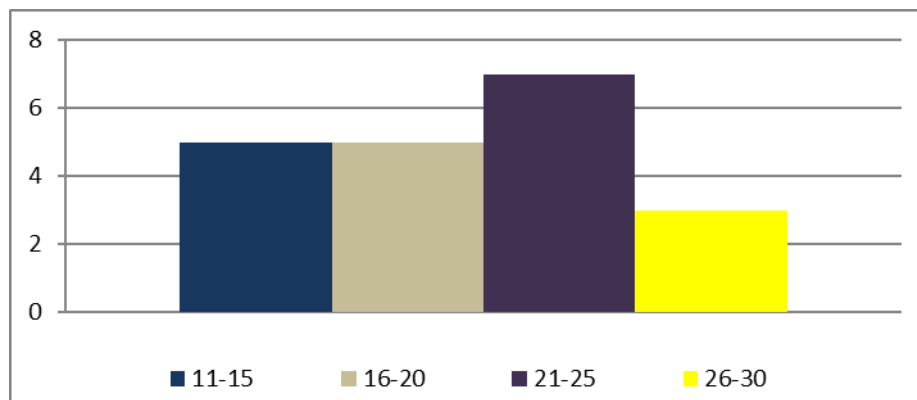


Figure 1. Histogram of the ability to pass over (pre test)

The results of the pre test that have been carried out when conducting the ability to pass the top test before being given treatment with a total of 400, the average is 20 and the standard deviation is 5.3.

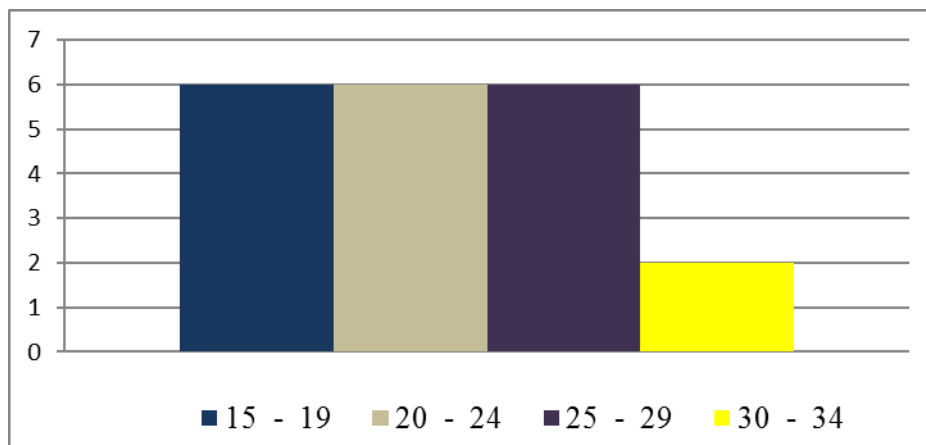
Results Post Test

The results of the post-test study obtained a range of 16 with 31 as the highest score and 15 for the lowest score. From the analysis on the average score score 23 and a standard deviation of 4.8. The analysis revealed an average score of 23 and a standard deviation of 5.3. The post-test frequency distribution is described as follow:

Table. 2 Post test frequency distribution

Interval	F (absolut)	F (relatif)
15 - 19	6	30%
20 - 24	6	30%
25 - 29	6	30%
30 - 34	2	10%
Amount	20	100%

Based on the frequency distribution table of 20 samples with 6 people (30%) having a passing ability of 15-19, 6 people (30%) having a passing ability of 20-24, 6 people (30%) having a passing ability of 25-29, 2 people (10%) have a passing ability of 30-34. So the conclusion of the pre test data found 18 people are above the average and 2 people are below the average.

**Figure 2. Histogram of passing ability above (post test)**

Based on the results of the post test that was carried out at the time of passing the ability to pass the test after being treated with a total of 458, the average was 23 and the standard deviation was 5.3.

Hypothesis Results

The hypothesis proposed first is that there is a significant influence of the method of passing direct training over increasing the ability to pass over on extracurricular activities in SMA N 7 Padang. This hypothesis was tested by t test formula. The results of the analysis of this hypothesis are described in the appendix and summarized in the table.

Table 3:T-Test Pre-Test and Post-Test Direct Top Passing Training Methods

Variable	N	T _{count}	t _{table}	explanation
Direct Top Passing Exercise Method	<i>Pre Test</i>	10	2,62	2,23
	<i>Post Test</i>			

The table above shows the influence of direct passing training method on increasing passing ability obtained by t_{count} 2.62 while t_{table} is 2.23 with significant level $\alpha = 0.05$ and $n = 10$. Based on the decision making above, $t_{count} > t_{table}$ ($2.62 > 2.23$). There is a significant influence by using the Direct Passing exercise method to increase the passing ability of extracurricular activities in SMA N 7 Padang.

Conclusion

There is a significant influence of the method of direct over direct training on increasing the ability of passing over on male students who take extracurricular volleyball at SMA N 7 Padang. The research results obtained t_{count} 2.62 while t_{table} of 2.23 with a significant level $\alpha = 0.05$ and $n = 10$, then $t_{count} > t_{table}$ ($2.62 > 2.23$). The mean difference test where the mean pre test passing ability over the group of direct passing exercises is 20 while the post test increases or the distance becomes 23 (increasing 3). An increase in the ability to pass over using the method of passing training directly above.

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