

Analysis of Basic Technique Ability of Underwear Passing in Volleyball at UPT SPF State Elementary School Labuang Baji I Makassar

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Abstract. This research is quantitative. It aims to determine the basic technical skills of volleyball underhand passing at the SPF Unit of Labuang Baji I Elementary School, Makassar. The population comprised the total number of students at the SPF Unit of Labuang Baji I Elementary School, Makassar. The sample size was 15 students. The sampling technique used was saturated sampling. The data analysis technique used was descriptive analysis. The results showed that the volleyball underhand passing skills at the SPF Unit of Labuang Baji I Elementary School, Makassar, were in the moderate category, with a percentage of 73.3 percent.

1 Introduction

Sports require special attention and development in the search for new talent and in efforts to improve the performance of athletes. Sport is a systematic process consisting of all activities or endeavors that can encourage the development and fostering of a person's physical and spiritual potential as an individual or a member of society. This involves games, competitions/competitions, and intensive physical activities to achieve recreation, victory, and peak performance, all in order to develop a holistic, high-quality Indonesian person based on Pancasila. Sport has become a global phenomenon, recognized by the United Nations (UN) as an instrument of development and peace. Therefore, the Indonesian government also views sports development as crucial, as it is believed to be a strategic and effective vehicle for improving the quality of human resources and shaping the nation's character.

In this regard, sports development and development need to be continuously improved in a focused, systematic, and sustainable manner to align with national development goals, particularly in improving people's welfare. A sport requires mastery of techniques and tactics appropriate to the chosen sport, a strong mentality, the

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necessary facilities and infrastructure for training and playing, and, importantly, good physical condition. These factors are interconnected and inseparable. Without good physical condition, it is impossible to effectively execute techniques, and without good tactics and mentality, one cannot achieve maximum performance.

Elementary school physical education courses offer a wide variety of materials, including volleyball. Volleyball is not only a recreational sport and a means of improving physical fitness; it also encompasses skills that have unique value for those who play it and can even be a source of pride. In other words, volleyball can be used as a means of self-expression based on one's abilities.

Volleyball is a game of hitting the ball in the air across the net. The goal is to land the ball into the opponent's court, preventing the opponent from returning it to score. In volleyball, there are several basic techniques that must be mastered, one of which is serving. As a key asset in volleyball, the ability to serve must be mastered by players to play the game effectively. Correct and precise movements when passing are likely to result in correct ball movement and benefit the player making the pass. Volleyball is a team sport, so good teamwork is essential. This requires the skills of each individual to win a match. Performance will improve because it is supported by individual abilities. Individual abilities, namely other techniques, need to be nurtured and developed. A volleyball player must master the basic techniques of volleyball. Basic movements in volleyball are a crucial factor for every volleyball player. Mastery of basic volleyball techniques is one of the elements that determines whether a team wins or loses in a match, alongside physical condition, tactics, and mentality. Most students still struggle to improve their basic volleyball techniques. The lack of understanding gained by students led the author to conduct research on volleyball underhand passing skills.

Based on the researcher's observations in physical education lessons, specifically volleyball, students often experience difficulties in performing underhand passing techniques. These difficulties include difficulty bouncing the ball, resulting in it being out of reach, and inaccurate contact with the ball, resulting in suboptimal passing. This motivated the researcher to conduct the research.

2 Research Method

This research is a quantitative descriptive study. Arikunto [1] states that "descriptive research is not intended to test a specific hypothesis, but merely to describe "what is" about a variable, symptom, or situation." The method used in this study was a survey with testing and measurement techniques. The research took place at the field of Labuang Baji I Elementary School, Makassar. The population was all students of Labuang Baji I Elementary School, Makassar, and a sample of 15 students was taken. The research instrument was a volleyball underhand passing ability test.

3 Results

This research will describe the underhand passing ability of students at Labuang Baji I Elementary School, Makassar. The following is the frequency distribution of underhand passing ability levels at Labuang Baji I Elementary School Makassar.

Table 1. Results of descriptive analysis of volleyball underhand passing ability.

Statistical values	N	Mean	SD	Range	Min	Max
Long Service Ability	15	31,73	6,158	22	21	43

From the table above, it can be explained that the value of the volleyball underhand passing ability with a total of 15 students obtained an average value (Mean) = 31.73 points, Standard Deviation value = 6.158 points, Range value = 22 points, lowest value (minimum) = 21 points and highest value (maximum) = 43 points.

Table 2. Results of classification norms for volleyball underhand passing ability levels

Interval	Classification	<i>F_t</i>	Percentage
>47	Very Good	0	0 %
40 - 46	Good	2	13,3 %
27 - 39	Average	11	73,3 %
17 - 26	Poor	1	13,3 %
<16	Very Poor	0	0 %
Total		15	100 %

From the table above, it can be concluded that of the 15 students who have taken the volleyball underhand passing ability test, there are no students in the very good category, 2 students (13.3%) are in the good category, 11 students (73.3%) are in the moderate category, 2 students (13.3%) are in the poor category, and no students are in the very poor category.

4 Discussion and Conclusion

This study aims to determine the level of basic underhand passing skills in volleyball at Labuang Baji I Elementary School Makassar. The analysis shows that the test data for basic underhand passing skills in volleyball at Labuang Baji I Elementary School, Makassar, falls into the moderate category, with 11 students achieving a score of 73.3%. Two students achieved a score of 13.3% in the good category, two students achieved a score of 13.3%. There are no players in the poor category, and no players achieved the excellent or very poor categories.

Technical skills are a crucial aspect of volleyball. A player cannot play volleyball without technical skills. To practice techniques, an athlete must understand the factors that influence their success. Athletes' success in learning and practicing techniques is determined by several factors, including: 1) physical condition, 2) movement experience, 3) talent and learning ability, 4) motivation, 5) the form of information and instruction provided, and 6) the environment.

Underhand passing is a skill that athletes must master in volleyball. Underhand passing is the movement of taking the ball with both arms where the ball is positioned

below the head. Underhand passing is very important because it can dampen the power of the ball that is hit hard, with a good underhand passing it is hoped that the athlete can pass the ball to a friend. "Underhand passing is often used to direct the ball to a friend in one team" [2,3]. The uses of the underhand passing technique include: (1) Receiving a serve ball. (2) Receiving the ball from the opponent in the form of an attack/smash. (3) Retrieving the ball after a block or the ball from the net bounce. (4) Saving the ball that sometimes bounces far from outside the playing field. (5) Retrieving a low and sudden ball [4,5].

From the results of data analysis, descriptions, research test results and discussions, it can be concluded that the volleyball underhand passing ability is that no students are in the very good category, as many as 2 students (13.3%) are in the good category, as many as 11 students (73.3%) are in the moderate category, as many as 2 students (13.3%) are in the less category, and no students are in the very less category [6,7].

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