

THE EFFECT OF BALL HANDING AND WALL VOLLEYBALL TRAINING ON SUMBAWA CLUB DOWN PASSING SKILLS IN 2023

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ABSTRACTS	ARTICLE INFO
<p>Focus of this research problem is that in lower passes there are lots of inappropriate passes, so that lower passes are felt to be inaccurate, the way to do them is wrong and mistakes often occur in making these lower passes. Research objectives to find out if there is a difference the effect of ball handing and wall volleyball training on Sumbawa Club's lower passing skills in 2023. The research design used was experimental research "Two Groups Pretest-posttest Design". This type of research uses research. The implementation of this design is by providing treatment, in the form of ball handing and wall volleyball to the subject for a certain time, measuring bottom passing. In this research the researcher uses an instrument, namely the bottom passing test. In this study, the researcher used the entire population to be used as a research sample, namely the entire 2023 Sumbawa Volleyball Club, totaling 20 people. The sampling technique used a population study technique. Data analysis calculated t-value is greater than the t-table, (> 1.833), thus the "t" value obtained in this study is significant. Based on the test results and data analysis, it can be concluded that: (1) there is the influence of ball handing training on Sumbawa Club's lower passing skills in 2023, (2) there is the influence of wall volleyball training on the bottom passing skills of the Sumbawa Club in 2023 and (3) there is a difference the effect of ball handing and wall volleyball training on Sumbawa Club's lower passing skills in 2023.</p>	<p>Article History:</p> <p>Received: March 4th 2024 Revised: May 21st 2024 Published: May 2024</p> <hr/> <p>Keywords:</p> <p>The Effect Ball Handing Wall Volleyball Down Passing Skills</p>

INTRODUCTION

The game of volleyball is a team sport played by two teams on each playing field separated by a net and the aim is for each team to pass the ball regularly, over the net until the ball touches the floor in the opponent's area and prevent the ball being passed from touching the floor in their own court. Even though it is a team activity, individual skills will make it easier to work together to achieve good final results. Volleyball is a sport that has developed in the wider community, both in clubs, offices, villages and schools. This is because the sport of volleyball requires simple equipment and brings pleasure to those who play as stated by Yunus (1992: 1).

Therefore, optimal physical condition of players is needed. Donie, (2009:112). The components of physical condition required by soccer athletes are: cardiovascular endurance, muscular endurance, muscle strength, power, and flexibility, body composition, movement speed, (speed of moment), agility, balance, reaction time and coordination (Donie, 2009: 115). In the game of volleyball, there are several basic techniques that must be mastered by every player, including service (first hit) there is a bottom serve and top service; passing (passing the ball) there is a bottom pass and a top pass; smash (attack hit) there are several types of smashes, namely smash open; smash quick; smash long; block (blocking the ball). Of the several volleyball techniques above, passing is the main foundation for playing volleyball.

Passing in volleyball there are two types, namely lower passing and upper passing. Bottom passing must be mastered by a volleyball player. The down passing technique can be used as a defense to receive a serve that will determine the course of the match and can also receive a smash from the opponent after taking a block or bouncing the ball from the net. In the game of volleyball, passing errors are often made by players who lack concentration, are nervous so they don't receive correctly, wrong hand position, incorrect hand angle when receiving, ability to feel the ball, returns with a low pass that is less directed. When receiving the ball from an opponent, the accuracy of giving the ball to the set-upper (tosser) is often wrong, so bottom passing practice is very necessary for a strong foundation for a volleyball team so that it can direct the ball to a friend correctly. In order to build a good initial attack, it is necessary to practice bottom passing seriously. -Really.

The solution is a form of training or variation of training to increase your bottom passing ability is ball handling training. Ball handling is a ball control exercise that must be mastered to support basic volleyball techniques. Ball handling makes us control the ball, not us being controlled by the ball. In basic passing techniques, ball handling is useful for controlling the ball when passes are made individually or in pairs upwards of around 1 meter and the ball is calmly controlled by the player, the ball is not wild, that is, in a direction that is not what the player wants. Wall volleyball is an exercise to improve the accuracy of volleyball bottom passes. Wall volleyball is a model of lower passing training by bouncing the ball against a wall.

However, on the other hand, precision in passing down also plays a role in the game of volleyball. For all teams, underpassing is very important for the Sumbawa Club in 2023. Underpassing is a basic technique needed in the game. Various volleyball clubs in Sumbawa Regency, NTB, are competing on strategies to win. One of them is the Sumbawa volleyball club which has been established for a long time. This club has achieved many achievements.

Focus on the problem, the men's team only emphasizes attack training and not a few of them the athletes don't practice the basic technique, namely the down pass, so there are lots of inappropriate passes, so the down pass is felt to be inappropriate, the way it is done is wrong and mistakes often occur in making this down pass. . right during volleyball practice. Even though passing down is an important basic technique in defense when receiving an attack from an opponent. With the above background, researchers are interested in conducting research with the title "The influence of ball handling and wall volleyball training on the bottom passing skills of the Sumbawa Club in 2023."

RESEARCH METHOD

The research method used in this research is design or design with an experimental method. What is meant by the experimental research method is a systematic and objective way to look for a causal relationship between two variables that are deliberately generated

by researchers as a treatment with strict control, Hulfian, 2014. As for the research design is to use a Two group pretest–posttest design. In this design there is no control group, and subjects are not randomly assigned. The advantage of this design is that a pretest and posttest are carried out so that we can know with certainty the differences in results due to the treatment given.

Table 1 Two Group Pretest-Posttest Design (Source: Maksum, 2012)

<i>Pre-Test</i>	<i>Treatment</i>	<i>Post-Test</i>
T1a	Xa	T2a
T1b	Xb	T2b

Information:

T1a : *Pretest*/ initial test of lower passing

X1a : Treatment given by ball handling

T2a : *Posttest* /Final test of passing down

T1b : Pretest / initial test of lower passing

Xb : Treatment given by wall volleyball training

T2b : Posttest / Final test of passing down

Population is a generalization area consisting of objects/subjects that have certain qualities and characteristics determined by the researcher to be studied and then draw conclusions (Sugiyono, 2013: 117). So population is not only people, but also objects and other things. Population is also not just the number of objects/subjects being studied, but includes all the characteristics/traits possessed by the subject or object. So from the two opinions above, it can be concluded that what is meant by population in this study is all the players at the Sumbawa club". There are 20 sons. The sample is part of the number and characteristics of the population (Sugiyono, 2013: 118)." If the population is large, and it is impossible for researchers to study everything in the population, for example due to limited funds, energy and time, then researchers can use samples taken from that population. What is learned from the sample, the conclusions can be applied to the population. For this reason, samples taken from the population must be truly representative. The sampling technique uses population study techniques. In this study, the researcher used the entire population to be used as a research sample, namely the entire Sumbawa Volleyball Club in 2023, totaling 20 people, so this research is a population study.

To obtain data, a measurement tool is needed, what is meant by instrument is a tool during research using a method (Suharsimi, 2013: 192). In other words, a method cannot fulfill its function effectively if the instrument that is the tool of the method is not valid. In addition, the measurement tools must be arranged in such a way that they can accurately record the intended data. In this research, the researcher used an instrument, namely the volleyball game's bottom passing test: According to Arikunto, (2010:192) in the Research Methods Book, it is explained that the instrument is a tool when research uses a method. The test instruments are as follows: Dribbling the ball. The tools used in this research are:

- 1) Ball
- 2) *Stopwatch*
- 3) 5 Obstacles (Cones)
- 4) Chalk
- 5) Referee

RESEARCH FINDING AND DISCUSSION

As stated in the previous chapter, this research is expected to achieve the goal of finding out "Is there any The influence of ball handling and wall volleyball training on Sumbawa Club's lower passing skills in 2023. For this reason, researchers have carried out research to obtain data about abilities *Passing Lower* these players. Researchers in this study used two data collection methods, namely: The action test was carried out using the following steps

Table: 2. Pree-test data *exercise ball handling* on Sumbawa Club's lower passing skills in 2023

No	Name	Pre-test	Mark
1	Muh. Iradat son of s	27	2
2	Yuriawan	28	2
3	The gift of passwords	38	3
4	Zaenul mutaqin	34	3
5	M. Mizam Rahmatullah	24	2
6	M. Afrizal	25	2
7	Roni Pasarani	27	3
8	Akbar	27	3
9	Adam majlik	26	2
10	Wan hardiah ihsan	26	2

Table 3 Post-test data *exercise ball handling* on Sumbawa Club's lower passing skills in 2023

No	Name	Post-test	Mark
1	Muh. Iradat son of s	47	5
2	Yuriawan	48	5
3	The gift of passwords	41	4
4	Zaenul mutaqin	28	3
5	M. Mizam Rahmatullah	40	2
6	M. Afrizal	38	3
7	Roni Pasarani	40	4
8	Akbar	34	3
9	Adam majlik	28	3
10	Wan hardiah ihsan	27	3

Table: 4. Pree-test data *exercise wall volleyball* on Sumbawa Club's lower passing skills in 2023

No	Name	Pre-test	Mark
1	Tengku Harikusnawati	37	3
2	M. abim	23	2
3	Ladeva Pramono	22	2
4	Yusuf Muhajir	19	2
5	Muhammad Rivaldi	36	3
6	Taufik Hidayat	16	1
7	Andriansyah	23	2
8	Ridoi	26	2
9	Sopian hadi	23	2
10	Haris	15	1

Table 5 Post-test dataexercisewall volleyballon Sumbawa Club's lower passing skills in 2023

No	Name	Post-test	Mark
1	2	3	4
1	Tengku Harikusnawati	49	5
2	M. abim	48	5
3	Ladeva Pramono	35	3
4	Yusuf Muhajir	26	2
5	Muhammad Rivaldi	30	3
6	Taufik Hidayat	26	2
7	Andriansyah	39	3
8	Ridoi	38	3
9	Sopian hadi	26	2
10	Haris	20	2

a) Ball handling practice

Based on the results of data analysis, the null hypothesis (Ho) is rejected and the alternative hypothesis (Ha) is accepted. Based on the description above, it can be interpreted as "YesThe influence of ball handling training on Sumbawa Club's lower passing skills in 2023"

b) Wall Volleyball

Based on the results of data analysis, the null hypothesis (Ho) is rejected and the alternative hypothesis (Ha) is accepted. Based on the description above, it can be interpreted as "The influence of wall volleyball training on the bottom passing skills of the Sumbawa Club in 2023"

c) There is a difference in the influence of ball handling and wall volleyball training on the bottom passing skills of the Sumbawa Club in 2023, this can be seen from the increase withDown Passing Practice With a Wallby 56% and with**PassingPair**of 50% means better training has a training effect on volleyball bottom passing

In accordance with the fact that achieving maximum performance in volleyball is influenced by many factors, such as physical condition and technique, such as**PassingLower**,and the most important thing is the technical factorHowever, on the other hand, precision in passing down also plays a role in the game of volleyball. For all teams, passing down is very important in the Garuda Muda Crusher Club, school or volleyball club. Underpassing is a basic technique needed in the game to start a game. The most important factor in making a bottom pass is doing a combination**PassingDown** with the Wall and Paired Exercises to improve the results of the under pass. These two training methods can contribute to improving bottom passing results.

Passing below is a technique in the game of volleyball that has many functions and uses. Bottom passing is a basic volleyball technique. This technique can be used to initiate attacks, anticipate unexpected ball arrivals, and save efforts outside the volleyball court. Good passing will of course influence the course of the volleyball game, this is because passing is a basic game technique that functions to control the ball.

The limit for rejecting the null hypothesis (Ho) is listed in the t value table. Based on the results above, the t-count value is greater than the t-table, (> 1.833) 3.629 . The results of this research mean that ball handling training has a positive impact on students' down passing abilities because students are trained continuously so that extracurricular participants' passing abilities become better. Ball handling or ball control is the most basic

thing for improving the ability to master down passes. This can be achieved by increasing the intensity of touching the ball in various situations and activities. Ball handling training also improves accuracy in directing down passes to the setter during the game. With a variety of exercises, touch or center the ball more in various situations and activities. A variety of ball control and mastery skills are needed because volleyball is a dynamic and ever-changing sport.

Based on the results above, the t-count value is greater than the t-table, ($3,367 > 1,833$), thus the "t" value obtained in this study is significant. Based on the results of the research above, Wall Volley training using it for 6 weeks provides a significant increase or influence on the accuracy of volleyball bottom passes.

Research in volleyball in the journal "The Effect Of Self-Controlled Practice On Forearm Passing, Motivation, And Affect In Women's Volleyball Players", analyzing the 2004 Olympics in Athens, Zetou, Moustakidis, Tsigilis, and Komninakidou (2007) found that statistics Perfect and almost perfect passing is the key to a team's success in a match. That's true because for elite players, good settings depend on the quality of passing and the quality of attacks depends on the quality of attacks (Daniel & Hughes, 2003).

CONCLUSION

Based on the test results and data analysis, it can be concluded that: (1) there is the influence of ball handling training on Sumbawa Club's lower passing skills in 2023, (2) there is the influence of wall volleyball training on the bottom passing skills of the Sumbawa Club in 2023 and (3) there is a difference the effect of ball handling and wall volleyball training on Sumbawa Club's lower passing skills in 2023.

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