



THE EFFECT OF PAIRED PASSING AND PASSING TO THE WALL OF BASKETBALL MEDIA ON THE PASSING ABILITY OF EXTRACURRICULAR STUDENTS

Andika Apriyansah¹, Honest Usawan Manulang²^{1,2}Pendidikan Jasmani, University of PGRI PalembangCorresponding Author E-mail: apriyansahandika80@gmail.com**Abstrak**

Penelitian ini bertujuan untuk mengetahui adakah pengaruh latihan *passing* atas berpasangan dan latihan *passing* atas ke dinding dengan media bola basket dalam permainan bola voli, adakah perbedaan pengaruh latihan *passing* atas berpasangan dan latihan *passing* atas ke dinding dengan media bola basket dalam permainan bola voli. Masalah dalam penelitian ini adalah adakah pengaruh latihan *passing* atas berpasangan terhadap kemampuan *passing* atas, adakah pengaruh latihan *passing* atas ke dinding dengan media bola basket, dan adakah perbedaan pengaruh latihan *passing* atas berpasangan dan latihan *passing* atas ke dinding dengan media bola basket permainan bola voli pada siswa ekstrakurikuler SMP Negeri Pasemah Air Keruh. Metode penelitian yang digunakan dalam penelitian ini adalah metode eksperimen dengan jenis *two group design pretest-postest*. Sampel penelitian ini berjumlah 24 siswa. Teknik pengumpulan data menggunakan teknik observasi, tes praktik, dan pengukuran. Teknik analisis data menggunakan *uji t-independent* dan *uji paired sampe t-test*. The following conclusions can be drawn based on the findings of the research conducted There is a difference between passing in pairs and passing to the wall using basketball media on the passing ability of extracurricular students of SMP Negeri 1 Pasemah Air Keruh due to the $t > t_{\text{calculation table}} (6,795 > 2,201)$.

Kata Kunci: *Passing; berpasangan; dinding, bola; basket.***Abstract**

*This study aims to determine whether there is an effect of paired overhead passing training and overhead passing training to the wall with a basketball as the medium in volleyball games, whether there is a difference in the effect of paired overhead passing training and overhead passing training to the wall with a basketball as the medium in volleyball games. The problems in this study are whether there is an effect of paired overhead passing training on overhead passing ability, whether there is an effect of paired overhead passing training to the wall with a basketball as the medium, and whether there is a difference in the effect of paired overhead passing training and overhead passing training to the wall with a basketball as the medium in volleyball games on extracurricular students of SMP Negeri Murky Water Pasemah. The research method used in this study is an experimental method with a two group design pretest-posttest type. The sample of this study was 24 students. Data collection techniques used observation techniques, practical tests, and measurements. Data analysis techniques used the *t-independent* test and the paired test until *t-test* The following conclusions can be drawn based on the findings of the research conducted There is*



a difference between passing in pairs and passing to the wall using basketball media on the passing ability of extracurricular students of SMP Negeri 1 Pasemah Air Keruh due to the $t > t_{\text{calculation table}} (6,795 > 2,201)$.

Keywords: *pair; passing; wall; passing; basketball*

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INTRODUCTION

Modern developments have made all activities instantaneous. However, humans still cannot escape from physical activity and exercise, or exercise. Exercise is a systematic and planned physical activity that involves repetitive body movements with the goal of improving physical fitness [1]. Exercise also has various benefits, both physical and psychological, such as improving physical fitness, mental health, social skills, weight management, and increasing discipline and motivation. Some people exercise to maintain physical fitness. Others do it for fun or entertainment.

Sports can be played individually or in groups, and they have clear rules for achieving specific goals. The role of sports in human life is indeed numerous. They play a role in maintaining physical fitness, body shape, achievement, and entertainment. To achieve these goals, many sports can be played by anyone, such as weightlifting, athletics, basketball, volleyball, soccer, badminton, futsal, takraw, and others. Volleyball is a sport that has developed well in Indonesia and abroad. It can be played by children, adults, and the elderly. This is in accordance with the conclusion of Mukholid [2], who stated, "Volleyball is a sport played by bouncing a ball (volleying) in the air over a net, with the goal of landing the ball on the opponent's court and winning."

Volleyball is a sport played cooperatively between players or teams. Volleyball requires each player to possess technique and teamwork to score points and win the match. Each team must first score 25 points to win the match. In the game, there are basic techniques that must be mastered, such as passing, serving, smashing, and blocking. The first step in volleyball that must be mastered to create variety and ensure a smooth game is passing. Therefore, every player needs to understand proper passing techniques. Passing practice plays a crucial role and must be mastered to be effective in the game.

Passing in volleyball is divided into two techniques: underhand passing and overhand passing. According to [3], citing Prasetyo's conclusion, overhand passing in volleyball is one of the basic techniques that players must master, as it serves to provide a pass or facilitate a teammate's smash. Meanwhile, according to Heriyadi and Hadiana [4], underhand passing is the most fundamental pass in volleyball; it is used to receive an opponent's serve and receive an opponent's smash during an attack. Both of these passes are essential for organizing attack patterns in volleyball. Therefore, it's no surprise that players must truly master these techniques.

Passing requires practice to improve accuracy and skill. Various training methods are available, such as pair passing and passing against a wall using a basketball. These training methods aim to improve players' focus and concentration. Furthermore, passing training also helps build hand acclimatization and strength in receiving incoming passes, which may be fast or hard. Overhand passing practice is conducted so players can pass to smashes or pass to other players. With this, overhead passing is very necessary, both to set up attack patterns and to attack.

METHOD

The experimental method is a research method that involves administering specific treatments to subjects, measuring the results through a pre-test before the treatment and a post-test after the treatment. This approach is considered appropriate for understanding the cause and effect relationships between variables. According to [5], the experimental method is used when researchers want to determine the impact of an independent variable on a dependent variable.

The information gathering techniques in this study were carried out through observation, practical tests, and measurements. The testing tools used included a pair-based overhead pass test and a basketball-to-wall pass. Both types of tests are designed to assess students' skills in executing basic overhead passing techniques in volleyball.

RESEARCH RESULTS

Data analysis is used to answer the hypothesis proposed. Before the data analysis is carried out, it is necessary to carry out the analysis prerequisite test, namely the normality test using *Shapiro-Wilk*, and the homogeneity test. The results of the prerequisite test and hypothesis test can be seen as follows.

Normality Test

The normality test is intended to find out whether the variables in the study have a normal distribution or not. The calculation of this normality test uses the *Shapiro-Wilk* formula, with the computer-assisted processing of the SPSS Version 26 program, the results are as follows:

Table 1. Shapiro-Wilk *Normality Test*

Tests of Normality						
Class	Kolmogorov-Smirnova			Shapiro-Wilk		
	Statistics	Df	Sig.	Statistics	Df	Sig.
Pre-test passing pairs	,192	12	,200*	,901	12	,161
Post-test paired passing	,170	12	,200*	,910	12	,216
Pre-test passing to the wall	,209	12	,155	,900	12	,158
Post-test passing to the wall	,121	12	,200*	,958	12	,758

*. This is a lower bound of the true significance.
a. Lilliefors Significance Correction

Source (SPSS Document 26)

Based on the table above, the data normality test with *Shapiro-Wilk* pre-test *passing* paired with a *sig* value of 0.161 and a paired post-test *passing* with a *sig* value of 0.216, while the pre-test *passing* to the wall with basketball media with a *sig* value of 0.158 and the post-test *passing* to the wall with basketball media with a *sig* value 0.758. So the data is said to be normal, it can be said to be normal because the significant value > 0.5 . If the data is normal, a parametric test, namely *the T-independent test*, is used.

Homogeneity Test

The homogeneity test is useful to test the similarity of the sample, namely whether or not the sample variants taken from the population are uniform. The homogeneity rule is that if $p > 0.05$, then the test is declared homogeneous, if $p < 0.05$, then the test is said to be non-homogeneous. The results of the homogeneity test of this study can be seen in the following table:

Table 2. Homogeneity Test

Test of Homogeneity of Variances					
		Living Statistic	df1	df2	Sig.
	Based on Mean	,773	1	22	,389

Pre-test results	Based on Median	,813	1	22	,377
	Based on Median and with adjusted df	,813	1	21,778	,377
	Based on trimmed mean	,794	1	22	,383

Source (SPSS Document 26)

Based on the table presented above, it is known that the data has a homogeneous distribution, indicated by a significance value of 0.389, which is greater than 0.05. This indicates that the variance between groups is uniform or not significantly different, thus meeting the homogeneity assumption in statistical tests.

Hypothesis Test

The hypothesis testing in this study aims to obtain answers to the hypothesis formulation that has been formulated previously, namely regarding the effect of paired passing exercises and passing exercises to the wall using basketball media on the improvement of upper passing ability in volleyball games in students who participate in extracurricular activities at SMP Negeri 1 Pasemah Air Keruh. To test this hypothesis, two types of statistical tests were used, namely the *Independent T-Test* and the *Independent Sample T-Test*. The test criteria used were at the significance level $\alpha = 0.05$, with the degree of freedom (df) = $N - 1$. An alternative hypothesis (H_a) is accepted when the value of the tcount > table. The results of the hypothesis testing are presented in the following table.

Table 3. Hypothesis Test *with T-Independent*

		Paired Samples Test					T	Df	Sig. (2-tailed)
		Paired Differences							
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval				
					Lower	Upper			
Pair 1	Post-test Pre-test paired passing	13,167	6,713	1,938	8,902	17,432	6,795	11,000	

Source (SPSS Document 26)

Based on the table above, it can be obtained that the tcount of passing in pairs is 6.795 when compared to the table at a significant level at $Df = N - 1$ α 0.05 with a value of 2.201. Thus, it can be concluded that there is a significant influence of paired passing exercises on the upper passing ability in volleyball in extracurricular students of SMP Negeri 1 Pasemah Air Keruh, as shown by the results of a statistical test where the tcount is greater than the ttable ($6,795 > 2,201$). This increase in ability is marked by an increase

in the result score between pre-test and post-test by 20%.

DISCUSSION

This research was carried out at SMP Negeri 1 Pasemah Air Keruh, which is located in Kebanjati Village, Pasemah Air Keruh District, Empat Lawang Regency. The main purpose of this study is to determine the effect of paired passing exercises and passing exercises to the wall using basketball media on the improvement of upper passing ability in volleyball games in students who participate in extracurricular activities at the school. The research took place during the period from April 10 to May 10, 2025, with 16 meetings. Training activities are carried out 4 times a week, namely every Tuesday, Wednesday, Thursday, and Saturday. The research subjects consisted of 24 male students who actively participated in volleyball extracurricular activities at SMP Negeri 1 Pasemah Air Keruh.

Based on data collected through the initial test conducted under the students of SMP Negeri 1 Pasemah Air Keruh is still relatively low against *passing* over the volleyball game, there are only 20 points, this number is fairly bad because the students of SMP Negeri 1 Pasemah Air Keruh do not reach 50% or 20 times bounce the ball on the target box. After being given a paired *passing* and *passing* to the wall training program with basketball media, there was a change and improvement in directing and bouncing the ball to the target area on the predetermined wall. This is in accordance with the expectations of researchers and teachers or coaches of extracurricular students. This research was after being tested *independently* with *paired passing post-test scores* and *passing* to the wall with basketball media. With a paired passing post-test value of 39.17 with a standard deviation of 2.657 and a post-test *value passing* to the wall with basketball media is 42.75 with a standard deviation of 3.441, it can be seen that the mean value of the difference between the paired *passing* treatment and *passing* to the wall with basketball media is 3.583. And after the *Paired Samples T-test* with pre-test scores and post-test *passing* in pairs and *passing* to the wall with basketball media, there was an increase. With a pre-test *passing* value in pairs, a mean value of 26.00 was obtained, while the post-test *passing* in pairs had a mean value of 39.17 with a calculated value of 6.795, while the value of pre-test *passing* to the wall with basketball media was 26.42 while the value of the post-test *passing* was 26.42 while the value of the post-test *passing* to the wall with basketball media is 42.75 with a *tcal* value of 9.773. From these results, there was an increase in the upper passing practice in pairs by 20% and from the results of the passing practice to the wall with basketball media, there was an increase of 24%. In this study, there were 2 post-tests, namely at the 16th meeting conducting a post-test *of passing* exercises in pairs and post-tests *of passing* exercises to the wall with basketball media

In the game of volleyball, each player is required to master various basic

techniques to support effective and maximum game performance. Basic techniques that need to be mastered include bottom passing, top passing, smash, and blocking. The game of volleyball does not solely rely on the power of the smash to achieve victory, but requires mastery of other basic techniques. One of the techniques that has an important role in this game is the basic top passing technique. *Top passing* is also an important element in giving *smash passes* to teammates because the ball passed over is calmer and makes it easier for the spiker to attack. In line with this [7] claims that, in addition to physical, tactical, and mental circumstances, one of the key elements that affect a team's success or failure in a volleyball game is the ability to learn basic skills. Therefore, the basic techniques of the game of volleyball must be really learned and mastered by every player in order to be able to improve the quality and achievement in playing. To support the mastery of basic techniques, especially top passing, coaches can apply various training strategies, including paired passing exercises and passing to the wall with the help of basketball media as an effective learning method.

CONCLUSION

The following conclusions can be drawn based on the findings of the research conducted There is a difference between passing in pairs and passing to the wall using basketball media on the passing ability of extracurricular students of SMP Negeri 1 Pasemah Air Keruh due to the t_{calculation} table (6,795>2,201).

PLAGIARISM STATEMENT

The author is obliged to explain that there is no conflict of interest in writing the article and the author states that the article is free from elements of plagiarism.

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