



TOP PASSING TRAINING MODEL: A STUDY ON THE DEVELOPMENT OF VOLLEYBALL GAME TRAINING VARIATIONS

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Abstract (10pt Bokman old style, Bold)

Masalah yang dihadapi siswa ekstrakurikuler bola voli SMA Negeri 9 Oku adalah belum maksimalnya kemampuan passing atas bola voli, akibat belum tersedianya variasi dalam latihan yang diterapkan pelatih. Tujuan penelitian ini untuk mengembangkan model latihan passing atas bola voli di lingkungan siswa ekstrakurikuler SMA Negeri 9 OKU. Model latihan passing atas bola voli dikembangkan dalam rangka menjawab kebutuhan latihan siswa terhadap minimnya variasi latihan passing atas yang berakibat pada keterampilan passing atas yang belum maksimal. Penelitian ini merupakan penelitian *research and development* dengan mengadopsi tahapan *borg and gall* dalam pengembangannya. Validasi penelitian dilakukan dengan melibatkan sebanyak tiga orang ahli diantaranya ahli kepelatihan bola voli, ahli akademisi dan ahli media. Uji coba dilakukan sebanyak dua kali yaitu uji skala kecil sebanyak 7 orang siswa dan skala besar 10 orang siswa. Pengumpulan data dilakukan dengan penyebaran kuisioner kepuasan pada pengguna produk. Analisis data dilakukan dengan menganalisis data melalui analisis persentase. Hasil penelitian menunjukkan bahwa model latihan passing atas permainan bola voli siswa SMA Negeri 9 Oku dinyatakan valid dengan rata-rata nilai expert 89%. Model latihan passing atas permainan bola voli siswa SMA Negeri 9 Oku dinyatakan sangat praktis dengan rata-rata nilai expert 90%.

Kata Kunci: Latihan; Passing; Atas; Bolavoli; Permainan

Abstract (10pt Bokman old style, Bold)

The problem faced by the extracurricular volleyball students of SMA Negeri 9 Oku is that the passing ability of volleyball has not been maximized, due to the lack of variation in the exercises applied by the coach. The purpose of this study is to develop a model of passing practice over volleyball in the extracurricular environment of SMA Negeri 9 OKU students. The volleyball overhead passing training model was developed in order to answer students' training needs against the lack of variation in overhead passing exercises that result in overhead passing skills that have not been maximized. This research is a *research and development* research by adopting *the borg and gall stages* in its development. The validation of the research was carried out by involving as many as three experts including volleyball coaching experts, academics and media experts. The trial was carried out twice, namely a small-scale test of 7 students and a large-scale test of 10 students. Data collection was carried out by distributing satisfaction questionnaires to product users. Data analysis is carried out by analyzing data through percentage analysis. The results of the study showed that the passing

practice model for volleyball games for students of SMA Negeri 9 Oku was declared valid with an average expert score of 89%. The passing practice model for volleyball students of SMA Negeri 9 Oku was declared very active with an average expert score of 90%.

Keywords: Practice: Top; Passing, Volleyball; Game

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INTRODUCTION (12pt Bookman Old Style, **BOLD**)

Sports are a form of activity that many people do, [1]. Furthermore, in sports is physical activity that can optimize the development of the body, [2]. The opinion above gives an overview of exercise is a fundamental part of developing the body's potential. Law No. 3 of 2005 concerning SKN classifies sports as facilities of human life divided into educational sports, recreational sports and achievement sports, [3]. Thus the Indonesian Republic Law No. 11 of 2022 concerning the Grand Design of National Sports (DBON) The three types of sports above contribute in order to realize the nation's ideals in shaping the whole Indonesian human being through mental development, social development and fitness values. The importance of these sports values so that sports must then be introduced through all lines, including the formal education environment at school.

The educational environment is one of the vehicles where the community, especially students, get to know sports activities. In addition to being inherent in the subject, sports are introduced through extracurricular activities. Each school usually forms extracurricular activities that aim to foster the mental, social, and emotional development of children through the growth and development of students' potential whose bonus is achievement. [4] Extracurricular activities support students to grow and develop talents and potentials in themselves. [5] extracurricular activities contribute to student self-development. [6] Extracurricular activities play a positive role in students' careers outside of school hours. [7] Extracurricular activities are activities that adjust to the development of knowledge, guidance and habituation. One of the extracurricular activities that usually always exists in the educational environment, especially in the school environment, is volleyball extracurricular.

The game of volleyball is a game that mushroomed in the community. [8] Volleyball games are popular in both the upper and lower environments. [9] Volleyball is a team game. [10] The number of teams that play consists of two teams facing each other with a total of 6 players per team. [11] The way the game of volleyball works is to bounce the ball into the air. Volleyball games

are played by both boys and girls, especially the elderly, especially the young and educated. Therefore, as a means and media for promotion for schools, then facilities and media facilitate students' desire to excel in their skills in the field of volleyball, some schools set volleyball extracurricular as an extracurricular of choice for students.

Within the OKU Education Office, one of the schools, especially high schools, that have volleyball extracurriculars, is SMA Negeri 9 OKU. This volleyball extracurricular is recorded as an extracurricular that has been established for a long time where this extracurricular was established, through the Dapodik page of the Ministry of Education and Culture explained that SMA Negeri 9 OKU was established in 2005. Meanwhile, volleyball extracurricular activities in high school were formed in 2006 where the first activity of participation in volleyball tournaments was in tournaments between high schools in OKU Regency. This extracurricular is still continuing to coach its achievements in students until now.

Through observation activities, when seeing groups of extracurricular students playing volleyball. It was found that the player's ability to make a pass over was still not effective. This can be seen from the way the ball placement carried out by players in making the top passing is still not in accordance with expectations. There are many placement mistakes in making the top pass. Balls that should be easy to reach by players who want to smash, but the ball is too wide or sometimes does not reach the placement goal. This happens because players have not been supported by coordination in passing. Weak ball direction towards the player, errors in the rhythm of arm swing, which are caused by the arm not being supported by good muscle power.

Factors that cause the passing ability of volleyball extracurricular students at SMA Negeri 9 Oku to be ineffective include the lack of training schedule where it is recorded that training activities are only carried out on Saturdays, training programs that are not yet available, lack of variations in training, especially upper passing exercises where the upper passing exercises that have been carried out have only been doing paired passes between one friend and another, This condition is certainly difficult for players who make top passes, considering that in volleyball, the top passing is carried out requires a variety of techniques for players in doing it so that the opponent is unable to read the direction of movement when the sipker makes a smash as a result of a good top passing pass.

Studies with the aim of developing a model of the upper passing exercise were examined by [12], [13], [14], [15]. Among the above research, the novelty of the researcher's research is that the content of the training is in accordance with the conditions where the upper passing is carried out when playing which consists of elements of steps, focus and concentration as well as how the player places the position of the ball when passing up. While some of the studies above have not fully answered the overall aspect of the upper passing technique used while in a state of competition. Therefore, this problem must be overcome considering that upper passing is one of the techniques that

determines the success of the team in achieving achievements. Departing from the analysis of the need that athletes need a pattern of upper passing practice, for this reason the researcher is interested in developing a model of upper passing training in the extracurricular environment of volleyball SMA Negeri 9 OKU.

METHOD (11pt Bookman Old Style, **BOLD**)

Research and development (R&D) chooses the borg and gall stages. The stages taken are as follows:

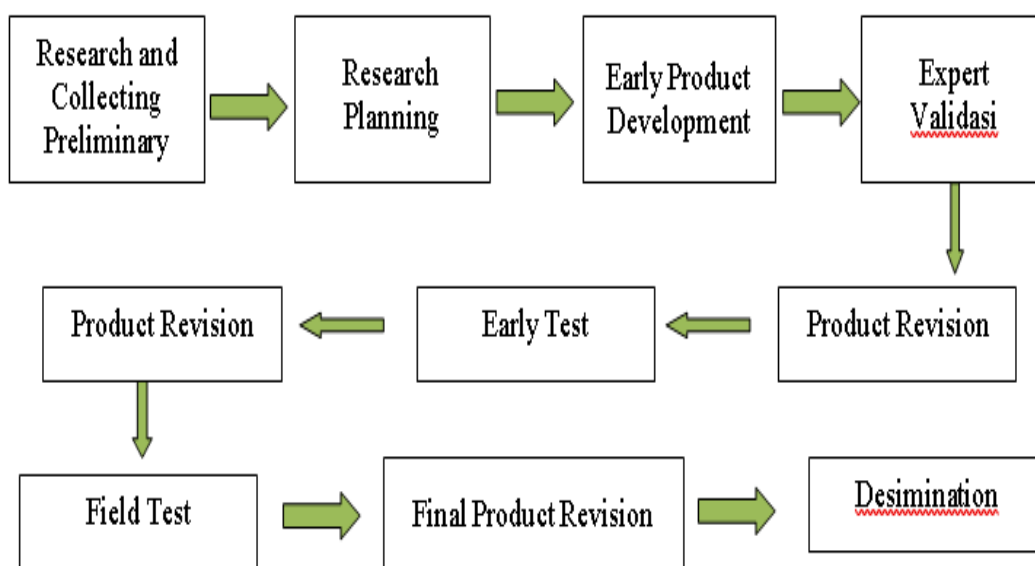


Figure 1. Borg and Gall Stages

Research and information gathering activities collected data using observation sheets and interviews. The planning stage then the researcher plans a design related to meeting research needs. The development stage then the researcher then designed the initial product in the form of a variation model of the upper passing exercise. Product validation involves several experts including game experts and media experts. The trial sample for small scale was 7 students while the large scale was 24 students. The object of the research is the extracurricular students of volleyball SMA Negeri 9 OKU. Product revision is carried out by following suggestions and considerations from the expert team and the results of field trials. Data collection was carried out by questionnaire. Data analysis is carried out by calculating and describing data through percentage analysis.

RESEARCH RESULTS (12pt Bookman Old Style, **BOLD**)

Validation Expert

Table 1. Average Expert Validation Score

Yes	Validator	Types of Validators	Results	Information
1	Dr. Siti Ayu Risma, M.Pd	Coaching Expert	85	Valid
2	Daryono, M.Pd	Academics	88,3	Valid
3	Hikmah Lestari, M.Pd	Media Member	92	Highly Valid
Average			89	Valid

(Source: Researcher Document, 2025)

**Figure 2.** Expert Validation Chart
(Source: Researcher Document, 2024)

Based on the information of the validation expert table above, it was concluded that the model of passing practice over volleyball for students of SMA Negeri 9 Oku was declared valid on the assessment of three research validators.

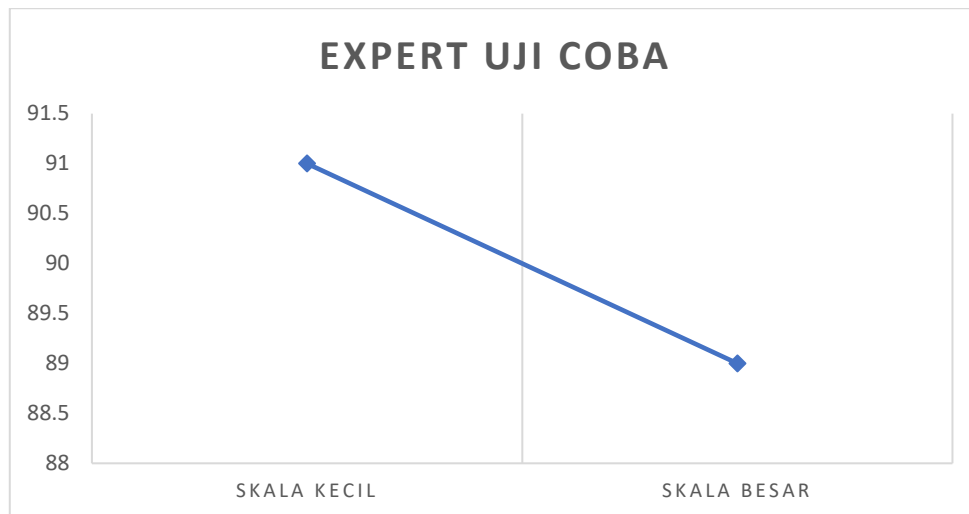
Field Test

Based on the results of the analysis of the small-scale field trial questionnaire with 7 students and large-scale with 10 students, the researcher then summarized the average score of field trial experts in the table below:

Table 3. Mean Expert Field Trials

Yes	Scale	Types of Validators	Results	Information
1	Small	7 Samples	91	Very Aggressive
2	Big	10 Samples	89	Activist
Average			90	Very Aggressive

(Source: Researcher Document, 2025)

Figure 3. Trial Expert Chart
(Source: Researcher Document, 2025)

Based on the information of the test expert table above, it was concluded that the volleyball passing practice model for students of SMA Negeri 9 Oku was stated to be very practical to be used by students as a training model.

Product Revision

Based on the results of expert validation submitted through the assessment of the guidelines for the passing practice model for volleyball students of SMA Negeri 9 Oku, then from the criticism and suggestions of the validator, improvements are made as needed. The criticisms and suggestions as well as the improvement steps taken are described in the table below:

- It was suggested that the type of exercise should be increased to 3 variations. The actions taken by the researcher increased the number of exercise variations to three types.
- Previously, the stages of training had not been well detailed. The action that the researcher takes is to detail the exercise through stage by stage.
- In the media section, there are no special notes provided by the

validator, only that the validator asks that the image be designed as well as possible. The action of the researcher has designed the image according to the instructions.

Final Product

After the model validation process and field trials are carried out, then the product revision process has been passed, then the researcher sets guidelines for the upper passing exercise model with the following types of exercises:

a. Step Training

The purpose of this exercise is to position the steps for players who want to make an upper pass in the conditions of the game. Setting the position of the step in making the top pass makes it easier for the setter to reach the ball when he wants to push the ball.

b. Placement Training

The purpose of this exercise is to practice the placement of the ball position on players who want to spike or smash.

c. Focus and Concentration Training

The purpose of this exercise is to train the player's concentration and focus on the ball coming from the direction of the player's lower passing that receives a serve from the opponent

DISCUSSION (12pt Bookman Old Style, **BOLD**)

Based on the data and data analysis results above, the researcher provides an overview that coaches and athletes, especially in the extracurricular environment of volleyball at SMA Negeri 9 OKU can take advantage of the products of the development of boccia balls because scientifically they have a good impact after being analyzed through questionnaires so that through field trials it is found that both small and large scales students feel a new form of variation in practice, Students are actively involved in practicing because of the influence of interesting and challenging exercises, students feel the impact of comfort and the impact of usefulness from the aspect of skill change.

This research then complements previous researches including [12], [13], [14], [15]. Among the above research, the novelty of the researcher's research is that the content of the training is in accordance with the conditions where the upper passing is carried out when playing which consists of elements of steps, focus and concentration as well as how the player places the position of the ball when passing up. While some of the studies above have not fully answered the overall aspect of the upper passing technique used while in a state of competition.

Some of the advantages seen in the researcher's research are seen from the achievement of research results where the variations provided in the

upper passing exercise menu have an impact on comfort and increase student motivation, considering that so far student practice has seemed monotonous. Through this exercise, it was seen that the students were very enthusiastic about participating in the exercise. Questions on the questionnaire that revealed whether exercise had an impact on changes in skills, almost every student answered in the affirmative. However, the weakness in this study cannot be ascertained regarding the scientific evidence of the magnitude of the influence of exercise variation on changes in upper passing technique skills, because the research is only limited to measuring the assumption of the usefulness of the results of the development of the training model.

CONCLUSION (12pt Bookman Old Style, **BOLD**)

Based on the findings of the research and field data analysis, this study concluded that the passing practice model for volleyball games of SMA Negeri 9 Oku students was declared valid with an average expert score of 89%. The passing practice model for volleyball students of SMA Negeri 9 Oku was declared very active with an average expert score of 90%.

PLAGIARISM STATEMENT (12pt Bookman Old Style, **BOLD**)

The researcher stated that the article written by the researcher was purely the work of the researcher and free from plagiarism elements.

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