

THE EFFECT OF THE DRILL TRAINING METHOD ON THE SERVICE CAPABILITY OF VOLKAS VOLLEYBALL ACADEMY U-17

**Moh. Shabrill Umar Subachtiar Veron¹, Septyaningrum Putri Purwoto²,
Fajar Hidayatullah³, Haryo Mukti Widodo⁴**
STKIP PGRI Bangkalan^{1,2,3,4}
subachtiarveron@gmail.com

Abstract

One of the basic techniques in volleyball is the serve, which marks the start of the game. Players usually perform the serve with an overhead serve technique so that it can also provide an attack. The aim of this study is to test the effect of drill training on improving overhead serve ability. This study uses a quantitative approach with an experimental research design, involving 20 junior volleyball athletes as subjects. The research was conducted over 6 weeks with a training frequency of 3 times per week. The test instrument used was the AAHPER serving accuracy test. The results of this study showed an increase in the average score from the pre-test (22.8) to the post-test (25.5). The paired sample t-test showed a p-value (sig) of -3.3441, which is smaller than the table value (sig) of 2.10092, indicating a significant difference in the effect of drill training on overhead serve ability.

Keywords: Sport; Volleyball; Service; Drill Method

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Correspondence Author: Moh. Shabrill Umar Subachtiar Veron, STKIP PGRI Bangkalan, Indonesia.

E-Mail: subachtiarveron@gmail.com

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INTRODUCTION

Sport is a physical fitness activity that can strengthen the body's muscles. Therefore, sport is physical activity which aims to improve and support a person's physical and psychological fitness. Usually done by moving the body to form a good physical condition. Exercise is really needed by the human body, if done well and regularly exercise can have a good influence on the development of the body. Apart from providing development to the body, exercise can also have a good influence on human spirituality. In general, we can see the definition of sport as a series of activities involving movement skills or playing objects, which are arranged in a structured and systematic manner using certain rules and regulations in its implementation (Anggriawan, 2015).

Sports consist of several branches, one of which is the big ball sport, volleyball. The sport of volleyball is a large ball game that uses a net, ball and field as equipment and other facilities. The sport of volleyball is played by two opposing teams, each team consisting of six people. The aim of the volleyball game is to get as many points as possible to win each set. In the match, you are required to defend and thwart the opposing team's attacks to get points. To win the match each team must win three sets out of five in one game. The volleyball game will run well, excitingly and smoothly if each player has mastered the basic techniques of playing volleyball. This means that the basic techniques that a player must have in volleyball include basic serving techniques because they are the beginning of a volleyball game. Volleyball is an effort to develop thinking, creativity and improvisation skills to determine the best way to solve problems faced in a match effectively, efficiently and productively in order to obtain maximum results, namely a victory in a match (Nanda & Aziz, 2020).

The basic top serve technique in volleyball is the technique used at the start of a volleyball game, therefore you must always be consistent and focused on doing the top serve in a volleyball game so that it can enter the opponent's area well. Top serve is a service by initially throwing the ball up and then hitting it by swinging your hand up (Sari & Guntur, 2017). The top serve performed by each player is done with complete calm and focus so that the top serve performed can cause problems for the recipient of the service ball. Top serve is a type of serve that makes the ball's path do not contain any rotation of the ball moving or floating (Syaleh, 2017).

Based on the results of observations at the Volkas Volleyball Academy, it was stated that when serving or starting attacks, the Volkas Volleyball Academy players or athletes still made many mistakes. Both in terms of technique in performing the top serve and from the calmness or focus possessed by the player. So the author provides the drill method as a training method which will later help players to increase consistency in performing top serve techniques. Serving is the

initial marker for the start of a volleyball match. Usually players serve using a top serve. Top serve is a service by initially throwing the ball up and then hitting it by swinging your hand up (Sari & Guntur, 2017).

The drill training method is a training method that is done repeatedly which can make athletes better at doing it. The drill method is an exercise with practice that is carried out repeatedly continuously to gain practical skills and dexterity regarding the knowledge learned in terms of implementation. Students are first equipped with theoretical knowledge (Fanani, 2020). This method is used to support and improve a player's ability to perform top serves. The drill method is a good learning method for improving student learning outcomes, skills in carrying out movements according to what they have learned, creating self-confidence in students who are successful in learning (Yahya & Sufitrono, 2020).

In previous research that has been studied by several people, among others, paper ball method training improves upper serve ability (Syaleh, 2017). In previous research that has been studied by several people, among others, paper ball training method improves upper serve ability (Ricky, 2020). And research entitled the effect of training. The Effect of Rebound Ball Drill Training on Improving Volleyball Bottom Passing Skills (Adi & Indarto, 2021). However, the drill method training on service ability is still unclear, therefore the author provides a drill training method that has never been given. According to previous research conducted above, it shows that the drill training method used can improve the players' abilities. However, the drill training method on service ability is still unclear, therefore the author provides a drill training method that has never been given. According to previous research conducted above, it shows that the drill training method used can improve the players' abilities (Padli & Mulya, 2019).

Based on the observations and problems above, the author chose to carry out the drill training method which is applied to the top serve to help players in

serving and to improve their ability to perform the serve, namely training focus, accuracy, touch on the ball and technical dexterity before doing the top serve. By conducting research entitled "The Effect of Drill Training Methods on Volkas Volleyball Academy U-17 Top Service Ability. Because the drill training method applied to players will make the players more effective when doing it. So this research aims to find out whether there is an influence of the drill training method provided on improving the serving ability of Volkas Volleyball Academy U-17 players. The drill method is an exercise method or training method which is a good teaching method for instilling certain habits (Irwanto, 2017).

METHOD

This study used a quantitative approach with an experimental method, aiming to test the hypothesis of whether the drill training method affects the overhead serve ability in volleyball. The subjects of the study were 20 athletes. The experimental group underwent a drill training program specifically designed to improve overhead serve ability. This program lasted for 6 weeks with a training frequency of 3 times per week. The data collection instrument used was the AAHPER serving accuracy test, conducted twice, consisting of a pre-test and a post-test. The data analysis in this study consisted of two stages: first, the prerequisite tests, which included descriptive statistics, normality tests, and homogeneity tests to determine if the variables had a normal distribution. Second, the hypothesis testing was conducted using the paired sample t-test to examine the differences between the pre-test and post-test variable scores.

RESULT AND DISCUSSION

Based on the research results on the effect of the drill training method on top service ability, the results of the top service ability pre-test showed a minimum value of 18, a maximum value of 29, an average of 22.8, and a standard deviation of 2.48. And the results of the post-test on service ability obtained a minimum score of 20, a maximum score of 32, an average of 25.5, a standard deviation of 2.63. More details can be seen in the tables below.

Table 1. Pre-test and Post-test data

Pre-test		Post-test	
Minimal	18	Minimal	20
Maksimal	29	Maksimal	32
Median	23	Median	25,5
Mean	22,8	Mean	25,5
Standar Deviasi	2,48363	Standar Deviasi	2,62578

Table 2. Normality Test

Variable	Group	Lcount	Ltable	Information
Drill practice on serving skills at Volkas Volleyball Academy	Pre-test	0,116	0,190	Normal
	Post-test	0,174		

This research hypothesis was tested using t test analysis, where before carrying out the t test a normality test was first carried out to determine whether the data was normally distributed or not using the Liliefors test with a significance level of 0.05. The data in table 3 shows that L count < L table. And from the data above it can be concluded that the data is normally distributed.

Table 3. Homogeneity Test

Variable	Fh	Ft	Information
Drill practice on serving ability at Volkas Volleyball Academy (beginning and end)	1,118	2,168	Homogen

Based on the data in table 4. It can be seen that the calculated F results are smaller than the F table, with this it can be concluded that the data is homogeneous.

Table 5. Hypothesis Testing

JSS	Mean	SD	Ttabel	Thitung	Hasil Uji	Ket.
Pre-test	22,8	2,48	2,10092	-3,341	Signifikan	Ha
Post-test	25,5	2,63				Diterima

Based on table 5. It can be proven that there is an influence of drill method training on increasing top service ability ($T_{table} = 2.10092 > T_{count} = -3.341$), so the hypothesis given is accepted. And it can be concluded that training using the drill method has an effect on increasing the upper serving ability of Volkas Volleyball Academy U-17 athletes.

DISCUSSION

Based on the problem formulation and data processing above regarding "the influence of the drill training method on Volkas Volkas Volleyball Academy's top serve ability" it has an effect on consistency when performing the top serve. Serve is the blow or presentation of the ball as the first attack into the opponent's area and as a sign of the start of the game. Serving is not only the start of the game but also the initial attack to get points so that the team can win (Gazali, 2016). The drill training method provided has a significant effect on the pre-test results and post-test results. The drill training method itself is a method that is carried out repeatedly so that each player can perform consistently and well. Previous research conducted by (Adi & Indarto, 2021) entitled "The Effect of Training on the Effect of Bounce Ball Drill Training on Improving Volleyball Underpassing Skills", in this previous research the influence of the drill training method had a significant effect on the results of the serve.

Improving the volleyball service ability of Volkas Volleyball Academy U-17 athletes, the results of this research are in line with research conducted by (Rusli, Marsuna, Suhartiwi, Jud, & Sariul, 2022) stated that the drill training method had a big impact on improving volleyball serving skills. So this can be proven by the service results for Volkas Volleyball Academy U-17 being better than before. Because by serving repeatedly with continuous movement you can improve the service ability of Volkas Volleyball Academy U-17 (Isman, Supriatna, & Triansyah, 2020).

CONCLUSION

In conclusion, this study demonstrates that the implementation of drill methods in volleyball training has a positive impact on the overhead service proficiency of the Volkas Volleyball Academy U-17 team. This provides support for the use of drill methods in volleyball training programs to enhance player performance, particularly in service techniques. Therefore, it is recommended that drill methods become an integral part of volleyball training programs at the academy level to achieve better results in competitions.

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