

DEVELOPMENT OF A DOWN PASSING TRAINING MODEL THROUGH TARGET MEDIA FOR VOLLEYBALL ATHLETES

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Abstract

This study aims to develop an innovative and structured training model for the basic underhand pass technique in volleyball using target media as a training aid. The research subjects were adolescent athletes from PBV Tunas Inti Sriwijaya who are currently undergoing a development program. The method used was Research and Development (R&D) with the ADDIE model approach, which consists of five stages: Analyze, Design, Development, Implementation, and Evaluation. During the development stage, validations were conducted by volleyball technique experts and media experts to assess the feasibility of the product. The validation results showed that the developed training model was highly valid, with an average score of 96.66%. Furthermore, small-scale and large-scale trials were conducted on different groups of athletes, and the results indicated a practicality level of 90.00%, categorized as highly practical. The resulting product consists of a training manual and a training model video that incorporates target media exercises to improve the accuracy of direction and control in underhand passing. This training model has proven effective in enhancing basic technical skills, athlete motivation, and engagement during training sessions. Therefore, the product can serve as an effective and innovative alternative solution for coaches and clubs in designing more systematic and enjoyable training programs.

Keywords: *Volleyball; Underhand Pass; Training; Target Media; Development*

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INTRODUCTION

Volleyball is a game that has a good level of interest and popularity among Indonesian people, this volleyball game is very well known by Indonesian people because this game is often found in regions and cities ranging from the upper and lower classes, from children to the elderly, all people are enthusiastic to play this game. Volleyball has made a positive contribution to making Indonesia's name famous in the international arena. Seeing the development of sports in Indonesia,

especially volleyball, shows significant progress. This can be seen from the number of volleyball fields spread across various provinces, districts, and regions, which are indicators of the growth of sports clubs and the holding of various tournaments and championships. This phenomenon reflects the increasing public interest in volleyball.(Pirmansyah et al., 2023)

Volleyball is an activity played by two groups, each group consisting of 6 members. Volleyball is played using one ball that is bounced from one player to another by passing and ending with an attack on the opposing team, and the two groups are separated by a net with a certain height (Cirana dkk., 2023). Volleyball is a game played by two teams on a court separated by a net (Personi et al., 2024), Volleyball players must have good basic techniques to support good quality and game skills to win the match. Basic techniques that are the reference in volleyball games such as service, underhand passing, overhand passing, smash and blocking. With these basic techniques, each has its own function and purpose in the use of techniques used during the match. The initial stage of this game is to master the basic techniques of volleyball. This is because mastery of basic techniques determines victory in a match in addition to physical, tactical and mental conditions (Widiyono & Zubaedi Ahmad, 2024)

A thorough mastery of basic techniques is a very important first step in developing competent volleyball athletes. (Rahmawati et al., n.d.) Mastery of basic volleyball techniques must be truly learned. In addition to physical, mental, and tactical factors, mastery of basic volleyball techniques must be truly considered. (Fikri et al., 2024), Each technique has a function and use that suits a specific purpose. (Ade Laksana & Kumbara, 2023). Of the several volleyball techniques above, passing is the main foundation for playing volleyball. Passing in volleyball is of two types, namely underhand passing and overhand passing. Underhand passing is important to be mastered by a volleyball player as a defense, because volleyball is a team game, must have basic technical skills individually.

Coach competence has a significant impact on team performance. A coach is a professional who is tasked with helping a team improve their performance. In an effort to achieve maximum performance, the coach plays a key role. The success of a coach is measured by his ability to bring about increased skills and achieve the highest possible performance. Mastery of techniques and understanding of tactics greatly affect player performance. Basic techniques are essential skills that an athlete must have before reaching a level of proficiency, so basic techniques are very important for athletes to achieve success. If a technique is applied well, it will produce effective tactics in the match. Tactics are strategies designed to be implemented in a game by individuals, groups, or teams in order to achieve victory in a sporting manner. With tactics, you can implement an attack strategy that requires good intelligence for athletes (Bule & Donie, 2020)

With the competence of a good coach, the skills of a qualified athlete, and the right tactics, an effective attack will be formed. With the basic technique of underhand passing trained by a competent coach and using good guidelines and techniques carried out by athletes and appropriately can improve athlete skills and create good attacks against opponents (Saputra & Aziz, 2020)

Achievement coaching needs to be carried out through targeted and appropriate management, so that the potential possessed by athletes can develop optimally in achieving the goals that have been set. To assess the success of coaching, an evaluation of various aspects is needed, such as training programs, coach characteristics, availability of supporting facilities and infrastructure, physical and psychological conditions of athletes, club management structure, and funding systems. This aims to ensure that the achievement coaching process in the club can run continuously (Zen Almunawar et al., n.d.)

Training is a complex process, training is very much influenced by various conditions and situations of athletes and the circumstances around them, the following are supporting factors for the quality of training and athlete performance. (Sin, 2020) , Target training is a type of training that utilizes targets

and is often implemented by coaches to improve the accuracy of skills (Ali, n.d.). In this target training model, it requires accuracy on the target or the intended target. Accuracy is the individual's ability to control the free movement of the body to be directed towards a target, either in the form of a distance or a certain object that must be recognized. Achieving this accuracy is influenced by various factors, including the level of concentration, focus, and mastery of basic techniques that are less than optimal, such as in underhand passing exercises. (defense) (Pieter Pelamonia et al., 2021).

Underhand pass is one of the basic techniques of volleyball by pushing the ball using two hands in front of the body with the wrists together and swinging slightly when receiving the ball, the ball must be between the wrist and elbow. Underhand pass is also one of the techniques for passing, controlling and directing the ball so that it runs and in the desired direction, therefore the basic technique of underhand pass is also an important technique in volleyball. Underhand pass is also a technique that is often used to receive the first ball which is directed to the setter position so that it can be an attack strategy or smash to the opponent's area, in receiving underhand pass, accuracy is needed in receiving the ball so that the ball can be directed properly according to the desired direction or target (Hidayat & Rifki, 2020).

Volleyball athletes usually have deficiencies in performing underhand passes for the first ball reception so that it is difficult to form an attack strategy, this causes the ball received by the first ball recipient to not be right to the setter's position or the ball does not run well and in a directed manner so that the ball cannot be processed by the setter to form an attack, deficiencies found in volleyball athletes against underhand passing of volleyball such as a) Undirected underhand passing of players b) The player's body position is not ready so that it is difficult to reach the direction of the ball's movement c) the player is not precise in receiving the ball d) the first ball reception only focuses on the libero. This aims so that the first reception can be done by all player positions. considering

that in volleyball games that the first ball reception is an effort to pamper the setter's position in developing an attack strategy to the spiker position so that it can be a point of success for the team and can win the match.

Meanwhile, the athlete's training conditions that are carried out do not yet have the right strategy to solve the problem of the lack of basic underarm passing skills, so that there has been no significant change felt by the athletes to deal with the problem of undirected underarm passing, considering that sometimes the coach prioritizes the player's endurance and player strategy but in basic techniques there are shortcomings that have not been overcome, it is better for each player who has a different position to be trained in basic techniques, especially underarm passing to develop the players' technical abilities.

Based on the problems above, researchers see and analyze the needs of volleyball athletes such as a) athletes can perform basic techniques of underhand passing with direction b) coaches must provide coaching and training strategies for underhand passing c) athletes must train and hone their underhand passing skills well continuously to get good results. Therefore, researchers in helping coaches to overcome these problems, so that this study provides valid results in improving the quality of volleyball athletes' abilities.

METHOD

This research uses a research and development (R&D) method with the ADDIE model approach which consists of five stages: Analyze, Design, Development, Implementation, and Evaluation. (Cahyadi, 2019). ADDIE model, Analysis Stage the researcher conducted a needs analysis by collecting information from athletes and coaches and knowing the characteristics and abilities of athletes, Design Stage the researcher designed and adjusted the training model and the preparation of assessment instruments, Development Stage the researcher made the product and validated it by two validators, and at the implementation stage the researcher conducted small and large scale trials on PBV Tunas Inti Sriwijaya athletes, and at the evaluation stage measured the level

of validity and practicality of the product carried out during the development and improvement process.

The subjects of the study were athletes from the PBV Tunas Inti Sriwijaya club. Product validation was carried out by technical experts and media experts. The practicality trial was carried out in two stages, namely small and large scale. The small-scale trial used 4 athletes in the libero position, and for the large-scale trial used 10 athletes with different positions. The data collection instruments were in the form of validation questionnaires and practicality questionnaires which were analyzed using the percentage of feasibility.

Tabel.1 Validity Criteria

Criterion	Kualifikasi	Information
90 – 100%	Highly Valid	No revision required
75 – 89%	Valid	Revised as needed
65 – 74%	Quite Valid	Pretty much revised
55 – 64%	Less Valid	Much revised
< 54%	Very Less	Completely revised

This research in determining the practicality of the product uses data analysis techniques used in the form of instruments that are validated based on the results of the answers given by the small scale and large-scale trial groups and analyzed using the formula.

Table 2. Criteria of practicality


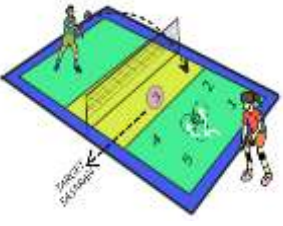

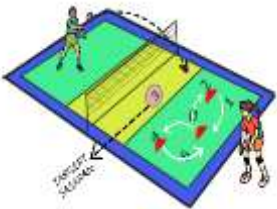

Criterion	Kualifikasi	Information
90 – 100%	Very Practical	No revision required
75 – 89%	Practical	Revised as needed
65 – 74%	Quite Practical	Pretty much revised
55 – 64%	Less Practical	Much revised
< 54%	Very Less	Completely revised

RESULT

The results of this research through the stages of analysis, design, development, implementation and evaluation produced a product in the form of a volleyball bottom passing practice model through target media for volleyball athletes with the preparation of an assessment instrument for the validity and practicality of the

resulting product.

Table 3. A Lower Passing Practice Model Through Target Media For Volleyball Athletes

No	Picture	Types of Training Models
1		Target Focus Training Model
2		Step Triangle Training Model
3		Zig-Zag Step Training Model
4		V Letter Pattern Training Model
5		All-Position Training Model

The results of the study show that the lower passing training model through the developed target media has gone through the stages of validation and practicality tests with very satisfactory results. Based on the assessment of volleyball engineering experts, the model is considered very valid with an average score of 96.66%. Likewise, the results of validation from media experts show high product feasibility. The small-scale trial involved 4 athletes and resulted in a practicality score of 90.00%, which was categorized as very practical. Large-scale trials with 10 athletes also showed similar results, resulting in criteria with product practicality.

With a result of 96.66% with a very valid qualification, it will be clarified with the following diagram:

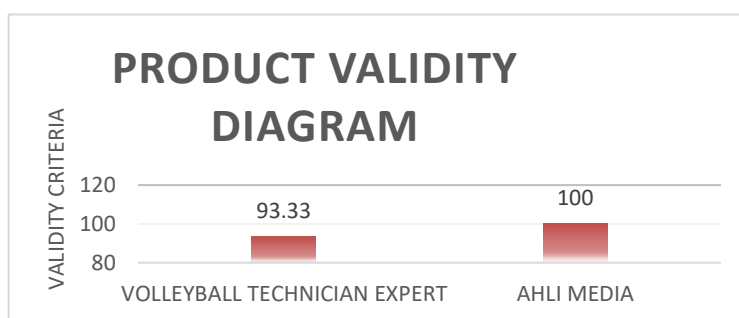


Figure 1. Expert validation conversion diagram

This study conducted a small-scale trial, obtaining results through a questionnaire with the following percentages:

Table 4. The practicality value of small-scale tests

No	Name	QUESTION														TOTAL		
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	SP	SM
1	JC	1	0	1	1	1	1	1	1	1	1	1	1	1	1	1	14	15
2	CS	1	0	1	0	1	1	1	1	1	1	1	1	1	1	1	13	15
3	AK	1	1	1	0	1	1	1	1	1	1	1	1	1	1	1	14	15
4	JC	1	1	0	0	1	1	1	1	1	1	1	1	1	1	1	13	15
		SUM														54	60	
		PRESENTASE														90,00%		
		INFORMATION														VERY PRACTICAL		

To provide a more visual picture, the results of the product practicality assessment in the table are presented through the diagram below:

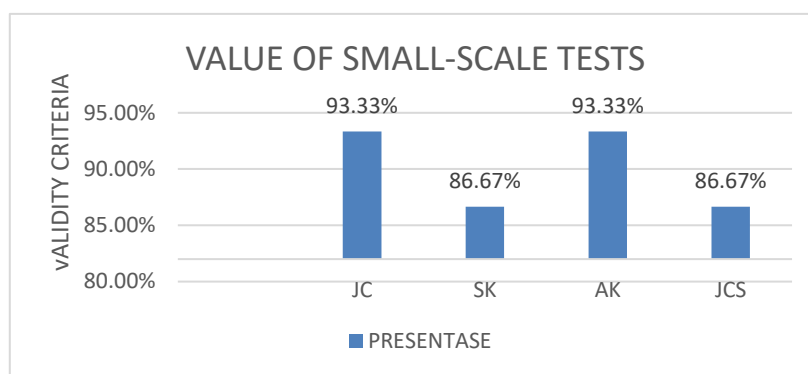


Figure 2. Small-scale practicality test diagram

The research conducted large-scale tests by obtaining the practical value obtained will be clarified using the following table:

Table 5. The Value of Product User Practicality (Large Scale)

NO	NAME	QUESTION															TOTAL	
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	SP	SM
1	ILK	1	0	0	1	1	1	1	1	1	1	1	1	1	0	1	12	15
2	AF	1	0	1	1	1	1	1	1	1	1	1	1	1	1	1	14	15
3	A	1	0	0	0	1	1	1	1	1	1	1	1	1	1	1	12	15
4	FS	1	1	0	1	1	1	1	1	1	1	1	1	1	1	1	14	15
5	JP	0	1	1	1	1	1	1	1	1	1	1	1	1	1	1	14	15
6	EARTH	1	1	1	0	1	1	1	1	1	1	1	1	1	1	1	14	15
7	FM	1	1	1	0	1	1	1	1	1	1	1	1	1	1	1	14	15
8	MN	1	1	1	1	0	1	1	1	1	1	1	1	1	0	1	13	15
9	RHP	1	1	1	0	1	1	1	1	1	1	1	1	1	1	1	14	15
10	MARK	1	1	1	0	1	1	1	1	1	1	1	1	1	1	1	14	15
		SUM															135	150
		PRESENTASE															90,00%	
		INFORMATION															VERY PRACTICAL	

To give an overview of the large-scale product practicality test will be presented through the diagram below:

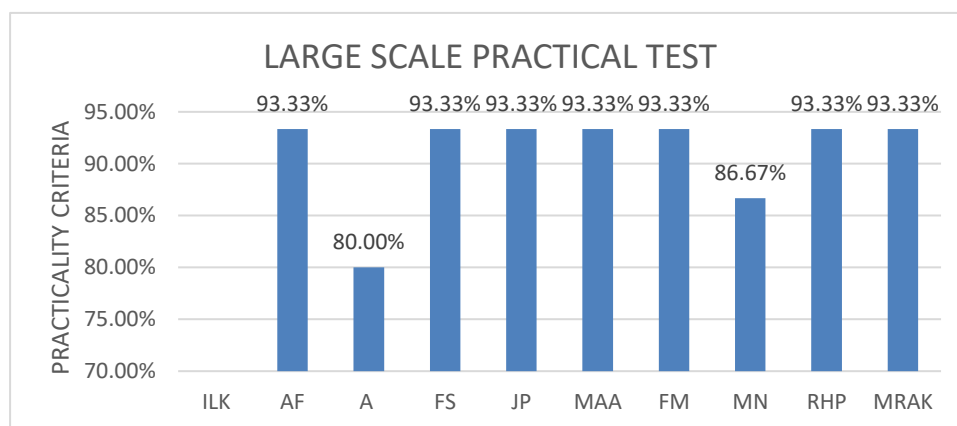


Figure 3. Large-scale product practicality test diagram

DISCUSSION

The results of the study show that the model of the lower passing exercise through the target media developed is very valid and very practical. Validation by engineering and media experts resulted in an average score of 96.66%, while the results of the practicality test, both on a small and large scale, showed a score of 90.00%. These results show that the developed model is appropriate and can be applied effectively in the training of volleyball athletes.

The high validity of the product indicates that the products, shapes, and methods in the exercise model have met the standards and are in accordance with the principles of improving skills in sports. This is in line with the theory that clarity of instruction, suitability of media, and diversity of activities greatly determine the effectiveness of an exercise program. In the context of the lower passing technique, the target media is able to improve focus, direction, and ball control, which is an important aspect in improving the quality of the team's defense. (Hasyim & Saharullah, 2019)

Practicality tests involve athletes and coaches in real training situations. The results show that this model can be applied easily and has a positive impact on athlete motivation and engagement. This is reinforced by research showing that structured and target-based exercises have a positive impact on improving the basic techniques of young players. The final product in the form of books and

videos provides flexibility for coaches to tailor the material to the needs of athletes.(Widiyono & Zubaedi Ahmad, 2024)

Compared to conventional training methods that tend to be monotonous, this model adds visual elements and concrete goals that make the exercises more engaging and targeted. This is in line with the results of research showing that the use of target media in basic technique training is able to improve the precision and consistency of movements (Sintia et al., 2024). This model also has high practical value because it is easy to understand and use by coaches and athletes of various skill levels. This advantage answers the challenges in coaching adolescent athletes, who often have difficulty mastering basic techniques due to a lack of training variety. However, this study has some limitations in the duration of application of the product has not been evaluated in the long term, so its continued effectiveness cannot be concluded. Overall, the development of this bottom-passing training model with target media enriched the basic volleyball technique training strategy, strengthened the validation of the training model, and provided an innovative alternative in the coaching of achievement sports at the club level.

CONCLUSION

Based on the results of the research and development that has been carried out, it can be concluded that the lower passing training model through target media for volleyball athletes has proven to be valid and practical to be applied in the training process. This model is designed through the ADDIE approach, which includes the stages of needs analysis, product design, media development, implementation, and evaluation. Validation from engineering experts and media experts showed that the product had a very high level of validity with an average score of 96.66%, while practicality tests from users (athletes and coaches) on a small and large scale showed a score of 90.00%, which belongs to the category of very practical.

The results of this study make a significant contribution to the development of strategies for coaching basic volleyball techniques, especially for

adolescent athletes. This training model can be an innovative alternative that is able to answer the challenge of basic technique training that has so far seemed less directed. With structured, target-based training methods, trainers can design training programs that are more systematic, efficient, and fun.

Thus, this model of lower passing training through target media is suitable for widespread use in the development of volleyball athletes, both at the school, club, and sports academy levels. This model not only strengthens basic engineering skills, but also encourages innovation in sports training methods and practical needs in the field.

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