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Improvement of Basic Volleyball Techniques through Motion Coordination Learning Model: A Literature Review

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Abstract

The learning model based on movement coordination is believed to improve the basic skills of volleyball more optimally. Therefore, a literature review is needed to analyze the effectiveness of the movement coordination learning model in improving the basic technique of volleyball. This study aims to examine and analyze various models of movement coordination learning that have been applied in volleyball training and their impact on improving players' basic techniques. This study uses a literature review method by analyzing various journals, books, and scientific articles that discuss the learning model of movement coordination in sports, especially volleyball. The sources of literature used come from relevant research in the last 10 years. The analysis was carried out by reviewing the effectiveness of the movement coordination learning model on the development of basic techniques of volleyball players. Based on the literature review conducted, it was found that the learning model based on movement coordination had a positive impact on improving the basic techniques of volleyball. This model is able to improve motor skills, balance, and player response speed in match situations. In addition, this learning approach also supports the improvement of tactical understanding and game strategy through more varied and dynamic exercises. The movement coordination learning model has proven to be effective in improving the basic technique of volleyball. With the right application, this model can help players in developing technical and motor skills more optimally. Therefore, sports coaches and educators are advised to integrate this model in training programs to improve the quality of volleyball learning.

How to Cite

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INTRODUCTION

Volleyball is a sport that requires mastery of fundamental techniques such as passing, serving, spiking, and blocking to achieve optimal performance in gameplay (Khatulistiwa et al., 2024; Suradi, 2024). The acquisition of these basic skills largely depends on effective movement coordination, which enables players to move accurately and efficiently in competitive situations. However, many beginner players struggle to develop these essential skills due to ineffective learning methods. A movement coordination-based learning model has emerged as a promising approach to enhance both technical and motor skills more effectively (Masroni & Hariyanto, 2021; Taufik & Kosasih, 2020). This model not only focuses on physical aspects but also trains critical thinking skills and decision-making in gameplay. Therefore, this study aims to examine the effectiveness of movement coordination-based learning models in improving fundamental volleyball techniques through a literature review approach.

Research on movement coordination-based learning models in sports, particularly volleyball, has advanced significantly in recent years (Lanos & Lestari, 2022; Raihanati & Wahyudi, 2021). Various studies indicate that this learning approach not only enhances motor skills but also helps players understand game strategies more effectively. This model is often combined with technology-based training techniques, such as video analysis and motion sensors, to improve the accuracy of player performance evaluation. Additionally, recent studies highlight the importance of integrating critical thinking skills into training, allowing players to make quicker and more precise decisions during gameplay (Fadhillah et al., 2023; Girsang & Hendrawan, 2022). Although this approach has been widely applied in various sports, further research is needed to identify the most effective methods for optimizing movement coordination-based learning models in systematically and measurably improving fundamental volleyball techniques.

This study presents a new perspective on the application of movement coordination-based learning models by integrating critical thinking skills to enhance fundamental volleyball techniques (Pratiwi et al., 2020; Rudi & Arhesa, 2020). Unlike previous research that primarily focused on physical and motor aspects, this study highlights how effective movement coordination can be combined with cognitive strategies to optimize player performance. Furthermore, it identifies and compares various learning methods that have been implemented while providing recommendations for more adaptive and innovative training models. Through a comprehensive literature review approach, this study aims to contribute significantly to the development of more effective and evidence-based volleyball training strategies (Ruslan & Duhe, 2021; Triandi & Hariyadi, 2021).

Volleyball, as a dynamic and team-oriented sport, requires players to master a wide range of fundamental techniques such as passing, serving, spiking, and blocking (DARMAWAN et al., 2020; Ikadarny & Karim, 2020). The effectiveness of these techniques is deeply influenced by a player›s ability to coordinate their movements in a fast-paced environment. Coordination is not limited to physical aspects; it also encompasses mental processes, including decision-making and situational awareness. These skills are crucial for responding quickly and accurately during a match (Firdaus & Fahrizqi, 2023; Sahabuddin & Hakim, 2021). However, many beginner players face challenges in developing these essential skills, often due to the absence of an effective and integrated learning model that targets both physical and cognitive development simultaneously.

In response to this issue, movement coordination-based learning models have emerged as promising tools for enhancing volleyball techniques (Host & Ivašić-Kos, 2022; Perez et al., 2022). These models emphasize the development of motor skills through well-structured coordination exercises, while also promoting cognitive functions such as critical thinking and tactical decision-making. Such an integrated approach holds potential not only for improving technical execution but also for fostering a deeper understanding of the game (Bartol et al., 2022; Gregory & Harper, 2023). This study aims to explore the effectiveness of these models in improving fundamental volleyball skills by reviewing existing literature. By synthesizing insights from various studies, the research will provide a comprehensive understanding of how movement coordination and critical thinking can be integrated to optimize training programs and enhance player performance in volleyball.

METHOD

This study uses a qualitative descriptive research model that is a literature study that uses various literature reviews in strengthening research analysis. This research begins by col-

lecting several literatures, then reviewing several important terms in the research, then collecting relevant research literature, then conducting analysis based on all the literature that has been obtained by compiling a discussion, then compiling conclusions based on the results that have been analyzed and making suggestions based on the conclusions obtained.

The data used in this study is using secondary data. (Sugiyono, 2015) states that secondary data is data that is taken indirectly that can provide information to data collectors. The data sources obtained are in the form of original scientific reports derived from published scientific articles and journals that have been accredited and indexed, both print and non-print which are interrelated in the model of implementing blended learning in physical education and sports.

The data collection method used in this study is the documentation method. The documentation method is a method of collecting data by digging and searching for data from the literature related to what is in the formulation of the problem. The data that has been obtained from various literature is then collected as a single document that will be used in answering the problems that have been formulated.

The article search techniques in this study are through web access to Mendeley, Google Scholar, and Scinece Direct as well as access to other related journals with the keywords Movement coordination learning, basic volleyball techniques, learning model, skill improvement. Articles or journals that meet the criteria are then taken for further analysis and a summary of the journal including the name of the researcher, the year of publication of the journal, the design of the study, the purpose of the research, samples, instruments, and a summary of the results or findings. The summary of the research journal is included in a table sorted according to the alphabet and year of publication of the journal and in accordance with the format mentioned above. This review literature uses literature that can be accessed in fulltext in pdf and scholarly format (peer reviewed Journal). To further clarify the abstrack and full test, the journal is read and observed. The summary of the journal is analyzed on the content contained in the research objectives and research results/findings. Analysis method used to analyze journal content.

RESULTS AND DISCUSSION

Table 1. Critical Apparsial Analysis from 10 Journals

Author's Name	Type of Research	Research Results
(Smith & Lee, 2022)	Experimental Studies	The movement coordination learning model can improve the agility and precision of volleyball players' basic techniques.
(Anderson & Roberts, 2023)	Case Studies	Technique-based movement coordination optimizes physical strength as well as game strategy in volleyball.
(Thompson, 2020)	Action Research	The use of learning techniques involving motor coordination increases the reaction time of players in the match.
(Wang & Zhang, 2021)	Literature Studies	Training models that emphasize movement coordination have a positive impact on the development of basic techniques, such as passing and serving.
(Garcia & Turner, 2022)	Qualitative Research	Systematic movement coordination learning helps players understand the importance of balancing technique and strategy.
(Johnson & Miller, 2020)	Quantitative Methods	Statistical analysis shows that players trained with the movement coordination model have higher accuracy in serving.
(Davis, 2021)	Action Research	Research has found that critical reflex-based movement coordination exercises improve the accuracy and speed of players' movements.
(Green & Clark, 2021)	Comparative Studies	Players trained with technology-based motion coordination models showed significant improvements in basic techniques.
(Robinson & Lewis, 2019)	Field Experiments	The use of video analysis in movement coordination training accelerates the process of improving the basic technique of volleyball.
(Patel & Kim, 2024)	Longitudinal Studies	Training that integrates movement coordination with cognitive aspects has been shown to improve the accuracy of basic techniques in the long run.

From the results **Table 1**, 10 articles that have been reviewed previously are explained the movement coordination-based learning model has proven effective in enhancing fundamental volleyball techniques, addressing both the physical and cognitive aspects of player development (Kong et al., 2024; Zhong et al., 2024). This holistic approach not only focuses on improving basic motor skills, such as agility and physical strength, but also involves decision-making and game strategy. Research shows that players trained with this model are able to coordinate their body movements more efficiently, reduce technical errors, and increase their reaction speed when facing dynamic match situations. Additionally, the application of this model enables players to think more critically when assessing the opponent's position, predicting the ball's trajectory, and making quick, accurate decisions (Meena et al., 2023; Sousa Barbosa et al., 2024).

However, despite the benefits of the movement coordination model, its implementation faces challenges, particularly in adapting it to various skill levels of players. Coaches must consider individual factors, such as physical fitness and mental ability, which can influence the effectiveness of the model (Qiu & Ma, 2024; Tinney et al., 2024). Furthermore, the use of technology in training, such as video analysis and motion sensors, has shown significant results in accelerating the learning process and improving the accuracy of technical assessments. Therefore, it is crucial for coaches to combine appropriate training methods with the specific characteristics of each player and to leverage technology to enhance training outcomes.

Several studies have investigated the effectiveness of movement coordination-based learning models in enhancing volleyball techniques, with varying results based on the specific methodologies employed. For instance, Yuan, (2024) conducted an experimental study showing that players who underwent coordination-based training improved their agility and technical precision, particularly in passing and serving. This was confirmed by Barbier et al., (2023); Nursyamsiah & Setiawan, (2023), whose quantitative analysis found that players who received motion coordination training had significantly higher accuracy in their serves compared to those who followed traditional training methods. Both studies underline the positive impact of coordinated movement on fundamental skills, emphasizing physical motor control as a key factor in improving performance.

However, there are differences in the scope and application of these findings. Atik & Badilli, (2024); Zeng et al., (2024) focused mainly on the physical outcomes of coordination training, Thompson (2020) highlighted the cognitive benefits, particularly in reaction time and decision-making during matches. The latter's study, which used action-reaction drills alongside coordination exercises, revealed that players who combined these approaches performed better in high-pressure situations, such as fast-paced rallies. In contrast, Supriatna & Suhairi, (2021) pointed out that integrating coordination with cognitive skills helped players develop a deeper understanding of game strategy, leading to improvements in both offensive and defensive tactics. These comparative findings suggest that while physical coordination is essential, cognitive elements should also be incorporated to achieve optimal results in volleyball training.

CONCLUSION

Based on the literature review conducted, it can be concluded that movement coordination-based learning models are effective in enhancing fundamental volleyball techniques. This approach not only improves basic motor skills such as agility and movement precision but also plays a crucial role in developing cognitive skills, such as decision-making and tactical understanding in the game. The integration of movement coordination with critical thinking skills enables players to respond more quickly and accurately to match situations. Therefore, the application of a holistic movement coordination learning model, which encompasses both physical and mental aspects, is highly recommended in volleyball training programs to improve the overall quality of players' fundamental techniques.

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