



The Level of Smash Skills on Male Athletes of BVC Volleyball Club

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Abstract

This study aims to obtain data as a basis for evaluating and improving smash technique training of male athletes at the BVC Club in Balangan District to serve as a reference in designing a more focused and athlete-needs-based training program. The method used is quantitative method with total sampling technique on 12 male athletes. The data collection instrument consists of a smash skill test based on the reference by Tantri & Mashud (2023). The results of the study indicate that 41.66% of athletes (5 individuals) are in the very good category, 16.67% (2 individuals) in the good category, 16.67% (2 individuals) in the medium category, and 25% (3 individuals) in the poor category, with no athletes in the very poor category. These findings suggest that some athletes have mastered smash technique well, but there are still a significant number of athletes who require special attention in mastering the technique, particularly in terms of power, attack angle, and shot accuracy. This study recommends the need for regular evaluations and the development of more structured and individually tailored technical training programs to improve overall smash performance.

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INTRODUCTION

Volleyball is an achievement sport that is very popular with the people in Indonesia, which is played by various groups, both at the school, community and professional club levels. According to (Mulyadi & Pratiwi, 2020) "volleyball is a game that is played by bouncing the ball using all parts of the hand to be played on its own playing field three times". There are five basic techniques in volleyball, namely serving, passing, passing, smash and block, among these five techniques smash is the most effective way to win numbers in a match (Lubis & Mulyana, 2024). Therefore, good mastery of the smash technique plays an important role in determining the success of a team, because it often determines points in a match.

Smash is a movement of hitting the ball hard using certain techniques so that the ball can enter the opponent's field (Mulyadi & Pratiwi, 2020). To do smash in volleyball, there are several stages according to (Irwanto, 2021), namely making a prefix, pedestal, position in the air, timing when hitting the ball and landing. Smash that is done precisely, hard, sharp downward and directed towards parts that are not easily reached by the opponent can be an effective attack to penetrate the opponent's defense and get points. Conversely, smashes that are not sharp, not hard, and not directed will benefit and make it easier for the opponent to reach the ball and arrange a counterattack. In (Irwanto, 2021) smash in volleyball games is divided into four, namely: 1. high ball smash (open) with a ball pass about 3 meters above the net; 2. medium ball smash (semi) with a ball height of about 1 to 2 meters above the net; 3. fast ball smash (quick), namely the hitter jumps up before the ball is fed by the feeder; and 4. smash from behind the attack line (back attack) is carried out by players who are in the position behind the attack line (three meter line).

BVC Volleyball Club from Balangan Regency is one of the clubs that is active in coaching volleyball athletes at the regional level, this club has serious attention in efforts to improve its players, including smash skills. A coach must try to obtain data on influential and dominant factors in achieving skills and sorting out training methods as a basis for implementing training in the field (Pratiwi & Anggara, 2021)). However, when conducting matches both in inter-club sparing and volleyball tournaments, there are still many smashes of BVC club male athletes that are not accurate so that many balls can be returned easily by the opponent, or smashes that are car-

ried out fail because they are blocked by the opponent. This is because until now there has been no research conducted for this club, so there is no adequate data on how the level of smash skills of male athletes in the club.

The quality of training must be considered properly and planned so that athletes' smash skills can improve as expected (Massa & Kadir, 2019). However, to arrange this, research must be carried out to find out data on the level of smash accuracy of male volleyball athletes at Club BVC, so that it can be known the factors that cause smash to be easily blocked by opponents, and can be the basis for evaluating and improving technical training in order to become a reference in designing training programs that are more focused and based on player needs in order to improve overall club performance.

METHODS

This study uses a quantitative method, namely research with data obtained and the results obtained in the form of numbers (Sahir, 2021). In this study the authors used a single variable, namely the smash skills of BVC club athletes according to (Mansyur, 2021)) a single variable is a variable that only reveals one variable to be described. The population in this study were male volleyball athletes at the BVC club in Balangan Regency, according to (Sugiyono, 2019) "Population is an object or subject that has certain qualities and characteristics determined by the researcher". The sample of this study were 12 BVC club male athletes, according to (Sugiyono, 2019) Samples are part of the population. The sampling technique in this study was total sampling. The research instrument used to answer research problems is to conduct tests. According to Aiken in (Syahrurum & Salim, 2012) "tests are instruments to measure a person's behavior, or performance". The test that researchers use to measure the smash skills of BVC club male athletes is the smash test (Tantri & Mashud, 2023). This test aims to measure the smash skills of BVC club male athletes. For the implementation of data collection in research, the steps taken are as follows lines are formed to form boxes that limit the target value. Each box for the value of 5, 4, 3, 2 is 1.5 M and for the value of 1, 3 M. The net height used is 2.30 m because all research samples are male athletes. The test participant stands on the attack line, the feeder stands in the center near the net and bounces the ball for the test participant to smash. At the same time the test participant smashes while jumping and aiming at the highest

target. Each testee smashes 6 times. If the ball is not perfect, it can be repeated again.

In outline, the steps above can be seen in **Figure 1** below, which is an illustration of the smash test implementation field.

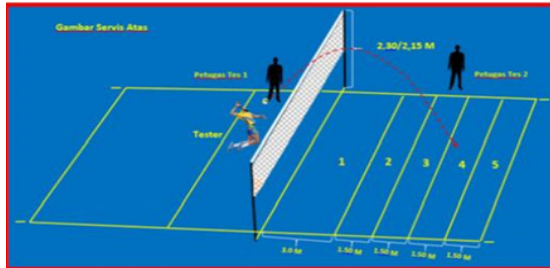


Figure 1. Smash Test Implementation Field
Source: (Tantri & Mashud, 2023)

Table 1. Smash Skill Level Assessment Norms

Male	Female	Classification
22 - 25	22 - 25	Very good
19 - 21	19 - 21	Good
14 - 18	14 - 18	Medium
9 - 13	9 - 13	Poor
5 - 8	5 - 8	Very poor

(Source: Tantri & Mashud, 2023)

The data obtained from this test will be analyzed statistically with a data presentation design in the form of a percentage calculated using the formula

$$P = F / N \times 100\%.$$

Description:

P = Percentage

F = Number of test results

N = Number of Testees / Samples

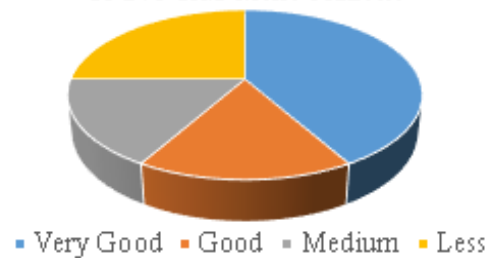
Researchers provide an explanation in the form of a description of the data that forms a percentage to give meaning to the data obtained based on the smash test results on BVC club male athletes.

RESULTS AND DISCUSSION

Table 2. Percentage Classification of Smash Skills of BVC Club Male Athlete

Classification	Percentage	Athlet
Very good	41,66%	5 people
Good	16,67%	2 people
Medium	16,67%	2 people
Poor	25%	3 people
Very poor	0%	0 people

Percentage Of Smash Skill Test Results
Of Bvc Club Men's Athletes



Based on **Table 2**, it can be said that the smash test that measures skills in BVC club male athletes produces data with a very good classification with a percentage of 41.66%, namely 5 people, good classification with a percentage of 16.67%, namely 2 people, medium classification with a percentage of 16.67% 2 people, classification poor with a percentage of 25%, namely 3 people, and 0% or no athletes with a very poor classification. This shows that most athletes have a fairly good ability, but there are still athletes who are in the poor classification, which is of particular concern in the development of training programs.

Based on the results of the study, it can be seen that the level of smash skills of Club BVC male athletes shows a fairly good variation. A total of 41.66% of male athletes (5 people) are in the very good category, indicating that most athletes have mastered the smash technique well, this includes in terms of strength, angle of attack, and accuracy of the direction of the blow. However, there are still 25% of athletes (3 people) who are classified as poor, 16.67% of medium classification (2 people) and 16.67% of good classification (2 people). These results indicate the need for a systematically structured training program plan to improve overall skills. This shows that although there are athletes with very good classifications, there are still a number of athletes who need special attention in smash training.

These results are in line with the background of the problem in the introduction, where in matches both in sparring between clubs and volleyball tournaments, there are still many smash athletes of the BVC club men who are not accurate so that many balls can be returned easily by the opponent, or the smash that is done fails because it is blocked by the opponent. The failure is caused by the inaccuracy of the smash direction so that the opponent can easily block the attack through the block and hold the smash with a pass and then counterattack.

The results of this study indicate that the

smash technique skills of Club BVC male athletes are dominated by very good category (41.66%), in contrast to research by (Zen et al., 2024) with the title "Level of Basic Smash Technique Skills in Bolavoli Games in Physical Education Students" which shows dominance in the good category (52%) and no one reaches the excellent category. This study also found 25% of athletes in the less category, higher than Zen et al.'s research which was only 6.67%. This comparison suggests that although Club BVC has highly skilled athletes, the distribution of ability is still uneven and tends to be polarized. This reinforces the importance of evaluation and training that is structured and based on individual needs to improve the smash technique abilities of all BVC club male athletes evenly.

Based on the smash test results conducted on 12 male athletes of the BVC club, it was found that 41.66% (5 people) of athletes were in the very good category, while the rest were divided into good (16.67%), medium (16.67%), and poor (25%) categories. When referring to the opinion (Sugiyono, 2013), this classification shows the level of skill that describes the extent to which each athlete's position in mastering smash, which in this study is proven through quantitative measurement results. This means that most of the athletes are at the upper middle skill level, but there are still about a third who need special attention in improving their skills.

Furthermore, these results also confirm the theory put forward by (Harsono, 2018), that skills such as smash require the ability to perform movements effectively and efficiently. Athletes who fall into the very good category have been able to coordinate the right movements, including in terms of timing, jumping, and ball placement when doing smash. Conversely, athletes who fall into the poor category are likely to experience problems in aspects of coordination, hitting power, or accuracy of ball direction, so it is necessary to provide corrective training and improve techniques through a systematic and measurable approach.

Smash in volleyball is strongly influenced by good coordination between body position, step speed, and jump time. So that training to improve smash techniques can focus on strength training, explosive power, and eye-hand coordination (Maifa, 2021). In addition, creativity and variety training are also needed, because during volleyball matches athletes must be able to use various smash patterns with different attack points so that the opponent does not easily read the direction of the ball and anticipate the shot.

Achieving achievement in sports is not an instant thing, so it needs to be carefully planned and well programmed (Paramita et al., 2024). Without regular measurements of athletes' technical skills including smash techniques, coaches and athletes cannot know the extent of their development, which parts need to be improved, or what error patterns often occur. So that training only focuses on repetition without quality assessment, and training becomes less directed, individual weaknesses are difficult to identify so that the training program is not in accordance with the needs of athletes.

The success of a team is largely determined by how effective the smash variations and attacks carried out by its players. Therefore, smash skills must be trained efficiently so that players can do it consistently and effectively in match situations (Syamsuryadin et al., 2021). Therefore, coaches can use the results of this study to identify athletes who need additional technique training, develop a more specific smash training program, especially for aspects of directional accuracy and block avoidance, and increase training variations, such as jump speed training, selection of hitting angles, and coordination with the set-upper.

CONCLUSION

After conducting research on the smash skill level of male athletes at the BVC Club through smash tests, it can be concluded that most athletes have very good smash technique skills. Athletes who have a very good smash skills are able to execute powerful smash that dive sharply downward and hit the target precisely in high scoring area of the court, there qualifying as very good based on smash test results. Meanwhile, athletes who have not yet very good smash technique will have smash that are not strong enough and cannot direct the shot to high scoring areas in the smash test, and sometimes their smash even get caught in the net. This shows that athletes with very good smash technique have good muscle strength, enabling them to generate strong momentum when jumping and hitting the ball hard, have good accuracy and the ability to determine the direction of the ball so that it falls at the desired point quickly and precisely, making the smash difficult for the opponent to reach and return. Further studies are needed to identify the factors contributing to the lack of proficiency in smash execution, such as jumping technique, attack variations, and systematic technical evaluation during training, which may explain the uneven skill levels among athletes. This stu-

dy recommends the need for regular evaluations and the development of more structured and individually tailored technical training programs to improve overall smash performance.

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