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Skill Level, Bottom Passing and Upper Passing in Volleyball, Extracurricular Participants of Junior High School 3 Banjarbaru

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Abstract

The aim of this research is to determine the level of lower passing and upper passing skills of extracurricular participants at Junior High School 3 Banjarbaru. This research method is descriptive qualitative with tests measuring the lower passing and upper passing skills of volleyball in extracurricular participants at Junior High School 3 Banjarbaru. The results of research on men's underpassing were classified as very good 20%, good classification 20%, moderate 20%, poor 30%, very poor 10%, research results on female underpassing were classified as very poor 100%. The results of the passing research on boys were classified as very good 20%, good 20%, moderate 20%, poor 30%, very poor 10%, the results of the research on passing on girls were classified as very less than 100%. The conclusion of the research results is that the lower passing of the sons of extracurricular participants at Junior High School 3 Banjarbaru is poor, and the girls' passing is very poor. The conclusion of the research results is that the passing of the sons of extracurricular participants at Junior High School 3 Banjarbaru is poor, and the daughters are very poor.

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INTRODUCTION

The game of volleyball (volleyball) is a combination of many big ball games that are grouped together, including basketball, baseball and handball. Volleyball is a game invented by William G. Morgan on February 9, 1895 in Holyoke, Massachusetts (USA). Mintonette is the name given to the sport of volleyball when it was first introduced. This game is played by two opposing groups. Each group consists of six players (Fadly 2020).

Volleyball is a game played by two teams with each team consisting of a maximum of 6 people and limited by a net. Volleyball is played with a maximum of 3 bounces in one team before being thrown into the opponent's court and trying to send the ball into the opponent's court over the net.

Volleyball will be present in society, this sport is very popular not only among the public, but also among students. It is not surprising that this game, which can be played by both men and women, is included in the school curriculum and extracurricular activities. The popularity of volleyball is not a coincidence. Its accessibility, diversity, positive results and position as a global phenomenon with a wide variety of games make it a sport recognized by people around the world. Volleyball is not just a game of net and ball, it is also an unmatched symbol of simplicity, fun, strategy, sportsmanship and togetherness (Sudiby 2020).

A structured and well-organized tiered tournament system is one of the main factors that makes volleyball a favorite in Indonesia. This system provides opportunities for everyone to get involved in this sport. Apart from that, the national team's brilliant achievements on the international stage have also increased the popularity of volleyball in Indonesia. This shows that volleyball is not only a fun and healthy sport, but also has great potential to make the nation proud (Rsser 2019).

The Role of Educators in Volleyball Performance in Schools Educators, in this case Physical Education and Sports and Health teachers, have an important role in improving volleyball performance in school (Nisya'ul Belgis 2023).

Basic techniques in playing volleyball are very important capital for basic extracurricular participants to master and must be learned and trained by beginner players if they want to master and excel. Many beginner athletes ignore the basic techniques in playing volleyball and just want to practice smashing, even though several

volleyball playing techniques are all interrelated, from the simplest techniques, namely basic passing techniques, to the most difficult techniques, namely blockin (Walburga Martina Ngole, Yohanes Bayo Ola Tapo 2022).

One technique that is very important for a player to master in the game of volleyball is passing. In volleyball, there are two types, namely lower passing and upper passing. The passes most often used to receive a service or smash are the bottom pass and the top pass. Good passing is the first step in planning an attack, because without receiving the service ball and directing the ball towards the feeder well, the possibility of getting points is very small. Passing, both down passes and over passes, is indeed an important foundation in volleyball game. Underpassing is generally used to receive an opponent's serve, a ball that bounces off the net, or a ball resulting from a failed spike. Meanwhile, overpassing is used to receive a ball that comes higher, such as an opponent's serve ball or a ball resulting from an underpass from a teammate (Ilham, Alek Oktadinata 2019).

Mastering passing techniques in volleyball is like having the main key to achieving victory. This ability is an important foundation for every player, whether it is to receive an opponent's serve, pass the ball with precision to a teammate, or build a deadly attack. Good passing will open up gaps in the opponent's defense and create scoring opportunities. Therefore, mastering fundamental passing techniques is the key for each individual to contribute to the team and lead the team to victory.

There are various types of passing drills that are usually used during maintenance or at the beginning of a lesson. often used only during warm-up or only at the beginning of practice, but which is widely used in the form of passing drills down the wall and in other forms of training, in this case this form of exercise is often studied by students both during physical education lessons and during extracurricular activities, but This form of training is sometimes just a warm-up without being applied to technical training which specializes in studying down passing drills in order to improve volleyball down passing skills bola (Setia Budi 2021).

Extracurricular activities are activities carried out outside school hours to increase students' knowledge, skills, talents and potential and student values, as well as shape students' personalities based on their interests and needs. Extracurriculars are a place for students to develop themselves and their potential. By participating in extracurricular activities, students can learn

many new things, meet new friends, and improve their abilities. Taking part in volleyball extracurricular activities is very important for students who want to learn and improve their passing skills. Apart from that, extracurricular volleyball can also provide many other benefits for students, such as improving fitness, developing teamwork, and increasing self-confidence (Hurung, H. X. M., Wolo and Cendrawati 2023).

Sports achievement is not an instant thing so it requires careful and programmed planning. An extracurricular participant must be really well trained in order to maximize his or her achievements. "There are many challenges that hinder the smooth running of the program. The first obstacle to the smooth running of the program is an unorganized training program. The weakness during the training process is that there is no clear training program, so that students or students have disadvantages during the competition. unscheduled training, scheduled training only once a week, less effective training program. The lack of a structured and effective volleyball training program is one of the main factors hindering the development of volleyball in Indonesia (Rsser 2019).

In this case, there is a lack of data collection on skill levels of lower passing and upper passing in volleyball. official or measurement that documents the level of individual or team skill in performing volleyball underpassing and overpassing techniques. This can be caused by reduced data collection or reduced perception of the importance of certain analyzes in volleyball. Underpassing and overpassing are one of the most important basic techniques in volleyball. Retrieval of data related to this skill level is still minimal.

Based on the results of data analysis and discussion, it can be concluded that: Survey of Lower Passing Skill Levels, Upper Passing in Volleyball Extracurricular Participants at Public High School 8 Kaur. Based on the average value obtained, it is 32.46. Survey of Lower Passing Skill Levels, Upper Passing in Volleyball Extracurricular Participants at Senior High School 8 Kaur in the "High" category (Anon 2021).

Based on the results of the research and discussion above, it can be concluded that the upper passing ability of the Yellow Gading Club Volleyball players is in the Fairly Good category and the lower passing ability is also in the Fairly Good category (Akmal Khadavi, Zulheri Is 2023).

Based on the discussion of the research findings, it was concluded that the majority of male and female students in passing under and over volleyball showed "very poor" results (Her-

daphasa, Yonansyah, Eko Hariyanto, M.E Winarno 2023)

Previous research has similarities, namely regarding the level of passing skills, but this research has differences, namely that it includes a sample of male and female students at junior high school level who carry out the skill levels of two passing techniques, namely: bottom passing and top passing with the men's results being "less" and the women's results being "very less".

From the explanation above, there are problems with the lower passing and upper passing techniques, therefore it is important to collect data on lower passing and upper passing skills for volleyball extracurricular participants. Collecting data on lower passing and upper passing skill levels is very important to help volleyball extracurricular participants improve. their capabilities such data - can be used to identify weaknesses, monitor the development of extracurricular participants, provide appropriate feedback, increase motivation, and improve the quality of their lower passing and upper passing skills. By collecting data and using it appropriately, coaches and teachers can help athletes or extracurricular volleyball participants to achieve optimal performance.

The research that is relevant to this research is the author's illustration of solving a problem with a context almost the same as the problem in the author's article below: (Hamdi Irawan 2019) entitled "Levels of Basic Volleyball Passing Skills in Extracurricular Students at Junior High School 2 West Simeulue"

Junior High School 3 Banjarbaru, like other schools, organizes various extracurricular activities for its students. This extracurricular is a forum for students to channel their talents and interests, both in the fields of arts and sports. Various extracurriculars are available at Junior High School 3 Banjarbaru, ranging from arts extracurriculars such as choir, dance and science, to sports extracurriculars such as futsal and volleyball. By taking part in extracurricular activities, students can develop their potential to the maximum, outside formal lesson hours."

METHODS

Qualitative descriptive research is this type of research. Qualitative research was used in this research. Qualitative research is also defined as a strategy to search for meaning, understanding, concepts, characteristics, symptoms, symbols and descriptions of a phenomenon, focused and multimethod, natural and holistic in nature, prioritized

zing quality, using several methods, and presented narratively in research (Waruwu 2023). The population and research subjects were students of Junior High School 3 Banjarbaru. The sample collection technique uses purposive sampling. According to Sugiyono (2019) purposive sampling is a technique for determining samples with certain considerations (Hamdi Irawan 2019). To obtain data that is relevant to this research, the author used a method by collecting data through tests measuring lower passing and upper passing skills. This data was collected during volleyball extracurricular activities at Junior High School 3 Banjarbaru. Analysis of this research data uses descriptive percentage statistics.

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

P : Percentage figure

F : The frequency the percentage is being searched for

N : Number of respondents (children)

RESULTS AND DISCUSSION

The results of research regarding the level of lower passing and upper passing skills in volleyball extracurricular participants at Junior High School 3 Banjarbaru are presented as follows.

Table of classification norms for lower passing and upper passing skill levels for male students followed by female students participating in extracurricular activities at Junior High School 3 Banjarbaru.

Table 1. Results of Men's Lower Passing Skill Levels

Intervals	Classification	Amount	Percentage
>47	Very well	2	20 %
40 - 46	Good	2	20 %
27 - 30	Currently	2	20 %
17 - 26	Not enough	3	30 %
< 16	Very little	1	10 %
Total		10	100 %

The results of the research on the lower passing of sons of extracurricular participants at Junior High School 3 Banjarbaru, 2 people had a Very Good Classification with a percentage of 20%, 2 people had a good classification with a percentage of 20%, Medium 2 people had a percentage of 20%, less than 3 people had a percentage of 30%, very poor classification of 1 person had a percentage of 10%. The men's bottom line

skills results overall were poor.

Table 2. Results of women's top passing skill levels.

Intervals	Classification	Amount	Percentage
>47	Very well	0	0 %
40 - 46	Good	0	0 %
27 - 30	Currently	0	0 %
17 - 26	Not enough	0	0 %
< 16	Very little	8	0 %
Total		8	100 %

The results of the research on the lower passing of girls from extracurricular participants at Junior High School 3 Banjarbaru. The classification is very low, 8 people are 100%. The women's overall passing skills results are very poor.

Table 3. Results of men's top passing skill levels

Intervals	Classification	Amount	Percentage
>47	Very well	2	20 %
40 - 46	Good	2	20 %
27 - 30	Currently	2	20 %
17 - 26	Not enough	3	30 %
< 16	Very little	1	10 %
Total		10	100 %

Results of passing research on sons of extracurricular participants at Junior High School 3 Banjarbaru, very good classification, 2 people with a percentage of 20%, good classification, 2 people with a percentage of 20%, moderate, 2 people with a percentage of 20%, less than 3 people, 30%, very poor, 1 person 10%, The overall results of men's passing skills are poor.

Table 4. Results of women's top passing skill levels.

Intervals	Classification	Amount	Percentage
>47	Very well	0	0 %
40 - 46	Good	0	0 %
27 - 30	Currently	0	0 %
17 - 26	Not enough	0	0 %
< 16	Very little	8	0 %
Total		8	100 %

The results of the passing research on the daughters of extracurricular participants at Junior High School 3 Banjarbaru. The classification is very low, 8 people are 100%. The overall results of women's passing skills are very poor.

Underpassing according to (Elisanti, Juwita 2022) Passing is a technique of receiving the ball and swinging it back in the desired direction. This technique is a basic technique in the game of volleyball and must be known by those who want to play the game. Based on research findings, the level of underpassing skills of Junior High School 3 Banjarbaru students is categorized as men's underpassing not being optimal and evenly distributed at the classification level. Good, Medium, Poor, Students who have a level of down passing movement skills that are quite "Good" there are four students and they don't pass under in a hurry when doing the test so they pass correctly and get the ball to their arms well. There are two students who have a "Medium" skill level due to this, namely when carrying out the passing test the student hits the ball too high and the hand swings too low so that the ball is not optimal, the contact of the ball on the arm is not correct and the student's lack of confidence in doing it. bottom passing. Meanwhile students. There were four students who had a "Poor" skill level due to, among other things, the following: the student's underpassing fetish in a hurry, the ball often falls, lack of confidence in carrying out the underpassing test, the level of underpassing skill is still lacking. such as the arm is still bent, the contact of the ball on the hitting arm is not correct, the body position should be leaning forward but it is done while standing upright, therefore the ball is not optimal.

The level of girls' lower passing skills at Junior High School 3 Banjarbaru. There are eight students in the "very poor" classification, namely: When. When passing, students lack confidence in carrying out the lower passing test, and are in a hurry when carrying out the lower passing test. The ball often falls, the arms are too high when carrying out the lower passing test, the body should be leaning forward but it is done with the body standing straight when carrying out the test.

Overhead passing is a ball pass that is made using the tips of the fingers when the ball comes at shoulder height or more. Passing is intended to provide passes to team mates to organize attacks into the opponent's area, so that the resulting ball must be easy for team mates to receive. A good overhead passing technique is that the fingers are spread wide and both hands form a bowl almost facing each other (Ilham, Alek Oktadinata 2019). Based on research findings, the level of passing skills of Junior High School 3 Banjarbaru students is categorized. The men's passing is not optimal and is still evenly distributed at the classification level. Good, Average, Poor. There are four students who have the upper passing movement

skill level which is quite "Good", namely: They do the upper passing without rushing when carrying out the test so that they pass correctly and allow the ball to reach their fingers well. There are two students who have a "Medium" skill level due to this, namely: when they carry out the upper passing test. a student's lack of confidence in passing down, the contact of the ball is less precise, the fingers of the hand are wide open above the head when the ball comes, therefore the ball not optimal. Meanwhile, there are four students who have a "Poor" skill level due to the following reasons: when passing, the student is in a hurry, the ball often falls, the student lacks confidence when passing and the ball should hit the fingers of the hand that is wide open above the head. when the ball comes then but it is done using the palm of the hand.

The level of passing skills for girls at Junior High School 3 Banjarbaru has a "very poor" classification, there are eight students, namely: When carrying out the passing test, lack of confidence in carrying out the upper passing test, rush when passing, the ball often falls, contact with the ball should be with the fingers hands wide open above the head when the ball comes, but it is done using the palms of the hands.

The level of lower passing and upper passing skills in volleyball extracurricular participants at Junior High School 3 Banjarbaru for men and women shows a lack of in-depth understanding regarding the level of lower passing and upper passing skills in volleyball. There may be deficiencies in their knowledge of proper body position, hand movement techniques, and hand-eye coordination to perform accurate down and over passes. In further analysis, it may appear that participants do not recognize the importance of a stable body posture and good balance during passing. Additionally, they may not fully understand how to adjust the angle and force of contact with the ball to produce a controlled pass. To help them overcome these limitations, coaches can design exercises. specifically focused on improving these technical elements.

Therefore, it is important to master the basic techniques of lower and upper passing. Lower passing is a player's effort to use a certain technique to operate the ball that is played to his teammates to play on his own field. In volleyball, the upper passing technique is included in the attack technique as Attacking techniques, overhead passing have a very big role in efforts to build attacks. These two techniques are very important to master and learn (Oktayona, Rangga Dwi 2020).

Therefore, for trainers and coaches Extra-curricular Junior High School 3 Banjarbaru has

developed a training program that takes part in volleyball extracurricular activities, one of which can be seen from the students' skill level in playing volleyball. Basic passing technical skills are the student's ability to perform basic passing techniques to receive the ball and pass the ball towards the opponent's field. In mastering skill techniques in passing down and passing over volleyball, therefore the coach must choose the right and good training method and program according to the characteristics of the athlete being trained, besides that the training program is prepared by the coach to improve the quality and knowledge of a person. athletes in that lower passing and upper passing skill level (Hamdi Irawan 2019).

CONCLUSION

The research concluded that the level of upper passing and lower passing skills of students at Junior High School 3 Banjarbaru was in the lower passing category for sons participating in the Extracurricular Smpn 3 Banjarbaru as less, and for daughters participating in Extracurricular Junior High School 3 Banjarbaru very less. Passing for sons participating in extracurricular activities at Junior High School 3 Banjarbaru is lacking, and for daughters participating in extracurricular activities at Junior High School 3 Banjarbaru. So there is a need for a structured and targeted training program to improve the upper and lower passing skills of Junior High School 3 Banjarbaru students. This training program must be designed systematically and continuously taking into account the level of ability and needs of students. By following a proper and targeted training program, it is hoped that the passing skill level of Junior High School 3 Banjarbaru students can increase significantly and they can achieve at a higher level in volleyball, both at city and provincial club level.

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