The Effect of Drill Practice Method on Battom Passing Ability in Volleyball Game of Extracurricular Participants of Stagte High School 1 Jarai, Lathat Regency

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Abstract

The purpose of this study is to determine the influence of the drill practice method on the ability to pass down in volleyball games of extracurricular participants of State High School 1 Jarai. The method in this study is quantitative using pre-experimental research. The instrument in this study is using the Braddy Volleyball Test. The sample in this study is 34 volleyball players from SMA Negeri 1 Jarai Class X. The sample in this study was selected using the total sampling technique. The data analysis technique uses a paired sample t test. From the results of the study, it can be concluded that there is an effect of drill method practice on the ability to pass down in volleyball games of extracurricular participants of State High School 1 Jarai Lahat Regency, this is because the calculated t value is 7.840 > the table is 2.036 and the significance value is 0.000 < 0.05. The percentage of the influence of drill method practice on the ability to pass down in volleyball games of extracurricular participants of State High School 1 Jarai Lahat Regency was 80.03% while the remaining 19.97% was influenced by other volleyball practice program variables that were not studied. For the Physical Education Teacher of State High School 1 Jarai Lahat Regency, due to the limited time of extracurricular participants, it is expected to be able to apply effective learning methods by designing a good form of learning in order to obtain optimal learning outcomes, one of which is by playing.

Keywords: Bottom Passing, Volleyball, Drill Method

INTRODUCTION

The game of volleyball is a game of bouncing the ball (to volley) by the hands or arms by two teams playing on a field that has certain measurements (Jumadi et al., 2021). A volleyball game is a team game played by two teams and each team consists of six players. The game of volleyball is a complex game that is not easy for everyone to do (Azahrah et al., 2021). Because, in the game of volleyball, coordination of movements is needed that is really reliable to do all the movements in the game of volleyball (Raihanati & Wahyudi, 2021). Knowledge of basic techniques and advanced techniques is required to be able to play volleyball effectively. These techniques include: service, passing, smash and so on (Rizal et al., 2022).

Volleyball is one of the sports that is popular with all levels of Indonesia. This sport can be played from the level of children to adults, both men and women (Oktariana & Hardiyono, 2020). In addition, volleyball coaching is also increasingly prevalent in corporate agencies, the government and also educational institutions both in elementary schools (SD),

junior high schools (SMP), high schools (SMA), vocational high schools (SMK) and in public/private universities (PTN/PTS) (Pangestu & Rahayu, 2023). The purpose of forming these coaches is as a forum for channeling students' talents and interests (Maretno et al., 2022). Especially for children who are still young or of growing age, who are generally still in elementary or junior high school.

With the introduction of volleyball in schools, it is hoped that children will be able to understand, learn and play this game well. Because in the age of growth, children are faster to accept something new, especially in terms of movement, if given regularly and directed (Wahyudi, 2021). Realizing this, the sport of volleyball requires special attention that is serious and handled seriously. This sport can also be done in teams and can be played by children and adults, because this game is very young to play (Hakim et al., 2023).

To achieve this goal, each player is required to first master the basic techniques in the game of volleyball. One of the absolutely important things that a volleyball player masters is the passing technique (Shiddiq & Rahayu, 2022). Passing is passing the ball to one's own teammates in one squad with a certain technique, as a first step to develop an attack pattern on the opposing squad. Passing the ball consists of two types, namely: up passing and down passing (Ramadhan et al., 2023). According to Samsudin & Rahman (Annisa et al., 2022) The basic technique of passing volleyball must absolutely be mastered by volleyball players because volleyball is played more by passing before and then in a smash.

Good learning methods to improve students' basic passing technique skills in playing volleyball are the drill learning method and the play learning method. The drill method is one of the good learning methods to improve student learning outcomes, proficiency in performing movements according to what they learn, creating confidence in students who succeed in learning, because they already have special skills that will be useful in the future (Yahya & Sufitriono, 2020). In volleyball, to improve students' passing skills, they can use the drill learning method and the play learning method for the development of volleyball.

Based on the results of the initial observations made by the author at SMA Negeri 1 Jarai, the ability of basic passing techniques is still low, this is because the training methods used are still not varied and extracurricular activities are still not successful because they do not have proud achievements due to the lack of experience in competing and the lack of basic passing technique skills that students have and the provision of training methods. Volleyball extracurriculars are still considered to be less varied, this results in students' basic passing technique skills are still lacking.

The form of training is not optimal and the atmosphere of training is not pleasant has not been able to make students excited and motivated in participating in volleyball extracurricular activities. In the end, it is hoped that an improvement in students' movement skills in playing volleyball can be achieved, especially in terms of mastering good basic techniques. To achieve learning goals, there are several factors that need to be considered so that volleyball learning goals can be achieved, one of which is an effective learning method.

MATERIALS AND METHODS

This research is a pre-experimental research. The research design used in this study is in the form of one group pretest and postest design, which is an experiment that is carried out on one group only without a comparison group (Sugiyono, 2018). This research was conducted

at SMA Negeri 1 Jarai. The implementation of this research has been carried out in January-February 2024. The population in this study is 34 students of SMA Negeri 1 Jarai Class X. The sampling technique used in this study uses a total sampling technique. The sample taken in this study was 34 students of Class X of SMA Negeri 1 Jarai. The data collection technique in this research is using the braddy volleyball test instrument. The research data collection technique was carried out in the process of teaching activities which were carried out 3 times a week and lasted for four weeks, which was carried out 16 meetings (treatments). The first meeting is pretest then (treatment) is carried out at the second to sixteenth meeting (16 treatments) and the last meeting is posttest. Data analysis techniques using t-test. After the data is collected, the next step is to analyze the data. The data analysis technique to analyze experimental data with the pretest posttest design model is to use the t-test. Hypothesis tests are used to determine whether or not there is a significant influence of the exercises given. The hypothesis test was carried out by a t-test of two correlated samples, using the help of SPSS version 24 (Ghozali, 2018).

RESULTS AND DISCUSSION
Data Pretest

Based on the results of the study, research statistics were obtained for pretest data from 34 students participating in extracurricular classes of SMA Negeri 1 Jarai Lahat Regency, namely a minimum score of 13, a maximum score of 25, an average of 18.38, a median of 18, a mode of 19 and a standard deviation of 3.045. The description of the results of the study is presented in frequency distribution with the formula of finding many classes = 1 + 3.3 Log N, range = maximum value – minimum value and class length with formula = range/many classes. The description of the results of the pretest passing research below can be seen in the table below:

Table 1. Pretest Frequency Distribution

Class	Interval	Frequency	Persentace (%)
1	13-15	7	20,59
2	16-18	10	29,41
3	19-21	13	38,24
4	23-25	3	8,82
5	26-28	1	2,94
Jumlah		34	100

Sumber: Hasil Pengolahan Data, 2024

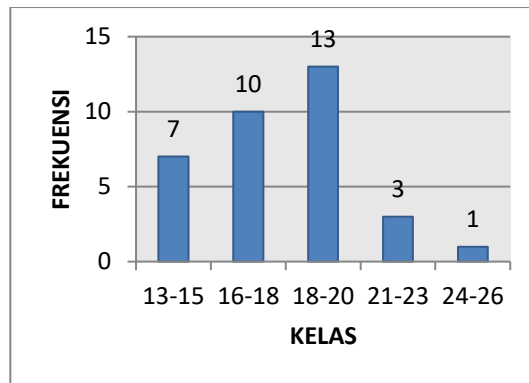When displayed in the form of a diagram, it can be seen in the image below:

Figure 1. Diagram of Pretest Research Results

From the results of the study, the passing ability under the pretest was categorized as very poor with a percentage of 20.59% (7 students), in the poor category with a percentage of 29.41% (10 students), in the medium category with a percentage of 38.24% (13 students), in the good category with a percentage of 8.82% (3 students) and in the very good category with a percentage of 2.94% (1 student).

Data Posttest

Based on the results of the study, research statistics were obtained for posttest data from 34 students participating in extracurricular class X of SMA Negeri 1 Jarai Lahat Regency, namely a minimum score of 16, a maximum score of 29, an average of 22.82, a median of 23, a mode of 20 and a standard deviation of 3.050. The description of the results of the study is presented in frequency distribution with the formula of finding many classes = 1 + 3.3 Log N, range = maximum value – minimum value and class length with formula = range/many classes. A description of the results of the posttest research can be seen in the table below:

Table 2. Posttest Frequency Distribution

Class	Interval	Frequency	Persentace (%)
1	16-18	2	5,88
2	19-21	9	26,47
3	22-24	12	35,29
4	25-27	8	23,53
5	28-30	3	8,82
Jumlah		34	100

Source: Data Processing Results, 2024

When displayed in the form of a diagram, it can be seen in the image below:
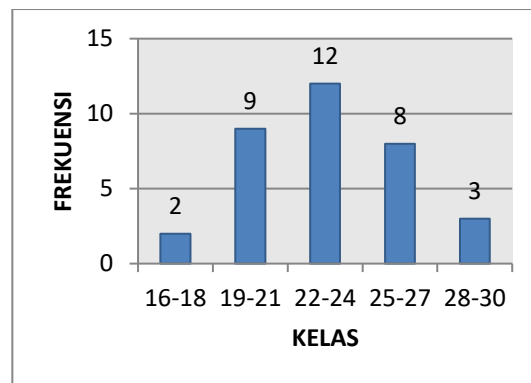
Figure 2. Posttest Research Results Diagram

From the results of the study, it was obtained that the passing ability under the posttest was categorized as very poor with a percentage of 5.88% (2 students), in the poor category with a percentage of 26.47% (9 students), in the medium category with a percentage of 35.29% (12 students), in the good category with a percentage of 25.53% (8 students) and in the very good category with a percentage of 8.82% (3 students). From the statistical results of the research results, it can be seen that the mean value (average) of the pretest is 18.38 and the mean value (average) of the posttest is 22.97. From the results of the mean value, the average difference was obtained by 4.59%, so that the percentage increase was obtained by 41.18%.

Normality Test

The normality test was tested on each research data obtained during the pretest and posttest. The normality test was carried out using the One Sample Kolmogorov Smirnov Tets formula, and the work was carried out using the help of a computer SPSS 24 program. The data is normally distributed if the Significant value (Sig) obtained from the calculation is greater than 0.05. The following are the results of the normality test obtained.

Table 3. Normality Test Results

Drill Practice Method	**Test Statistics**	**Asymp. Sig (2-tailed)**
Pretest	0,092	0.200
Posttest	0,120	0.200

Source: Data Processing Results, 2024

Based on the table above, the results of the normality test using the One Sample Kolmogrov Smirnov Test are known to have a significant value of the drill data pretest practice method with a statistical test value of 0.092 and an Asym value. Sig (2-tailed) was $0.200 > 0.05$ while the significant value of the posttest data drill training method with a statistical test score of 0.120 and an Asym value. Sig (2-tailed) of $0.200 > 0.05$, it can be concluded that the pretest and posttest data values in this study are all normally distributed.

Homogeneity Test

In the homogeneity test, the criteria used to determine whether a test is homogeneous or not are if $p > 0.05$ and F hit < F the test table is declared homogeneous, if $p < 0.05$ and F hit > F the test table is said to be non-homogeneous. The results of the homogeneity test of this study can be seen in the following table:

Table 4. Homogeneity Test Results

Drill Practice Method	*Levene Statistic*	*df1*	*df2*	Sig F
Pretest	0,283	1	66	0,596
Posttest				

Source: Data Processing Results, 2024

From the results of the test of homogenity of variances for pretest and posttest values, it can be concluded that the data is homogeneous because of the sig. P of 0.596 is greater than 0.05 so that the data can be concluded that it is homogeneous.

Test t *(Paired Sampel t Test)*

Paired sample t test is one of the testing methods used to assess the effectiveness of treatment, marked by a difference in the average before and after the treatment. The results of the bottom passing and top passing data can be seen in the following table:

Table 5. Test Results t (Paired Sampel t Test)

Drill Practice Method	t$_{Table}$	t$_{Calculate}$	Sig t
Pretest	2,036	7,840	0,000
Posttest			

Source: Data Processing Results, 2024

From the results of the paired samples test, it can be seen that the calculated t is 7,840 > the table is 2,036 and the significance value is 0.000 < 0.05, so this result shows that there is a significant difference. Thus, the hypothesis that reads "There is an effect of drill method practice on the ability to pass down in volleyball games of extracurricular participants of State High School 1 Jarai" was accepted.

This means that the drill passing training program using wall targets has a significant influence on the ability to pass down in volleyball games of extracurricular participants of State High School 1 Jarai. The magnitude of the change in the level of participants' lower passing ability can be seen from the difference in the average score, which is 4.59 (22.97-18.38) greater than before being given the lower passing practice program using the wall target. Meanwhile, to calculate the percentage of the influence of drill method practice on the ability to pass down in volleyball games of extracurricular participants of State High School 1 Jarai Lahat Regency between pretest and posttest using the following formula:

Percentage increase = (22,97/18,38) x 100%

Percentage increase = 80,03%

The percentage of the influence of drill method training on the ability to pass down in volleyball games of extracurricular participants of State High School 1 Jarai Lahat Regency was 80.03% while the remaining 19.97% (100%-80.03%) was influenced by other variables of volleyball practice programs that were not studied.

From the results of the paired samples test, it can be seen that the calculated t is 7,840 > the table is 2,036 and the significance value is 0.000 < 0.05, so this result shows that there is a significant difference. Thus, the hypothesis that reads "There is an effect of drill method practice on the ability to pass down in volleyball games of extracurricular participants of State High School 1 Jarai, Lahat Regency" was accepted. The drill passing training program using wall targets has a significant influence on the ability to pass down in the volleyball game of

extracurricular participants of State High School 1 Jarai. The magnitude of the change in the level of participants' lower passing ability can be seen from the difference in average scores, which is 4.59 (22.97-18.38) greater than before being given the lower passing training program using the wall target.

The percentage of the influence of drill method practice on the ability to pass down in volleyball games of extracurricular participants of State High School 1 Jarai Lahat Regency was 80.03% while the remaining 19.97% (100%-80.03%) was influenced by other variables of volleyball practice programs that were not studied. Based on the comparison of the results of the mean difference and the mean pretest, it can be known the percentage of the influence of drill method practice on the ability to pass down in volleyball games of extracurricular participants of State High School 1 Jarai, Lahat Regency so that this study can provide input to volleyball extracurricular teachers to improve students' passing ability through the drill method, But of course, variations of exercises are also needed so that they are not boring.

The results of the research are in line with the results conducted by (Khotimah, 2020) that the drill method can improve the passing ability of grade VIII A students at SMPN 4 Tapung Hilir. Other research conducted by (Fanani, 2020) that the implementation of classroom action activities through learning the drill method can improve the ability of basic passing techniques of volleyball games in students. (Hidayat & Rifki, 2020) stated that by applying the bottom passing practice method with the drill model, it is able to improve the ability of volleyball players to pass under.

The game of volleyball is widely loved among the public and throughout Indonesia, both old, young, women and men. In addition, volleyball coaching is also increasingly prevalent in corporate agencies, the government and also educational institutions both in elementary schools (SD), junior high schools (SMP), high schools (SMA), vocational schools (SMK) and in public/private universities (PTN/PTS). The purpose of the formation of this coaching is as a forum for channeling a person's talent and interest in playing volleyball, especially for children who are still young or at the age of growth, who are generally still in elementary or junior high school. With the introduction of the volleyball game from the beginning, it is hoped that children will be able to understand, learn, and play this game well because in the age of growth, children are faster to accept something new, especially in terms of movement if given regularly and directed. However, to be able to move and play volleyball well, for young children is not easy. It takes time and a long process so that children's movement skills in playing volleyball can be mastered properly. This is because the game of volleyball is a game that requires speed, flexibility, and agility for the players themselves.

The success of mastering volleyball skill movements is supported by several important factors, including the right learning method. The interest of athletes or students in learning a skill is also caused by the learning method. Learning methods can be in the form of applying learning methods so that the learning process can take place well and the goals can be achieved. Good learning methods to improve students' basic passing technique skills in playing volleyball are the drill learning method and the play learning method. In volleyball, to improve passing skills, students can use the drill learning method and the play learning method for the development of volleyball. With the two differences in the two learning methods, in applying both learning methods, teachers or trainers need to know other supporting factors, one of which

is agility. Agility is one of the components of physical freshness that is indispensable for all activities that require a rapid change in the position of the body and its parts.

Bottom passing is one of the most basic passing techniques in the game of volleyball, which aims to take the ball under the body with both lower arms (from the elbow to the wrist clenched) to pass to a teammate. With good downward passing skills, a team will be able to show a good volleyball game, so that if you add other technical skills, the game will be even better. Extracurricular activities at school are one of the vehicles to channel students' talents and interests that are still hidden so that students' talents can be channeled through extracurricular activities in the afternoon as well as adding experience for extracurricular participants and excelling at school and outside school. The bottom passing exercise with the drill practice method was chosen as one of the learning methods and it turned out that the exercise provided a significant increase in bottom passing. Thus, the allegation that there is an influence of the drill practice method on the ability to pass down in the volleyball game of extracurricular participants of State High School 1 Jarai Lahat Regency is accepted.

CONCLUSION

This study was conducted to find out and analyze the influence of the drill practice method on the ability to pass down in the volleyball game of extracurricular participants of State High School 1 Jarai, Lahat Regency. So based on the results of the hypothesis and discussion that has been carried out, the author can conclude that:

1. There is an effect of drill method practice on the ability to pass down in volleyball games of extracurricular participants of State High School 1 Jarai, Lahat Regency, this is because the t-calculated value is 7.840 > ttable is 2.036 and the significance value is 0.000 < 0.05.
2. The percentage of the influence of drill method practice on the ability to pass down in volleyball of extracurricular participants of State High School 1 Jarai Lahat Regency was 80.03% while the remaining 19.97% was influenced by other volleyball practice program variables that were not studied.

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